

Virtual Worship from St. Paul's Anglican Cathedral, Kamloops BC

Sunday, November 29, 2020 - The First Sunday in Advent Season

Today incorporating Spiritual Communion

Pat Rustand plays piano today; The Dean and Alison Rustand lead the singing; Bishop Lincoln preaches; Melissa Green assists

Flowers on the altar today are given to the Glory of God and in loving memory of Elizabeth & Derek Parkes, Barbara & Andy Brown, Shirley Brown and Eric Brown. May they rest in peace with all the saints in God's heavenly Kingdom.

Our service today originates from the traditional territory of the Tk'emplúps te Secwepemc – Kamloops & Area First Nation. We acknowledge their care for and working of the land prior to contact with Europeans. As Canadian Anglicans, we continue to work toward healing and reconciliation and a new experience of sharing the land together

THE ADVENT WREATH

You are encouraged to create something as you are able, similar to a wreath or other suitable Advent symbol or icon. A sample assembly process can be viewed [here](#). If willing and able, please share a picture with us of your own creation, now or at anytime

Leader 1 In our church and homes
 we gather around wreaths
 to pray our lost hopes,
 broken peace, limited joys,
 and love so hard to find and share,
 in this season of coronavirus.

Melissa Green and Dean Ken

**We affirm that our candles mean
we claim the power to call this season Advent
when God's light comes into the world
and nothing can overcome it.**

Leader 2 We light the candle of hope
 in the face of closed businesses,
 frustrated travel,
 economic insecurity,
 distanced family relations,
 wariness of touch,
 weariness of all kinds . . .
 Please add your own heartfelt losses

Leader 1 God's hope shines on hopelessness,
and brightens the path toward peace.
**Emmanuel, God be with us,
in the week to come,
lighting hope on the wick of our lives
so that we may shine on our world. Amen**

HYMN CP 89 (vss. 1-4 only) Alison Rustand

O come, O come, Emmanuel,
And ransom captive Israel,
That mourns in lonely exile here,
Until the Son of God appear.
Rejoice! Rejoice! Emmanuel
Shall come to thee, O Israel.

O come, Thou Rod of Jesse, free
Thine own from Satan's tyranny;
From depths of hell Thy people save,
And give them victory o'er the grave.
Rejoice! Rejoice! Emmanuel
Shall come to thee, O Israel.

O come, Thou Dayspring, from on high,
And cheer us by Thy drawing nigh;
Disperse the gloomy clouds of night,
And death's dark shadows put to flight.
Rejoice! Rejoice! Emmanuel
Shall come to thee, O Israel.

O come, Thou Key of David, come
And open wide our heav'nly home;
Make safe the way that leads on high,
And close the path to misery.
Rejoice! Rejoice! Emmanuel
Shall come to thee, O Israel. PD

COLLECT Dean Ken

Almighty God,
give us grace to cast away the works of darkness

and put on the armour of light,
now in the time of this mortal life
in which your Son Jesus Christ
came to us in great humility,
that on the last day,
when he shall come again in his glorious majesty
to judge both the living and the dead,
we may rise to the life immortal;
through him who lives and reigns
with you and the Holy Spirit,
one God, now and for ever. **Amen.**

A READING FROM THE BOOK OF ISAIAH

Dean Ken

O that you would tear open the heavens and come down, so that the mountains would quake at your presence - as when fire kindles brushwood and the fire causes water to boil - to make your name known to your adversaries, so that the nations might tremble at your presence! When you did awesome deeds that we did not expect, you came down, the mountains quaked at your presence.

From ages past no one has heard, no ear has perceived, no eye has seen any God besides you, who works for those who wait for him. You meet those who gladly do right, those who remember you in your ways. But you were angry, and we sinned; because you hid yourself we transgressed.

We have all become like one who is unclean, and all our righteous deeds are like a filthy cloth. We all fade like a leaf, and our iniquities, like the wind, take us away. There is no one who calls on your name, or attempts to take hold of you; for you have hidden your face from us, and have delivered us into the hand of our iniquity.

Yet, O Lord, you are our Father; we are the clay, and you are our potter; we are all the work of your hand. Do not be exceedingly angry, O Lord, and do not remember iniquity forever. Now consider, we are all your people. ISAIAH 64:1-9

Hear what the Spirit says to all people **Thanks be to God**

SONG Northern Advent

Dean Ken

November feels so final –
the trees so bleak and stark;
The land so cold and silent,
our hearts November dark.
Like land that waits for sunrise,
shiv'ring till the dawn,

Keeping watch this northern Advent,
we sing out life's true song.

Refrain: We are not the morning, we are not the dawn,
We are just the land that waits the first light of the sun.

Winter holds us in her pocket,
snow covers life in drifts;
The frost shapes patterns on the glass
showing every human rift.
The poor, the frail, the lonely
wait in winter's deep despair;
Keeping watch this northern Advent
for the birth cry of Your care.

In our November endings –
winter fears of grief and loss;
Keep all that's human holy
through your advent, birth and cross;
Sun's low on the horizon,
our nights outlast our days;
Keeping watch this northern Advent,
we await your coming grace.

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Hear what the Spirit says to all people **Thanks be to God**

SONG All Will be Well **Performer** Dean Ken

Of that day and hour,
no one on earth can know,
Not even the angels, or the Son:
We cannot be sure.

if the day will be swift or be slow,
But we can be certain that it will come.

Chorus: All will be well, all will be well,
 And all manner of things shall be well.

And there will be signs,
in the sun and the moon and the stars,
Distress in the heavens and the seas;
Then lift up your eyes, -
Look up! Your salvation is near,
This is not your death; it's the birth cry of peace.

Like a child in the womb
resisting the onslaught of life,
We struggle to hold to what we now see;
Our prayers are but groans,
and we fear there's a terrible price,
But it's our new creation coming to be.

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THE HOLY GOSPEL OF OUR LORD JESUS CHRIST ACCORDING TO MARK

Glory to You Lord Jesus Christ

Bishop Lincoln

Jesus said, "In those days, after that suffering, the sun will be darkened, and the moon will not give its light, and the stars will be falling from heaven, and the powers in the heavens will be shaken. Then they will see 'the Son of Man coming in clouds' with great power and glory. Then he will send out the angels, and gather his elect from the four winds, from the ends of the earth to the ends of heaven.

From the fig tree learn its lesson: as soon as its branch becomes tender and puts forth its leaves, you know that summer is near. So also, when you see these things taking place, you know that he is near, at the very gates. Truly I tell you, this generation will not pass away until all these things have taken place. Heaven and earth will pass away, but my words will not pass away.

But about that day or hour no one knows, neither the angels in heaven, nor the Son, but only the Father. Beware, keep alert; for you do not know when the time will come. It is like a man going on a journey, when he leaves home and puts his slaves in charge, each with his work, and commands the doorkeeper to be on the watch. Therefore, keep awake - for you do not know when the master of the house will come, in the evening, or at midnight, or at cockcrow, or at dawn, or else he may find you asleep when he comes suddenly. And what I say to you I say to all: Keep awake." MARK 13:24-37

The Gospel of Christ Praise to You Lord Jesus Christ

SERMON

Bishop Lincoln

AFFIRMATION OF FAITH

Melissa Green

Let us confess the faith of our baptism, as we say,

**I believe in God,
the Father almighty,
creator of heaven and earth.**

**I believe in Jesus Christ, his only Son, our Lord.
He was conceived by the power of the Holy Spirit
and born of the Virgin Mary.
He 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,
and is seated at the right hand of the Father.
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.**

INTERCESSIONS

You keep us waiting.
**You, the God of all time,
Want us to wait for the right time
in which to discover Who we are,
where we must go,
Who will be with us,
and what we must do.**

Melissa Green

Pause

So, thank you...for the waiting time.
You keep us looking.
You, the God of all space,
Want us to look in the right and wrong places
for signs of hope,
For people who are hopeless,
For visions of a better world that will appear
among the disappointments of the world we know.

Pause

So, thank you...for the looking time.
You keep us loving.
You, the God whose name is love,
Want us to be like you –
To love the loveless
and the unlovely and the unlovable;
To love without jealousy or design or threat,
And most difficult of all, to love ourselves.

Pause

So, thank you...for the loving time.
And in all this you keep us,
Through hard questions with no easy answers;
Through failing where we hoped to succeed
and making an impact when we felt useless;
Through the patience and the dreams and the love of others;
And through Jesus Christ and his Spirit, you keep us. Amen.
The Iona Community

SPIRITUAL COMMUNION

St. Teresa of Avila wrote: "When you do not receive communion and you do not attend Mass, you can make a spiritual communion, which is a most beneficial practice; by it the love of God will be greatly impressed on you."

Spiritual communion is defined by St. Thomas Aquinas as "an ardent desire to receive Jesus in the Most Holy Sacrament and in loving embracing him as if we had actually received him."

This ancient tradition of spiritual communion is available to all of us when we are not able to receive the bread and wine. After we have said the prayer asking Jesus to come to us spiritually we will sit quietly while listening for and being with God as music is played: https://www.youtube.com/watch?v=N_MUOWTvVUQ

The Lord's Prayer

As our Saviour taught us, let us pray,

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.

Plainsong - led by Dean Ken

Agnus Dei

Lamb of God, you take away the sins of the world: **have mercy upon us.**
Lamb of God, you take away the sins of the world: **have mercy upon us.**
Lamb of God, you take away the sins of the world: **grant us your peace.**

The Communion Prayer

Let us pray.

**Jesus, I want to receive you in my heart
and I cannot do it in the sacramental way.
Therefore, I ask you to come to me
and fill me with your presence,
your peace and your love.
Grant me, Lord, the graces I need most. Amen.**

Quiet time as music is played

Closing Prayers

Let us pray.

Bishop Lincoln

Gracious God
we thank you for feeding us in this spiritual way
with Jesus Christ.

May we who follow Christ,
bring life to others;
we, who the spirit lights,
give light to the world.

Keep us firm in the hope you have set before us;
so that we and all your children shall be free,
and the whole earth live to praise your name;
through Christ our Lord. **Amen.**

Glory to God,
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

May the strength of God uphold us.
May the power of God keep us.
May the wisdom of God teach us.
May the hand of God enfold us.
May the shield of God protect us.
May the host of God guard us against snares of evil
and the temptations of the world.

May Christ be with us,
Christ before us
Christ in us,
Christ over us.

**May your salvation, O God,
be always ours
this day and forever more. Amen.**

ANNOUNCEMENTS

Dean Ken

HYMN CP 88

Alison Rustand

Come, O long-expected Jesus,
born to set your people free;
from our fear and sins release us,
Christ, in whom our rest shall be.

Israel's strength and consolation,
born salvation to impart;
dear desire of every nation,
joy of every longing heart.

Born your people to deliver,
born a child, and yet a King;
born to reign in us for ever,
now your gracious kingdom bring.

By your own eternal Spirit
rule in all our hearts alone;
by your all-sufficient merit
raise us to your glorious throne. PD

Dismissal

Go forth into the world,
rejoicing in the power of the Spirit.
Thanks be to God.

A postlude is played by Pat Rustand