

Welcome to St Timothy's

The Second Sunday in Lent



“I lift up my eyes to the hills —
from where will my help come?”
(Psalm 121:1)

March 1st, 2026
In-Person & Online Service at 10:00am

Up-Hill

Does the road wind up-hill all the way?

Yes, to the very end.

Will the day's journey take the whole long day?

From morn to night, my friend.

But is there for the night a resting-place?

A roof for when the slow dark hours begin.

May not the darkness hide it from my face?

You cannot miss that inn.

Shall I meet other wayfarers at night?

Those who have gone before.

Then must I knock, or call when just in sight?

They will not keep you standing at that door.

Shall I find comfort, travel-sore and weak?

Of labour you shall find the sum.

Will there be beds for me and all who seek?

Yea, beds for all who come.

- *by Christina Rossetti*

The Way It Is

There's a thread you follow. It goes among
things that change. But it doesn't change.

People wonder about what you are pursuing.

You have to explain about the thread.

But it is hard for others to see.

While you hold it you can't get lost.

Tragedies happen; people get hurt
or die; and you suffer and get old.

Nothing you do can stop time's unfolding.

You don't ever let go of the thread.

- *by William Stafford*

The Gathering of the Community

Prelude: O Welt, ich muß dich lassen (O world, I must
leave you.), Op. 122, No. 3 (Johannes Brahms)
(Performed by Edward Connell)

Processional Hymn: (Please stand as you are able)

347, The God of Abraham Praise

The God of Abraham praise, who reigns enthroned above;
Ancient of everlasting days, and God of love;
Jehovah, great I AM! by earth and heaven confessed:
I bow and bless the sacred Name forever blest.

The great I AM has sworn; I on this oath depend.
I shall, on eagles' wings upborne, to heaven ascend.
I shall behold God's face; I shall God's power adore,
and sing the wonders of God's grace forevermore.

The goodly land I see with peace and plenty blest;
a land of sacred liberty, and endless rest.
There milk and honey flow, and oil and wine abound,
and trees of life forever grow with mercy crowned.

Triumphant hosts on high give thanks eternally
and "Holy, holy, holy" cry, "great Trinity!"
Hail Abraham's God and ours! One mighty hymn we raise:
all power and majesty be yours and endless praise!

(Leoni)

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 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.

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

Then the Lord said to Abram, "Leave your country, your relatives and your father's family. Go to the land I will show you. I will make you a great nation, and I will bless you. I will make you famous. And you will be a blessing to others.

I will bless those who bless you. I will place a curse on those who harm you. And all the people on earth will be blessed through you." So Abram left Haran as the Lord had told him.

Genesis 12: 1 - 4a (ICB)

Silence is kept for reflection.

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

People: **Thanks be to God.**

Psalm 121

I lift up my eyes to the hills; *
from where is my help to come?

**My help comes from the Lord, *
the maker of heaven and earth.**

He will not let your foot be moved *
and he who watches over you will not fall asleep.

**Behold, he who keeps watch over Israel *
shall neither slumber nor sleep;**

The Lord himself watches over you; *
the Lord is your shade at your right hand,

**So that the sun shall not strike you by day, *
nor the moon by night.**

The Lord shall preserve you from all evil; *
it is he who shall keep you safe.

**The Lord shall watch over your going out and
your coming in, *
from this time forth for evermore.**

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

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.

Romans 4: 1- 5, 13 - 17 (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 John.

People: **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, that 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.

John 3: 1 - 17 (NRSV)

Priest: The Gospel of Christ.

People: Praise to you, Lord Jesus Christ.

Gospel Acclamation

In our call to be a blessing,
may we be a blessing true;
may we live and die confessing
Christ as Lord of all we do,
Christ as Lord of all we do.

(Page 5 of The Plainsong Mass for Lent booklet)

Silence is kept.

(Please remain seated for the Anthem)

Anthem: He, Watching Over Israel (Elijah)

He, watching over Israel, slumbers not, nor sleeps.
Shouldst thou, walking in grief, languish,
He will quicken thee.

(Felix Mendelssohn)

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: Merciful God,
hear our cry when we call to you, renew and
uphold us with your Spirit. Bring back all who
have erred and strayed from your ways. We ask
this through Jesus Christ your Son, our Lord,
who lives and reigns with your and the Holy
Spirit, one God, now and forever.

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)

602, Lift High the Cross

Refrain

**Lift high the cross; the love of Christ proclaim
till all the world adore his sacred name!**

Come, Christian people, sing your praises, shout!
If we are silent, even stones cry out.

Refrain

Jesus, you wept to see our human strife;
teach us compassion for each human life.

Refrain

Peace was your plea, and peace your loving theme;
let peace be our passport, peace a living dream.

Refrain

Great is the cost of walking on this road,
to follow and suffer with the Son of God.

Refrain

Worlds to be born and children yet to be
come, take up this song into eternity.

Refrain

(Crucifer, no v. 3)

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 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.**

(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;
we give you thanks and praise
through Jesus Christ our Lord,
who was tempted in every way, yet did not sin.
By his grace we are able to triumph over every
evil,
and to live no longer for ourselves alone,
but for him who died for us and rose again.
Therefore with angels and archangels
and all who have served you in every age,
we raise our voices
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)

543, Unto the Hills Around Do I Lift Up

Unto the hills around do I lift up
my longing eyes:

O whence for me shall my salvation come,
from whence arise?

From God the Lord doth come my certain aid,
from God the Lord who heaven and earth hath made.

He will not suffer that thy foot be moved;
safe shalt thou be.

No careless slumber shall His eyelids close
who keepeth thee.

Behold, our God, the Lord,
he slumbereth not,
who keepeth Israel in his holy care.

Jehovah is Himself thy keeper true,
thy changeless shade;
Jehovah thy defence on thy right hand,
himself hath made.

And thee no sun by day shall ever smite;
no moon shall harm thee in the silent night.

From every evil shall he keep thy soul,
from every sin;

Jehovah shall preserve thy going out,
thy coming in.

Above thee watching, he whom we adore
shall keep thee henceforth, yea, for evermore.

(Sandon)

468, To Abraham and Sarah

To Abraham and Sarah the call of God was clear:
“Go forth and I will show you a country rich and fair.
You need not fear the journey for I have pledged my word:
that you shall be my people and I will be your God.”

From Abraham and Sarah arose a pilgrim race,
dependent for their journey on God's abundant grace.
and in their heart was written by God this saving word:
“That you shall be my people and I will be your God.”

We of this generation on whom God's hand is laid,
can journey to the future secure and unafraid,
rejoicing in God's goodness and trusting in this word:
“That you shall be my people and I will be your God.”

(Thornbury)

Prayer after Communion (Please stand as you are able)

Celebrant: Let us pray.

**All: Creator of heaven and earth,
we thank you for these holy mysteries,
which bring us now a share in the life to come,
through Jesus Christ our Lord. 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)

371, To God Be the Glory

To God be the glory, who great things has done!
God so loved the world, freely sending the Son,
who yielded his life an atonement for sin,
and opened the life-gate that all may go in.

Refrain

Praise the Lord! Praise the Lord!

Let the earth hear God's voice!

Praise the Lord! Praise the Lord! Let the people rejoice!

**O come to the Father, through Jesus the Son,
and give God the glory who great things has done!**

O perfect redemption, the purchase of blood,
to every believer the promise of God:
that when the offender, repenting, believes,
through Jesus's atonement God's pardon receives.

Refrain

Great things God has taught us, great things God has done,
and great our rejoicing through Jesus the Son;
but purer and higher and greater will be
our wonder, our gladness, when Jesus we see!

Refrain

(To God Be the Glory)

The Dismissal

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

People: Thanks be to God.

Postlude: Herzlich tut mich erfreuen (My heart is filled
with longing.), Op. 122, No. 4 (Johannes Brahms)
(Performed by Edward Connell)

**Our worship is over –
our service begins.**

Coffee Hour



A warm welcome is extended especially to all visitors and newcomers. Please join us for refreshments in Soward Hall. Your hosts today will be Ginny Lyon & Cynthia Majewski.

Gluten free options are available.

Week of March 2nd to 6th



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.

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, March 8th – *The Second Sunday in Lent***
 - **8:30am:** Adult Christian Education in the Parlour
 - **10:00am:** Holy Eucharist with Children's Programming
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