
LITTLE TRINITY

SINCE 1842

Trinity Sunday



Sunday, May 26, 2024

EPB Worship & Communion Service
9:00am & 10:45am

Welcome to Little T!

A Liturgical Style of Worship

This booklet will hopefully help make you feel more comfortable, especially if this is new to you.

Liturgical worship simply means we follow a particular order of service that is grounded in liturgy or "the work of the people". We use a liturgical form of service for our gatherings because we are not putting on a show for people to watch. Rather, the liturgy walks us through the wonderful story of Jesus Christ in a sequence that brings home the good news of God's grace to us. Each week we are brought back to the strange and amazing story of God with us. Today, our service is from the English Prayer Book - a contemporized version of the original prayer book from when the Anglican Church began in the 1500's. The BCP is basically scripture, re-ordered.

If this is new to you please join in only when you are comfortable. You'll get the hang of it after a few goes. Look out for **STAND** and **SIT** and **SIT/KNEEL** (whichever is your preference) instructions or just follow what your neighbour is doing (assuming they have been here before). In general, we stand to praise, sit to learn and sit/kneel to pray. **Bold** print directs you to join in unison.

CHILDREN

Contact: Janelle Gordon for details
(children@littletrinity.org)

YOUTH

Contact: Morgan Chu for details
(youth@littletrinity.org)

WELCOME**MUSICAL WORSHIP****STAND****OPENING PRAYERS****SIT/KNEEL**

**Almighty God,
to whom all hearts are open,
all desires known,
and from whom no secrets are hidden,
cleanse the thoughts of our hearts
by the inspiration of your Holy Spirit,
that we may perfectly love you,
and worthily magnify your holy name,
through Jesus Christ our Lord. Amen.**

THE GREAT COMMANDMENTS

Our Lord Jesus Christ said: Hear O Israel, the Lord our God is one Lord. You shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength. This is the first and great commandment. And the second is like it: you shall love your neighbour as yourself. On these two commandments hang all the Law and the Prophets.

**Lord, have mercy upon us, and write all these
your laws in our hearts.**

Lord, have mercy upon us.

Christ, have mercy upon us.

Lord, have mercy upon us.

The Lord be with you;

And also with you.

Let us pray.

Welcome One Another

Why do we do this?
"Welcome one another as
Christ has welcomed you,
for the glory of God"
(Romans 15:7) We come
from delightfully diverse
backgrounds yet Christ
draws us together! Take a
few moments to welcome
those around you while
we move up and in to
make space for latecomers.

Musical Worship

Join in with our worship
team as you feel led,
sitting or standing as you
are comfortable. The
historic tradition uses
music and song to direct
ourselves towards God in
praise and to direct our
own hearts towards God's
truth.

Opening Prayers

Worshipping God must
begin with a heart pre-
pared to enter into his
presence. The Collect is a
prayer that collects the
intentions of our service;
each Sunday there is a
different collect paired
with the readings and
sermon message.

The Kyrie**(Greek for Lord)**

We worship God as Trini-
ty, appealing first to the
Lord, our Father, second-
ly to the Lord Christ and
the third to the Lord, the
Holy Spirit.

Then we recite the mutual
greeting drawn from Ruth
2:4 when Boaz greets his
reapers: *The Lord be with
you. And with thy spirit.*
We speak to each other
under God's gaze.

We praise you, God of our ancestors, who by your Spirit have built up this parish within your Holy Church. We give you humble thanks for all those, whether known to us or unknown, who have in these 182 years brought forth by your enabling treasures of truth and love, and fruits of faith and work, through which we have beheld your glory. We ask you now to continually renew us by your Spirit, that we may steadfastly hunger after you; that we would show forth your love in our life and worship, and so magnify your name, through Jesus Christ our Lord. Amen.

Proclamation of the Word

We take time to quiet our minds and listen to the scriptures which we honour and value as God's word to us. We accept this as a gift and offer thanks to God in response. The Proclamation of the Word has two distinct forms and functions: hearing the Word spoken to us as we listen to God's voice through the words of the scripture, and hearing God's word broken apart that we might delve deeper into its meaning and be exhorted to not just hear the Word but to live it as well.

Scripture quotations are adapted from the ESV® Bible (The Holy Bible, English Standard Version®), copyright © 2001, by Crossway.

THE PROCLAMATION OF THE WORD

LESSON Psalm 42:1-3 62:1-3, 7-8 *SIT*

9am Reader: Denise Hutchinson

10:45am Reader: Thelma Peregrino-Solomon

¹ As a deer pants for flowing streams,
so pants my soul for you, O God.

² My soul thirsts for God,
for the living God.

When shall I come and appear before God?

³ My tears have been my food
day and night,

while they say to me all the day long,
“Where is your God?” [...]

62 ¹ For God alone my soul waits in silence;
from him comes my salvation.

² He alone is my rock and my salvation,
my fortress; I shall not be greatly shaken.

³ How long will all of you attack a person to batter
them,
like a leaning wall, a tottering fence? [...]

⁷ On God rests my salvation and my glory;
my mighty rock, my refuge is God.

⁸ Trust in him at all times, O people;
pour out your heart before him;
God is a refuge for us.

The Word of the Lord
Thanks be to God.

GOSPEL **Luke 8:40-56** **STAND**

9am Reader: Charlotte Nissenbaum

10:45am Reader: Matthias Schilke

The Lord be with you.

And also with you.

The Holy Gospel is written in the eighth chapter of the Gospel according to Saint Luke beginning at the fortieth verse.

Glory be to you, O Christ.

⁴⁰ Now when Jesus returned, the crowd welcomed him, for they were all waiting for him. ⁴¹ And there came a man named Jairus, who was a ruler of the synagogue. And falling at Jesus' feet, he implored him to come to his house, ⁴² for he had an only daughter, about twelve years of age, and she was dying. As Jesus went, the people pressed around him.

⁴³ And there was a woman who had had a discharge of blood for twelve years, and though she had spent all her living on physicians, she could not be healed by anyone. ⁴⁴ She came up behind him and touched the fringe of his garment, and immediately her discharge of blood ceased. ⁴⁵ And Jesus said, "Who was it that touched me?" When all denied it, Peter said, "Master, the crowds surround you and are pressing in on you!" ⁴⁶ But Jesus said, "Someone touched me, for I perceive

The Gospel

The Gospel is God's word that speaks to us of what God has done in Jesus Christ. The Gospel demands that we act and standing up is a way to recognize that we are ready not just to hear but live as well.

that power has gone out from me.”⁴⁷ And when the woman saw that she was not hidden, she came trembling, and falling down before him declared in the presence of all the people why she had touched him, and how she had been immediately healed.⁴⁸ And he said to her, “Daughter, your faith has made you well; go in peace.”

⁴⁹ While he was still speaking, someone from the ruler’s house came and said, “Your daughter is dead; do not trouble the Teacher any more.”

⁵⁰ But Jesus on hearing this answered him, “Do not fear; only believe, and she will be well.”

⁵¹ And when he came to the house, he allowed no one to enter with him, except Peter and John and James, and the father and mother of the child.⁵² And all were weeping and mourning for her, but he said, “Do not weep, for she is not dead but sleeping.”⁵³ And they laughed at him, knowing that she was dead.⁵⁴ But taking her by the hand he called, saying, “Child, arise.”⁵⁵ And her spirit returned, and she got up at once. And he directed that something should be given her to eat.⁵⁶ And her parents were amazed, but he charged them to tell no one what had happened.

The Gospel of Christ

Praise be to you, O Christ.

Sermon

As we open the Scripture, we corporately encounter Christ. As you listen, pray to be open to the Spirit's leading, exhortation, encouragement and healing.

If you miss a sermon or want to listen again or share with others, podcasts along with small group discussion questions are on our website: www.littletrinity.org and they are also available on Google Play and iTunes.

SERMON

STAND for prayer, then SIT

“He will Satisfy our Hunger”

The Rev. Canon Timothy Houghton

Senior Pastor

Sermon Series: *Luke: Signs of Kingdom Growth*

REFLECTION

CONFESSION OF FAITH

STAND

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 suf-
fered 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.**

PRAYERS OF THE PEOPLE

SIT/KNEEL

Lord, in your mercy,
Hear our prayer.

Confession of Faith

Standing together with Christians throughout the centuries and throughout the world today, we affirm our faith by saying these ancient words together. This is the Apostle's Creed where we acknowledge the historical truths of our faith, passed down throughout the ages.

Prayers of the People

The prayers of the people are the response of the community to the proclamation of the word. They are a moment when the gathered community exercises its baptismal role.

WEEKLY CYCLE OF PRAYER

MINISTRIES OF THE WIDER CHURCH

WORLDWIDE: The Church in Central Africa

DIOCESE: St. Hugh and St. Edmund, St. James Cathedral &
St. James the Apostle, Brampton

CLERICUS: Chaplain, Hospital for Sick Children

NEIGHBOURHOOD

Those living and working on Adelaide Stree East & Duke Mews

LITTLE TRINITY COMMUNITY AND LEADERS

Alpha - Jenn Shadbolt

PARISH

David Jonker & Heather Kuipers, Naomi, Avril & Micah; Sarah Jordan &
Chris Reed, Finnegan & Macmillan; Ramona Joyce; Jonathan Kang & Binnie
Son Kang, Noah, Oliver & Natalie

MISSION PARTNERS

Dr. Steve & Peggy Foster (SIM) Lubango, Angola

OFFERTORY WORSHIP

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.*

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

THE PRAYER OVER THE GIFTS

Heavenly Father, thank you that we have these gifts to share. Help us to be generous in supporting the work of the gospel and caring for those in need, in the name of Jesus Christ our Lord. Amen.

THE DOXOLOGY

STAND

**Praise God from whom all blessings flow!
Praise Him all creatures here below!
Praise Him above ye heavenly host!
Praise Father, Son and Holy Ghost.
Amen.**

The Doxology

These words, penned in 1674 by Thomas Ken, anchor us in the reality that our only proper response to God is worship and praise.

CONFESSION & ABSOLUTION

SIT/KNEEL

You then, who truly and earnestly repent of your sins, and are in love and charity with your neighbours, and intend to lead the new life, following the commandments of God, and walking from this day forward in God's holy ways: draw near with faith, and take this holy sacrament to your comfort; and make your humble confession to almighty God.

Almighty God, Father of our Lord Jesus Christ, maker of all things, judge of all, we acknowledge and confess our many sins, which we have committed, by thought, word and deed, against your divine majesty. We earnestly repent, and are truly sorry for all our misdoings.

Have mercy on us, most merciful Father. For your Son our Lord Jesus Christ's sake, forgive us all that is past, and grant that

Confession & Absolution

Not forgetting our nature as fallen human beings: on one hand, we fall short of what we should do and who we should be, on the other hand, we are reminded that God is loving and merciful, we recognize that we are sinners and he reaches out to us nonetheless; we are assured that God has looked upon us with mercy and we have been forgiven of our sins. We say the confession together to illustrate we are all in need of God's mercy and forgiveness. Even if the person standing in front of you looks like they have it all together.

from now on we may always serve and please you in lives wholly renewed by your Spirit, to the honour and glory of your name, through Jesus Christ our Lord. Amen.

Almighty God, our heavenly Father, who in his great mercy has promised forgiveness of sins to all who turn to him with heartfelt repentance and true faith: have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and bring you to eternal life, through Jesus Christ our Lord. **Amen.**

COMMUNION

The Comfortable Words

The comfortable words, simply sentences from scripture, remind us that we cannot earn grace, we can only receive it through the work of Jesus on the cross.

Hear now these words of assurance for all who truly turn to Christ.

Jesus said: 'Come to me, all you who are weary and burdened, and I will give you rest'.

(Matthew 11:28)

'God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish, but have eternal life.'

(John 3:16)

The apostle Paul said: 'Here is a trustworthy saying that deserves full acceptance: Christ Jesus came into the world to save sinners'.

(1 Tim. 1:15)

The apostle John said: 'If anyone sins, we have an advocate with the Father, Jesus Christ the Righteous One. He is the atoning sacrifice for our sins.'

(1 John 2:1-2)

EUCCHARISTIC PRAYER

The Lord be with you.

And with your spirit.

Lift up your hearts;

We lift them up to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

It is indeed right, our duty and our joy, always and everywhere to give you thanks and praise, holy Father, heavenly King, almighty and eternal God.

Therefore with angels and archangels, and with all the company of heaven, we praise and magnify your glorious name, forever praising you, and singing:

**Holy, holy, holy Lord, God of power and might,
Heaven and earth are full of your glory.
Hosanna in the highest.**

**Blessed is he who comes in the name of the
Lord. Hosanna in the highest.**

Almighty God, our heavenly Father, in your tender mercy you gave your only Son Jesus Christ to suffer death upon the cross for our redemption. He made there, by his once and for all offering of himself, a full, perfect, and sufficient sacrifice for the sins of the whole world. He instituted, and in his holy gospel, commands us to continue a perpetual memorial of his precious death until he comes again.

Hear us, O merciful Father, we humbly pray, and grant that we who receive this bread and wine according to your Son Jesus Christ's holy institution, in remembrance of his death and passion, may be partakers of his most blessed body and blood.

Eucharistic Prayer

Modeled after Jewish table prayers of blessing, the Eucharistic Prayer explores and explains something of the wonder of Jesus' death for us, as Paul wrote: "as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes."

The prayer contains the words Jesus used during the Last Supper. As we hear these words and go forward together, we feed on him, in our hearts, by faith, with thanksgiving.

The table is prepared while the prayer is spoken, much as we prepare ourselves to receive the Eucharist.

Holy, holy, holy Lord...
The Sanctus (*Holy, holy, holy Lord*) names that which is sacred, holy, hallowed, consecrated and inviolable: "Lord, God of power and Might".

On the night that Jesus was betrayed, he took bread and when he had given thanks, he broke it and gave it to his disciples, saying:

Take, eat this is my body which is given for you. Do this in remembrance of me.

In the same way, after supper, Jesus took the cup and when he had given thanks, he gave it to them, saying:

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.

Accept through Jesus Christ, our great high priest, this our sacrifice of praise and thanksgiving; and as we eat and drink these holy gifts, grant by the power of your life-giving Spirit that we may be made one in your holy Church and partakers of the body and blood of your Son, that he may dwell in us and we in him: Through the same Jesus Christ our Lord, by whom, and with whom, and in whom, in the unity of the Holy Spirit, **all honour and glory are yours, Almighty Father, for ever and ever. Amen.**

The peace of the Lord be always with you;
And also with you.

The Prayer of Humble Access

Before receiving communion, we remind ourselves of the true nature of God that though we have done nothing worthy of being received at the communion rail, we are welcome to receive his body and blood. This prayer reminds us how to receive this gift: in humility. The language of the prayer is taken from the Canaanite woman's humble approach to Jesus in Mark 7.

We do not presume to come to this your table, merciful Lord, trusting in our own righteousness, but in your abundant and great mercies. We are not even worthy to gather up the crumbs under your table. But you are the same Lord who delights in showing mercy. Grant us, therefore, gracious Lord, so to eat this bread and to drink this wine, that our bodies and souls may be cleansed by Christ's body and blood, and that we may evermore dwell in him, and he in us. Amen.

COMMUNION

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

MUSICAL WORSHIP

THE LORD'S PRAYER

STAND

Let us 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.

The Lord's Prayer

the Lord's Prayer is the prayer instituted by Jesus himself (Matthew 6; Luke 11). This prayer has been handed down from generation to generation, teaching us to pray

PRAYERS AFTER COMMUNION

Almighty and everliving God, we thank you with all our hearts for feeding us with the spiritual food of the most precious body and blood of your Son, our Saviour Jesus Christ. We acknowledge your love and care for us in making us members of his mystical body, the blessed company of all faithful people, and heirs of eternal life.

And here we offer and present ourselves, our souls and bodies, to be a holy and living sacrifice, through Jesus Christ our Lord, to whom with you and the Holy Spirit be all honour and glory, world without end. Amen.

Prayers After Communion

God gets the last word in our service. First, he blesses us, and then he sends us out into the world, to live a life that reflects his love, mercy and truth.

We have been given the rest and nourishment we need to sustain our own lives, and we have been given the gifts we need to go out and Serve our World in the name of Jesus.

THE BLESSING

May 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

STAND

THE DISMISSAL

Go in peace to love and serve the Lord.
Thanks be to God.



SERMON NOTES

[illegible]

NEXT SUNDAY, JUNE 2, 2024

9am & 10:45am - BAS Worship Services

(with concurrent Children & Youth Ministries)

6:30pm - Lamplighters Worship & Communion Service

Reading: Luke 9:1-6; 10-17

GET IN TOUCH

LITTLE TRINITY

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Little Trinity Church



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