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**LITTLE TRINITY**

SINCE 1842



**Sunday, Mar 22, 2026**

LENT 5 | Lamplighters Worship &  
Communion Service

**6:30pm**

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## WORSHIP SERVICE

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### WELCOME

### WORSHIP IN SONG

### OPENING PRAYER

### 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 either sitting or kneeling before our Creator and Redeemer, let us confess our sins.

### CONFESSION & ABSOLUTION

**Almighty God, Father of our Lord Jesus Christ, you made all things, and you call everyone to account. In sorrow, we confess the sins we have committed against you, in thought, word and deed. We turn from our sins and are truly sorry for them; they are a burden we cannot bear. Have mercy on us, most merciful Father. For the sake of your Son our Lord Jesus Christ, forgive us all that is past. Enable us to serve and please you in newness of life, to your honour and glory, through Jesus Christ our Lord. Amen.**

Almighty God our heavenly Father; who has promised to forgive the sins of all who turn to him with repentance and faith, have mercy on us; pardon and deliver us from all our sins, strengthen us to do his will, and keep us in eternal life, through Jesus Christ our Lord. **Amen.**

## READINGS

## Hebrews 13:1-21

<sup>1</sup> Let mutual love continue. <sup>2</sup> Do not neglect to show hospitality to strangers, for thereby some have entertained angels unawares. <sup>3</sup> Remember those who are in prison, as though in prison with them, and those who are mistreated, since you also are in the body. <sup>4</sup> Let marriage be held in honour among all, and let the marriage bed be undefiled, for God will judge the sexually immoral and adulterous. <sup>5</sup> 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." <sup>6</sup> So we can confidently say,

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

<sup>7</sup> Remember your leaders, those who spoke to you the word of God. Consider the outcome of their way of life, and imitate their faith. <sup>8</sup> Jesus Christ is the same yesterday and today and forever. <sup>9</sup> 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. <sup>10</sup> We have an altar from which those who serve the tent have no right to eat. <sup>11</sup> 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. <sup>12</sup> So Jesus also suffered outside the gate in order to sanctify the people through his own blood. <sup>13</sup> Therefore let us go to him outside the camp and bear the reproach he endured. <sup>14</sup> For here we have no lasting city, but we seek the city that is to come. <sup>15</sup> Through him then let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that acknowledge his name. <sup>16</sup> Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.

<sup>17</sup> 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.

<sup>18</sup> Pray for us, for we are sure that we have a clear conscience, desiring to act honourably in all things. <sup>19</sup> I urge you the more earnestly to do this in order that I may be restored to you the sooner.

<sup>20</sup> 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, <sup>21</sup> 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.

### **John 12:23-28**

<sup>23</sup> And Jesus answered them, "The hour has come for the Son of Man to be glorified. <sup>24</sup> 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. <sup>25</sup> Whoever loves their life loses it, and whoever hates their life in this world will keep it for eternal life. <sup>26</sup> 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.

<sup>27</sup> 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. <sup>28</sup> Father, glorify your name." Then a voice came from heaven: "I have glorified it, and I will glorify it again."

The Word of the Lord

**Thanks be to God.**

#### **SERMON**

"Held Fast So We Can Hold Fast"

Karen Koiter

*Sermon Series: Hebrews: A Cross-Shaped Life*

#### **REFLECTION**

#### **CREED**

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**

### **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.*

### **COMMUNION PRAYER**

The Lord is here. Lift up your hearts.

**We lift them to the Lord.**

Let us give thanks to God.

**It is right to give thanks and praise.**

It is indeed right, to give you, our Father, thanks and praise through Jesus. For he is your living Word; through him you have created all things from the beginning, and formed us in your own image.

**To you be glory and praise for ever.**

Through him you have freed us from the slavery of sin, giving him to die upon the cross; raised from the dead, exalted to your right hand.

**To you be glory and praise for ever.**

Through him you have sent upon us your holy and life-giving Spirit, and made us a people for your own possession.

**To you be glory and praise for ever.**

In the same night that he was betrayed, Jesus took bread and gave you 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.

**To you be glory and praise for ever.**

In the same way, after supper he took the cup and gave you 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.

**To you be glory and praise for ever.**

Accept our praises and grant that by the power of your Holy Spirit these gifts of bread and wine may be to us his body and his blood. As we eat and drink these holy gifts, inspire us with your love and unite us in the body of your Son, Jesus Christ our Lord.

**To you be glory and praise for ever. Amen.**

## THE LORD'S PRAYER

As our Saviour Christ has taught, 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, now and forever. Amen.**

## COMMUNION

*All those who have placed their trust in Jesus as Saviour and Lord, being baptized in any Christian denomination, are welcome to the Lord's table. Gluten-free wafers are available upon request from the communion administrant.*

## **PRAYER AFTER COMMUNION**

**Strengthen for service, Lord, the hands that have taken holy things; May the ears which have heard your word be deaf to clamour and dispute; May the tongues which have sung your praise be free from deceit; May the eyes which have seen the tokens of your love shine with the light of hope; And may the bodies which have been fed with your body be refreshed with the fullness of your life; Glory to you for ever. Amen.**

## **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.**

## **MISSION MOMENT: McDaniel Phillips (video)**

## **ANNOUNCEMENTS**

## **CLOSING WORSHIP**

## **DISMISSAL**

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



**NEXT SUNDAY, MAR 29, 2026**

**6:30pm - Palm Sunday** | Lamplighters Worship & Communion Service  
Reading:

**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

**GET IN TOUCH**

**LITTLE TRINITY**

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

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

Ministers: The entire Congregation

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