



THE HOLY EUCHARIST

THE SECOND SUNDAY IN LENT

March 5, 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 LENT PROSE *Attende Domine*

The Cantor sings the Refrain, then all repeat.

***Hear us, O Lord, have mercy upon us:
for we have sinned against thee.***

To thee, Redeemer, on thy throne of glory:
lift we our weeping eyes in holy pleadings:
listen, O Jesu, to our supplications. ***Hear us, O Lord . . .***

O thou chief Cornerstone, Right Hand of the Father:
Way of Salvation, Gate of Life Celestial:
cleanse thou of our sinful souls
from all defilement. ***Hear us, O Lord . . .***

God, we implore thee, in thy glory seated :
bow down and hearken to thy weeping children :
pity and pardon all our grievous trespasses. ***Hear us, O Lord . . .***

Sins oft committed now we lay before thee :
with true contrition, now no more we veil them :
grant us, Redeemer, loving absolution. ***Hear us, O Lord . . .***

Innocent, captive, taken unresisting :
falsely accused, and for us sinners sentenced,
save us, we pray thee, Jesu our Redeemer. ***Hear us, O Lord . . .***

THE OPENING ACCLAMATION

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.

Bless the Lord who forgives all our sins.
His mercy endures for ever.

THE DECALOGUE

Hear the commandments of God to God's people:

I am the Lord your God who brought you out of bondage.

You shall have no other gods but me.

Amen. Lord have mercy.

You shall not make for yourself any idol.

Amen. Lord have mercy.

You shall not invoke with malice the Name of the Lord your God.

Amen. Lord have mercy.

Remember the Sabbath day and keep it holy.

Amen. Lord have mercy.

Honour your father and your mother.

Amen. Lord have mercy.

You shall not commit murder.

Amen. Lord have mercy.

You shall not commit adultery.

Amen. Lord have mercy.

You shall not steal.

Amen. Lord have mercy.

You shall not be a false witness.

Amen. Lord have mercy.

You shall not covet anything that belongs to your neighbour.

Amen. Lord have mercy.

THE CONFESSION AND ABSOLUTION

Dear friends in Christ, God is steadfast in love and infinite in mercy; God welcomes sinners and invites them to this table. Let us confess our sins, confident in God's forgiveness.

Silence is kept

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.**

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.**

THE KYRIE *New Plainsong*

David Hurd (b. 1950)

Ky - ri - e e - le - i - son. Ky - ri - e e - le - i - son.

Ky - ri - e e - le - i - son. Chri - ste e - le - i - son.

Chri - ste e - le - i - son. Chri - ste e - le - i - son.

Ky - ri - e e - le - i - son. Ky - ri - e e - le - i - son.

Ky - ri - e e - le - i - son.

THE COLLECT OF THE DAY

Almighty God, whose Son was revealed in majesty before he suffered death upon the cross, give us faith to perceive his glory, that being strengthened by his grace we may be changed into his likeness, from glory to glory; who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

THE CHILDREN'S FOCUS

THE LITURGY OF THE WORD

THE FIRST READING

Genesis 12:1-4a

A reading from the Book of Genesis

Now the Lord said to Abram, "Go from your country and your kindred and your father's house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed." So Abram went, as the Lord had told him; and Lot went with him.

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

Thanks be to God.

PSALM 121 *Levavi oculos*

The Choir sings the Refrain; then all repeat.



It is the Lord who watch-es o-ver you.

- 1 I lift up my eyes to the hills;
from where is my help to come?
- 2 My help comes from the Lord,
the maker of heaven and earth. *Refrain*
- 3 He will not let your foot be moved
and he who watches over you will not fall asleep.
- 4 Behold, he who keeps watch over Israel
shall neither slumber nor sleep;
- 5 The Lord himself watches over you;
the Lord is your shade at your right hand,
- 6 So that the sun shall not strike you by day,
nor the moon by night. *Refrain*
- 7 The Lord shall preserve you from all evil;
it is he who shall keep you safe.
- 8 The Lord shall watch over your going out and your coming in,
from this time forth for evermore. *Refrain*

A reading from the letter of Paul to the Romans

What then are we to say was gained by Abraham, our ancestor according to the flesh? For if Abraham was justified by works, he has something to boast about, but not before God. For what does the scripture say? "Abraham believed God, and it was reckoned to him as righteousness." Now to one who works, wages are not reckoned as a gift but as something due. But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness. For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation. For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, "I have made you the father of many nations")-in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

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

Thanks be to God.

Please stand as you are able.

1 Bless - ed Je - sus, at your word we are gath - ered all to
 2 All our knowl - edge, sense, and sight lie in deep - est dark - ness
 3 Glo - rious Lord, your - self im - part! Light of light, from God pro -

hear you. Let our hearts and souls be stirred
 shroud - ed till your Spir - it breaks our night
 ceed - ing, o - pen lips and ears and heart,

now to seek and love and fear you. By your gos - pel
 with your beams of truth un - cloud - ed. You a - lone to
 help us by your Spir - it's lead - ing. Hear the cry your

pure and ho - ly, teach us, Lord, to love you sole - ly.
 God can win us, you must work all good with - in us.
 church now rais - es; Lord, ac - cept our prayers and prais - es!

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 The Son of man must be lifted up, that whoever believes in him may have eternal life. *Refrain*

THE HOLY GOSPEL

John 3:1-17

The Lord be with you.

And also with you.

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

Glory to you, Lord Jesus Christ.

Now there was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, "Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God." Jesus answered him, "Very truly, I tell you, no one can see the kingdom of God without being born from above." Nicodemus said to him, "How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?" Jesus answered, "Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, 'You must be born from above.' The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit." Nicodemus said to him, "How can these things be?" Jesus answered him, "Are you a teacher of Israel, and yet you do not understand these things? Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I

tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, what whoever believes in him may have eternal life. For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.”

The Gospel of Christ.

Praise to you, Lord Jesus Christ.

Please be seated.

THE SERMON

The Rev. Terry Shields Dirbas

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.

THE PRAYERS OF THE PEOPLE

As we gather in this season of Lent, with confidence and trust let us pray to the Holy One, our guide, absolver and creator.

For the one holy catholic and apostolic Church throughout the world, we give you thanks and invite your Holy Spirit. In the Anglican Communion, we pray for Justin, the Archbishop of Canterbury; for the Church of the Province of South East Asia; and for our companion diocese, the Diocese of Northern Philippines and our partner parishes of St. Luke, Butbut Proper and St. James, Luccong. In the Anglican Church of Canada we remember Linda our Primate, Chris, the National Indigenous Archbishop, and John our Bishop. In the Diocese of New Westminster, we pray for the Archdeaconry of Westminster, and for Mother's Union.

Lord of compassion,
in your mercy hear us.

For those preparing for baptism, confirmation and reaffirmation; for their teachers and sponsors; and for those who are fasting and walking a dedicated Lenten pilgrimage, let us pray to the Holy One.

Lord of compassion,
in your mercy hear us.

For peace in the world, that war may cease and the hungry be fed; that a spirit of respect and reconciliation may grow among nations and peoples, let us pray to the Holy One.

Lord of compassion,
in your mercy hear us.

For governments, leaders, and all in authority; and for those who strive for justice and compassion. We pray for all First Nations leaders in our province and country, as we aim to grow in truth and reconciliation, let us pray to the Holy One.

Lord of compassion,
in your mercy hear us.

For the poor, the persecuted, the sick, and all who are suffering (especially . . .); for refugees, especially the Kandeel family; for prisoners; and for all in danger; that they may be relieved and protected, let us pray to the Holy One.

Lord of compassion,
in your mercy hear us.

For those whom we have injured or offended,
let us pray to the Holy One.

Lord of compassion,
in your mercy hear us.

For those who have gone before us under the sign of faith, and all the departed (especially . . .); let us pray to the Holy One.

Lord of compassion,
in your mercy hear us.

The Celebrant continues

Lord Jesus Christ, you said to your apostles, “Peace I give to you; my own peace I leave with you:” Regard not our sins, but the faith of your Church, and give to us the peace and unity of that heavenly City, where with the Father and the Holy Spirit you live and reign, now and for ever. **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.



1 Be thou my vi - sion, O Lord of my heart;
 2 Be thou my wis - dom, and thou my true Word;
 3 Rich - es I heed not, nor the world's emp - ty praise;
 4 High King of heav - en, when vic - tory is won,

naught be all else to me, save that thou art—
 I ev - er with thee and thou with me, Lord;
 thou mine in - her - i - tance, now and al - ways:
 may I reach heav - en's joys, bright heav - en's Sun!

thou my best thought, by day or by night,
 thou my great Fa - ther; thine own may I be,
 thou and thou on - ly, first in my heart,
 Heart of my own heart, what - ev - er be - fall,

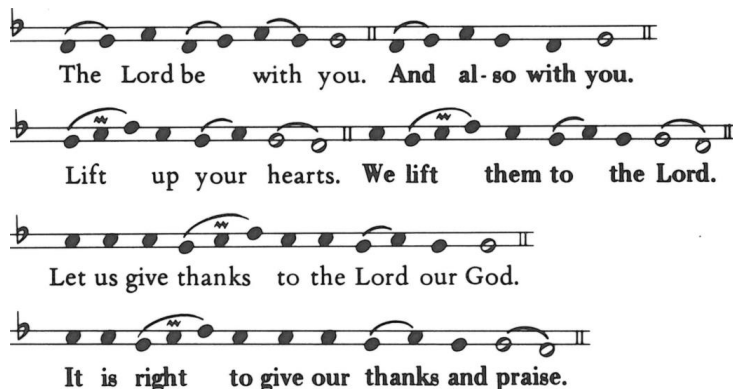
wak - ing or sleep - ing, thy pres - ence my light.
 thou in me dwell - ing, and I one with thee.
 high King of heav - en, my trea - sure thou art.
 still be my vi - sion, O Rul - er of all.

THE HOLY COMMUNION

THE PRAYER OVER THE GIFTS

God of wisdom, may the light of the eternal Word, our Lord and Saviour Jesus Christ, guide us to your glory. 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.

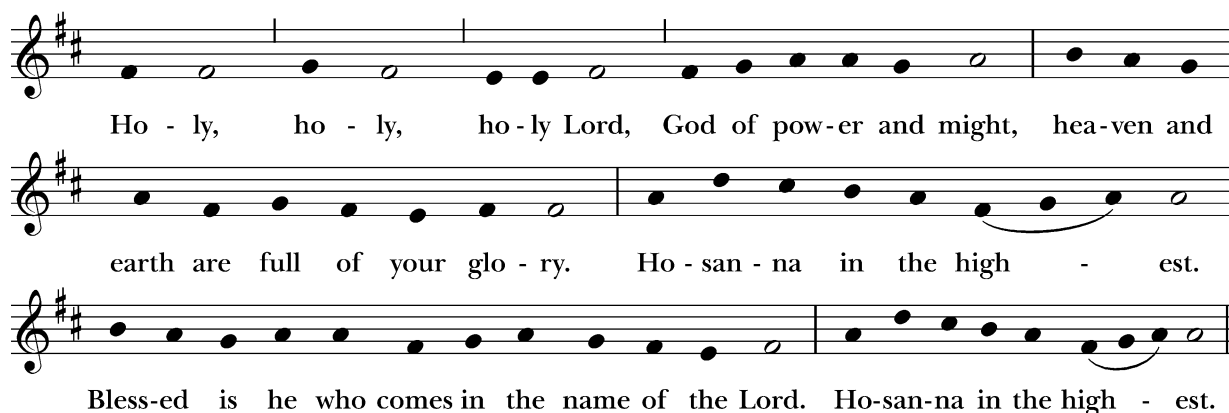
Let us give thanks to the Lord our God.

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.

THE SANCTUS & BENEDICTUS *New Plainsong*

David Hurd



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.

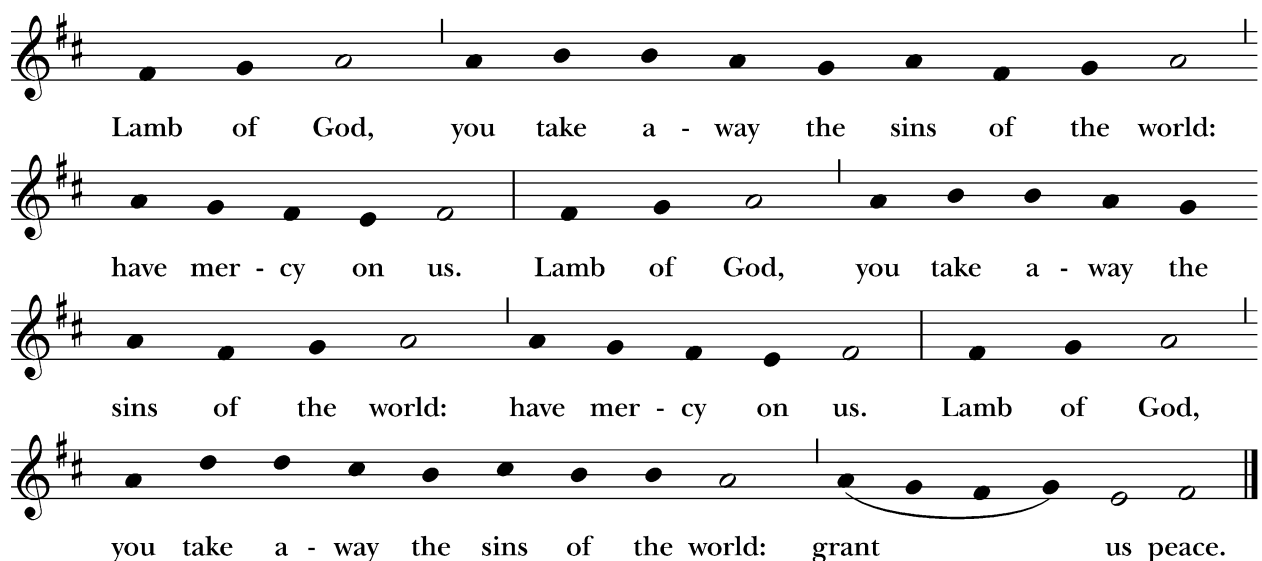
We break this bread,
Communion in Christ's body once broken.

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.

AT THE COMMUNION: ANTHEM

If Ye Love Me

Thomas Tallis (c. 1505-1585)

If ye love me, keep my commandments. And I will pray the Father, and he shall give you another comforter, that he may 'bide with you forever; E'en the sp'rit of truth.

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.

Keep this your family, Lord, with your never-failing mercy, that relying solely on the help of your heavenly grace, they may be upheld by your divine protection; through Christ our Lord. **Amen.**

Descant

6 O God, our help in a - ges past, our hope for years to come,

1 O God, our help in a - ges past, our hope for years to come,
 2 un - der the shad - ow of thy throne thy saints have dwelt se - cure;
 3 Be - fore the hills in or - der stood, or earth re - ceived its frame,
 4 A thou - sand a - ges in thy sight are like an eve - ning gone,

be thou our guard while trou - bles last, and our e - ter - nal home.

our shel - ter from the storm - y blast, and our e - ter - nal home:
 suf - fi - cient is thine arm a - lone, and our de - fence is sure.
 from ev - er - last - ing thou art God, to end - less years the same.
 short as the watch that ends the night be - fore the ris - ing sun.

5 Time like an ever-rolling stream
 bears all our years away;
 they fly forgotten, as a dream
 dies at the opening day.

6 O God, our help in ages past,
 our hope for years to come,
 be thou our guard while troubles last,
 and our eternal home.

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
The Reverend James Hwang, Curate 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
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Ann Houghton, *Interim Parish Administrator* 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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