

Holy Trinity Metcalfe
Service of Morning Prayer
1st Sunday in Lent – February 26, 2023
Led by Meredith Brophy – Licensed Lay Reader

Welcome

Land Acknowledgement:

We acknowledge our presence on the ancestral lands of the Algonquin Anishinaabe nation.

All: In a spirit of reconciliation, may we always seek to respect the history, spirituality, and culture of Indigenous Peoples and uphold our continuing responsibility as treaty people.

Opening Hymn: #175 – Forty Days and Forty Nights (vs 1, 4, 5)

1. Forty days and forty nights
you were fasting in the wild,
forty days and forty nights
tempted, and yet undefiled
4. So if Satan, pressing hard,
soul and body would destroy,
Christ who conquered, be our guard;
give to us the victor's joy.
5. Saviour, may we hear your voice –
keep us constant at your side;
and with you we shall rejoice
at the eternal Easter-tide.

O Lord, open our lips
and our mouth shall proclaim your praise.
In your resurrection, O Christ,
let heaven and earth rejoice. Alleluia.

Blessed are you, God of our salvation, to you be praise and glory for ever. As once you ransomed your people from Egypt and led them to freedom in the promised land, so now you have delivered us from the dominion of darkness and brought us into the loving reign of the risen Christ. May we, the first fruits of your new creation, rejoice in this new day you have made and praise you for your mighty acts.

Blessed be God: Father, Son and Holy Spirit.

Blessed be God for ever.

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.

While I held my tongue, my bones withered away, because of my groaning all day long.

For your hand was heavy upon me day and night; my moisture was dried up as in the heat of summer.

Then I acknowledged my sin to you, and did not conceal my guilt.

I said, "I will confess my transgressions to the Lord." Then you forgave me the guilt of my sin.

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.

“I will instruct you and teach you in the way that you should go; I will guide you with my eye.

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.”

Great are the tribulations of the wicked; but mercy embraces those who trust in the Lord.

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

Watch over us, loving God, and when we fall into sin teach us to acknowledge our guilt. May we forgive and be forgiven, for the sake of the one who was wounded for our transgressions, Jesus Christ your Son our Saviour.

(Reader) **A Reading from the Book of Genesis (C2:15-17, C3:1-7**

The LORD God took the man and put him in the garden of Eden to till it and keep it. And the LORD God commanded the man, "You may freely eat of every tree of the garden; but 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."

Now 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'?" The woman said to the serpent, "We may eat of the fruit of the trees in the garden; but 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.'" But the serpent said to the woman, "You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil."

So 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. Then 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.

(Reader leads) The Responsory

Death is swallowed up in victory.

Where, O death, is your sting?

Christ is risen from the dead, the first fruits of those who have fallen asleep.

Death is swallowed up in victory.

The trumpet will sound, and the dead shall be raised.

Where, O death, is your sting?

We shall not all sleep, but we shall be changed.

Death is swallowed up in victory.

Where, O death, is your sting?

(Meredith says “We will say a Canticle together, The Song of Zechariah”)

The Song of Zechariah (Luke 1.68-79)

Blessed are you, Lord, the God of Israel, you have come to your people and set them free.

You have raised up for us a mighty Saviour, born of the house of your servant David.

Through your holy prophets, you promised of old to save us from our enemies, from the hands of all who hate us, to show mercy to our forebears, and to remember your holy covenant.

This was the oath you swore to our father Abraham: to set us free from the hands of our enemies, free to worship you without fear, holy and righteous before you, all the days of our life.

And you, child, shall be called the prophet of the Most High, for you will go before the Lord to prepare the way, to give God's people knowledge of salvation by the forgiveness of their sins.

Glory to the holy and undivided Trinity, one God:
as it was in the beginning, is now and will be for ever. Amen.

Gradual Hymn: #180 – Giver of the Perfect Gift (vs. 1, 4, 5)

1. Giver of the perfect gift,
only hope of human race,
hear the prayer our hearts uplift,
trembling at thy throne of grace.
4. Oh! May these our Lenten days,
blest by thee, with thee be passed,
that with purer, nobler praise
we may keep thy feast at last.
5. God the holy Trinity,
grant the mercy we implore;
God the One, all praise to thee
through the ages ever more.

The Lord be with you.

And also, with you.

The Holy Gospel of our Lord Jesus Christ according to Matthew. **(C4, vs 1-11)**

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted 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 splendor; 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.

The Gospel of Christ.

Praise to you, Lord Jesus Christ.

The Homily

Affirmation of Faith

**I believe in God, the Father almighty, creator of heaven and earth.
I believe in Jesus Christ, God's only Son, our Lord, who was conceived by the power of the Holy Spirit, born of the virgin Mary, 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, he is seated at the right hand of the Father, and 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 Litany

Reader: Let us offer our intercessions, petitions and thanksgivings, saying, 'Redeemer of Israel, hear our prayer.'

May we live as those who believe in the triumph of the cross.

Redeemer of Israel, hear our prayer.

May all people receive the good news of Christ's victory.

We pray for Shane, our Bishop; Anne, our Metropolitan; Linda, our Primate; as well as Staff at Ascension House and Vocations to the priesthood. We pray for the Anglican Fellowship of Prayer and Paul Dumbille, Ottawa, for our Representative and for all parish representatives. For all Parish Administrators in our diocese. We pray also for Martin Luther Lutheran Church and their pastor, Judith Kiersche.

Redeemer of Israel, hear our prayer.

May those born to new life in the waters of baptism know the power of Christ's resurrection.

Redeemer of Israel, hear our prayer.

May those who suffer pain and anguish find healing and peace in the compassion of Christ. We pray especially for those in our community who have asked for our petitions, especially Myra, Louise, Marjorie, Richard and Deb L., Howard, Irene, Beth, Roy, Zachariah, Sarah, Jeanette, Cheryl, and all those we hold in our hearts.

Redeemer of Israel, hear our prayer.

May we be united in Christ's undying love with all who have passed through the gates of death. **Redeemer of Israel, hear our prayer.**

Faithful God, make our hearts bold with love for one another. Pour out your Spirit upon all people, so that we may live your justice and sing in praise the new song of your marvelous victory. **Amen**

The Lord's Prayer

Rejoicing in God's new creation and gathering our prayers and praises into one, let us pray as our Saviour taught us,

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.

The Dismissal

Let us bless the Lord. Alleluia. Alleluia.

Thanks be to God. Alleluia. Alleluia.

Closing Hymn: #628 – O Love, How Deep, How Broad, How High

1. 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 mortal's sake.
6. 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.
7. To God whose boundless love has won
Salvation for us through the son,
To God the Father, glory be
Both now and through eternity.

May the risen Christ grant us the joys of eternal life. **Amen**

CELEBRATIONS AND ANNOUNCEMENTS