

Welcome to St Timothy's

The First Sunday in Lent



February 22nd, 2026
In-Person & Online Service at 10:00am

A Lent of Opportunity

Fast from judging others; Feast on Christ dwelling in them.

Fast from emphasis on differences; Feast on the unity of all life.

Fast from apparent darkness; Feast on the reality of all light.

Fast from thoughts of illness; Feast on the healing power of God.

Fast from words that pollute; Feast on phrases that purify.

Fast from discontent; Feast on gratitude.

Fast from anger; Feast on patience

Fast from pessimism; Feast on optimism.

Fast from worry; Feast on God's providence.

Fast from complaining; Feast on appreciation.

Fast from negatives; Feast on affirmatives.

Fast from unrelenting pressures; Feast on unceasing prayer.

Fast from hostility; Feast on non-resistance.

Fast from bitterness; Feast on forgiveness.

Fast from self-concern; Feast on compassion for others.

Fast from personal anxiety; Feast on eternal truth.

Fast from discouragement; Feast on hope.

Fast from facts that depress; Feast on verities that uplift.

Fast from lethargy; Feast on enthusiasm.

Fast from suspicion; Feast on truth.

Fast from thoughts that weaken; Feast on promises that
inspire.

Fast from shadows of sorrow; Feast on the sunlight of
serenity.

Fast from idle gossip; Feast on purposeful silence.

Fast from problems that overwhelm; Feast on prayer
that sustains.

*An adaptation of the words attributed to William Arthur Ward
(an American motivational writer, 1921 – 1994)*

Lenten Voluntary Series

For several years, I have played a cycle of related compositions as preludes and postludes during the season of Lent. This year, I will be playing the Eleven Chorale Preludes, Op. 122, by Johannes Brahms. These highly introspective pieces were written in 1896, in the final year of the composer's life, immediately after the death of his beloved life-long friend, Clara Schumann. They are based on Lutheran chorales, and were the last compositions Brahms ever wrote. He had recently become aware of suspected cancer that would ultimately prove fatal; thus, the themes of death and eternal life dominate the cycle. They are, not surprisingly, extraordinarily well-crafted and profound examples of one of history's greatest composers at the pinnacle of his craft. In spite of the sombre themes, they are filled with glimpses of light; clearly, Brahms was preparing himself for eternal glory.

- *Ed Connell, Music Director*

The Gathering of the Community

Prelude: Mein Jesu, der du mich (My Jesus. who has called me.), Op. 122, No. 1 (Johannes Brahms)
(Performed by Edward Connell)

Processional Hymn: (Please stand as you are able)

175, Forty Days and Forty Nights

Forty days and forty nights
you were fasting in the wild;
forty days and forty nights
tempted, and yet undefiled:

Burning heat throughout the day,
bitter cold when light has fled,
prowling beasts around your way,
stones your pillow, earth your bed.

Shall not we your trials share,
learn your discipline of will,
and with you by fast and prayer
wrestle with the powers of hell?

So if Satan, pressing hard,
soul and body would destroy:
Christ who conquered, be our guard;
give to us the victor's joy.

Saviour, may we hear your voice --
keep us constant at your side;
and with you we shall rejoice
at the eternal Eastertide.

Opening Sentences

Celebrant: 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 also with you.

Celebrant: Blessed be the God of our salvation.

All: God's mercy endures forever.

The Collect for Purity

Celebrant: Almighty God,

**All: 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.**

Confession and Absolution

Celebrant: We come to God
as one from whom no secrets are hidden.
We come in faith
acknowledging our sins
and seeking the healing and peace
that are God's gifts to us.

Silence is kept.

All: **Merciful God, we need your healing.
Give us true repentance.
Some sins are plain to us,
some escape us,
some we cannot face.
Forgive us.
Set us free to hear your word to us.
Set us free to serve you.**

Celebrant: God the Creator bring you to new life,
forgive and redeem you.
Take hold of this forgiveness
and live your life in the Spirit of Jesus.

All: **Amen.**

Celebrant: God forgives you. Forgive others. Forgive
yourself.

Trisagion (sung)

Holy God, holy and mighty, holy immortal one,
have mercy on us.

Holy God, holy and mighty, holy immortal one,
Have mercy on us.

Holy God, holy and mighty, holy immortal one,
Have mercy on us.

(Page 4 of the Plainsong Mass for Lent booklet)

The Collect of the Day

Celebrant: Let us pray.

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

All: Amen.

(Please be seated)

(The children will come up to the front for the message)

Children's Message

The Proclamation of the Word

A Reading from the Book of Genesis

Now the snake was the most clever of all the wild animals the Lord God had made. One day the snake spoke to the

woman. He said, "Did God really say that you must not eat fruit from any tree in the garden?"

The woman answered the snake, "We may eat fruit from the trees in the garden. But God told us, 'You must not eat fruit from the tree that is in the middle of the garden. You must not even touch it, or you will die.'"

But the snake said to the woman, "You will not die. God knows that if you eat the fruit from that tree, you will learn about good and evil. Then you will be like God!"

The woman saw that the tree was beautiful. She saw that its fruit was good to eat and that it would make her wise. So she took some of its fruit and ate it. She also gave some of the fruit to her husband who was with her, and he ate it.

Then, it was as if the man's and the woman's eyes were opened. They realized they were naked. So they sewed fig leaves together and made something to cover themselves.

Genesis 3: 1 - 7 (ICB)

Silence is kept for reflection.

Reader: Listen to what the Spirit is saying to the churches.

People: **Thanks be to God.**

Psalm 32

Happy are they whose transgressions are forgiven, *
and whose sin is put away!

**Happy are they to whom the Lord imputes no guilt, *
and in whose spirit there is no guile!**

Therefore all the faithful will make their prayers to you in time of trouble; *
when the great waters overflow, they shall not reach them.

**You are my hiding-place;
you preserve me from trouble; *
you surround me with shouts of deliverance.**

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."

**Be glad, you righteous, and rejoice in the Lord; *
shout for joy, all who are true of heart.**

Glory to the Father and to the Son
and to the Holy Spirit;
**as it was in the beginning is now
and shall be for ever. Amen.**

A Reading from the Letter to the Romans

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.

Romans 5: 16 - 19 (NRSV)

Silence is kept for reflection.

Reader: Listen to what the Spirit is saying to the churches.

People: **Thanks be to God.**

Gospel Acclamation

(Please stand as you are able)

Light of life beyond conceiving,
mighty Spirit of our Lord;
give new strength to our believing,
give us faith to live your word,
give us faith to live your word.

(Page 5 of The Plainsong Mass for Lent booklet)

The Gospel

(Please remain standing as you are able)

Priest: The Lord be with you.

People: **And also with you.**

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

People: **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 for 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.

Matthew 4: 1 - 11 (NRSV)

Priest: The Gospel of Christ.

People: Praise to you, Lord Jesus Christ.

Gospel Acclamation

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.

(Page 5 of The Plainsong Mass for Lent booklet)

Silence is kept.

*For Rev. Irina's blog visit
<https://irinasart.ca/spiritual-reflections/>
or scan the QR code.*



(Please remain seated for the Anthem)

Anthem: **Lonesome Valley**

Jesus walked, yes, he walked, Jesus walked that lonesome
valley for me.

Don't ya know? Jesus walked. My Jesus, my Jesus.
Jesus walked that lonesome valley, yes, he walked it for you
and for me.

Jesus climbed, yes, he climbed, Jesus climbed the hill of
sorrow for me.

Don't ya know? Jesus climbed. My Jesus, my Jesus.
Jesus climbed that hill of sorrow, yes, he climbed it for you
and for me.

Walkin' up that trail of tears, Jesus stumbles on the road.
On his back he carries our fears, such a dreary, weary load.
Jesus bore the cross for sinners, yes, for sinners like you and me.
Jesus walked that lonesome valley, yes, he walked it for you
and for me.

- Joseph Graham
(Brad Nix)
(Soloist: Grant Pettypiece)

The Affirmation of Faith

(Please stand as you are able)

Celebrant: Let us confess our faith, as we say,

All: **We believe in one God, creator of all life,
maker of past, present and future.
Lord of all people and of all memories and
hopes.
We believe in Jesus Christ,
God's Word of grace, and love made flesh,
who came to declare good news to those in
despair,
to liberate both the oppressed and the
oppressor,
to proclaim God's mercy as our hope.
We believe in God's Holy Spirit,
who takes our shattered dreams
and makes us whole again,
who lifts our dying spirits and gives us
courage,
who resurrects us to new life.
We believe that the Church is of God
and will endure to the end of time,
and calls us into a life of love and service.
Amen.**

Prayers of the People

*(Please adopt the pose most comfortable for you - stand, sit or kneel
- and respond as indicated.)*

Leader: ... Hear us, O God;

All: **Your mercy is great.**

Celebrant: God of mercy,
your word was the sure defense of Jesus
in his time of testing.
As we respond to your invitation to prayer and
simplicity,
may the discipline of these forty days
draw us ever closer to you.

All: Amen.

The Peace (Please stand as you are able)

Celebrant: The peace of the Lord be always with you.

People: And also with you.

The Celebration of the Eucharist

Offertory Hymn: (Please stand as you are able)

172, Now Let Us All With One Accord

Now let us all with one accord,
in company with ages past,
keep vigil with our heavenly Lord
in his temptation and his fast.

The covenant, so long revealed
to those of faith in former time,
Christ by his own example sealed,
the Lord of love, in love sublime.

Your love, O Lord, our sinful race
has not returned, but falsified;
author of mercy, turn your face
and grant repentance for our pride.

Remember, Lord, though frail we be,
in your own image were we made;
help us, lest in anxiety, we cause
your Name to be betrayed.

Therefore, we pray you, Lord, forgive;
so when our wanderings here shall cease,
we may with you for ever live,
in love and unity and peace.

(Bourbon)

If you wish to make a donation and would like to use a donation envelope, they are available at the back of the church.

All cheques should be made payable to Church of St. Timothy.

You can also donate online through Canada Helps – just open your camera app and scan this code.



If the collection plate doesn't reach you and you have a donation, please hand it to a greeter as you leave the church.

Prayer over the Gifts

(Please stand as you are able)

Celebrant: Let us pray.

All: **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.**

(Please adopt the pose most comfortable for you - stand, sit or kneel)

Eucharistic Prayer 3

Celebrant: The Lord be with you.

People: **And also with you.**

Celebrant: Lift up your hearts.

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

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

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

Celebrant: Blessed are you, gracious God,
creator of heaven and earth,
because you bid your faithful people
to cleanse their 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 the works of love.
Therefore we raise our voices to you in praise
to proclaim the glory of your name.

All (sung): **Holy, holy, holy, Lord, God of power and might,
heaven and earth are full of your glory.**

Hosanna in the highest.

Blessed is the One who comes in the name of the Lord.

Hosanna in the highest.

(Page 6 of the Plainsong Mass for Lent booklet)

Celebrant: We give thanks to you, Lord our God,
for the goodness and love
you have made known to us in creation;
in calling Israel to be your people;
in your Word spoken through the prophets;
and above all in the Word made flesh,
Jesus your Son.
For in these last days you sent him
to be incarnate from the Virgin Mary,
to be the Saviour and Redeemer of the world.
In him, you have delivered us from evil,
and made us worthy to stand before you.
In him, you have brought us
out of error into truth,
out of sin into righteousness,
out of death into life.

On the night he was handed over
to suffering and death,
a death he freely accepted,
our Lord Jesus Christ took bread;
and when he had given thanks to you,
he broke it, and gave it to his disciples,
and said, "Take, eat:
this is my body which is given for you.
Do this for the remembrance of me."

After supper he took the cup of wine;
and when he had given thanks,
he gave it to them,
and said, "Drink this, all of you:
this is my blood of the new covenant,
which is shed for you and for many
for the forgiveness of sins.
Whenever you drink it,
do this for the remembrance of me."

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

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

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

In the fullness of time,
reconcile all things in Christ,
and make them new,

and bring us to that city of light
where you dwell with all your sons and
daughters;
through Jesus Christ our Lord,
the firstborn of all creation,
the head of the Church,
and the author of our salvation;
by whom, and with whom, and in whom,
in the unity of the Holy Spirit,
all honour and glory are yours, almighty Father,
now and for ever.

All: Amen.

The Lord's Prayer

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

**All (sung): Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Save us from the time of trial,
and deliver us from evil.
For the kingdom, the power,
and the glory are yours,
now and for ever. Amen.**

(Page 7 of the Plainsong Mass for Lent booklet)

The Breaking of the Bread

Celebrant: We break this bread,

All: Communion in Christ's body once broken.

Celebrant: Let your Church be the wheat
which bears its fruit in dying.

**All: If we have died with him,
we shall live with him;
if we hold firm,
we shall reign with him.**

The Communion

Celebrant: The Gifts of God, for the People of God.

People: Thanks be to God.

Agnus Dei (sung by all)

**Lamb of God, you take away the sin of the world:
Have mercy on us.**

**Lamb of God, you take away the sin of the world:
Have mercy on us.**

**Lamb of God, you take away the sin of the world:
Grant us peace.**

(Page 8 of the Plainsong Mass for Lent booklet)

*All persons are welcome to receive **Communion or a Blessing** as appropriate at our services. You may choose to receive both the bread and the wine or just the bread. Gluten free wafers are available. Please ask the priest for these as you come to receive. If you choose to receive a blessing, please cross your arms over your chest as you stand at the altar rail.*

*If you would like to receive an **Anointing**, please proceed to the chapel on the right where one of the anointers will meet with you.*

Communion Hymns: (*Congregational singing while seated*)

170, The Glory of These Forty Days

The glory of these forty days
we celebrate with songs of praise;
for Christ, by whom all things were made,
himself has fasted and has prayed.

Then grant us, Lord, like them to be
full oft in fast and prayer with thee;
our spirits strengthen with thy grace,
and give us joy to see thy face.

O Father, Son, and Spirit blest,
to thee be every prayer addressed,
who art in threefold name adored,
from age to age, the only Lord.

(vs 1, 4, 5, Erhalt uns, Herr)

Jesus, Tempted In the Desert

Jesus, tempted in the desert,
lonely, hungry, filled with dread:
'Use your power,' the tempter tells him;
'turn these barren rocks to bread!'
'Not alone by bread,' he answers,
'can the human heart be filled.
Only by the Word that calls us
is our deepest hunger stilled!'

Jesus, tempted, at the temple,
high above its ancient wall:
'Throw yourself from lofty turret;
angels wait to break you fall!'
Jesus shuns such empty marvels,
feats that fickle crowds request:
'God, whose grace protects, preserves us,
we must never vainly test.'

Jesus, tempted on the mountain
by the lure of vast domain:
'Fall before me! Be my servant!
Glory, fame, you're sure to gain!'
Jesus sees the dazzling vision,
turns his eyes another way:
'God alone deserves our homage!
God alone will I obey!'

When we face temptation's power,
lonely, struggling, filled with dread,
Christ, who knew the tempter's hour,

come and be our living bread.
By your grace, protect, preserve us
lest we fall, your trust betray.
Yours, above all other voices,
be the Word we hear, obey.

- Herman Stuempfle, Jr.
(Geneva)

Prayer after Communion

(Please stand as you are able)

Celebrant: Let us pray.

**All: 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

Celebrant: 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.**

The Blessing

Celebrant: May the God of mercy transform you by his grace,
and the blessing of God almighty,
the Father, the Son, and the Holy Spirit,
be among you and remain with you always.

All: Amen.

Community Notices

(Please be seated)

Recessional Hymn:

(Please stand as you are able)

628, O Love, How Deep, How Broad, How High

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

For us he was baptized, and bore
his holy fast, and hungered sore;
for us temptations sharp he knew;
for us the tempter overthrew.

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

For us to wickedness betrayed,
scourged, mocked, in purple robe arrayed,
he bore the shameful cross and death;
for us at length gave up his breath.

For us he rose from death again,
for us he went on high to reign,
for us he sent his Spirit here
to guide, to strengthen and to cheer.

To God whose boundless love has won
salvation for us through the Son,
to God the Father, glory be
both now and through eternity.

(vs. 1, 3-7, Puer Nobis Nascitur)

The Dismissal

Priest: Go in peace to love and serve the Lord.

People: **Thanks be to God.**

Postlude: **Herzliebster Jesu, was hast du verbrochen**

(Holy Jesus, how have you offended?) Op. 122,

No. 2

(Johannes Brahms)

(Performed by Edward Connell)

Our worship is over – our service begins.

Coffee Hour & Vestry Lunch



A warm welcome is extended especially to all visitors and newcomers.

Please join us for a light lunch in Soward Hall prior to our Annual Vestry Meeting.

Your hosts today will be the Members of the Advisory Board.

Gluten free options are available.

This Week at St. Timothy's

- *Morning Prayer with a Thought for the Day* will be broadcast online via Zoom every morning, **Monday to Friday at 9:30am.**
- *Weekday Lenten Study* with lunch every **Monday in Lent at 12:00nn.** All are welcome. *To help us cater the lunch, please let Ashani know if you plan to attend.*

- *The ESL Conversation and Practice Group* meets in the Children's Chapel on **Tuesdays at 10:00am**.
 - *Open Church Hour* every week on **Tuesday, Wednesday & Thursday from 1:00 - 2:00pm**.
The church will be accessible for drop-in quiet prayer, and if desired, pastoral care and time with the clergy. Please use the Ridley Boulevard entrance and ring the bell for access.
 - *Contemplative Art* every **Wednesday at 10:00am** in the Loft. *All materials provided. Open to all.*
 - *St. Andrew's Group* meets online via Zoom on **Wednesdays at 12:00nn** for lunch and fellowship. Please contact Janet Fraser janet.fraser@sympatico.ca for the link.
 - **Next Sunday, February 22nd – The First Sunday in Lent**
 - **8:30am:** Adult Christian Education in the Parlour
 - **10:00am:** Holy Eucharist with Children's Programming
-

Week of February 23rd to 27th



The Office is open for in-person drop ins on Tuesday, Wednesday & Thursday this week from 10:00am – 3:00pm.

Please call ahead and **make an appointment** if you wish to meet with a specific member of the clergy or staff.

Annual Vestry Meeting

Notice is hereby given that the Annual Vestry Meeting of the Church of St. Timothy, North Toronto, which will be held **today, February 22nd** after the 10am service.

This will be an **in-person only** meeting and will take place in Soward Hall with a light lunch served.

Everyone is welcome to attend this meeting however, **in order to vote**, one must have been a member of St. Timothy's for at least three months, attended regularly scheduled services of worship at St. Timothy's at least three times in the past year, be at least 16 years old and not voted as a member of any other vestry during the previous three months, nor intend to vote in any other vestry during the ensuing year.

Prayer List Update

*'For where two or three are gathered in my name,
I am there among them.'* Matthew 18:20

Do you know of someone who needs our prayers?

Please contact the clergy or the office and let us know. We will gladly add the person's name to the prayer list and pray for them during morning prayer services and on Sundays.

Have you notified us of a name you wished to add to the prayer?

Please let us know how they are doing and if they continue to need our prayers.

We will be updating the current prayer list effective March 1st and if we don't hear from you by February 25th, we will offer thanks and remove these names from the current prayer list.

Lent

2026

February 18
- April 04



learn
reflect
simplify
give

St Tim's
Lenten
Studies

Sundays, 8:30 am:

"Exploring Lenten Disciplines"

Mondays, noon:

"Embodied Love:
From Creation to the Cross"