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# LITTLE TRINITY

SINCE 1842



**Sunday, Mar 23, 2025**

**LENT 3 | EPB 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 **English Prayer Book - (EPB)** contemporized version of the original prayer book from when the Anglican Church began in the 1500's. The EPB 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)

## MORNING SERVICE

### 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.

### 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 re-  
minded that God is loving  
and merciful, we recog-  
nize that we are sinners  
and he reaches out to us  
nonetheless; we are as-  
sured that God has looked  
upon us with mercy and  
we have been forgiven of  
our sins.

## WELCOME

## 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**

**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 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.**

#### **THE COLLECT OF THE DAY    *SIT/KNEEL***

**Eternal Lover of our wayward race, you open your arms to accept us even before we turn to meet your welcome; you invite us to forgiveness even before our hearts are softened to repentance. Hold before us the image of our humanity made new, so that we may live in Jesus Christ, your new creation. Amen**

#### **THE PROCLAMATION OF THE WORD**

**LESSON    Ephesians 5: 18b, 21-33    *SIT***

9am Reader: Maureen Roach

10:45am Reader: Carole Brennan

<sup>18b</sup> ... Be filled with the Spirit, [...]

<sup>21</sup> Submitting to one another out of reverence for Christ. <sup>22</sup> Wives, submit to your own husbands, as to the Lord. <sup>23</sup> For the husband is the head of

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.

the wife even as Christ is the head of the church, his body, and is himself its Saviour. <sup>24</sup> Now as the church submits to Christ, so also wives should submit in everything to their husbands.

<sup>25</sup> Husbands, love your wives, as Christ loved the church and gave himself up for her, <sup>26</sup> that he might sanctify her, having cleansed her by the washing of water with the word, <sup>27</sup> so that he might present the church to himself in splendour, without spot or wrinkle or any such thing, that she might be holy and without blemish. <sup>28</sup> In the same way husbands should love their wives as their own bodies. He who loves his wife loves himself. <sup>29</sup> For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the church, <sup>30</sup> because we are members of his body. <sup>31</sup> “Therefore a man shall leave his father and mother and hold fast to his wife, and the two shall become one flesh.” <sup>32</sup> This mystery is profound, and I am saying that it refers to Christ and the church. <sup>33</sup> However, let each one of you love his wife as himself, and let the wife see that she respects her husband.

The Word of the Lord  
**Thanks be to God.**

#### 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.

**GOSPEL**      **Mark 10: 35-37, 41-45**      **STAND**

9am Reader: James Rhee

10:45am Reader: Hanne Simoes

The Lord be with you.

**And also with you.**

The Holy Gospel is written in the tenth chapter of the Gospel according to Saint Mark beginning at the thirty-fifth verse.

**Glory be to you, O Christ.**

<sup>35</sup> And James and John, the sons of Zebedee, came up to him and said to him, “Teacher, we want you to do for us whatever we ask of you.”

<sup>36</sup> And he said to them, “What do you want me to do for you?” <sup>37</sup> And they said to him, “Grant us to sit, one at your right hand and one at your left, in your glory.” [...]

<sup>41</sup> And when the ten heard it, they began to be indignant at James and John. <sup>42</sup> And Jesus called them to him and said to them, “You know that those who are considered rulers of the Gentiles lord it over them, and their great ones exercise authority over them. <sup>43</sup> But it shall not be so among you. But whoever would be great among you must be your servant, <sup>44</sup> and whoever would be first among you must be slave of all. <sup>45</sup> For even the Son of Man came not to be served but to serve, and to give his life as a ransom for many.”

The Gospel of Christ

**Praise be to you, O Christ.**

**SERMON**                    **STAND** for prayer, then **SIT**

“Spirit-filled Relationships”

The Rev. Canon Timothy Haughton, Senior Pastor

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

**REFLECTION**

**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. This is the Apostle's Creed where we acknowledge the historical truths of our faith, passed down throughout the ages.

## **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 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.**

### **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.

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.

## **PRAYERS OF THE PEOPLE**

**SIT/KNEEL**

Lord, in your mercy,

**Hear our prayer.**

## **WEEKLY CYCLE OF PRAYER**

### **MINISTRIES OF THE WIDER CHURCH**

WORLDWIDE: The Church in Central America

DIOCESE: St. Andrew-by-the-Lake, St. Andrew, Alliston &  
St. Andrew, Scarborough

CLERICUS: Chaplain, Mount Sinai Hospital

### **NEIGHBOURHOOD**

Those living and working on Queen's Quay East & Bonnycastle Street

### **LITTLE TRINITY COMMUNITY AND LEADERS**

Children and Family Ministry - Director: Janelle Gordon,  
Assistant Director: Natalie Lundy

### **PARISH**

Lilia Fuller-Thomson; Elysia Fuller-Thomson; Graeme Glebe; Bryan  
Gooderham; Janelle & Stephen Gordon, Anders & Milo; Paul Goulet

### **MISSION PARTNERS**

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

## **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](http://littletrinity.org/give).*

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

### **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.

### **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.

## **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 PEACE**

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

## **COMMUNION**

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.

### **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".

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.

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 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.**

### 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.

#### 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

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.

**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.**

### **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**

### **CLOSING WORSHIP**

***STAND***

### **THE DISMISSAL**

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





## NEXT SUNDAY, MAR 30, 2025

**9am & 10:45am** - Morning Prayer Worship Services  
(with concurrent Children & Youth Ministries)

**6:30pm** - Lamplighters Worship & Communion Service  
Reading: Ephesians 6:1-9

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### GET IN TOUCH

**LITTLE TRINITY**

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Ministers: The entire Congregation

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



Little Trinity Church



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