

LITTLE † TRINITY

SINCE 1842



Sunday, March 30, 2025

**LENT 4 | Morning Prayer Service
9am & 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's service (or "Office") of Morning Prayer can be used both in corporate and private worship. It has been modified and shortened for the Livestream worship service. This version contains a mixture of the English Prayer Book and the Common Prayer Book from Australia.

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)

YOUTH

Contact Morgan Chu for
information
(youth@littletrinity.org)

WELCOME

MUSICAL WORSHIP

PENITENTIAL RITE

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 continue 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.

Heavenly Father, we praise you for adopting us as your children and making us heirs of eternal life. In your mercy you have washed us from our sins and made us clean in your sight. Yet we still fail to love you and serve you as we should. Forgive us our sins and renew us by your grace, that we may continue to grow as members of Christ, in whom alone is our salvation. Amen.

God is slow to anger and full of compassion. He forgives all who humbly repent and turn to his Son Jesus Christ, in whom there is no condemnation.
Amen.

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.

Penitential Rite

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.

O Lord, open up our hearts;

And we will praise your holy name.

O God, be quick to save us.

O Lord, do not wait to help us.

Glory be to the Father, and to the Son, and to the Holy Spirit;

As it was in the beginning, is now, and ever shall be, world without end. Amen.

The Lord is our refuge and strength.

O come let us worship.

MUSICAL WORSHIP

STAND

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

READING Ephesians 5:18b, 21, 6:1-9 SIT

9am - Maureen Oulton

10:45am - Jeanette Howitt

^{18b} ... Be filled with the Spirit, [...]

²¹ Submitting to one another out of reverence for Christ. [...]

^{6 1} Children, obey your parents in the Lord, for this is right. ² "Honour your father and mother" (this is the first commandment with a promise), ³ "that it may go well with you and that you may live long in the land." ⁴ Parents, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord.

⁵ Bondservants, obey your earthly masters with fear and trembling, with a sincere heart, as you would Christ, ⁶ not by the way of eye-service, as people-

pleasers, but as bondservants of Christ, doing the will of God from the heart, ⁷ rendering service with a good will as to the Lord and not to humans, ⁸ knowing that whatever good anyone does, this they will receive back from the Lord, whether they are a bondservant or free. ⁹ Masters, do the same to them, and stop your threatening, knowing that he who is both their Master and yours is in heaven, and that there is no partiality with him.

The Word of the Lord.

Thanks be to God.

RESPONSIVE PSALM Psalm 62:5-12

Leader: ⁵ For God alone, O my soul, wait in
silence,

All: for my hope is from him.

⁶ He only is my rock and my salvation,
my fortress; I shall not be shaken.

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

⁹ Those of low estate are but a breath;
those of high estate are a delusion;
in the balances they go up; they are
together lighter than a
breath.

¹⁰ Put no trust in extortion; set no vain
hopes on robbery;
if riches increase, set not your heart
on them.

¹¹ Once God has spoken; twice have I
heard this:
that power belongs to God,

¹² And that to you, O Lord, belongs
steadfast love.

**For you will render to a person
according to their work.**

Glory to the Father, and to the Son, and to the Holy
Spirit:

**As it was in the beginning, is now and ever shall
be, world without end.**

Amen.

SECOND READING Matthew 23:1-12 SIT

9am - Peter Austin

10:45am - Bonnie Moore

¹ Then Jesus said to the crowds and to his
disciples, ² “The scribes and the Pharisees sit on
Moses’ seat, ³ so do and observe whatever they tell
you, but not the works they do. For they preach,
but do not practice. ⁴ They tie up heavy burdens,
hard to bear, and lay them on people’s shoulders,
but they themselves are not willing to move them
with their finger. ⁵ They do all their deeds to be
seen by others. For they make their phylacteries
broad and their fringes long, ⁶ and they love the
place of honour at feasts and the best seats in the
synagogues ⁷ and greetings in the marketplaces and
being called rabbi by others. ⁸ But you are not to
be called rabbi, for you have one teacher, and you
are all brothers and sisters. ⁹ And call no man your
father on earth, for you have one Father, who is in
heaven. ¹⁰ Neither be called instructors, for you
have one instructor, the Christ. ¹¹ The greatest
among you shall be your servant. ¹² Whoever
exalts themselves will be humbled, and whoever
humbles themselves will be exalted.”

The Word of the Lord.

Thanks be to God.

SERMON

"Spirit-filled Relationships – Part 2"

The Rev. Karen Koiter

Associate Pastor (Justice Animator)

Sermon Series: Ephesians – The Forming of a Kingdom Community

REFLECTION

CONFESSION OF FAITH

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.

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.

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.

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.

OFFERTORY

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

OFFERTORY WORSHIP

STAND

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

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.

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).

THE 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 the Congo

DIOCESE: St. Anne, Toronto, St. Athanasius, Orillia &
St. Augustine of Canterbury

CLERICUS: Chaplain, Princess Margaret Hospital

NEIGHBOURHOOD

Those living and working on Merchant's Wharf & Small Street

LITTLE TRINITY COMMUNITY AND LEADERS

Youth Ministry - Director, Morgan Chu

PARISH

Anne Graham; Kamesha Graham; Anne & Jonathan Griffiths, Evelyn;
Sylvia Gumpesberger; George & Michele Halatsis

MISSION PARTNERS

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

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.

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.

Closing Prayer

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 COLLECT OF THE DAY

O God, you made us in your own image and redeemed us through Jesus your Son: Look with compassion on the whole human family; take away the arrogance and hatred which infect our hearts; break down the walls that separate us; unite us in bonds of love; and work through our struggle and confusion to accomplish your purposes on earth; that, in your good time, all nations and races may serve you in harmony around your heavenly throne; through Jesus Christ our Lord. Amen.

THE LORD'S PRAYER

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.

CLOSING PRAYER

STAND

Holy and everliving God, by your power we are created and by your love we are redeemed; Guide and strengthen us by your Spirit, that we may give ourselves this coming week to your service, and live in love to one another and to you, through Jesus Christ our Lord. 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, APR 6, 2025

9am & 10:45am - Lent 5 - BAS Worship & Communion Services
(with concurrent Children & Youth Ministry)

6:30pm - Lent 5 - Lamplighters Worship & Communion Service
Reading: Ephesians 6:10-24

GET IN TOUCH

LITTLE TRINITY

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The Rev. Canon Timothy Haughton, Senior Pastor taughton@littletrinity.org x 228

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James Beck, Lay Pastoral Associate pastoralcare@littletrinity.org x 225

The Rev. Lyn Youll Marshall, Honorary Assistant lyoullmarshall@littletrinity.org

Ministers: The entire Congregation

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