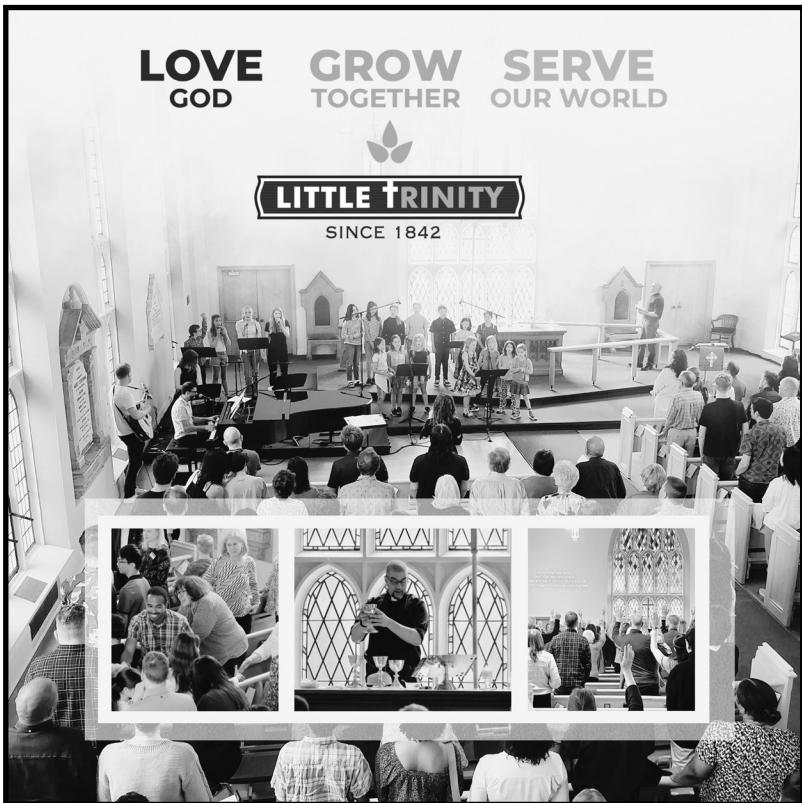


# LITTLE TRINITY

SINCE 1842

---



Sunday, Feb 1, 2026

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

If this is new to you please join in only where 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 information:  
([children@littletrinity.org](mailto:children@littletrinity.org))

### YOUTH

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

### **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.

### **Music 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.

## **WELCOME**

## **MUSICAL WORSHIP**

**STAND**

## **OPENING PRAYERS**

**SIT/KNEEL**

The grace of our Lord Jesus Christ and the love of God, and the fellowship of the Holy Spirit, be with you all.

**And also with you.**

Almighty God,

**to you all hearts are open,  
all desires known,  
and from you 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 Christ our Lord.**

**Amen.**

## **THE COLLECT OF THE DAY**

**SIT/KNEEL**

**Almighty God, in Christ you make all things new: transform the poverty of our nature by the riches of your grace, and in the renewal of our lives make known your heavenly glory; through Jesus Christ, your Son, our Lord, who is alive and reigns with you in the unity of the Holy Spirit, one God, now and for ever. Amen.**

# THE PROCLAMATION OF THE WORD

SIT

## LESSON **Hebrews 4:11 - 5:10**

9am: Murray Thomson

10:45am: Liz Johnston

<sup>11</sup> Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience. <sup>12</sup> For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart. <sup>13</sup> And no creature is hidden from his sight, but all are naked and exposed to the eyes of him to whom we must give account.

<sup>14</sup> Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. <sup>15</sup> For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. <sup>16</sup> Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

**5** <sup>1</sup> For every high priest chosen from among mortals is appointed to act on behalf of them in relation to God, to offer gifts and sacrifices for sins. <sup>2</sup> He can deal gently with the ignorant and wayward, since he himself is beset with weakness. <sup>3</sup> Because of this he is obligated to offer sacrifice for his own sins just as he does for those of the people. <sup>4</sup> And no one takes this honour for themselves, but only when called by God, just as Aaron was.

### 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.

<sup>5</sup> So also Christ did not exalt himself to be made a high priest, but was appointed by him who said to him,

“You are my Son,  
today I have begotten you”;

<sup>6</sup> as he says also in another place,

“You are a priest forever,  
after the order of Melchizedek.”

<sup>7</sup> In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to him who was able to save him from death, and he was heard because of his reverence. <sup>8</sup> Although he was a son, he learned obedience through what he suffered. <sup>9</sup> And being made perfect, he became the source of eternal salvation to all who obey him, <sup>10</sup> being designated by God a high priest after the order of Melchizedek.

### 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

**John 17:1-3; 20-23**

SIT

9am: Peter Austin

10:45am: Jacob Winter

The Lord be with you.

**And also with you.**

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

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

<sup>1</sup> When Jesus had spoken these words, he lifted up his eyes to heaven, and said, “Father, the hour

has come; glorify your Son that the Son may glorify you,<sup>2</sup> since you have given him authority over all flesh, to give eternal life to all whom you have given him.<sup>3</sup> And this is eternal life, that they know you, the only true God, and Jesus Christ whom you have sent. [...]

<sup>20</sup> “I do not ask for these only, but also for those who will believe in me through their word,<sup>21</sup> that they may all be one, just as you, Father, are in me, and I in you, that they also may be in us, so that the world may believe that you have sent me.  
<sup>22</sup> The glory that you have given me I have given to them, that they may be one even as we are one,  
<sup>23</sup> I in them and you in me, that they may become perfectly one, so that the world may know that you sent me and loved them even as you loved me.”

The Gospel of Christ.

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

## **SERMON**

**STAND for prayer, then SIT**

“The Rest We’ve Been Running From”

The Rev. Canon Timothy Haughton

Senior Pastor

*Sermon Series: Hebrews: Jesus Above All*

## **REFLECTION**

## **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.**

### **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.

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**

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**

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

**SIT/KNEEL**

## WEEKLY CYCLE OF PRAYER

### MINISTRIES OF THE WIDER CHURCH

WORLDWIDE: The Church in England

DIOCESE: Grace Church, Markham, Grace Church, Scarborough  
& the Parish of Haliburton

CLERICUS: Mission to Seafarers

### NEIGHBOURHOOD

Those living and working on St. Lawrence Street & Percy Street

### LITTLE TRINITY COMMUNITY AND LEADERS

Coordinator, Volunteer & Creative - Laurie Haughton

### PARISH

Benita Black, Adelaide & Tobias; Hilary Black & Stephen Scott; Meradith & Sean Black Fleming, Frances; Mebbie Black; Karlene Bloomfield, Jonathon

### MISSION PARTNERS

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

### SPECIAL PRAYER

For God's blessing and wisdom to surround those attending Alpha  
as they reflect on prayer in the Christian life

### 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 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**

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 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.**

### **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.

### CONFESsION & ABSOLUTION

**SIT/KNEEL**

Dear friends in Christ,  
God is steadfast in love and infinite in mercy;  
he welcomes sinners and invites them to his table.  
Let us confess our sins,  
confident in God's forgiveness.

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.**

### **STAND**

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

## **COMMUNION**

### **EUCARISTIC PRAYER**

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.**

Blessed are you, gracious God,  
creator of heaven and earth;  
You have revealed your eternal plan of salvation,  
and have shown your Son Jesus Christ  
to be the light of all peoples.  
Therefore with angels and archangels  
we raise our voices in joyful praise  
to proclaim the glory of your name.

**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**

#### **Eucharistic Prayer**

Modeled after Jewish table prayers of blessing, the Eucharistic Prayer, or the Great Thanksgiving, 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".

We praise you, merciful Father,  
not as we ought, but as we are able,  
because in your tender love  
you gave the world your only Son,  
in order that the world might be saved through him.  
He made you known by taking the form of a servant,  
healing the sick, liberating the oppressed,  
reaching out to the lost.

Betrayed, reviled, and nailed to the cross,  
he confronted the power of sin  
and disarmed it for ever.

In his offering of himself,  
he became the perfect and sufficient sacrifice  
for the sins of the whole world.

Redeemed by Christ,  
we have been adopted as your children;  
by your pardon  
you have made us worthy to praise you.

On the night he was betrayed,  
Jesus, at supper with his friends,  
took bread, gave you thanks, broke the bread,  
gave it to them, and said, "Take and eat:  
this is my body which is given for you.  
Do this for the remembrance of me."

After supper he took the cup of wine,  
and when he had given thanks,  
he gave it to them,  
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.

Whenever you drink it,  
do this for the remembrance of me."

In obedience to him and with grateful hearts  
we approach your holy table,  
remembering our Saviour's sacrifice,  
and rejoicing in his victory.

Confident in his sovereign purpose,  
we declare our faith.

**Christ has died,  
Christ is risen,  
Christ will come again.**

Send your Holy Spirit on us  
that as we receive this bread and this cup  
we may partake of the body and blood  
of our Lord Jesus Christ,  
and feed on him in our hearts  
by faith with thanksgiving.

May we be renewed in his risen life, filled with love,  
and strengthened in our will to serve others;  
and make of our lives, we pray,  
a pure and holy sacrifice, acceptable to you,  
knitting us together as one in your Son Jesus Christ,  
to whom, with you and the Holy Spirit,  
be all honour and glory, now and forever. **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.**

#### **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.

### **THE BREAKING OF THE BREAD**

"I am the bread of life," says the Lord.  
"Whoever comes to me will never be hungry;  
whoever believes in me will never thirst."

**Taste and see that the Lord is good;  
happy are they who trust in him!**

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

## 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.*

### **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.

### **PRAYERS AFTER COMMUNION**

**STAND**

God of all the nations of the earth  
Guide us with your light.  
Help us to recognize Christ as he comes to us in this eucharist and in our neighbours.  
May we welcome him with love,  
for he is Lord now and for ever.  
  
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**

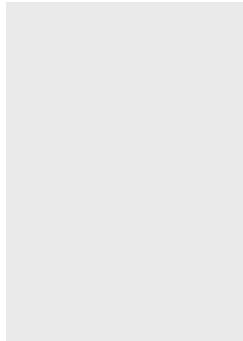
### **CLOSING WORSHIP**

**STAND**

## THE DISMISSAL

Go in peace to love and serve the Lord.

**Thanks be to God.**



**NEXT SUNDAY, FEB 8, 2026**

**9am & 10:45am** - EPB Communion & Worship Services  
(With concurrent Children & Youth Ministry - Ages 0-Gr. 8)

**6:30pm** Lamplighters Worship & Communion Service  
Reading: Hebrews 7:18 - 8:7

---

**GET IN TOUCH**

---

**LITTLE TRINITY**

416-367-0272 | 425 King St E, Toronto ON M5A 1L3

Administrator Office hours: M-Th 9:30-3pm [admin@littletrinity.org](mailto:admin@littletrinity.org)

Prayer Chain: [prayerchain@littletrinity.org](mailto:prayerchain@littletrinity.org) x 251

The Rev. Canon Timothy Haughton, Senior Pastor [thaughton@littletrinity.org](mailto:thaughton@littletrinity.org) x 228

The Rev. Karen Koiter, Associate Pastor (Justice Animator) [kkoiter@littletrinity.org](mailto:kkoiter@littletrinity.org) x 236

The Rev. Andrew Stuart, Pastor of Discipleship [astuart@littletrinity.org](mailto:astuart@littletrinity.org) x 223

James Beck, Lay Pastoral Associate [pastoralcare@littletrinity.org](mailto:pastoralcare@littletrinity.org) x 225

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

Ministers: The entire Congregation