



# ST. JOHN'S NORWAY

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## ANGLICAN CHURCH IN THE BEACHES



# KEEPING A HOLY LENT

– How an *Ancient Practice*  
Helps a *Modern World*

A SERMON SERIES IN 4 PARTS

March 6, March 27, April 3 and April 10

## WELCOME TO ST. JOHN'S NORWAY

*We are so glad to have you worship with us!*

*We are a growing, diverse, and energetic faith community learning to follow Jesus together.  
Wherever you are on your spiritual journey, you are invited to join us.*



**ST. JOHN'S NORWAY**  
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# First Sunday in Lent

## 10:30 AM – Sunday, March 6, 2022

*Officiant & Preacher:* The Rev. Molly Finlay

*Reader:* Marty Halpin

*Intercessor:* Kathryn Kern

*Music Director:* Cara Halpin

*Choir Leads:* Tara Baxendale, Vivien Illion

Prelude     *Ich Ruf Zu Dir, Herr Jesu Christ (I Call to You, Lord Jesus Christ) (J.S. Bach)*

### Welcome & Gathering of the Community

(Please stand)

**Opening Hymn**            CP 455 - *Dear God, Compassionate and Kind* (verses 1, 4, 5)

Dear God, compassionate and kind,  
forgive our foolish ways.  
Re-clothe us in our rightful mind,  
in purer lives thy service find,  
in deeper reverence, praise,  
in deeper reverence, praise.

Drop thy still dews of quietness,  
till all our strivings cease;  
take from our souls the strain and stress,  
and let our ordered lives confess  
the beauty of thy peace,  
the beauty of thy peace.

Breathe through the heats of our desire  
thy coolness and thy balm;  
let sense be dumb, let flesh retire;  
speak through the earthquake, wind, and fire,  
O still, small voice of calm,  
O still, small voice of calm.

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

### Collect of the Day

*Celebrant*      Let us pray.  
Almighty God,  
whose Son fasted forty days in the wilderness,  
and was tempted as we are but did not sin,  
give us grace to discipline ourselves  
in submission to your Spirit,  
that as you know our weakness,  
so we may know your power to save;  
through Jesus Christ our Lord,  
who lives and reigns with you and the Holy Spirit,  
one God, now and for ever.

*All*                **Amen.**

(Please be seated)

# The Proclamation of the Word

## The Readings

Reader

A reading from the Book of Deuteronomy.

When you have come into the land that the Lord your God is giving you as an inheritance to possess, and you possess it, and settle in it, you shall take some of the first of all the fruit of the ground, which you harvest from the land that the Lord your God is giving you, and you shall put it in a basket and go to the place that the Lord your God will choose as a dwelling for his name. You shall go to the priest who is in office at that time, and say to him, "Today I declare to the Lord your God that I have come into the land that the Lord swore to our ancestors to give us." When the priest takes the basket from your hand and sets it down before the altar of the Lord your God, you shall make this response before the Lord your God: "A wandering Aramean was my ancestor; he went down into Egypt and lived there as an alien, few in number, and there he became a great nation, mighty and populous. When the Egyptians treated us harshly and afflicted us, by imposing hard labour on us, we cried to the Lord, the God of our ancestors; the Lord heard our voice and saw our affliction, our toil, and our oppression. The Lord brought us out of Egypt with a mighty hand and an outstretched arm, with a terrifying display of power, and with signs and wonders; and he brought us into this place and gave us this land, a land flowing with milk and honey. So now I bring the first of the fruit of the ground that you, O Lord, have given me." You shall set it down before the Lord your God and bow down before the Lord your God. Then you, together with the Levites and the aliens who reside among you, shall celebrate with all the bounty that the Lord your God has given to you and to your house.

(Deuteronomy 26:1-11)

Reader  
People

The Word of the Lord.  
Thanks be to God.

## **Psalm 91:1-2, 9-16**

He who dwells in the shelter of the Most High, abides under the shadow of the Almighty.

He shall say to the Lord, "You are my refuge and my stronghold, my God in whom I put my trust."

Because you have made the Lord your refuge, and the Most High your habitation.

There shall no evil happen to you, neither shall any plague come near your dwelling.

For he shall give his angels charge over you, to keep you in all your ways.

They shall bear you in their hands, lest you dash your foot against a stone.

You shall tread upon the lion and adder; you shall trample the young lion and the serpent under your feet.

Because he is bound to me in love, therefore will I deliver him; I will protect him, because he knows my Name.

He shall call upon me, and I will answer him; I am with him in trouble; I will rescue him and bring him to honour.

With long life will I satisfy him, and show him my salvation.

*Please stand for the reading of the Gospel.*

*The Gospel is carried down the centre aisle into the midst of the people gathered, as a symbol of God's sending out of Jesus—who is the "Word made flesh" into the world.*

*Reader*      The Lord be with you.

*People*      **And also with you.**

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

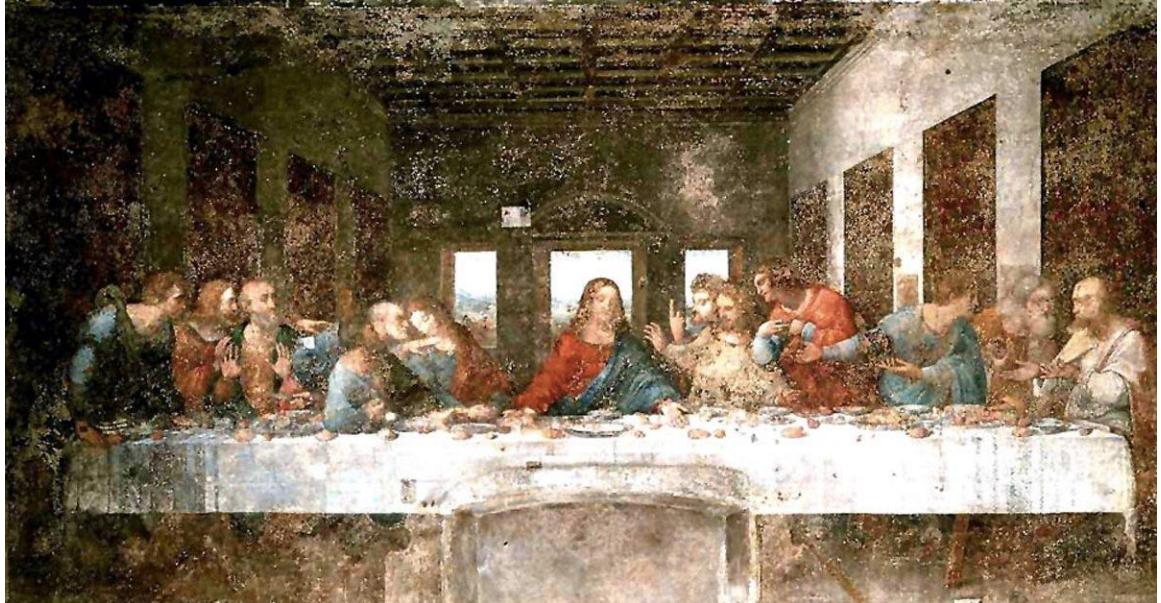
*People*      **Glory to you, Lord Jesus Christ.**

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, "If you are the Son of God, command this stone to become a loaf of bread." Jesus answered him, "It is written, 'One does not live by bread alone.'" Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, "To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours." Jesus answered him, "It is written, 'Worship the Lord your God, and serve only him.'" Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down from here, for it is written, 'He will command his angels concerning you, to protect you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'" Jesus answered him, "It is said, 'Do not put the Lord your God to the test.'" When the devil had finished every test, he departed from him until an opportune time.

(Luke 4:1-13)

*Reader*      The Gospel of Christ.

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



*The Last Supper before restoration*



*The Last Supper after restoration*

During Lent, there will be a time of silence for reflection.

## The Apostles' Creed

*Celebrant* Let us confess our faith as we say,  
*All* I believe in God,  
the Father almighty,  
creator of heaven and earth.

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.

I believe in 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.

(Please sit or kneel for prayer)

## The Prayers of the People

## **Confession and Absolution**

*Celebrant* 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.

*Silence is kept.*

*Celebrant* 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.**

*Celebrant* 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.**

(Please stand)

## The Peace

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

*We exchange a sign of God's peace to one another, with a smile or peace sign.  
No hugs or handshakes for now. You may be seated after the sharing of The Peace.*

## The Celebration of the Eucharist

### Invitation to Offering

*We at St John the Baptist Norway give regularly to God's work through offerings and other gifts. Our offerings support the life of the parish, as well as the work we do in the world, both locally and globally.*

*We invite you to contribute financially as you can to the life and ministry of the parish.  
If you wish to donate in person or sign up for pre-authorized giving,  
you may contact the Church Office via e-mail or telephone  
using the information listed on the back of our bulletin.  
Thank you.*

(Please stand)

## The Prayer over the Gifts

*Celebrant*      God our refuge and our strength,  
receive all we offer you this day,  
and through the death and resurrection of your Son  
transform us to his likeness.  
We ask this in his name.  
*People*            Amen.

## The Great Thanksgiving

*Celebrant*      The Lord be with you.

*People*        And also with you.

*Celebrant*      Lift up your hearts.

*People*        **We lift them to the Lord.**

*Celebrant*      Let us give thanks to the Lord our God.

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

*Celebrant*      Blessed are you, gracious God,  
creator of heaven and earth;  
we give you thanks and praise  
through Jesus Christ our Lord,  
who was tempted in every way, yet did not sin.  
By his grace we are able to triumph over every evil,  
and to live no longer for ourselves alone,  
but for him who died for us and rose again.  
Therefore with angels and archangels  
and all who have served you in every age,  
we raise our voices  
to proclaim the glory of your name.

*All*                  **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.**

*Celebrant*      We give thanks to you, Lord our God,  
for the goodness and love  
you have made known to us in creation;  
in calling Israel to be your people;  
in your Word spoken through the prophets;  
and above all in the Word made flesh,  
Jesus your Son.

For in these last days you sent him  
to be incarnate from the Virgin Mary,  
to be the Saviour and Redeemer of the world.  
In him you have delivered us from evil,  
and made us worthy to stand before you.  
In him you have brought us  
out of error into truth,  
out of sin into righteousness,  
out of death into life.

On this very night,  
when he was handed over to suffering and death,  
a death he freely accepted,  
our Lord Jesus Christ took bread;  
and when he had given thanks to you,  
he broke it, and gave it to his disciples,  
and said, “Take, 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.”

All

Therefore, Father, according to his command,  
**We remember his death,**  
**we proclaim his resurrection,**  
**we await his coming in glory;**

*Celebrant*

And we offer our sacrifice  
of praise and thanksgiving  
to you, Lord of all;  
presenting to you, from your creation,  
this bread and this wine.

We pray you, gracious God,  
to send your Holy Spirit upon these gifts,  
that they may be the sacrament  
of the body of Christ  
and his blood of the new covenant.  
Unite us to your Son in his sacrifice,  
that we, made acceptable in him,  
may be sanctified by the Holy Spirit.

In the fullness of time,  
reconcile all things in Christ,  
and make them new,  
and bring us to that city of light  
where you dwell with all your sons and daughters;  
through Jesus Christ our Lord,

the firstborn of all creation,  
the head of the Church,  
and the author of our salvation;

by whom, and with whom, and in whom,  
in the unity of the Holy Spirit,  
all honour and glory are yours, almighty Father,  
now and forever.

*All*

**Amen.**

## The Lord's Prayer

*Celebrant* And now, as our Saviour Christ has taught us,  
we are bold to say,  
**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

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

*Celebrant* Let your Church be the wheat  
which bears its fruit in dying.  
*All* **If we have died with him,**  
**we shall live with him;**  
**if we hold firm,**  
**we shall reign with him.**

## The Communion

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

*Choir* O Lamb of God, that takest away the sin of the world:  
have mercy upon us.  
O Lamb of God, that takest away the sin of the world:  
have mercy upon us.  
O Lamb of God, that takest away the sin of the world:  
grant us thy peace.

## Communion Music

***Non Nobis Domine (Not Unto Us, O Lord) (William Byrd)***  
***Bread of the World (arr. Alan Bullard)***

(Please stand)

## Prayer after Communion

*Celebrant*

Let us pray.  
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.

*All*

Amen.

## Doxology

*Celebrant*

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

## Announcements & Expressions of Gratitude

(Please stand)

**Closing Hymn CP 628 - O Love, How Deep, How Broad, How High (verses 1, 2, 4)**

O Love, how deep, how broad, how high!  
It fills the heart with ecstasy,  
that God, the Son of God, should take  
our mortal form for mortals' sake.

God sent no angel to our race,  
of higher or of lower place,  
but wore the robe of human frame  
for us, and to this lost world came.

For us he prayed, for us he taught,  
for us his daily works he wrought;  
by words and signs, and actions, thus  
still seeking not himself but us.

**Dismissal**

*Leader* Go in peace, to love and serve the Lord.

*People* **Thanks be to God!**

**Postlude**

**Voluntary in A Minor (John James)**

## St. John's This Week

- Tuesday** Lenten Discipleship Course in the Sanctuary 7pm  
**Wednesday** Mid-Week Holy Eucharist in the Chapel 12pm  
**Thursday** Choir Rehearsal in the Sanctuary 7-9pm

## Announcements & Events

### Welcome to St. John's Norway

No matter where you find yourself on your journey of faith, **you are so welcome to be here with us!** We are a community of people—young and old, from all backgrounds and walks of life, who are learning to follow Jesus. We ask questions, don't avoid the tough issues that life presents, and we want to love our neighbours. Please [fill out a Welcome Card online](#). We would love to hear from you!

### Almsgiving for Lent

We will be learning more about this Lenten discipline during the 40 days of Lent, but we invite you to **consider giving alms in two ways:** first, **to our own Food Pantry**, and the items we are looking for are listed below. Secondly, as a parish we are going to **contribute to an Indigenous fund through the Primate's World Relief and Development Fund**. This fund supports Indigenous-led groups working to provide clean water, as well as improve access to healthcare, engage youth and take climate action, right here in Canada. PWDRF's Executive Director Will Postma will join us on Sunday, March 20th to share more about this way of giving alms and what their work does. We invite you to prayerfully consider a meaningful donation and you can make your cheque payable to St. John's Norway marked PWDRF. These are good ways that we can keep a Holy Lent through almsgiving.

## St. John's Food Pantry

St. John's Food Pantry is open weekly **Mondays from 10am-noon** but we need your help! We are in need of the following supplies:

- Tinned tuna and chicken
- Sardines
- Tinned fruit
- Soups
- Pasta sauce
- Canned vegetables
- Stews
- Beans
- Peanut butter
- Jam
- Instant oatmeal packets



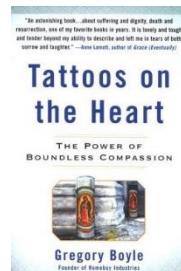
If you would like to help out by joining our roster, please contact Joanne Hincks at [joanne.hincks@gmail.com](mailto:joanne.hincks@gmail.com).

## Lenten Discipleship Course

**How are we to pray?** Have you always wondered how to pray—or perhaps find a fresh way to speak to God? **Join Molly** in-person in our beautiful church for **4 Tuesday evenings during Lent** as we learn about prayer together! **March 8, 22, 29, April 5 at 7 PM.** Please sign up on the bulletin board in the Narthex.

## Lenten Books Ready This Sunday

Thank you to everyone who signed up to order our Parish Lenten Book Pick, “**Tattoos on the Heart**” by Father Greg Boyle. You can now pick up your discounted copy at the Welcome Desk today or during office hours. Please bring \$15 in cash or cheque when you pick up your copy.



## **2021 Tax Receipts Available**

**St. John's Norway 2021 Tax Receipts are now available for pickup this Sunday.**

Any that are not picked up will be mailed out on Monday March 7<sup>th</sup>. Please report any discrepancies to the Parish Administrator at [admin@stjohnsnorway.com](mailto:admin@stjohnsnorway.com).

Please note, this is for contributions made directly to the church. Receipts for donations made using the Webpage online giving will issued by CanadaHelps.

## **Choir**

If you would like to join in this wonderful ministry, please contact Cara at [music@stjohnsnorway.com](mailto:music@stjohnsnorway.com) or call her at [416-712-7922](tel:416-712-7922) for more details.

## **Memorial Flowers**

If anyone wishes to give flowers to the glory of God and in memory, thanksgiving, or celebration of a loved one, please [email the office](#) for more information.

## **Small Groups at St. John's**

At St. John's, many of our people meet during the week for prayer, bible study, and fellowship. If you are interested in this life-giving ministry please [email the office](#).



## Notes







# LAND ACKNOWLEDGEMENT

The land we are standing on today is the traditional territory of many nations including the Mississaugas of the Credit, the Anishnabeg, the Chippewa, the Haudenosaunee and the Wendat peoples and is now home to many diverse First Nations, Inuit, and Métis Peoples. We also acknowledge that Toronto is covered by Treaty 13 signed with the Mississaugas of the Credit, and the Williams Treaties signed with multiple Mississaugas and Chippewa bands.

## LET'S GET SOCIAL!

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**[www.stjohnsnorway.com](http://www.stjohnsnorway.com)**

## TO REACH US

Rector: <b>The Rev. Molly Finlay</b>	(416) 795-6700
Director of Music: <b>Cara Halpin</b>	(416) 712-7922
Postulant & Youth Minister: <b>Yohan Dumpala</b>	
Children's Minister: <b>The Rev. Lo Cook</b>	
Parish Administrator: <b>Edward Cockerton</b>	(416) 691-4560
Cemetery Supervisor: <b>Robert Turvey</b>	(416) 691-2965
Rector's Warden: <b>Gordon Stock</b>	(416) 302-9746
People's Warden: <b>Katya Park</b>	(647) 705-1840
Deputy Wardens: <b>Rob Corrigan, Kathryn Kern</b>	

## St. John's Norway, Anglican Church

470 Woodbine Avenue, Toronto, Ontario M4E 2H6

## Church Office Hours

Monday to Friday – 9:00 am to 1:00 pm

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