

LITTLE TRINITY

SINCE 1842



Sunday, Oct 4, 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)

YOUTH

Contact Morgan Chu for
Information:
(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.

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.

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***

Lord of the gathering feast, you walk with us
on the shadowed road: burn our hearts with
Scripture's open flame; unveil our darkened
eyes as bread is torn and shared, and from the
broken fragments bless a people for yourself;
through Jesus Christ, the host of the world.
Amen.

LESSON Isaiah 43:1-11

9am: Maureen Roach

10:45am: Liz Johnston

¹ But now thus says the Lord,
he who created you, O Jacob,
 he who formed you, O Israel:
“Fear not, for I have redeemed you;
 I have called you by name, you are mine.
² When you pass through the waters, I will be
 with you;
 and through the rivers, they shall not
 overwhelm you;
when you walk through fire you shall not be
 burned,
 and the flame shall not consume you.
³ For I am the Lord your God,
 the Holy One of Israel, your Saviour.
I give Egypt as your ransom,
 Cush and Seba in exchange for you.
⁴ Because you are precious in my eyes,
 and honoured, and I love you,
I give people in return for you,
 nations in exchange for your life.
⁵ Fear not, for I am with you;
 I will bring your offspring from the east,
 and from the west I will gather you.
⁶ I will say to the north, Give up,
 and to the south, Do not withhold;
bring my sons from afar
 and my daughters from the end of the
 earth,
⁷ everyone who is called by my name,
 whom I created for my glory,
 whom I formed and made.”

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.

⁸ Bring out the people who are blind, yet have eyes,
who are deaf, yet have ears!

⁹ All the nations gather together,
and the peoples assemble.

Who among them can declare this,
and show us the former things?

Let them bring their witnesses to prove them right,
and let them hear and say, It is true.

¹⁰ “You are my witnesses,” declares the Lord,
“and my servant whom I have chosen,

that you may know and believe me
and understand that I am he.

Before me no god was formed,
nor shall there be any after me.

¹¹ I, I am the Lord,
and besides me there is no saviour.”

The Word of the Lord.

Thanks be to God.

GOSPEL

Luke 24:13-36

SIT

9am: Cliff Roach

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.

¹³ That very day two of them were going to a village named Emmaus, about seven miles from Jerusalem, ¹⁴ and they were talking with each other about all these things that had happened. ¹⁵ While they were talking and discussing together, Jesus himself drew near and went with them. ¹⁶ But their eyes were kept from recognizing him. ¹⁷ And he said to them, “What is this conversation that you are holding with each other as you walk?” And they stood still, looking sad. ¹⁸ Then one of them, named Cleopas, answered him, “Are you the only visitor to Jerusalem who does not know the things that have

happened there in these days?”¹⁹ And he said to them, “What things?” And they said to him, “Concerning Jesus of Nazareth, a man who was a prophet mighty in deed and word before God and all the people,²⁰ and how our chief priests and rulers delivered him up to be condemned to death, and crucified him.²¹ But we had hoped that he was the one to redeem Israel. Yes, and besides all this, it is now the third day since these things happened.²² Moreover, some women of our company amazed us. They were at the tomb early in the morning,²³ and when they did not find his body, they came back saying that they had even seen a vision of angels, who said that he was alive.²⁴ Some of those who were with us went to the tomb and found it just as the women had said, but him they did not see.”

²⁵ And he said to them, “O foolish ones, and slow of heart to believe all that the prophets have spoken!²⁶ Was it not necessary that the Christ should suffer these things and enter into his glory?”²⁷ And beginning with Moses and all the Prophets, he interpreted to them in all the Scriptures the things concerning himself.

²⁸ So they drew near to the village to which they were going. He acted as if he were going farther,²⁹ but they urged him strongly, saying, “Stay with us, for it is toward evening and the day is now far spent.” So he went in to stay with them.³⁰ When he was at table with them, he took the bread and blessed and broke it and gave it to them.³¹ And their eyes were opened, and they recognized him. And he vanished from their sight.³² They said to each other, “Did not our hearts burn within us while he talked to us on the road, while he opened to us the Scriptures?”³³ And they rose that same hour and returned to Jerusalem. And they found the eleven and those who were with them gathered together,³⁴ saying, “The Lord has risen indeed, and has appeared to Simon!”³⁵ Then they told what had happened on the road, and how he was known to them in the breaking of the bread.

³⁶ As they were talking about these things, Jesus himself stood among them, and said to them, “Peace to you!”

The Gospel of Christ.

Praise to you, Lord Jesus Christ.

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. Alternating between the Apostle's Creed and the Nicene Creed, together we acknowledge the historical truths of our faith, passed down throughout the ages.

SERMON

STAND for prayer, then **SIT**

"Meeting Jesus"

The Rev. Sandra Seaborn

Honorary Assistant

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.

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.

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

WEEKLY CYCLE OF PRAYER

MINISTRIES OF THE WIDER CHURCH

WORLDWIDE: The Church in Brazil

DIOCESE: St. Saviour, Orono, St. Saviour, Toronto &
St. Stephen in-the-Fields

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

NEIGHBOURHOOD

Those working at Lower River Street & St. Lawrence Street

LITTLE TRINITY COMMUNITY AND LEADERS

Fellowship Hour Coordinators - Bruce Bunt (AM), Kelly Crawford (PM)

PARISH

Jennifer Moore; Mark Moore; Daniel Morrison & Lauren Snelgrove, Thea & Alfred; Jonathan Mousley & Heather Sinnema, Anthony, Elicia & Daniela

MISSION PARTNERS

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

SPECIAL PRAYER

For God's blessing and protection on all attending the Parish Retreat this weekend up at Fair Havens Conference Centre

OFFERTORY WORSHIP

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.

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 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.

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.

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

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

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 our-
selves. 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

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.

Blessed are you, gracious God,
creator of heaven and earth;
You are the source of light and life for all your
creation,
you made us in your own image,
and call us to new life in Jesus Christ our Saviour.

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".

Therefore we praise you,
joining our voices 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

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 is reigning,
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 love,

In this eucharist we have heard your truth
and shared in your life.

May we always walk in your way,
in the name of Jesus Christ our Lord.

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, OCT 11, 2026

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

6:30pm Lamplighters Worship & Communion Service
Reading: Acts 16:20-40

*(Please note that we endeavour to keep the Lamplighters service scant-free.
We appreciate your help in keeping this space welcoming for all.)*

GET IN TOUCH

LITTLE TRINITY

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The Rev. Sandra Seaborn, Honorary Assistant

Ministers: The entire Congregation

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