



We acknowledge that we meet and work in the Treaty One Land,
the traditional land of the Anishinaabe, Cree, and Dakota people,
and the homeland of the Métis Nation.
We are grateful for their stewardship of this land and their hospitality
which allows us to live, work, and serve God the Creator here.

WELCOME GUESTS

Newcomers are encouraged to make themselves known to the
clergy and to phone the parish office at 204.452.3609 should you
wish to express any needs or concerns. Please complete a visitor
leaflet or envelope with your email address if you would like to
receive parish newsletters sent to you regularly.

08:15 – SAID EUCHARIST

Service BAS 230 • **Collect** 286 • **Psalm** 32 *Beati, quorum*
Subdeacon Manasah Mkhabela • **Lectors** Sandra Kanjee, Roberta Bishop
Sidesperson Sandra Kanjee • **Chalice Bearer** Pat Philpott

10:30 – SUNG EUCHARIST

Service Music Setting: JOHN MERBECKE (1510–1585)

GATHERING OF THE COMMUNITY

VOLUNTARY (*Mr. Kinnard*)

Communion, Op. 45, No. 5 - ALEXANDRE GUILMANT (1837–1911)

HYMN 66 *Father of heaven, whose love profound* **Stand**

RIVAULX (2nd tune)

GREETING

Priest † The grace of our Lord Jesus Christ, and the love of God,
and the fellowship of the Holy Spirit, be with you all.

People **And with thy spirit.**

COLLECT FOR PURITY

Priest Almighty God,

People **unto whom all hearts be open, all desires known, and from whom no
secrets are hid: cleanse the thoughts of our hearts by the inspiration of thy
Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy
name; through Christ our Lord. Amen.**

SUMMARY OF THE LAW

Priest Our Lord Jesus Christ said: hear, O Israel, the Lord our God is one Lord;
and thou shalt love the Lord thy God with all thy heart, and with all thy soul,
and with all thy mind, and with all thy strength. This is the first and great
commandment. And the second is like unto it: thou shalt love thy neighbour as
thyself. On these two commandments hang all the law and the prophets.

People **Lord, have mercy upon us, and write both these thy laws in our hearts,
we beseech thee.**

KYRIE ELEISON

MERBECKE



COLLECT OF THE DAY *First Sunday in Lent*

Priest 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.*

PROCLAMATION OF THE WORD

FIRST LESSON *Genesis 2.15–17, 3.1–7* *Ssit*

Lector 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. ¹⁶And the Lord God commanded the man, “You may freely eat of every tree of the garden; ¹⁷but 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.” ¹Now 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?’” ²The woman said to the serpent, “We may eat of the fruit of the trees in the garden; ³but 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.” ⁴But the serpent said to the woman, “You will not die; ⁵for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.” ⁶So 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. ⁷Then 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 the Church. ℞ **Thanks be to God.**

PSALM 32 *Beati, quorum*

Chant: WILLIAM RUSSELL (1777–1813)

Blessed is he whose unrighteousness is forgiven * **and whose sin is covered.**

2 Blessed is the man unto whom the Lord imputeth no sin * **and in whose spirit there is no guile.**

3 For while I held my tongue * **my bones consumed away through my daily complaining.**

4 For thy hand is heavy upon me day and night * **and my moisture is like the drought in summer.**

5 I will acknowledge my sin unto thee * **and mine unrighteousness have I not hid.**

6 I said, I will confess my sins unto the Lord * **and so thou forgavest the wickedness of my sin.**

7 For this shall every one that is godly make his prayer unto thee, in a time when thou mayest be found * **but in the great water-floods they shall not come nigh him.**

8 Thou art a place to hide me in, thou shalt preserve me from trouble * **thou shalt compass me about with songs of deliverance.**

9 I will inform thee, and teach thee in the way wherein thou shalt go * **and I will guide thee with mine eye.**

10 Be ye not like to horse and mule, which have no understanding * **whose mouths must be held with bit and bridle, lest they fall upon thee.**

11 Great plagues remain for the ungodly * **but whoso putteth his trust in the Lord, mercy embraceth him on every side.**

12 Be glad, O ye righteous, and rejoice in the Lord * **and be joyful, all ye that are true of heart.**

‡ **Glory be to the Father, and to the Son, and to the Holy Ghost;**

As it was in the beginning, in now and ever shall be: world without end. Amen.

SECOND LESSON *Romans 5.12–19*

Lector 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 — ¹³sin was indeed in the world before the law, but sin is not reckoned when there is no law. ¹⁴Yet 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. ¹⁵But 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. ¹⁶And 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. ¹⁷If, 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. ¹⁸Therefore 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. ¹⁹For 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 the Church. ℞ **Thanks be to God.**

GRADUAL HYMN 268 *Lead us, heavenly Father, lead us* *Sstand*

MANNHEIM

GOSPEL *St. Matthew 4.1-11* *Sface the Gospeler*

Gospeler The Lord be with you.

People **And with thy spirit.**

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

Glory be to thee, O Lord.

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. ²He fasted forty days and forty nights, and afterwards he was famished. ³The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." ⁴But he answered, "It is written, 'One does not live by bread alone, but by every word that comes from the mouth of God.'" ⁵Then the devil took him to the holy city and placed him on the pinnacle of the temple, ⁶saying 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.'" ⁷Jesus said to him, "Again it is written, 'Do not put the Lord your God to the test.'" ⁸Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour; ⁹and he said to him, "All these I will give you, if you will fall down and worship me." ¹⁰Jesus said to him, "Away with you, Satan! for it is written, 'Worship the Lord your God, and serve only him.'" ¹¹Then the devil left him, and suddenly angels came and waited on him.

☩ The Gospel of Christ. ℞ **Praise be to thee, O Christ.**

HOMILY *Ssit*

NICENE CREED *Sstand*

All **I believe in one God, the Father almighty, maker of heaven and earth, and of all things visible and invisible; And in one Lord Jesus Christ, the only-begotten Son of God, begotten of the Father before all worlds, God, of God; Light, of Light; very God, of very God; begotten, not made; being of one substance with the Father; through whom all things were made: who for us and for our salvation came down from heaven, and was incarnate by the Holy Ghost of the Virgin Mary, and was made man, and was crucified also for us under Pontius Pilate. He suffered and was buried, and the third day he rose again according to the scriptures, and ascended into heaven, and sitteth on the right hand of the Father. And he shall come again with glory to judge both the quick and the dead: whose kingdom shall have no end. And I believe in the Holy Ghost, the Lord, the giver of life, who proceedeth from the Father and the Son, who with the Father and the Son together is worshipped and glorified, who spake by the prophets. And I believe one, holy, catholic, and apostolic Church. I acknowledge one baptism for the remission of sins. ‡ And I look for the resurrection of the dead, and the life of the world to come. Amen.**

PRAYERS OF THE PEOPLE *Sstand, sit, or kneel*

CONFESSION AND ABSOLUTION

Priest Let us humbly confess our sins to almighty God.

People Almighty God, Father of our Lord Jesus Christ, Maker of all things and judge of all people: We acknowledge and confess our manifold sins and wickedness, Which we from time to time most grievously have committed, By thought, word and deed, Against thy divine majesty. We do earnestly repent, and are heartily sorry for these our misdoings. Have mercy upon us, most merciful Father; For thy Son our Lord Jesus Christ's sake, Forgive us all that is past; And grant that we may ever hereafter Serve and please thee In newness of life, To the honour and glory of thy name; Through Jesus Christ our Lord. Amen.

Priest Almighty God, our heavenly Father, who of his great mercy hath promised forgiveness of sins to all them that with hearty repentance and true faith turn unto him: †have mercy upon you; pardon and deliver you from all your sins; confirm and strengthen you in all goodness; and bring you to everlasting life; through Jesus Christ our Lord.

All Amen.

THE PEACE *Sstand*

Priest The peace of the Lord be always with you.

All And with thy spirit.

CELEBRATION OF THE EUCHARIST

OFFERTORY HYMN 167 *Once to every man and nation*

EBENEZER

OFFERTORY SENTENCE *Sremain standing*

Priest All things come of thee, O Lord.

People And of thine own have we given thee.

PRAYER OVER THE GIFTS

Priest 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.*

GREAT THANKSGIVING

Eucharistic Prayer B - Preface of Lent

Priest The Lord be with you.

People And with thy spirit.

Lift up your hearts. **We lift them up unto the Lord.**

Let us give thanks unto our Lord God. **It is meet and right so to do.**

Priest It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, holy Father, almighty, everlasting God, creator and preserver of all things. Who hast bidden us thy faithful people to cleanse our hearts and to prepare with joy for the paschal feast; that reborn through the waters of baptism, and renewed in the eucharistic mystery, we may be more fervent in prayer and more generous in works of love. Therefore with angels and archangels, and with all the company of heaven, we laud and magnify thy glorious name; evermore praising thee and saying:

SANCTUS, BENEDICTUS

MERBECKE

All Holy, holy, holy, Lord God of Hosts, heaven and earth are full of thy glory. Glory be to thee, O Lord most high.

† Blessed is he that cometh in the name of the Lord:

Hosanna in the highest. *Sremain standing, sit, or kneel*

Priest All glory be to thee, O Lord our God, who didst make us in thine own image; and, of thy tender mercy, didst give thine only Son Jesus Christ to take our nature upon him, and to suffer death upon the cross for our redemption. He made there a full and perfect sacrifice for the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memory of that his precious death and sacrifice, until his coming again; who, in the same night that he was betrayed, took bread; and when he had given thanks to thee, 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." Likewise, after supper, he took the cup; and when he had given thanks, he gave it to them, saying, "Drink this, all of you; for this is my blood of the new covenant, which is shed for you, and for many, for the remission of sins. Do this, as oft as ye shall drink it, in remembrance of me." Wherefore, O Lord and heavenly Father, we thy people do celebrate and make, with these thy holy gifts which we now offer unto thee, the memorial thy Son hath commanded us to make; having in remembrance his blessed passion and precious death, his mighty resurrection and glorious ascension; and looking for his coming again with power and great glory. And we most humbly beseech thee, O merciful Father, to hear us, and, with thy Word and Holy Spirit, to bless and sanctify these gifts of bread and wine, that they may be unto us the body and blood of thy dearly-beloved Son Jesus Christ.

All **We praise thee, we bless thee, we thank thee,
and we pray to thee, Lord our God.**

And we earnestly desire thy fatherly goodness to accept this our sacrifice of praise and thanksgiving, whereby we offer and present unto thee, O Lord, ourselves, our souls and bodies. Grant, we beseech thee, that all who partake of this holy communion may worthily receive the most precious body and blood of thy Son Jesus Christ, and be filled with thy grace and heavenly benediction; and also that we and all thy whole Church may be made one body with him, that he may dwell in us, and we in him; through the same Jesus Christ our Lord; By whom, and with whom, and in whom, in the unity of the Holy Spirit all honour and glory be unto thee, O Father Almighty, world without end.

Amen.

LORD'S PRAYER

Priest And now, as our Saviour Christ hath taught us, we are bold to say:

All **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.**

BREAKING OF THE BREAD

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

INVITATION

Priest The gifts of God for the People of God.

People **Thanks be to God.**

THE COMMUNION

During the administration of Communion and the Ablutions, the choir will sing:

HYMN 437 *O kind Creator, bow thine ear*

BABYLON'S STREAMS

ANTHEM *Draw nigh and take the Body of the Lord* ORLANDO GIBBONS (1583–1625)

PRAYER AFTER COMMUNION *Stand*

Priest 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. **Amen.**

DOXOLOGY

Priest Glory to God

All 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.**

BLESSING

Priest The peace of God, which passeth all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord: † And the blessing of God almighty, the Father, the Son, and the Holy Spirit be amongst you and remain with you always. **Amen.**

ANNOUNCEMENTS *Sit*

HYMN 269 *Guide me, O thou great Jehovah* *Stand*

CWM RHONDDA

DISMISSAL

Leader Go in peace to love and serve the Lord.

People **Thanks be to God.**

VOLUNTARY (*Mr. Kinnard*)

Praeludium d-Moll - FELIX MENDELSSOHN (1809–1847)

***Following the 10:30 service you are cordially invited
to Church House for refreshments and fellowship.***

8 March – *Second Sunday in Lent*

08:15 - SAID EUCHARIST • 10:30 - SUNG EUCHARIST

Genesis 12.1–4a • Psalm 121 *Levavi oculos*

Romans 4.1–5, 13–17 • St. Matthew 17.1–9

16:00 - CHORAL EVENSONG

This parish has been blessed by your presence today.

ASSISTING -

Lectors	Vera Rosolowich, Doreen Blackman
Chalice Bearers	Arnold Goetz, Kathy Mikkelsen
Sidespersons	Katie and Len Clace
Crucifer	Don Seaton
Acolytes	Barbara Calder, Vivien Isfeld
Intercessor	Heather Baxter-Naughten
Oblationers	Carol Perch, Marlene McCulloch
Counters	Susan Tinsley, Malcolm Tinsley
Altar Guild	Marlene McCulloch
Refreshments	Sara Sakowski (<i>proceeds: Building Maintenance Funds</i>)

If you would like your birth date or anniversary published in the pew leaflet, please contact the parish office.

Happy Birthday

Linda Sherrett 2 March
Shelby Sytnyk 2 March

Emily Schmeichel 3 March
Martha McIntosh 4 March

Please include the following people in your prayers:

PARISHIONERS:

Pat Holbrow, Bob Douglas, Susan Stephen,
Ted Rennie, Lori Kroeger, Paul Hogue,
Paul and Beryl Magel,
Nancy Dunn, Jeff Brown, Bill Brant,
Georgie Snead, Orest Rosolowich,
Fr. Tom Graham, Ann Croft,
Dorothy and John Funnell, Ted R.,
Shirley and Neil Almdal,
Cecile Chiddenton, John Judge.

FRIENDS AND FAMILY:

Tim Plett, Mike Kondracki, R.I.P., Glen King,
Jim M., David Hagerman, Lar, Marcus,
Simon, Kayla, Jason, Jim Carr, Alain Carlson,
The Rev. Canon John Ezeobi,
Jenny Miller, George Peterson, Daphne W.,
Walter Mildren, Ed Miller,
George Nelson, Everett Lampman.

NOTICES

Bible Study

Tuesdays, 10:00 in the boardroom.

We are studying the book *The Last Week, What the Gospels really teach about Jesus's final days in Jerusalem*. The book can be ordered from any book store, but you can still participate without it!

This will carry us up to Holy Week.

We invite you to join our lively studies and discussions.

Hospitality Drop-in

On 25 February, we celebrated Shrove Tuesday with a pancake and sausage/bacon breakfast for our guests.

Thank you to everyone who came out and helped.

Our guests were very appreciative.

Shrove Tuesday

Thank you to everyone who attended the pancake supper in the parish hall. *Your support is very much appreciated.*

The Winged Ox

Sunday 22 March is the deadline for submitting articles, photos, stories, notices, etc.

for the Lent/Easter edition

Please send items to the editor,

Sheila Welbergen:

stwelbergen@shaw.ca

Rummage Sale - Saturday 25 April - 09:00-13:00 in the parish hall

Volunteers and donations are needed. Items to be sold at the sale may be dropped off on the tables in the downstairs hallway Monday-Friday from 09:00 to noon.

Do you wish to receive the *Anglican Journal* newspaper? If you are attending and contributing to an Anglican church in Canada, just complete the form on the webpage below, or send an email to <circulation@national.anglican.ca> and the *Journal* staff will set up a subscription in your name.
www.anglicanjournal.com/newssubscription

**FORTHCOMING SERVICES
OF NOTE -**

Second Sunday in Lent
Sunday 8 March, 16:00
CHORAL EVENSONG

The Sunday of the Passion:
Palm Sunday
5 April

USING THE PARISH HALL KITCHEN

Book ahead – Many groups both of the parish and non-parish hold functions that require the use of the kitchen. Call the parish office at 204.452.3609 to check availability and to reserve your date and time.

Cooking – If you need to use the stove at all, you will need to arrange with Arnold Goetz or Tom Asker to switch on the gas. Their phone numbers can be obtained from the parish office, or speak to either one when you see them. The gas is turned on and off with a tap as a safety precaution. Allow both Arnold and Tom a courtesy by arranging a time convenient for them to switch on the gas. Neither Arnold or Tom live on the premises.

Cleaning – Simple courtesy rules. Wash and return all items back to where you found them – plates with plates, serving dishes with serving dishes – no mixing and not matching. If linens or dishcloths are used, wash and return in pristine condition.

Sharing – If you put items in the refrigerator, label them. Don't assume unlabelled items can be used without permission.

Delicious Dishes – As a courtesy, advise Bertha Brant of your event.

Thank you for your anticipated co-operation.
The Parish Council

Taking the Church to the Gym: The Health and Wellness of the Body of Christ

7 March - St. Francis Mission Centre / Epiphany Indigenous Church

This event will explore what parish health means and how leaders can encourage communities to deepen the health of their communities. We'll learn about available resources, practices, and understandings and how we can introduce them in parish life.

CLERGY

The Rev. Paul Lampman, *Rector* (Church: 204.452.3679, Cell: 204.898.8038) paul.lampman@icloud.com

The Rev. Dwight Rutherford, *Honorary Assistant* (204.837.1226) d.rutherford@mts.net

The Rev. (Abraham) Monybuny Kuol Chuol *Emmanuel Mission* monybuny@gmail.com

The Rev. Dr. Thomas Graham, *Emeritus* tgemeritus@shaw.ca

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Deputy Warden - Bill Brant bill.brant@wsp.com

Treasurer - Marlene McCulloch mmcculloch52@shaw.ca

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Office Hours: Monday–Friday, 09:00–noon