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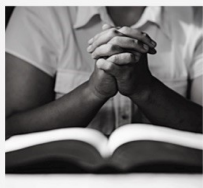
# LITTLE TRINITY

SINCE 1842

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## LENT 2023



**Sunday, Mar 26, 2023**

Lent 5 | Worship & Communion  
Service  
**6:30pm**

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### WELCOME

### WORSHIP IN SONG

### LENTEN INVITATION AND CONFESSION

Dear friends in Christ, every year at the time of the Christian Passover we celebrate our redemption through the death and resurrection of our Lord Jesus Christ. Lent is a time to prepare for this celebration and to renew our life in Him. We continue in this holy season by remembering our need for repentance, and for the mercy and forgiveness proclaimed in the Gospel of Jesus Christ.

I invite you, therefore, in the name of the Lord, to observe a holy Lent by self-examination, penitence, prayer, fasting and almsgiving, and by reading and meditating on the word of God.

And so now let us bow before our Creator and Redeemer, and confess our sins.

**All: Merciful God, you have called us to be your people, but we have not loved one another as we ought. Selfish ambition has gripped us and we have failed to look out for others' interests above our own. Conceit and pride have gripped us, and we have failed to associate with and care for those who are different from ourselves. Forgive us for these offenses against you and subdue within us everything that is contrary to your will. By the power of your Holy Spirit, transform us both individually and as a community. We ask this in the name of Jesus Christ. Amen.**

Leader: Merciful and loving God, grant to each one of us forgiveness and peace; that we may start each day afresh, secure in the knowledge of your never failing love for us. Give us the strength to serve you this week, renewed in body, mind and spirit. We give you thanks through the name of Jesus Christ, our only Redeemer. Amen.

## READING

## Isaiah 58:1-12

- <sup>1</sup> "Cry aloud; do not hold back;  
lift up your voice like a trumpet;  
declare to my people their transgression,  
to the house of Jacob their sins.
- <sup>2</sup> Yet they seek me daily  
and delight to know my ways,  
as if they were a nation that did righteousness  
and did not forsake the judgement of their God;  
they ask of me righteous judgements;  
they delight to draw near to God.
- <sup>3</sup> 'Why have we fasted, and you see it not?  
Why have we humbled ourselves, and you take no knowledge of it?'  
Behold, in the day of your fast you seek your own pleasure,  
and oppress all your workers.
- <sup>4</sup> Behold, you fast only to quarrel and to fight  
and to hit with a wicked fist.  
Fasting like yours this day  
will not make your voice to be heard on high.
- <sup>5</sup> Is such the fast that I choose,  
a day for a person to humble oneself?  
Is it to bow down the head like a reed,  
and to lie in sackcloth and ashes?  
Will you call this a fast,  
and a day acceptable to the Lord?
- <sup>6</sup> "Is not this the fast that I choose:  
to loose the bonds of wickedness,  
to undo the straps of the yoke,  
to let the oppressed go free,  
and to break every yoke?
- <sup>7</sup> Is it not to share your bread with the hungry  
and bring the homeless poor into your house;

when you see the naked, to cover them,  
and not to hide yourself from your own flesh?

<sup>8</sup> Then shall your light break forth like the dawn,  
and your healing shall spring up speedily;  
your righteousness shall go before you;  
the glory of the Lord shall be your rear guard.

<sup>9</sup> Then you shall call, and the Lord will answer;  
you shall cry, and he will say, 'Here I am.'

If you take away the yoke from your midst,  
the pointing of the finger, and speaking wickedness,

<sup>10</sup> if you pour yourself out for the hungry  
and satisfy the desire of the afflicted,  
then shall your light rise in the darkness  
and your gloom be as the noonday.

<sup>11</sup> And the Lord will guide you continually  
and satisfy your desire in scorched places  
and make your bones strong;  
and you shall be like a watered garden,  
like a spring of water,  
whose waters do not fail.

<sup>12</sup> And your ancient ruins shall be rebuilt;  
you shall raise up the foundations of many generations;  
you shall be called the repairer of the breach,  
the restorer of streets to dwell in."

## RESPONSIVE PSALM

## Psalm 63:1-8

Leader: <sup>1</sup> O God, you are my God; earnestly I seek you;

**All: my soul thirsts for you;  
my flesh faints for you,  
as in a dry and weary land where there is no water.**

Leader: <sup>2</sup> So I have looked upon you in the  
sanctuary,

**All: beholding your power and glory.**

Leader: <sup>3</sup> Because your steadfast love is better than life,

**All: my lips will praise you.**

Leader: <sup>4</sup> So I will bless you as long as I live;

**All: in your name I will lift up my hands.**

Leader: <sup>5</sup> My soul will be satisfied as with fat and rich food,

**All: and my mouth will praise you with joyful lips,**

Leader: <sup>6</sup> when I remember you upon my bed,

**All: and meditate on you in the watches of the night;**

Leader: <sup>7</sup> for you have been my help,

**All: and in the shadow of your wings I will sing for joy.**

Leader: <sup>8</sup> My soul clings to you;

**All: your right hand upholds me.**

## READING

## Matthew 6:16-18

<sup>16</sup> [Jesus said] "And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. <sup>17</sup> But when you fast, anoint your head and wash your face, <sup>18</sup> that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you."

## SERMON

"Expressing our Deep Hunger"

Tim Haughton

## REFLECTION

## CREED

Do you believe in God the Father?

**I believe in God, the Father Almighty, creator of heaven and earth.**

Do you believe in Jesus Christ, the Son of God?

**I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead.**

Do you believe in God the Holy Spirit?

**I believe in God the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.**

### OFFERTORY

*In our offertory, we offer our praise and thanksgiving and the gifts of bread and wine to the glory of God.*

*If you wish to financially support the ongoing gospel ministry of Little Trinity, you can scan the QR code attached to a pew for options or visit our website at [littletrinity.org/give](http://littletrinity.org/give).*

*If you wish to give in person, please deposit your offering in the offering boxes in the church sanctuary.*

## OFFERTORY WORSHIP

## PRAYER

### WEEKLY CYCLE OF PRAYER

#### MINISTRIES OF THE WIDER CHURCH

WORLDWIDE: The Church in South America

DIOCESE: St. Andrew, Scarborough, St. Anne, Toronto &  
St. Athanasius, Orillia

CLERICUS: St. Andrew by the Lake

#### NEIGHBOURHOOD

Those living and working on Ontario Street & Berkeley Street

#### LITTLE TRINITY COMMUNITY AND LEADERS

Deputy People's Warden/Treasurer - Ruston Martin

#### PARISH

Mark & Heather Flowers, Brendan, Eric, Kyle & Hannah; John & Marion Franklin; Sean Frankling; Sherri Frankling; Chris & Louise Friesen, Silas, Junia & Caspian

#### MISSION PARTNERS

Drs Philip & Nancy Wood (WEC) Bunia, DR Congo

## COMMUNION PRAYER

The Lord be with you. Lift up your hearts.

**We lift them to the Lord.**

Let us give thanks to the Lord our God.

**It is right to give him thanks and praise.**

We praise and bless you,  
loving Father through Jesus Christ, our Lord;  
and as we obey his command,  
send your Holy Spirit on us and on these gifts  
that broken bread and wine out-poured  
may be for us the body and blood of your dear Son.

**Father, for your Son, we praise you.**

On the night before your Son died, he had supper  
with his friends, and taking bread, he praised you.  
He broke the bread, shared it with them and said:  
Take, eat; this is my body which is given for you;  
do this in remembrance of me.

**Father, for your Son, we praise you.**

When supper was ended he took a cup of wine.  
Again your Son gave you thanks, shared it and said:  
Drink this, all of you; this is my blood of the new covenant,  
which is shed for you and for many for the forgiveness of sins.  
Do this, as often as you drink it, in remembrance of me.

**Father, for your Son, we praise you.**

So, Father, we remember all that Jesus did,  
and with confidence, place all our hope on his sacrifice, made once for all  
upon the cross.  
Bringing before you the bread of life and cup of salvation,  
we proclaim his death and resurrection until he comes in glory.

**Lord, by your cross and resurrection you have set us free.  
You are the Saviour of the world.**



## THE LORD'S PRAYER

As our Saviour Christ has taught, we are bold to pray.

**Our Father who art in heaven, hallowed be thy name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, the power and the glory, for ever and ever.**

**Amen.**

## COMMUNION

*All those who have placed their trust in Jesus as Saviour and Lord, being baptized in any Christian denomination, are welcome to the Lord's table. Gluten-free wafers are available upon request from the communion administrant.*

## MUSICAL WORSHIP

### PRAYER AFTER COMMUNION

**Merciful Father, we thank you that you fed us with your bread and wine. Open our hearts this week that we may be transformed by your free offer of grace, not trapped by the demands of religion. Set us free to experience the joy of being freely loved and forgiven by you through the death and resurrection of your Son Jesus Christ. We ask these things in his name.**

**Amen.**

## **BLESSING**

The peace of God which passes all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord: And the blessing of God almighty, the Father, the Son and the Holy Spirit be among you and remain with you always.

**Amen.**

## **ANNOUNCEMENTS**

## **CLOSING WORSHIP**

## **DISMISSAL**

Go in peace to love and serve the Lord.

**Thanks be to God.**





**NEXT SUNDAY, APR 2, 2023**

**6:30pm: Palm Sunday, Taize Service**

Reading: Matthew 21:1-11

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**GET IN TOUCH**

**LITTLE TRINITY**

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