
LITTLE † TRINITY

SINCE 1842



Sunday, Mar 22, 2026

LENT 5 | EPB 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 **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 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 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.

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.

WELCOME

MUSICAL WORSHIP

STAND

LENTEN INVITATION AND CONFESSION **SIT**

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 either sitting or kneeling before our Creator and Redeemer, let us 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

Keep, O Lord, your household the Church in your steadfast faith and love, that through your grace we may proclaim your truth with boldness, and minister your justice with compassion; for the sake of our Savior Jesus Christ, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

THE PROCLAMATION OF THE WORD

SIT

LESSON

Hebrews 13:1-21

9am Reader: Maureen Roach

10:45am Reader: Rikk Salamat

¹ Let mutual love continue. ² Do not neglect to show hospitality to strangers, for thereby some have entertained angels unawares. ³ Remember those who are in prison, as though in prison with them, and those who are mistreated, since you also are in the body. ⁴ Let marriage be held in honour among all, and let the marriage bed 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.

undefiled, for God will judge the sexually immoral and adulterous.⁵ Keep your life free from love of money, and be content with what you have, for he has said, “I will never leave you nor forsake you.”⁶ So we can confidently say,

“The Lord is my helper;
I will not fear;
what can anyone do to me?”

⁷ Remember your leaders, those who spoke to you the word of God. Consider the outcome of their way of life, and imitate their faith.

⁸ Jesus Christ is the same yesterday and today and forever. ⁹ Do not be led away by diverse and strange teachings, for it is good for the heart to be strengthened by grace, not by foods, which have not benefited those devoted to them. ¹⁰ We have an altar from which those who serve the tent have no right to eat. ¹¹ For the bodies of those animals whose blood is brought into the holy places by the high priest as a sacrifice for sin are burned outside the camp. ¹² So Jesus also suffered outside the gate in order to sanctify the people through his own blood. ¹³ Therefore let us go to him outside the camp and bear the reproach he endured. ¹⁴ For here we have no lasting city, but we seek the city that is to come. ¹⁵ Through him then let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that acknowledge his name. ¹⁶ Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.

¹⁷ Obey your leaders and submit to them, for they are keeping watch over your souls, as those who will have to give an account. Let them do this with joy and not with groaning, for that would be of no advantage to you. ¹⁸ Pray for us, for we are sure that we have a clear conscience, desiring to act honourably in all things. ¹⁹ I urge you the more earnestly to do this in order that I may be restored to you the sooner.

²⁰ Now may the God of peace who brought again from the dead our Lord Jesus, the great shepherd of the sheep, by the blood of the eternal covenant,²¹ equip you with everything good that you may do his

will, working in us that which is pleasing in his sight, through Jesus Christ, to whom be glory forever and ever. Amen.

The Word of the Lord

Thanks be to God.

GOSPEL **John 12:23-28**

STAND

9am Reader: Cliff Roach

10:45am Reader: Kat Kennedy

The Lord be with you.

And also with you.

The Holy Gospel is written in the twelfth chapter of the Gospel according to Saint John beginning at the twenty-third verse.

Glory be to you, O Christ.

²³ And Jesus answered them, “The hour has come for the Son of Man to be glorified. ²⁴ Truly, truly, I say to you, unless a grain of wheat falls into the earth and dies, it remains alone; but if it dies, it bears much fruit. ²⁵ Whoever loves their life loses it, and whoever hates their life in this world will keep it for eternal life. ²⁶ If anyone serves me, they must follow me; and where I am, there will my servant be also. If anyone serves me, the Father will honour them.

²⁷ Now is my soul troubled. And what shall I say? ‘Father, save me from this hour?’ But for this purpose I have come to this hour. ²⁸ Father, glorify your name.” Then a voice came from heaven: “I have glorified it, and I will glorify it again.”

The Gospel of Christ

Praise be to you, O Christ.

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 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.

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

"Held Fast So We Can Hold Fast"

The Rev. Karen Koiter

Associate Pastor (Justice Animator)

Sermon Series: Hebrews: A Cross-Shaped Life

REFLECTION

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

SIT/KNEEL

Lord, in your mercy,

Hear our prayer.

WEEKLY CYCLE OF PRAYER

MINISTRIES OF THE WIDER CHURCH

WORLDWIDE: The Church in Korea

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

CLERICUS: Church of St. Peter & St. Simon-the-Apostle

NEIGHBOURHOOD

Those living and working on Corktown Lane & Gilead Place

LITTLE TRINITY COMMUNITY AND LEADERS

Lay Reader Coordinators - Peter & Sara Austin

PARISH

Bob Crossman & Rachel Fournier, Giselle; Douglas Crosswell; Eric Cummer; Rodger & Nancy Cummins; William Davidson; Emrys & Anita Davis, Owen & Evelyn

MISSION PARTNERS

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

OFFERTORY WORSHIP

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. 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.**

THE PEACE

STAND

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 Timothy 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)

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.

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.

Blessed are you, gracious God, creator of heaven and earth;

because you bid your faithful people to cleanse their hearts and to prepare with joy for the paschal feast; that fervent in prayer and in works of mercy, and renewed by your Word and Sacraments, they may come to the fullness of grace which you have prepared for those who love you.

Therefore 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 are full of your glory.

Hosanna in the highest.

Blessed is he who comes in the name of the Lord. Hosanna in the highest.

SIT/KNEEL

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.

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

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".

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.

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

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.

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.

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 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.**

MISSION MOMENT: McDaniel Phillips (video)

ANNOUNCEMENTS

CLOSING WORSHIP

STAND

THE DISMISSAL

Go in peace to love and serve the Lord.

Thanks be to God.



NEXT SUNDAY, MAR 29, 2026

9am & 10:45am - Palm Sunday | BAS Worship Services
(With concurrent Children & Youth Ministry - Ages 0-Gr. 8)

6:30pm - Palm Sunday | Lamplighters Worship & Communion Service
Readings: Isaiah 55:1-11; John 12:12-28

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

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Little Trinity Church



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