

### Rector's Message

Dear parishioners and friends, welcome as we gather to worship our loving God on this last Sunday in February. We are delighted to welcome our Sunday School at the 10:30am Service today.

Both the Prophet Isaiah and Psalm 131, offer us a very moving image of God as a mother holding us at her bosom. There we rest like a child in complete comfort and security. Isaiah goes on to tell us that God knows each of us intimately, for God has carved our names on the palms of his hands.

Amidst the worries and cares of life, we are called to put our trust in God, to be certain of the Lord, not only for tomorrow, but for this very day. For God cannot forget us; we are worth much in his eyes and he loves us deeply. We are forever engraved in the palm of his hands. So, why should we worry?

We come together today in the presence of the Lord as people with cares and worries about so many things: our homes, our communities and troubles in the world. In the midst of the troubles of his day, Jesus tells the disciples not to worry but to put their trust in God. The message is the same for us, we are not to let our cares keep us from believing in life and trusting in God's loving care. Let us pray for one another as we gather in prayer.

God bless you and have a great week.

*Michael+*

## St. John's Anglican Church

Lunenburg, Nova Scotia

Rector: The Rev. Michael H. Mitchell

### Prayer of the Week

"Forgiveness is the economy of the heart...forgiveness saves the expense of anger, the cost of hatred, the waste of spirits."  
~ Hannah More

#### LAY MINISTERS TODAY

Lay Readers: 8:30 am Robert MacMillan

10:30 am Susan MacMillan, Holly Mitchell

Lectors: 8:30 am Cathy Ramey, Rev. Linda Macdonald

10:30am Sunday School and Hazel Oliver, Server: Aisling Curtin

Sidespersons: Jim and Viola Green & Jasmine Saunders & Libby/Eadie Fraser

Helping with the Offertory; Peyton Nickerson & Morgan Nodding & with the

Collection of the Offering: Jasmine, Libby, Peyton, Morgan, and others

#### NEXT SUNDAY MARCH 5

Lay Readers: 8:30 am Barbara Eisenhauer



10:30 am Robert MacMillan and Roger Demone

Lectors: 8:30 am Maureen Moffatt, Laura Roblee

10:30am Katherine Owen, Ann Perry; Server: Aisling Curtin

*To all who mourn or need comfort,  
To all who are weary and need rest,  
To all who seek friendship,  
To all who desire to grow in relationship with God  
To all who yearn to pray,*

*To all who need a Saviour, And to all whoever will worship,  
This Church of St. John's opens wide its doors  
and in the name of Christ our Lord, says - WELCOME.*

Heritage  Faith  Vision

St. John's - A National Historic Site - Founded 1753

# The Holy Eucharist & Intergeneration Family Service

The Communion setting today comes from 'Lift Every Voice and Sing', an African American Hymnal

Prelude: Air and Gavotte – Samuel Wesley (piano and tabla)

Please Stand and join in singing:  
Processional Hymn #418 'Draw the Circle Wide'

## The Gathering of the Community

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.

Libby: We, your faithful people sing praises to you O God.  
ALL: WE GIVE THANKS TO YOUR HOLY NAME.

Morgan: May our souls praise you and not be silent.  
ALL: WE GIVE THANKS TO YOUR HOLY NAME.

Libby: You have restored us and call us to your service.  
ALL: WE GIVE THANKS TO YOUR HOLY NAME.

Morgan: Let us lift up our hearts to praise your name forever.  
ALL: WE GIVE THANKS TO YOUR HOLY NAME.  
COME LET US WORSHIP OUR LOVING GOD.

## Glory To God

Glory, Glory, hallelujah, Lord we praise your Holy name (repeat)  
Glory to God in the highest and peace to his people on earth  
Lord God, heavenly King, almighty God and Father,  
We worship you, we give you thanks, we praise you for your glory  
Lord Jesus Christ, only son of the Father, Lord God, Lamb of God,  
Glory, Glory, hallelujah, Lord we praise your Holy name (repeat)  
You take away the sin of the world: have mercy on us,  
You are seated at the right hand of the Father: receive our prayer.  
For you alone are the Holy One, You alone are the Lord,  
You alone are the most High, Jesus Christ, with the Holy Spirit,  
In the glory of the Father. Glory, Glory, hallelujah, Lord we praise your  
Holy name (repeat) Amen  
Music by Carl Haywood – from 'Mass for Grace'

## The Collect of the Day

Celebrant Let us pray. The community prays silently. The celebrant says the collect.

God of tender care, like a mother you never forget your children, but comfort and quiet those who are restless and fearful; like a father you know already what we need. In all our anxiety, give us the spirit of trust; in all our worry, give us faithful hearts; so that, in confidence and trust, we may seek the kingdom of Christ where your holy will of peace and justice has been made known. Amen.

## The Proclamation of the Word

A READING FROM THE BOOK OF ISAIAH - Jasmine Saunders

Thus says the Lord: In a time of favour I have answered you, on a day of salvation I have helped you; I have kept you and given you as a covenant to the people, to establish the land, to apportion the desolate heritages; saying to the prisoners, "Come out," to those who are in darkness, "Show yourselves." They shall feed along the ways, on all the bare heights shall be their pasture; they shall not hunger or thirst, neither scorching wind nor sun shall strike them down, for he who has pity on them will lead them, and by springs of water will guide them. And I will turn all my mountains into a road, and my highways shall be raised up. Lo, these shall come from far away, and lo, these from the north and from the west, and these from the land of Syene.

Sing for joy, O heavens, and exult, O earth; break forth, O mountains, into singing! For the Lord has comforted his people, and will have compassion on his suffering ones. But Zion said, "The Lord has forsaken me, my Lord has forgotten me." Can a woman forget her nursing child, or show no compassion for the child of her womb? Even these may forget, yet I will not forget you. See, I have inscribed you on the palms of my hands. ISAIAH 49:8-16A  
The Word of the Lord. Thanks be to God.

PSALM 131 REFRAIN

I still my soul and keep it quiet,  
like a child upon its mother's breast.  
O Lord, I am not proud; I have no haughty looks. I do not occupy myself with great matters, or with things that are too hard for me. R  
But I still my soul and make it quiet, like a child upon its mother's breast;  
my soul is quieted within me. R  
O Israel, wait upon the Lord, from this time forth for evermore. R

A READING FROM THE FIRST LETTER OF PAUL TO THE CORINTHIANS Hazel Oliver

Think of us in this way, as servants of Christ and stewards of God's mysteries. Moreover, it is required of stewards that they be found trustworthy. But with me it is a very small thing that I should be judged by you or by any human court. I do not even judge myself. I am not aware of anything against myself, but I am not thereby acquitted. It is the Lord who judges me. Therefore do not pronounce judgement before the time, before

the Lord comes, who will bring to light the things now hidden in darkness and will disclose the purposes of the heart. Then each one will receive commendation from God. I CORINTHIANS 4:1-5  
The Word of the Lord. Thanks be to God.

Hymn #450 'You Call Us, Lord, To Be'

The Gospel The Lord be with you. People And also with you.  
THE HOLY GOSPEL OF OUR LORD JESUS CHRIST ACCORDING TO  
MATTHEW. People Glory to you, Lord Jesus Christ.



Jesus said, "No one can serve two masters; for a slave will either hate the one and love the other, or be devoted to the one and despise the other. You cannot serve God and wealth. Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them.

Are you not of more value than they? And can any of you by worrying add a single hour to your span of life? And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you, - you of little faith? Therefore do not worry, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear?' For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well. So do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today." MATTHEW 6:24-34  
The Gospel of Christ. Praise to you, Lord Jesus Christ.

Reflection and Children's Time

Affirmation of Faith

Hear, O Israel, the Lord our God, the Lord is one.  
Love the Lord your God with all your heart,  
with all your soul, with all your mind, and with all your strength.  
This is the first and the great commandment.  
The second is like it:  
Love your neighbour as yourself.  
There is no commandment greater than these.

The Prayers of the People Please kneel or sit for the prayers.  
Response: Lord, hear our prayer.

Confession and Absolution

Peyton Nickerson

Loving God, we come to you this day as your children:  
trusting, hopeful, wanting to love and to be loved.  
We want to join with others in sharing your love  
and in living your way.  
Yet, we so easily forget how precious we are to you  
and how we belong to you, for you have carved our  
names on the palms of your hands.  
How easily we put ourselves down and put each other down.  
We forget how you call us to trust, to hope and to love.  
Yet through it all, you love us,  
And when we are truly sorry, you forgive us.  
Life is new again and we are reconnected with you,  
with each other and all of creation.  
Let us now confess our sins.

Most merciful God,  
All 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.

Celebrant

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 Peace All stand, and the celebrant addresses the people.

The peace of the Lord be always with you.  
People And also with you.  
The assembly greets one another in the name of the Lord.

The Offertory

Hymn #594 – 'Not for Tongues of Heaven's Angels'

Parishioners share in gathering the offering of God's people. Each one as they are able, makes an offering to the Lord for the needs and responsibilities of the Church to be placed on the altar.

### The Prayer over the Gifts Read together.

Our God and Father, you have prepared for us, your children, the feast meal of Jesus, your Son. You provide us with food and drink that lead to everlasting life. We offer you our life and efforts, our worries and our cares. Accept them as a token of our deep and lasting trust in you. We ask this in the name of Jesus the Lord. Amen.

### The Great Thanksgiving - Eucharistic Prayer #2

The Lord be with you.                      And also with you.  
Lift up your hearts.                      We lift them to the Lord.  
Let us give thanks to the Lord our God.  
It is right to give our thanks and praise.

### Preface for Sunday

Blessed are you, gracious God, creator of heaven and earth; by water and the Holy Spirit you have made us a holy people in Jesus Christ our Lord; you renew that mystery in bread and wine and nourish us, to show forth your glory in all the world. We praise you Lord, with all the angels, in their song of joy.

(Sung) Holy, Holy (repeat)  
Holy, Lord God of hosts  
Heaven and earth are filled with your glory  
Hosanna in the highest  
Blessed is He who comes in the name of the Lord, of the Lord  
Hosanna in the highest (repeat)  
Music by Grayson Warren Brown from 'A Mass for a Soulful People'

We give you thanks and praise, loving Father, because in sending Jesus, your Son, to us, you showed us how much you love us. He cares for the poor and the hungry. He suffers with the sick and the rejected. Betrayed and forsaken, he did not strike back but overcame hatred with love. On the cross he defeated the power of sin and death. By raising him from the dead you show us the power of your love to bring new life to all your people.

On the night before he gave up his life for us, Jesus, at supper with his friends, took bread, gave thanks to you, broke it, and gave it to them, saying, "Take this, all of you, and eat it: this is my body which is given for you."

After supper, Jesus took the cup of wine, said the blessing, gave it to his friends, and said, "Drink this, all of you: this is the cup of my blood, the blood of the new and eternal covenant, which is shed for you and for many, so that sins may be forgiven. Do this in memory of me."

Let us proclaim the mystery of faith.  
Christ has died, Christ is risen, Christ will come again.

Gracious God, with this bread and wine we celebrate the death and resurrection of Jesus, and we offer ourselves to you in him. Send your Holy Spirit on us and on these gifts, that we may know the presence of Jesus in the breaking of bread, and share in the life of the family of your children.

Father, you call us to be your servants; fill us with the courage and love of Jesus, that all the world may gather in joy at the table of your kingdom. Through Christ, in Christ and with Christ, in the unity of the Holy Spirit, all honour and glory are yours, almighty Father, now and for ever. Amen.

### The Lord's Prayer

The celebrant introduces the Lord's prayer in these or similar words:

Called by Jesus to follow him, let us pray:

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 for distribution, and says:

Celebrant "I am the bread which has come down from heaven,"  
says the Lord.  
All Give us this bread for ever.  
Celebrant "I am the vine, you are the branches."  
All May we dwell in him, as he lives in us.

The celebrant invites the people to share in communion and says,  
The gifts of God for the People of God.  
All Thanks be to God.

Jesus Lamb of God, you take away the sin of the world,  
have mercy on us.  
Jesus Bread of life, you take away the sin of the world,  
have mercy on us.  
Jesus Prince of Peace you take away the sin of the world,  
have mercy on us.  
Jesus Lamb of God, you take away the sin of the world,  
grant us your peace.  
Music by Marjorie Landsmark-DeLewiss

The celebrant and people then receive communion.  
The body of Christ (given for you). The blood of Christ (shed for you).  
The communicant responds each time, Amen.

*This community of faith,  
welcomes to the Lord's table  
all who are baptized and who wish to be nourished  
with the Body and Blood of Christ.*

During Communion, hymns may be sung and silence may be kept.

### Communion Hymn: 'Sons of God'

Refrain: Sons of God: Hear His Holy word,  
Gather around the table of the Lord, This His Body, this His Blood  
And we'll sing a song of love, Allelu, allelu, allelu, allelu, alleluia.

1. Brothers, sisters, we are one, And our life has just begun,  
In the spirit we are young, We can live forever. Refrain

2. Shout together to the Lord, Who has promised our reward,  
Happiness a hundred fold, And we'll live forever. Refrain

3. If we want to live with Him, We must also die with Him,  
Die to selfishness and sin, And we'll live forever. Refrain

4. Make the world a unity, Make all people family,  
Joining with the Trinity, to live with them forever. Refrain

5. With the church we celebrate, Jesus' coming we await,  
So we make a holiday, So we'll live forever. Refrain

### Prayer after Communion

Celebrant Let us pray. Standing, the community prays in silence.

Gracious God, our hands have taken holy things; our lives have been  
nourished by the body of your Son. May we who have eaten at this holy  
table be strengthened for service in your world. We ask this in the name  
of Jesus Christ the 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.

### Blessing & Dismissal

If we would worry less and trust God more,  
perhaps we would have more time to live a truly human life.  
Each of us is called to learn to live with joy and in serenity.  
May the Lord give you this happiness and may the blessing  
God almighty, + the Father, the Son, and the Holy Spirit,  
sustain you and remain with you always. Amen.

Celebrant Go in joyful hope to love and serve the Lord.

All Thanks be to God.

### Recessional Hymn #598 'Go To the World'

### Postlude: Trumpet Voluntary - Stanley

The Worship has ended. Our Service to the world begins.

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## NOTICES

### WORLD DAY OF PRAYER

There will be no World Day of Prayer Service in Lunenburg this year.  
However, you may still join with Christian women and men around the  
world on March 3<sup>rd</sup>, by holding the world in your personal prayers.

### HAPPENINGS THIS WEEK AT ST. JOHN'S

February 28<sup>th</sup> Shrove Tuesday



**SHROVE TUESDAY**

Annual Pancake Supper - 5:00 - 7:00pm -  
All proceeds go towards sponsoring our  
child, overseas. Everyone is Welcome.

## Ash Wednesday - March 1<sup>st</sup>

BCP Holy Eucharist with Ashes - 10 am  
 BAS Holy Eucharist with Ashes - 7pm  
 Lenten Prayer Café - Zion Lutheran - 11am  
 Music and Meditation - St. John's - 12noon  
 Choir Practice - 7 pm - Church



### MUSIC ANNOUNCEMENT

Music and Meditation for Lent begins on Wednesday, March 1 at noon and will continue each Wednesday until April 12. Our guest soloist this week is soprano Janelle Lucyk. Janelle completed formal training at the Royal Conservatory in Brussels. She has recently moved to Halifax and is the soprano soloist for King's College Chapel Choir, the King's Chorus and All Saints Cathedral Choir.

### LUNENBURG LENTEN CAFÉ FELLOWSHIP & WORSHIP

Once again this year, our local churches are holding a combined Lenten activity each week called: a Lenten Café. These take place each Wednesday at 11am. Various clergy from our churches lead the events with time for refreshments, informal prayer, and discussion. To make it more convenient for everyone, the event is hosted at Zion Lutheran Church Hall 11am-11:45am. The Café is open to all and everyone is welcome.

### Ash Wednesday, March 1<sup>st</sup>

There are two Services – 10:00 am & 7:00 pm

Anglicans are reminded that Ash Wednesday, along with Good Friday, is observed with special acts of discipline and self-denial, such as fasting, alms giving to those in need and works of charity. The Season of Lent is a time of deepened prayer and spiritual discipline intended to make us more loving, kind and generous in our service of God and others. Check out all the opportunities this Lent to grow spiritually.

### INSTALLATION OF PARISH COUNCIL MEMBERS

The Installation of our Parish Council members will be held on Sunday, March 5 at our 10:30 am service. The next meeting of Parish Council will take place on Thursday, February 23<sup>rd</sup>.

## SUNDAY SCHOOL TEAM THIS WEEK

Nursery...Viola Green  
 (Assistants - Nikki Saunders and Laura Eisner)

### Parish Contacts

**RECTOR:** Rev. Fr. Michael H. Mitchell  
 email: rectorlunenburg@gmail.com • 902-634-8477  
**SECRETARY:** Mary Wagner • **PARISH OFFICE:** 902-634-4994  
 email: stjohndlunenburg@bellaliant.com; **WEB:**  
 www.stjohndlunenburg.org  
**PRIEST ASSISTANT:** (on leave) Rev. Louis Quennelle 902-527-0122  
 • louisq@eastlink.ca  
**HONORARY ASSOCIATES:** Rev. Linda Macdonald • 634-9473, Rev. Oliver Osmond • 634-8589, Rev. Alvin Westgate • 640-2484

### PARISH WARDENS

Duncan Crowdis 902-521-9724 • Blake Starratt 902-644-3555  
 • Robert MacMillan 902-527-0122

### CHAIR OF PARISH COUNCIL

(to be determined)  
**ORGANIST/CHOIR DIRECTOR**  
 Barbara Butler 902-624-0506  
**HAND BELLS** Sharon Hill 902-634-8781  
**HONORARY ORGANIST** James Aulenbach  
**CHIMER** Peter Allen 902-634-4668  
**TREASURER** Dan Sargeant 902-  
**ALTAR GUILD** Maureen Moffatt,  
 Ann Grandy, Barbara Simonds  
**PASTORAL VISITATION**  
**PRAYER & HEALING MINISTRY**  
 Holly Mitchell 902-634-8477  
**SPIRITUAL DEVELOPMENT**  
**HERITAGE** Roger Demone 902-543-5753  
**MUSIC** Jane Ritcey Moore 902-275-4834  
**PROPERTY** Wayne Dodge 902-634-4885  
**LADIES' GUILD**  
 Susan MacMillan 902-634-3019  
**ACW** Barbara Nowe 902-634-4473  
**ACW CATERING** Patty Tanner 543-3474  
**LAY READERS** Roger Demone 543-5753  
**SERVERS** Sheila Morris 902-634-3713

### SUNDAY SCHOOL & NURSERY

Rena Demone 902-634-9644  
**TOURS** Peter Allen 902-634-4668  
**CONGREGATIONAL DEVELOPMENT**  
 Mary Meisner 902-634-8429  
**FOOD BANK** Laura Roblee 902-521-4823  
**MEALS ON WHEELS** Laura Roblee  
 902-521-4823, Barbara Simonds 902-634-3319  
**PLANNED GIVING**  
 Jim Eisenhauer 902-634-4713  
**PWRDF**  
**REGIONAL COUNCIL**  
 Mary Meisner, Betty Lou Olivier  
**SAFER CHURCH**  
 Duncan Crowdis 902-640-2214  
**SYNOD DELEGATES**  
 Holly Mitchell, Mary Wagner  
**CUSTODIAN** Paul Woodley 902-212-1890  
**SEXTON** Paul Woodley 212-1890  
**NEWSLETTER**  
 Janice & Brian Kenefick 902-764-2145  
**WEBSITE** Grant Dixon 902-640-2897