
LITTLE TRINITY

SINCE 1842



Sunday, Mar 15, 2026

LENT 4 | All Ages 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. 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 details
(youth@littletrinity.org)

MORNING SERVICE

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

**God, our beloved, you have set before us the
goal of new life in Christ. May we live in the
power of his resurrection and bring forth the
fruit of your gentle and loving rule. Amen.**

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 PROCLAMATION OF THE WORD

LESSON

Hebrews 12:1-2, 18-29

SIT

¹ Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, ¹ looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God. [...]

¹⁸ For you have not come to what may be touched, a blazing fire and darkness and gloom and a tempest ¹⁹ and the sound of a trumpet and a voice whose words made the hearers beg that no further messages be spoken to them. ²⁰ For they could not endure the order that was given, “If even a beast touches the mountain, it shall be

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.

stoned.”²¹ Indeed, so terrifying was the sight that Moses said, “I tremble with fear.”²² But you have come to Mount Zion and to the city of the living God, the heavenly Jerusalem, and to innumerable angels in festal gathering,²³ and to the assembly of the firstborn who are enrolled in heaven, and to God, the judge of all, and to the spirits of the righteous made perfect,²⁴ and to Jesus, the mediator of a new covenant, and to the sprinkled blood that speaks a better word than the blood of Abel.

²⁵ See that you do not refuse him who is speaking. For if they did not escape when they refused him who warned them on earth, much less will we escape if we reject him who warns from heaven.²⁶ At that time his voice shook the earth, but now he has promised, “Yet once more I will shake not only the earth but also the heavens.”

²⁷ This phrase, “Yet once more,” indicates the removal of things that are shaken—that is, things that have been made—in order that the things that cannot be shaken may remain.²⁸ Therefore let us be grateful for receiving a kingdom that cannot be shaken, and thus let us offer to God acceptable worship, with reverence and awe,²⁹ for our God is a consuming fire.

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 **Luke 21:25-31**

STAND

9am: Clara Ng

10:45am: Peter Kennedy

The Lord be with you.

And also with you.

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

Glory to you, Lord Jesus Christ.

²⁵ [Jesus said:] “And there will be signs in sun and moon and stars, and on the earth distress of nations in perplexity because of the roaring of the sea and the waves, ²⁶ people fainting with fear and with foreboding of what is coming on the world. For the powers of the heavens will be shaken. ²⁷ And then they will see the Son of Man coming in a cloud with power and great glory. ²⁸ Now when these things begin to take place, straighten up and raise your heads, because your redemption is drawing near.”

²⁹ And he told them a parable: “Look at the fig tree, and all the trees. ³⁰ As soon as they come out in leaf, you see for yourselves and know that the summer is already near. ³¹ So also, when you see these things taking place, you know that the kingdom of God is near.”

The Gospel of Christ.

Praise to you, Lord Jesus Christ.

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

“Endurance and the Kingdom to Come”

The Rev. Canon Tim Haughton

Senior Pastor

Sermon Series: Hebrews: Jesus Above All

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 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.

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.

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

SIT/KNEEL

Lord, in your mercy,
Hear our prayer.

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.

WEEKLY CYCLE OF PRAYER

MINISTRIES OF THE WIDER CHURCH

WORLDWIDE: The Church in Kenya

DIOCESE: Church of the Redeemer, Bloor Street, Church of the Resurrection & San Lorenzo, Dufferin

CLERICUS: Church of St. Paul - Bloor Street

NEIGHBOURHOOD

Those living and working on Virgin Place & Sackville Street

LITTLE TRINITY COMMUNITY AND LEADERS

Lay Delegates to Synod - Graham Chernoff, Peter Oulton, Maureen Oulton, Ian Welsman, Ruth Padmore, Liz Downie, James Beck

PARISH

Adam Cohoon & Jennifer Conroy; David Colpitts; Nancy Conrad; Marlena Corbo & Aline Leal Rocha, Luna; Ross Couldrey & Karen Doxsee, Quinn, Piper & Hayden

MISSION PARTNERS

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

OFFERTORY WORSHIP

STAND

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.

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

Blessed are you, Lord God of Israel, for ever and ever. All that is in heaven and on earth is yours. All things come from you, and from your own hand we have given to you. 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.**

STAND

PEACE

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

COMMUNION

EUCCHARISTIC 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.

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.

Together we declare the mystery of faith:

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

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.

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

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.

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!

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

We break this bread,
Communion in Christ's body once broken.

Let your Church be the wheat
which bears its fruit in dying.

**If we have died with him,
we shall live with him;
if we hold firm,
we shall reign with 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.*

WORSHIP DURING COMMUNION

PRAYERS AFTER COMMUNION

STAND

Faithful God,
in this holy bread
you increase our faith and hope and love.
Lead us in the path of Christ
who is your Word of life.
We ask this in his name.

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.**

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.

THE BLESSING

May the God of mercy transform you by his grace, 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 22, 2026

9am & 10:45am - LENT 5 EPB Worship & Communion Service
(With concurrent Children & Youth Ministry - Ages 0-Gr. 8)

6:30pm LENT 5 Lamplighters Worship & Communion Service
Reading: Hebrews 13:1-21

GET IN TOUCH

LITTLE TRINITY

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

The Rev. Andrew Stuart, Pastor of Discipleship astuart@littletrinity.org x 223

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Ministers: The entire Congregation

www.littletrinity.org |



Little Trinity Church



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