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# LITTLE TRINITY

SINCE 1842



**Sunday, Mar 16, 2025**

**LENT 2 | All Ages Worship & Communion Service  
9:00am & 10:45am**

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# 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 Book of Alternative Services (BAS) developed in 1985.

If this is new to you please join in only when you are comfortable. Note the instructions **STAND**, **SIT** and **SIT/KNEEL**. 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](mailto:children@littletrinity.org))

### YOUTH

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

**WELCOME**

**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 prepared 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.

**Confession & Absolution**

One of the beauties of this prayer is that it frees us and gives us words that help us be fully honest with God, knowing He hears us, delights in us and longs for us to open our lives up to his forgiving, reforming love. The absolution, with the word 'absolute' tucked inside it, reminds us that God forgives us 'absolutely' - fully and entirely. Not only that, he steps alongside us to strengthen us and to guide us in walking down a new path.

**MUSICAL WORSHIP**

**STAND**

**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 either sit or kneel before our Creator and Redeemer, and confess our sins.

**CONFESSION & ABSOLUTION**

**SIT/KNEEL**

Most merciful God

**we confess that we have sinned against you  
in thought, word, and deed,  
by what we have done,  
and by what we have left undone.**

**We have not loved you with our whole heart;  
we have not loved our neighbours as  
ourselves.**

**We are truly sorry and we humbly repent.  
For the sake of your Son Jesus Christ,  
have mercy on us and forgive us,  
that we may delight in your will,  
and walk in your ways,  
to the glory of your name. Amen.**

Almighty God have mercy upon you,  
pardon and deliver you from all your sins,  
confirm and strengthen you in all goodness,  
and keep you in eternal life;  
through Jesus Christ our Lord. **Amen.**

## **THE COLLECT OF THE DAY**

***SIT/KNEEL***

**Almighty God, whose Son our Saviour Jesus Christ is the light of the world: Grant that your people, illumined by your Word and Sacraments, may shine with the radiance of Christ's glory, that he may be known, worshiped, and obeyed to the ends of the earth; through Jesus Christ our Lord, who with you and the Holy Spirit lives and reigns, one God, now and for ever. Amen.**

## **THE PROCLAMATION OF THE WORD**

**LESSON**

**Ephesians 5:1-21**

***SIT***

<sup>1</sup> Therefore be imitators of God, as beloved children. <sup>2</sup> And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

<sup>3</sup> But sexual immorality and all impurity or covetousness must not even be named among you, as is proper among saints. <sup>4</sup> Let there be no filthiness

### **The Collect of the Day**

The Collect of the Day is a prayer that collects the intentions of our service; each Sunday there is a different collect paired with the readings and sermon message.

### **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<sup>®</sup> Bible (The Holy Bible, English Standard Version<sup>®</sup>), copyright © 2001 by Crossway.

nor foolish talk nor crude joking, which are out of place, but instead let there be thanksgiving. <sup>5</sup> For you may be sure of this, that everyone who is sexually immoral or impure, or who is covetous (that is, an idolater), has no inheritance in the kingdom of Christ and God. <sup>6</sup> Let no one deceive you with empty words, for because of these things the wrath of God comes upon the children of disobedience. <sup>7</sup> Therefore do not become partners with them; <sup>8</sup> for at one time you were darkness, but now you are light in the Lord. Walk as children of light <sup>9</sup> (for the fruit of light is found in all that is good and right and true), <sup>10</sup> and try to discern what is pleasing to the Lord. <sup>11</sup> Take no part in the unfruitful works of darkness, but instead expose them. <sup>12</sup> For it is shameful even to speak of the things that they do in secret. <sup>13</sup> But when anything is exposed by the light, it becomes visible, <sup>14</sup> for anything that becomes visible is light.

Therefore it says,

“Awake, O sleeper,  
and arise from the dead,  
and Christ will shine on you.”

<sup>15</sup> Look carefully then how you walk, not as unwise but as wise, <sup>16</sup> making the best use of the time, because the days are evil. <sup>17</sup> Therefore do not be foolish, but understand what the will of the Lord is. <sup>18</sup> And do not get drunk with wine, for that is debauchery, but be filled with the Spirit, <sup>19</sup> addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, <sup>20</sup> giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ, <sup>21</sup> submitting to one another out of reverence for Christ.

The Word of the Lord.

**Thanks be to God.**

**GOSPEL****Matthew 6:19-24****STAND**

The Lord be with you.

**And also with you.**

The Holy Gospel of our Lord Jesus Christ according to Matthew.

**Glory to you, Lord Jesus Christ.**

<sup>19</sup> [Jesus said:] “Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal,<sup>20</sup> but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal.<sup>21</sup> For where your treasure is, there your heart will be also.

<sup>22</sup> The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light,<sup>23</sup> but if your eye is bad, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness!

<sup>24</sup> No one can serve two masters, for either they will hate the one and love the other, or they will be devoted to the one and despise the other. You cannot serve God and money.”

The Gospel of Christ.

**Praise to you, Lord Jesus Christ.****SERMON*****STAND for prayer, then SIT***

“Walking in Love”

The Rev. Karen Koiter

Associate Pastor (Justice Animator)

*Sermon Series: Ephesians: The Forming of a Kingdom Community*

**REFLECTION****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.

**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](http://www.littletrinity.org) and they are also available on Google Play and iTunes.

### **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. Alternating between the Apostle's Creed and the Nicene Creed, together we acknowledge the historical truths of our faith, passed down throughout the ages.

## **CONFESSION OF FAITH**

## **STAND**

Do you believe and trust in God the Father?

**We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen.**

Do you believe and trust in his Son Jesus Christ?

**We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one being with the Father; through him all things were made.**

Do you believe and trust in the saving work of Jesus Christ?

**For us and for our salvation he came down from heaven, was incarnate by the Holy Spirit of the Virgin Mary and was made man. For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again in accordance with the Scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end.**

Do you believe and trust in the Holy Spirit?

**We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is worshipped and glorified, who has spoken through the prophets. We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.**



## PRAYERS OF THE PEOPLE

Lord, in your mercy,  
**Hear our prayer.**

**SIT/KNEEL**

### **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: Church of the Resurrection, San Lorenzo, Dufferin  
& St. Aidan, Toronto

CLERICUS: Chaplain, Hospital for Sick Children

### NEIGHBOURHOOD

Those living and working on Hahn Place & Lower Sherbourne Street

### LITTLE TRINITY COMMUNITY AND LEADERS

Lay Pastoral Associate - James Beck

### PARISH

Chris & Louise Friesen, Junia, & Caspian; Silas & Lauren Friesen; Jesse Frohlich & Emily Langridge, Audrey; Murray Thomson & Esme Fuller-Thomson, Ian

### MISSION PARTNERS

McDaniel & Blossom Phillips (TWR) London, Ontario

## OFFERTORY WORSHIP

**STAND**

Baptized into Christ, and made one in his body, we pray with Christ, who constantly prays for us and for all of creation (Hebrews 7:25). Together we pray for our church, our city and our world.

## 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.*

**Prayer over the Gifts & Doxology**

In this prayer and in the Doxology we are reminded that this is a time for praise and thanksgiving to God, along with the company of all creation and the unseen heavenly hosts. We are part of a much larger choir than can be contained in this building!

**Eucharistic Prayer**

Christ's death and resurrection recast the very foundations of the life we are given to live. Thus we come to our 'weekly work' of the liturgy and we give ourselves over to this amazing, true, world-changing story. It is a living story that by the work of the Holy Spirit brings us within its fold, shaping us - and the world - for a new future. The opening sentences are called the Sursum Corda (Latin for 'lift up your hearts') and are words of preparation, reminding us that this is the Lord's space and that He is present, inviting us to bring our whole selves - all we hold dear and precious - our souls, minds and bodies to God in thanks and praise.

**THE PRAYER OVER THE GIFTS**

**Gracious God, all things come from you and you teach us to be generous with what we have. We pray that our gifts may be wisely used for the ministry of the gospel and the relief of those in need for the glory of our Lord Jesus Christ. 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.**

**PEACE**

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

**COMMUNION**

**EUCCHARISTIC PRAYER**

**STAND**

The Lord be with you.  
**And also 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 our thanks and praise.**  
**Glory to God for ever** (sung)

It is always right to give you thanks, God our Creator, loving and faithful, holy and strong. You made us and the whole universe, and filled your world with life.

**Glory to God for ever (sung)**

You sent your Son to live among us, Jesus our Saviour, Mary's child. He suffered on the cross; he died to save us from our sins; he rose in glory from the dead.

**Glory to God for ever (sung)**

You send your Spirit to bring new life to the world, and clothe us with power from on high. And so we join the angels to celebrate and sing:

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

**Blessed is he who comes  
in the name of the Lord. (repeat)**

**SIT/KNEEL**

Father, on the night before he died, Jesus shared a meal with his friends. He took the bread, and thanked you. He broke it, and gave it to them, saying: Take and eat; this is my body, given for you. Do this to remember me.

After the meal, Jesus took the cup of wine. He thanked you, and gave it to them, saying: Drink this, all of you. This is my blood, the new promise of God's unfailing love. Do this to remember me.

Gracious God, his perfect sacrifice destroys the power of sin and death; by raising him to life you give us life for evermore.

**Holy, holy, holy Lord...**  
The Sanctus reminds that our praise joins the angels' praise that is already happening. Not only that, its words magnificently stretch, in an echo of Isaiah 6 and Matthew 21, to hold both the power of the Holy, mysterious, unseen God and the earthy, full presence of the Son as he entered Jerusalem on a donkey.

The bread lifted up and broken is a visual reminder of Jesus' body lifted up on the cross and broken for us. In being broken, Jesus opened up a new life that we all share together, just as we share in this bread together. As the wine is lifted up, we are visually reminded of the blood shed that won for us the gift of a covenant life as God's children. Past and present and future come together in this shared meal.

Three simple phrases summarize the heart of our faith. These events reframe everything about who we are and the lives we've been given. Imagine yourself tucked in between 'Christ is risen' and 'Christ will come again'. We live in that space in-between, held firm in the promise of what has already happened and constantly reshaped towards what is yet to come.

#### The Lord's Prayer

The Lord's Prayer is a gift from our Lord Jesus Christ. It frames our prayers in who the Father is and acknowledges what we actually need day to day (forgiveness, the capacity to forgive, nourishment, protection). It is a prayer that grounds us in the strength of God and in our own daily dependence on Him.

Together we declare the mystery of faith:

**Christ has died,  
Christ is risen,  
Christ will come again.** (sung)

Father, as we bring this bread and wine, and remember his death and resurrection, send your Holy Spirit, that we who share these gifts may be fed by Christ's body and his blood.

**Amen, Amen, Amen.** (sung)

Pour your Spirit on us that we may love one another, work for the healing of the earth, and share the good news of Jesus, as we wait for his coming in glory.

**Amen, Amen, Amen.** (sung)

For honour and praise belong to you, Father, with Jesus your Son, and the Holy Spirit: one God, for ever and ever.

**Amen, Amen, Amen.** (sung)

#### **THE LORD'S PRAYER**

And now, as our Saviour Christ has taught us 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.**

## THE BREAKING OF THE BREAD

"Whoever comes to me will never be hungry; whoever believes in me will never thirst."

**Open your mouth and taste, open your eyes and see how good God is. Blessed are you who run to him.**

The gifts of God for the people of God.  
**Thanks be to God.**

In these words from John 6 and Psalm 34 we are reminded that God gives himself to us generously, lovingly and nourishingly. He feeds our hearts, spirits, minds and bodies with the food of His very presence. It is a glorious mystery!

## 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.*

## WORSHIP DURING COMMUNION

### PRAYERS AFTER COMMUNION **STAND**

Father of all, we give you thanks and praise that when we were still far off you met us in your Son and brought us home. Dying and living, he declared your love, gave us grace, and opened the gate of glory. May we who share Christ's body live his risen life; we who drink his cup bring life to others; we whom the Spirit lights give light to the world.

**Keep us in this hope that we have grasped; so we and all your children shall be free, and the whole earth live to praise your name. 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 children have been learning this blessing as a reminder that no matter what is going on in our lives, God's power and work is deeper, stronger and can accomplish things beyond our imagining. This is true in our lives but also for the lives that preceded us and lives yet to come. May this encourage us all - young and old - for the week ahead.

**The Blessing**

The sign of the cross – a practice that started in the early years of the church - is a way to physically mark the truth of the blessing of the Father, Son and Holy Spirit. In tracing the symbol of the cross from mind (forehead) to heart (chest) to body (left and right), we are reminded of the fact that the whole of our lives – mind, body, heart, spirit – are held within the saving work of the cross and the blessing of the triune God.

Glory to God,  
**whose power, working in us, can do infinitely more than we can ask or imagine. Glory to God from generation to generation, in the Church and in Christ Jesus, for ever and ever. Amen.**

**THE 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**

**SIT**

**CLOSING WORSHIP**

**STAND**

**THE DISMISSAL**

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





## NEXT SUNDAY, MAR 23, 2025

**9am & 10:45am** - EPB Communion Service

(with concurrent Nursery, Children & Youth Ministries)

**6:30pm** - Lamplighters Worship & Communion Service

Reading: Ephesians 5:21-35

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### GET IN TOUCH

**LITTLE TRINITY**

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The Rev. Lyn Youll Marshall, Honorary Assistant [lyoullmarshall@littletrinity.org](mailto:lyoullmarshall@littletrinity.org)

Ministers: The entire Congregation

[www.littletrinity.org](http://www.littletrinity.org) |



Little Trinity Church



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