



# THE HOLY EUCHARIST

THE THIRD SUNDAY IN LENT

March 3, 2024 • 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.*

*During the season of Lent, there is no organ prelude. In the silence before the service begins, we  
invite you to spend a quiet moment in prayer and preparation for worship.*

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

## 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

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

## THE COLLECT FOR PURITY

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 SUMMARY OF THE LAW

Jesus said, "The first commandment is this: Hear, O Israel: The Lord our God is the only Lord. Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. The second is this: Love your neighbour as yourself. There is no other commandment greater than these."

## THE CONFESSION AND ABSOLUTION

Let us confess our sins in penitence and faith, firmly resolved to keep God's commandments and to live in love and peace with all.

*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      *Good Shepherd Service*

Graeme Langager



## THE COLLECT OF THE DAY

Father of mercy, alone we have no power in ourselves to help ourselves. When we are discouraged by our weakness, strengthen us to follow Christ, our pattern and our hope; 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

Exodus 20:1-17

*A reading from the Book of Exodus*

God spoke all these words: I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery; you shall have no other gods before me. You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. You shall not bow down to them or worship them; for I the Lord your God am a jealous God, punishing children for the iniquity of parents, to the third and the fourth generation of those who reject me, but showing steadfast love to the thousandth generation of those who love me and keep my commandments. You shall not make wrongful use of the name of the Lord your God, for the Lord will not acquit anyone who misuses his name. Remember the sabbath day, and keep it holy. Six days you shall labour and do all your work. But the seventh day is a sabbath to the Lord your God; you shall not do any work - you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. For in six days the Lord made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the Lord blessed the sabbath day and consecrated it. Honour your father and your mother, so that your days may be long in the land that the Lord your God is giving you. You shall not murder. You shall not commit adultery. You shall not steal. You shall not bear false witness against your neighbour. You shall not covet your neighbour's house; you shall not covet your neighbour's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbour.

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

**Thanks be to God.**

- 1 The heavens declare the glory of God,  
and the firmament shows his handiwork.
- 2 One day tells its tale to another,  
and one night imparts knowledge to another.
- 3 Although they have no words or language,  
and their voices are not heard,
- 4 Their sound has gone out into all lands,  
and their message to the ends of the world.
- 5 In the deep has he set a pavilion for the sun;  
it comes forth like a bridegroom out of his chamber;  
it rejoices like a champion to run its course.
- 6 It goes forth from the uttermost edge of the heavens  
and runs about to the end of it again;  
nothing is hidden from its burning heat.
- 7 The law of the Lord is perfect and revives the soul;  
the testimony of the Lord is sure  
and gives wisdom to the innocent.
- 8 The statutes of the Lord are just and rejoice the heart;  
the commandment of the Lord is clear and gives light to the eyes.
- 9 The fear of the Lord is clean and endures for ever;  
the judgements of the Lord are true and righteous altogether.
- 10 More to be desired are they than gold, more than much fine gold,  
sweeter far than honey, than honey in the comb.
- 11 By them also is your servant enlightened,  
and in keeping them there is great reward.
- 12 Who can tell how often he offends?  
cleanse me from my secret faults.
- 13 Above all, keep your servant from presumptuous sins;  
let them not get dominion over me;  
then shall I be whole and sound,  
and innocent of a great offense.
- 14 Let the words of my mouth and the meditation of my heart  
be acceptable in your sight,  
O Lord, my strength and my redeemer.

*A reading from the first letter of Paul to the Corinthians*

The message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written, “I will destroy the wisdom of the wise, and the discernment of the discerning I will thwart.” Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God’s foolishness is wiser than human wisdom, and God’s weakness is stronger than human strength.

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

**Thanks be to God.**

*Please stand as you are able.*

HYMN

KINGSFOLD

Em C D/C G D G Am Dsus<sup>4</sup> D

1 I heard the voice of Je - sus say, “Come un - to me and rest;  
 2 I heard the voice of Je - sus say, “Be - hold, I free - ly give  
 3 I heard the voice of Je - sus say, “I am this dark world’s light;

C<sup>2</sup> C Am D Em D G Am Em 7  
 lay down, thou wea - ry one, lay down thy head up - on my breast."  
 the liv - ing wa - ter; thirs - ty one, stoop down and drink and live."  
 look un - to me, thy morn shall rise, and all thy day be bright."

Bm Em Am D G C Dsus<sup>4</sup> D  
 I came to Je - sus as I was, so wea - ry, worn, and sad;  
 I came to Je - sus and I drank of that life - giv - ing stream;  
 I looked to Je - sus and I found in him my star, my sun;

G C<sup>2</sup> Am Em D G Am Em  
 I found in him a rest - ing place, and he has made me glad.  
 my thirst was quenched, my soul re - vived, and now I live in him.  
 and in that light of life I'll walk till trav - elling days are done.

## 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* God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life. *Refrain*

## THE HOLY GOSPEL

John 2:13-22

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.**

The Passover of the Jews was near, and Jesus went up to Jerusalem. In the temple he found people selling cattle, sheep, and doves, and the money changers seated at their tables. Making a whip of cords, he drove all of them out of the temple, both the sheep and the cattle. He also poured out the coins of the money changers and overturned their tables. He told those who were selling the doves, "Take these things out of here! Stop making my Father's house a marketplace!" His disciples remembered that it was written, "Zeal for your house will consume me." The Jews then said to him, "What sign can you show us for doing this?" Jesus answered them, "Destroy this temple, and in three days I will raise it up." The Jews then said, "This temple has been under construction for forty-six years, and will you raise it up in three days?" But he was speaking of the temple of his body. After he was raised from the dead, his disciples remembered that he had said this; and they believed the scripture and the word that Jesus had spoken.

The Gospel of Christ.

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



*Please be seated.*

THE SERMON

The Rev. Dr. Marilyn Hames

*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

With confidence and trust let us pray to the Lord, saying, “Lord, have mercy.”

For the one holy catholic and apostolic Church throughout the world, that it may be filled with truth, unity, and peace; we pray to you, Lord.

**Lord, have mercy.**

For the mission of the Church, that in faithful witness it may preach the gospel to the ends of the earth. We pray for Justin, the Archbishop of Canterbury; Linda, our Primate; Chris, the National Indigenous Archbishop; and John, our bishop. In the Anglican Cycle of Prayer, we pray for the Church of the Province of Uganda. In the diocesan cycle of prayer, we pray for St. Christopher, West Vancouver; St. Cuthbert, Delta; and the Archdeaconry of Granville. We pray also for our companion diocese, the Diocese of Northern Philippines; and for our companion parishes of St. Luke, Butbut Proper, and St. James, Luccong.

For all who proclaim the gospel, and all who seek the truth, we pray to you, Lord.

**Lord, have mercy.**

For those preparing for baptism and for their families and sponsors, remembering especially Shiloh Owen Trethewey, we pray to you, Lord.

**Lord, have mercy.**

For peace in the world, that a spirit of respect and reconciliation may grow among nations and peoples, we pray to you, Lord.

**Lord, have mercy.**

For the poor, the persecuted, the sick, and all who suffer; for refugees, prisoners, and all in danger; that they may be relieved and protected, (remembering especially . . . ) we pray to you, Lord.

**Lord, have mercy.**

For all whom we have injured or offended, and for the grace to amend our lives and to further the reign of God, we pray to you, Lord.

**Lord, have mercy.**

For all who have died in the communion of your Church, and those whose faith is known to you alone, (remembering especially . . .). That they may rest in peace and rise in glory, we pray to you, Lord.  
**Lord, have mercy.**

*The Celebrant concludes*

Almighty God, to whom our needs are known before we ask: Help us to ask only what accords with your will; and those good things which we dare not, or in our blindness cannot ask, grant us for the sake of your Son Jesus Christ our Lord. **Amen.**

*Please stand as you are able.*

#### THE PEACE

Since we are justified by faith, we have peace with God through our Lord Jesus Christ, who has given us access to his grace.

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 When I sur - vey the won - drous cross on which the  
 2 For - bid it, Lord, that I should boast, save in the  
 3 See, from his head, his hands, his feet, sor - row and  
 4 Were the whole realm of na - ture mine, that were an

Prince of glo - ry died, my rich - est gain I  
 cross of Christ, my God; all the vain things that  
 love flow min - gled down; did e'er such love and  
 of - fering far too small; love so a - maz - ing,

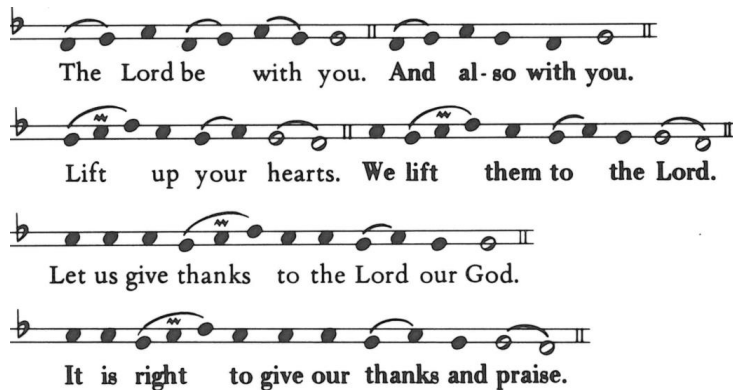
count but loss, and pour con - tempt on all my pride.  
 charm me most, I sac - ri - fice them to his blood.  
 sor - row meet, or thorns com - pose so rich a crown?  
 so di - vine, de - mands my soul, my life, my all.

## THE HOLY COMMUNION

### THE PRAYER OVER THE GIFTS

Gracious God, we know your power to triumph over weakness. May we who ask forgiveness be ready to forgive one another, in the name of Jesus the Lord. **Amen.**

### THE GREAT THANKSGIVING



It is indeed right and good to give you thanks and praise, almighty God and everlasting Father, through Jesus Christ your Son. For in these forty days you lead us into the desert of repentance that through a pilgrimage of prayer and discipline we may grow in grace and learn to be your people once again. Through fasting, prayer and acts of service you bring us back to your generous heart. Through study of your holy word you open our eyes to your presence in the world and free our hands to welcome others into the radiant splendour of your love. As we prepare to celebrate the Easter feast with joyful hearts and minds we bless you for your mercy and join with saints and angels for ever praising you and saying:

Ho - ly, ho - ly, ho - ly, Lord, God al - might - y;

hea-ven and earth are full of Thy glo - ry. Ho - san - na in the high-est.

Ho - ly, ho - ly, ho - ly, Lord, God al - might - y.

Bless - ed is he who comes in the name of the

Lord. Ho - san - na in the high - est.

*The Celebrant continues*

Accept our praises, heavenly Father, through your Son our Saviour Jesus Christ, and as we follow his example and obey his command, grant that by the power of your Holy Spirit these gifts of bread and wine may be to us his body and his blood; who, in the same night that he was betrayed, took bread and gave you thanks; he broke it and gave it to his disciples, saying: Take, eat; this is my body which is given for you; do this in remembrance of me.

In the same way, after supper he took the cup and gave you thanks; he gave it to them, saying: Drink this, all of you; this is my blood of the new covenant, which is shed for you and for many for the forgiveness of sins. Do this, as often as you drink it, in remembrance of me.

Therefore, heavenly Father, we remember his offering of himself made once for all upon the cross; we proclaim his mighty resurrection and glorious ascension; we look for the coming of your kingdom, and with this bread and this cup we make the memorial of Christ your Son our Lord.

Great is the mystery of faith:

**Christ has died.**

**Christ is risen.**

**Christ will come again.**

Accept through him, our great high priest, this our sacrifice of thanks and praise, and as we eat and drink these holy gifts in the presence of your divine majesty, renew us by your Spirit, inspire us with your love and unite us in the body of your Son, Jesus Christ our Lord. Through him, and with him, and in him, in the unity of the Holy Spirit, with all who stand before you in earth and heaven, we worship you, Father almighty, in songs of everlasting praise: Blessing and honour and glory and power be yours for ever and 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.**

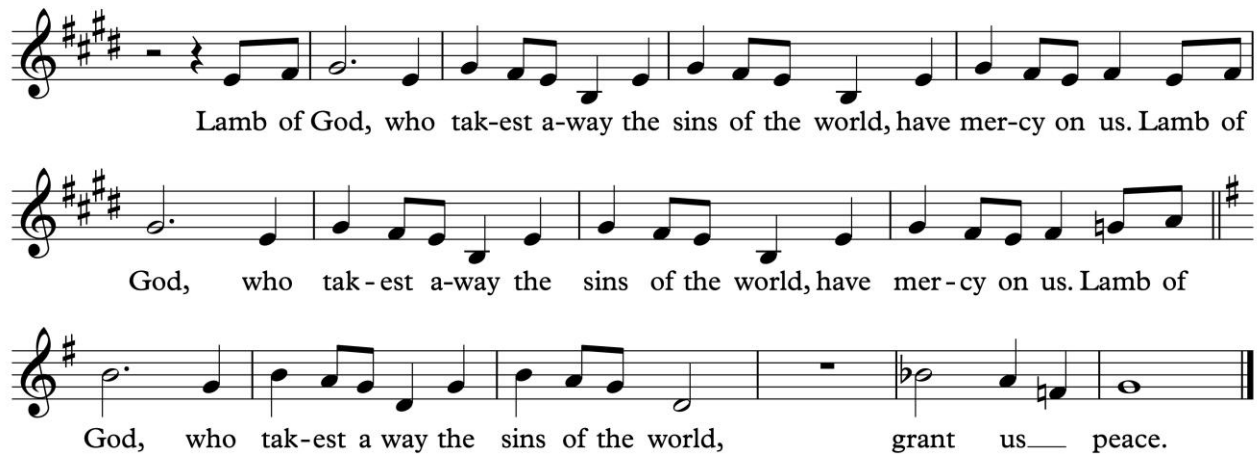
## THE BREAKING OF THE BREAD

*The Celebrant breaks the consecrated bread.*

Every time we eat this bread and drink this cup  
**we proclaim the Lord's death until he comes.**

## THE FRACTION ANTHEM *The Good Shepherd Service*

Graeme Langager



Lamb of God, who tak-est a-way the sins of the world, have mer-cy on us. Lamb of  
God, who tak-est a-way the sins of the world, have mer-cy on us. Lamb of  
God, who tak-est 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 nature 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

Draw near with faith. Receive the body of our Lord Jesus Christ which he gave for you, and his blood which he shed for you. Eat and drink in remembrance that he died for you, and feed on him in your hearts by faith with thanksgiving.



*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     *If Ye Love Me*

Thomas Tallis (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. (John 14:15–17)

*Please stand as you are able.*

PRAYER AFTER COMMUNION

God of mercy and forgiveness, may we who share this sacrament live together in unity and peace, in the name of Jesus Christ the Lord. **Amen.**

*Please be seated.*

THE NOTICES

THE SOLEMN PRAYER OVER THE PEOPLE

Bow down before the Lord.

*Please kneel or bow, as you are able.*

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.**

*Refrain* Unison

Lift high the cross, the love of Christ pro - claim till  
all the world a - dore his sa - cred name!

*Harmony*

1 Come, Chris - tian peo - ple, sing - your prais - es, shout! If  
2 Je - sus, you wept to see our hu - man strife: teach  
3 Peace was your plea, and peace your lov - ing theme: let  
4 Great is the cost of walk - ing on this road, to  
5 Worlds to be born and chil - dren yet to be, come,

*To refrain*

we are si - lent, e - ven stones cry out.  
us com - pas - sion for each hu - man life.  
peace be our pass - port, peace a liv - ing dream.  
fol - low and suf - fer with the Son of God.  
take up this song in - to e - ter - ni - ty.

## 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, <i>Rector</i>	<a href="mailto:terry.dirbas@sjs.net">terry.dirbas@sjs.net</a>
The Reverend James Hwang, <i>Curate</i>	<a href="mailto:jhwang@sjs.net">jhwang@sjs.net</a>
The Reverend Dr. Marilyn Hames, <i>Honorary Assisting Priest</i>	
The Reverend Karin Fulcher, <i>Deacon (Retired)</i>	
The Reverend Pitman Potter, <i>Deacon (Retired)</i>	
Dr. Graeme Langager, <i>Choral Director</i>	<a href="mailto:graeme.langager@sjs.net">graeme.langager@sjs.net</a>
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Deanna Ferguson, <i>Parish Administrator</i>	<a href="mailto:church.office@sjs.net">church.office@sjs.net</a>

### Trustees

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