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# THE HOLY EUCHARIST

THE FIRST SUNDAY IN LENT

February 26, 2023 • 10:00 AM

*Welcome to St. John's, Shaughnessy!  
Wherever you are on your spiritual  
journey, and whether you are joining  
us in the church building or via the  
livestream, we are glad you are here!*

*If you are new here and would like to  
learn more, please introduce yourself  
to the clergy after the service. If you  
would like to be added to our mailing  
list so that we may keep you  
informed of upcoming events, please  
contact the church office.*

*Infants and children (and their  
accompanying noises) enliven our  
services. Colouring, crafts, and quiet  
toys are available in the children's area,  
just to the left of the front pews.*

*We acknowledge with respect that we  
worship on the traditional, ancestral,  
and unceded territory of the Coast  
Salish Peoples, and we pray that we  
may live more deeply into the calls to  
action from Canada's Truth and  
Reconciliation Commission.*



*A brief organ voluntary offered a few minutes before the hour bids us all keep  
silence for prayer and preparation.*



*The people's responses are in **bold**.*



GREETING


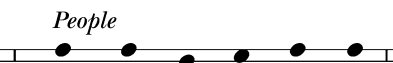
# THE ENTRANCE RITE

## THE GREAT LITANY


*Officiant*  *People*   
O God the Father, Creator of heaven and earth, Have mer - cy up - on us.

*Officiant*  *People*   
O God the Son, Redeemer of the world, Have mer - cy up - on us.


*Officiant*  *People*   
O God the Holy Ghost, Sanctifier of the faith - ful, Have mer - cy up - on us.

*Officiant*  *People*   
O holy, blessed, and glorious Trinity, one God, Have mer - cy up - on us.

Remember not, Lord, our offences, nor the offences of our forefathers; spare us, good Lord, spare thy people, whom thou hast redeemed with thy most precious blood.

*People*   
Spare us, good Lord.

From all evil and mischief; from sin, from the crafts and assaults of the devil; from thy wrath, and from everlasting condemnation,

*People*   
Good Lord, de - liv - er us.

From all blindness of heart; from pride, vainglory, and hypocrisy; from envy, hatred, and malice, and all uncharitableness,

**Good Lord, deliver us.**

From all uncleanness in thought, word, and deed; and from all the deceits of the world, the flesh, and the devil,

**Good Lord, deliver us.**

From lightning and tempest; from earthquake, fire, and flood; from plague, pestilence, and famine; from battle and murder, and from sudden death,

**Good Lord, deliver us.**

From all sedition, conspiracy, and rebellion; from all false doctrine, heresy, and schism; from hardness of heart, and contempt of thy Word and Commandment,

**Good Lord, deliver us.**

By the mystery of thy holy Incarnation; by thy holy Nativity; by thy Baptism, Fasting, and Temptation,

**Good Lord, deliver us.**

By thine Agony and bloody Sweat; by thy Cross and Passion; by thy precious Death and Burial,

**Good Lord, deliver us.**

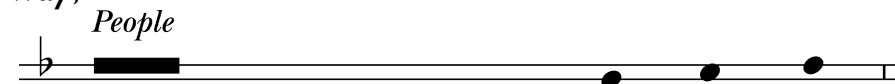
By thy glorious Resurrection and Ascension; by thy sending of the Holy Spirit; by thy heavenly Intercession; and by thy Coming again in glory,

**Good Lord, deliver us.**

In all times of tribulation; in all times of prosperity; in the hour of death, and in the day of judgement,

**Good Lord, deliver us.**

We sinners do beseech thee to hear us, O Lord God: and that it may please thee to rule and govern thy holy Church universal in the right way,



We beseech thee to hear us, good Lord.

To keep and strengthen in the true worshipping of thee, in holiness of life, and in devotion to his people, thy servant Charles, our most gracious King and Governor,

**We beseech thee to hear us, good Lord.**

To be his defender and keeper, giving him the victory over all his enemies,

**We beseech thee to hear us, good Lord.**

To give to all Bishops, Priests, and Deacons, true knowledge and understanding of thy Word; and that both by their preaching and living they may set it forth and show it accordingly,

**We beseech thee to hear us, good Lord.**

To send forth labourers into thy harvest; to prosper their work by thy Holy Spirit; to make thy saving health known unto all nations; and to hasten thy kingdom,

**We beseech thee to hear us, good Lord.**

To bless the people of our Country and the Commonwealth, and to endue those set in authority with grace, wisdom, and understanding,

**We beseech thee to hear us, good Lord.**

To bless and guide the judges and Magistrates, giving them grace to execute justice, and to maintain truth,

**We beseech thee to hear us, good Lord.**

To bless and keep the King's forces by sea, and land, and air, and to shield them in all dangers and adversities,

**We beseech thee to hear us, good Lord.**

To give to all nations unity, peace, and concord, that they may serve thee without fear,

**We beseech thee to hear us, good Lord.**

To bless and protect all who serve mankind by their labour and learning,

**We beseech thee to hear us, good Lord.**

To preserve all that travel, all women labouring of child, all sick persons and young children; and to show thy pity upon all prisoners and captives,

**We beseech thee to hear us, good Lord.**

To defend, and provide for, all widows and orphans, and all who are desolate and oppressed,

**We beseech thee to hear us, good Lord.**

To bless and keep all thy people,  
**We beseech thee to hear us, good Lord.**

To give to all thy people increase of grace, to hear meekly thy Word,  
and to receive it with pure affection, and to bring forth the fruit of the  
Spirit,

**We beseech thee to hear us, good Lord.**

To bring into the way of truth all who have erred and are deceived,

**We beseech thee to hear us, good Lord.**

To strengthen such as do stand; to encourage the faint-hearted; to  
raise up those who fall; and finally to beat down Satan under our feet,

**We beseech thee to hear us, good Lord.**

To succour, help, and comfort all that are in danger, necessity, and  
tribulation,

**We beseech thee to hear us, good Lord.**

To have mercy upon all men,

**We beseech thee to hear us, good Lord.**

To give and preserve to our use the kindly fruits of the earth, so that  
in due time we may enjoy them,

**We beseech thee to hear us, good Lord.**

To forgive our enemies, persecutors, and slanderers, and to turn their  
hearts,

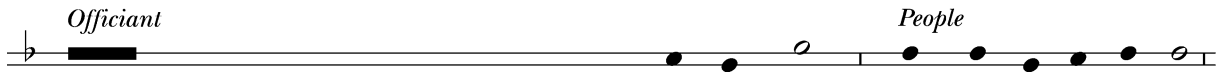
**We beseech thee to hear us, good Lord.**

To give us true repentance; to forgive us all our sins, negligences, and  
ignorances; and to endue us with the grace of thy Holy Spirit, to  
amend our lives according to thy holy Word,

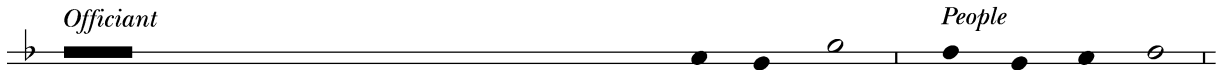
**We beseech thee to hear us, good Lord.**



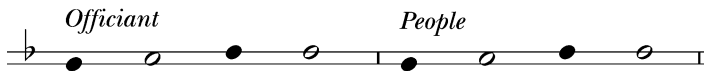
*Officiant* Son of God, we beseech thee to hear us.  
*People* Son of God, we beseech thee to hear us.



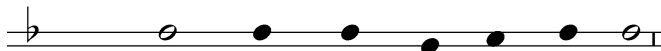
*Officiant* O Lamb of God, that takest away the sins of the world, Have mer-cy up-on us.  
*People* O Lamb of God, that takest away the sins of the world, Have mer-cy up-on us.



*Officiant* O Lamb of God, that takest away the sins of the world, Grant us thy peace.  
*People*



*Officiant* O Christ, hear us. *People* O Christ, hear us.



*Officiant* Lord, have mer - cy up - on us.  
*People* Christ, have mer - cy up - on us.  
*Officiant* Lord, have mer - cy up - on us.

## THE COLLECT OF THE DAY

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. **Amen.**

## THE LITURGY OF THE WORD

### THE FIRST READING

Genesis 2:15-17; 3:1-7

*A reading from the Book of Genesis*

The Lord God took the man and put him in the garden of Eden to till it and keep it. And the Lord God commanded the man, "You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die."

Now the serpent was more crafty than any other wild animal that the Lord God had made. He said to the woman, "Did God say, 'You shall not eat from any tree in the garden?'" The woman said to the serpent, "We may eat of the fruit of the trees in the garden; but God said, 'You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die.'" But the serpent said to the woman, "You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil."

So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

Hear what the Spirit is saying to God's people.

**Thanks be to God.**

PSALM 32 *Beati quorum*

*The Choir sings the Refrain; then all repeat.*



- 1 Happy are they whose transgressions are forgiven,  
and whose sin is put away!
- 2 Happy are they to whom the Lord imputes no guilt,  
and in whose spirit there is no guile!
- 3 While I held my tongue, my bones withered away,  
because of my groaning all day long.
- 4 For your hand was heavy upon me day and night;  
my moisture was dried up as in the heat of summer. *Refrain*
  
- 5 Then I acknowledged my sin to you,  
and did not conceal my guilt.
- 6 I said, "I will confess my transgressions to the Lord."  
Then you forgave me the guilt of my sin.
- 7 Therefore all the faithful will make their prayers to you in  
time of trouble;  
when the great waters overflow,  
they shall not reach them.
- 8 You are my hiding-place; you preserve me from trouble;  
you surround me with shouts of deliverance. *Refrain*
  
- 9 "I will instruct you and teach you  
in the way that you should go;  
I will guide you with my eye.
- 10 Do not be like horse or mule, which have no understanding;  
who must be fitted with bit and bridle,  
or else they will not stay near you."
- 11 Great are the tribulations of the wicked;  
but mercy embraces those who trust in the Lord.
- 12 Be glad, you righteous, and rejoice in the Lord;  
shout for joy, all who are true of heart. *Refrain*



*A reading from the letter of Paul to the Romans*

Therefore, just as sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come.

But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. And the free gift is not like the effect of the one man's sin. For the judgement following one trespass brought condemnation, but the free gift following many trespasses brings justification. If, because of the one man's trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ.

Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

Hear what the Spirit is saying to God's people.

**Thanks be to God.**

*Please stand as you are able.*

1 For - ty days and for - ty nights you were fas - ting  
 2 burn - ing heat through - out the day, bit - ter cold when  
 3 Shall not we your tri - als share, learn your dis - ci -  
 4 So if Sa - tan, press - ing hard, soul and bo - dy  
 5 Sav - iour, may we hear your voice— keep us con - stant

in the wild, for - ty days and for - ty nights  
 light had fled, prowl - ing beasts a - round your way,  
 pline of will, and with you by fast and prayer  
 would des - troy, Christ who con - quered, be our guard;  
 at your side; and with you we shall re - joice

tempt - ed, and yet un - de - filed:  
 stones your pil - low, earth your bed.  
 wres - tle with the powers of hell?  
 give to us the vic - tor's joy.  
 at the e - ter - nal Eas - ter - tide.

## THE GOSPEL ACCLAMATION

*The Cantor sings the Refrain; then all repeat.*

*Unison*

Praise to you, O Lord, King of e - ter - nal glo - ry.

*Cantor* We shall not live by bread alone, but by every word that proceeds from the mouth of God. *Refrain*

## THE HOLY GOSPEL

Matthew 4:1-11

The Lord be with you.

**And also with you.**

The Holy Gospel of our Lord Jesus Christ, according to Matthew.

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

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted forty days and forty nights, and afterwards he was famished. The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written, 'One does not live by bread alone, but by every word that comes from the mouth of God.'" Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down; for it is written, 'He will command his angels concerning you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'" Jesus said to him, "Again it is written, 'Do not put the Lord your God to the test.'" Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour; and he said to him, "All these I will give you, if you will fall down and worship me." Jesus said to him, "Away with you, Satan! for it is written, 'Worship the Lord your God, and serve only him.'" Then the devil left him, and suddenly angels came and waited on him.

The Gospel of Christ.

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

*Please be seated.*

## THE SERMON

Dara Crandall

*Please stand as you are able.*

## THE APOSTLES' CREED

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 stand as you are able.*

## THE PEACE

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

*The people greet one another with signs of God's peace.*

## THE OFFERTORY

As the altar is prepared for Holy Communion, the congregation is invited to make an offering as an expression of gratitude for God's generosity. A QR code is provided for those who prefer to donate online. During the collection, a hymn is sung.



### OFFERTORY HYMN · 179

THOMAS



1 Tree of Life and awe - some mys - tery, in your  
2 Seed that dies to rise in glo - ry, may we  
3 We re - mem - ber truth once spo - ken, love passed  
4 Gen - tle Je - sus, might - y Spir - it, come in -  
5 Christ, you lead and we shall fol - low, stum - bling



death we are re - born; though you die in all of  
see our - selves in you; if we learn to live your  
on through act and word; ev - ery per - son lost and  
flame our hearts a - new. We may all your joy in -  
though our steps may be; one with you in joy and



his - tory, still you rise with ev - ery morn, still you  
sto - ry we may die to rise a - new, we may  
bro - ken wears the bod - y of our Lord, wears the  
her - it if we bear the cross with you, if we  
sor - row, we the riv - er, you the sea, we the



rise with ev - ery morn.  
die to rise a - new.  
bod - y of our Lord.  
bear the cross with you.  
riv - er, you the sea.

6. From the dawning of creation you have loved us as your own;  
stay with us through all temptation, make us turn to you alone,  
make us turn to you alone.

# THE HOLY COMMUNION

## THE PRAYER OVER THE GIFTS

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. **Amen.**

## THE GREAT THANKSGIVING



The Lord be with you. And al-so with you.



Lift up your hearts. We lift them to the Lord.



Let us give thanks to the Lord our God.

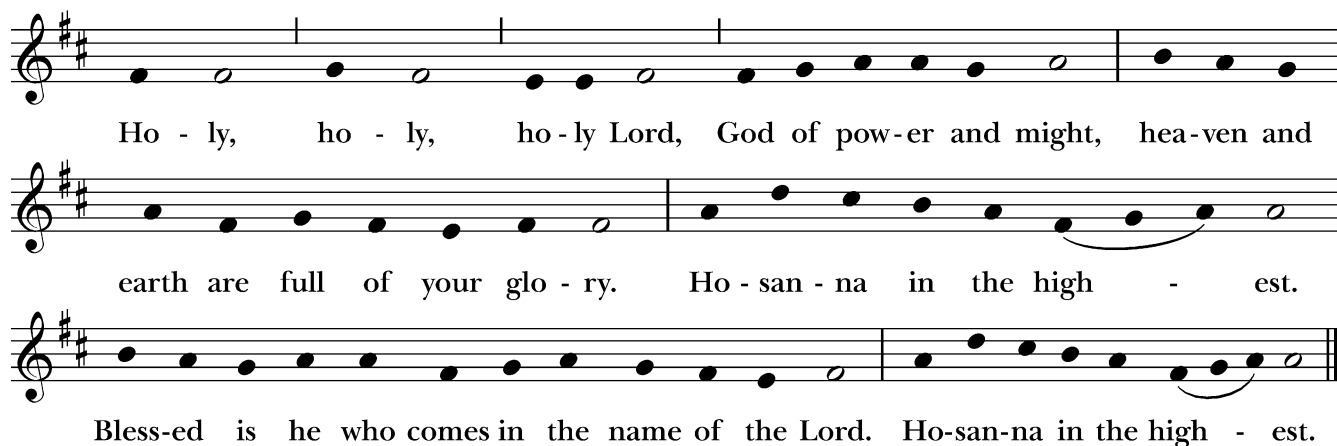


It is right to give our thanks and praise.

It is indeed right that we should praise you, gracious God, for you created all things. You formed us in your own image: you created us. When we turned away from you in sin, you did not cease to care for us, but opened a path of salvation for all people.

You made a covenant with Israel, and through your servants Abraham and Sarah gave the promise of a blessing to all nations. Through Moses you led your people from bondage into freedom; through the prophets you renewed your promise of salvation.

Therefore, with them, and with all your saints who have served you in every age, we give thanks and raise our voices to proclaim the glory of your name.



Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might, hea - ven and  
 earth are full of your glo - ry. Ho - san - na in the high - est.  
 Bless - ed is he who comes in the name of the Lord. Ho - san - na in the high - est.

*The Celebrant continues*

Holy God, source of life and goodness, all creation rightly gives you praise. In the fullness of time, you sent your Son Jesus Christ, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all. He healed the sick and ate and drank with outcasts and sinners; he opened the eyes of the blind and proclaimed the good news of your kingdom to the poor and to those in need. In all things he fulfilled your gracious will.

On the night he freely gave himself to death, 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."

Gracious God, his perfect sacrifice destroys the power of sin and death; by raising him to life you give us life for evermore.

Therefore we proclaim the mystery of faith.

**Christ has died.**

**Christ is risen.**

**Christ will come again.**

Recalling his death, proclaiming his resurrection, and looking for his coming again in glory, we offer you, Father, this bread and this cup. Send your Holy Spirit upon us and upon these gifts, that all who eat and drink at this table may be one body and one holy people, a living sacrifice in Jesus Christ, our Lord.

Through Christ, with Christ, and in Christ, in the unity of the Holy Spirit, all glory is yours, almighty Father, now and for ever. **Amen.**

## THE LORD'S PRAYER

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

*The Celebrant breaks the consecrated 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 FRACTION ANTHEM *New Plainsong*

David Hurd

Lamb of God, you take a - way the sins of the world:  
have mer - cy on us. Lamb of God, you take a - way the  
sins of the world: have mer - cy on us. Lamb of God,  
you take a - way the sins of the world: grant us peace.

## THE PRAYER OF HUMBLE ACCESS

**We do not presume to come to this your table, O merciful Lord, trusting in our own righteousness, but in your manifold and great mercies. We are not worthy so much as to gather up the crumbs under your table. But you are the same Lord, whose property is always to have mercy. Grant us, therefore, gracious Lord, So to eat the flesh of your dear Son Jesus Christ, and to drink his blood, that we may evermore dwell in him, and he in us. Amen.**

## THE INVITATION TO HOLY COMMUNION

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

*We invite all baptized Christians to receive the sacrament of Holy Communion. Gluten-free wafers are available upon request. If you prefer to receive a blessing instead of the bread and wine, you may indicate that desire by crossing your arms over your chest. If you are unable to come forward, please ask a sidesperson to have Communion brought to you.*

COMMUNION ANTHEM *Lord Who Hast Formed Me*

Philip Godfrey

Lord, who hast form'd me out of mud,  
And hast redeem'd me through thy bloud,  
And sanctifi'd me to do good;  
Purge all my sinnes done heretofore:  
For I confesse my heavie score,  
And I will strive to sinne no more.  
Enrich my heart, mouth, hands in me,  
With faith, with hope, with charitie;  
That I may runne, rise, rest with thee.

*Please stand as you are able.*

THE PRAYER AFTER COMMUNION

All your works praise you, O Lord.  
**And your faithful servants bless you.**

Gracious God, **we thank you for feeding us with the body and blood of your Son Jesus Christ. May we, who share his body, live his risen life; we, who drink his cup, bring life to others; we, whom the Spirit lights, give light to the world. Keep us firm in the hope you have set before us, so that we and all your children shall be free, and the whole earth live to praise your name; through Christ our Lord. Amen.**

*Please be seated.*

THE NOTICES

THE SOLEMN PRAYER OVER THE PEOPLE

Bow down before the Lord.

Grant, Almighty God, that your people may recognize their weakness and put their whole trust in your strength, so that they may rejoice for ever in the protection of your loving providence; through Christ our Lord. **Amen.**

1 Now let us all with one ac - cord, in com - pa -  
 2 The cov - e - nant, so long re - vealed to those of  
 3 Your love, O Lord, our sin - ful race has not re -  
 4 Re - mem - ber, Lord, though frail we be, in your own  
 5 There - fore, we pray you, Lord, for - give; so when our

ny with a - ges past, keep vi - gil with our  
 faith in for - mer time, Christ by his own ex -  
 turned, but fal - si - fied. Au - thor of mer - cy,  
 im - age were we made; help us, lest in anx -  
 wan - derings here shall cease, we may with you for -

heaven - ly Lord in his temp - ta - tion and his fast.  
 am - ple sealed, the Lord of love, in love sub - lime.  
 turn your face and grant re - pen - tance for our pride.  
 i - e - ty, we cause your name to be be - trayed.  
 ev - er live in love and u - ni - ty and peace.

## THE DISMISSAL

Let us go forth in the name of Christ.

**Thanks be to God.**

*Please remain standing as the procession leaves the church. We hope you will join us for coffee and refreshments in the Trendell Lounge after the service.*

## ST. JOHN'S, SHAUGHNESSY STAFF AND LEADERSHIP

*Please contact the parish office if you would like to be added to our mailing list, so that we may let you know about upcoming events.*

### Clergy and Staff

The Reverend Terry Shields Dirbas, Rector [terry.dirbas@sjs.net](mailto:terry.dirbas@sjs.net)  
The Reverend James Hwang, Curate [jhwang@sjs.net](mailto:jhwang@sjs.net)  
The Reverend Dr. Marilyn Hames, *Honorary Assisting Priest*  
The Reverend Karin Fulcher, *Deacon*  
The Reverend Pitman Potter, *Deacon*  
Michael Dirk, *Music Director* [organist@sjs.net](mailto:organist@sjs.net)  
Jaime Yoon, *Interim Choir Director* [jaime.yoon@sjsparish.net](mailto:jaime.yoon@sjsparish.net)  
Cynthia Jutras, *Interim Parish Administrator* [church.office@sjs.net](mailto:church.office@sjs.net)  
Patrick Mahon, *Vergger*

### Trustees

Ken Pepin, *Rector's Warden*  
Maggie Sanders, *People's Warden*  
Mike Dezell, *Property Trustee*  
Donald Wood, *Treasurer*



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