

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

Sunday, March 7, 2021 | Lent 3

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*Dean Ken and Melissa Green lead worship today; Dean Ken preaches; Gail Ovington is at the keyboards.*

*Today's service originates from the traditional territory of the Tk'emlúps 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.*

*All are welcome to attend Zoom Coffee after the service. The link will appear in the Facebook comments shortly before the end of the service.*

*Organ Prelude: Two Lenten Chorale Preludes by J.S Bach (1685-1750) "Where will I go?" and "Blessed Jesus, We are Here."*

Welcome      Followed by verses from Psalm 104

Melissa Green

Call God good, my soul, and praise the Eternal.

I am here to declare my affection for You, Eternal One, my God.

You are indeed great—

You who are wrapped in glory and dressed in greatness.

For covering, You choose light—Your clothes, sunset and moonrise.

For a tent, You stretch out the heavens; for Your roof, You pitch the sky.

Your upper chamber is built on beams that lie in the waters overhead,  
and the clouds, Your chariot;

You are held aloft by the wind.

You make Your messengers like the winds;

the breeze whispers Your words,

Your servants are like the fire and flame.

You made the earth,

and You made its frame stable forever.

Never will it be shaken.

You wrapped it in a gown of waters—

ancient mountains under layers of sky . . .

You send fresh streams that spring up in the valleys,  
in the cracks between hills.

Every animal of the open field makes its journey there for drink:

wild donkeys lap at the brooks' edges.

Birds build their nests by the streams,

singing among the branches.

And the clouds, too, drink up their share,  
raining it back down on the mountains  
from the upper reaches of Your home,  
Sustaining the whole earth with what comes from You.  
And the earth is satisfied . . .

There is so much here, O Eternal One, so much You have made.  
By the wise way in which You create, riches and creatures fill the earth . . .

May the glorious presence of the Eternal linger among us forever.  
And may He rejoice in the greatness of His own works—  
He, who rattles the earth with a glance;  
He, who sets mountains to smoking with a touch.  
I will sing to the Eternal all of my life;  
I will call my God good as long as I live.

Translation: *The Voice*

HYMN       CP 393

Immortal, invisible, God only wise,  
In light inaccessible hid from our eyes,  
Most blessed, most glorious, the Ancient of Days,  
Almighty, victorious, Thy great name we praise.

Unresting, unhasting, and silent as light,  
Nor wanting, nor wasting, Thou rulest in might;  
Thy justice like mountains high soaring above  
Thy clouds which are fountains of goodness and love.

To all life Thou givest, to both great and small;  
In all life Thou livest, the true life of all;  
We blossom and flourish as leaves on the tree,  
And wither and perish, but nought changeth Thee.

Great Source of al Glory, and Wisdom and Light  
Thine angels adore Thee, all veiling their sight;  
All laud we would render, O help us to see:  
'Tis only the splendor of light hideth Thee. PD alt.

God of mercy,  
alone we have no power in ourselves to help ourselves.  
When we are discouraged by our weakness,  
strengthen us to follow Christ,  
our pattern and our hope;  
who lives and reigns with you and the Holy Spirit,  
one God, now and for ever. **Amen.**

## A READING FROM THE BOOK OF EXODUS

Gail Ovington

God spoke all these words:

I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery;  
you shall have no other gods before me.

You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. You shall not bow down to them or worship them; for I the Lord your God am a jealous God, punishing children for the iniquity of parents, to the third and the fourth generation of those who reject me, but showing steadfast love to the thousandth generation of those who love me and keep my commandments.

You shall not make wrongful use of the name of the Lord your God, for the Lord will not acquit anyone who misuses his name.

Remember the sabbath day, and keep it holy. Six days you shall labour and do all your work. But the seventh day is a sabbath to the Lord your God; you shall not do any work - you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. For in six days the Lord made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the Lord blessed the sabbath day and consecrated it.

Honour your father and your mother, so that your days may be long in the land that the Lord your God is giving you.

You shall not murder.

You shall not commit adultery.

You shall not steal.

You shall not bear false witness against your neighbour.

You shall not covet your neighbour's house; you shall not covet your neighbour's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbour. EXODUS 20:1-17

Hear what the Spirit says to all people

**Thanks be to God**

PSALM 19

Gail Ovington

The heavens declare the glory of God,  
**and the firmament shows his handiwork.**

One day tells its tale to another,  
**and one night imparts knowledge to another.**

Although they have no words or language,  
**and their voices are not heard,**  
Their sound has gone out into all lands,  
**and their message to the ends of the world.**

In the deep has he set a pavilion for the sun;  
**it comes forth like a bridegroom out of his chamber;**  
**it rejoices like a champion to run its course.**

It goes forth from the uttermost edge of the heavens  
**and runs about to the end of it again;**  
**nothing is hidden from its burning heat.**

The law of the Lord is perfect and revives the soul;  
**the testimony of the Lord is sure and gives wisdom to the innocent.**  
The statutes of the Lord are just and rejoice the heart;  
**the commandment of the Lord is clear and gives light to the eyes.**

The fear of the Lord is clean and endures for ever;  
**the judgements of the Lord are true and righteous altogether.**  
More to be desired are they than gold, more than much fine gold,  
**sweeter far than honey, than honey in the comb.**

By them also is your servant enlightened,  
**and in keeping them there is great reward.**

Who can tell how often he offends?  
**cleanse me from my secret faults.**

Above all, keep your servant from presumptuous sins;  
**let them not get dominion over me;**  
then shall I be whole and sound,  
**and innocent of a great offense.**

Let the words of my mouth and the meditation of my heart  
**be acceptable in your sight, O Lord, my strength and my redeemer.**

A READING FROM THE FIRST LETTER OF PAUL TO THE CORINTHIANS Gail Ovington

The message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written, "I will destroy the wisdom of the wise, and the discernment of the discerning I will thwart."

Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe.

For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength. 1 CORINTHIANS 1:18-25

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

A NEW SONG – *Listen!*

Dean Ken

Listen, listen, listen,  
As we breathe, we can learn,  
To Listen  
Listen, listen, listen,  
As we breathe, we can learn,  
To Listen

Unexplained happiness,  
Of being at one  
With everything

The hidden ground of love,  
If we listen

Wandering, wondering  
In desert or city;  
Now finding the hidden ground of love,  
If we listen

Sitting or standing,  
Running or resting  
Still loving the hidden ground of love,  
If we listen

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Based on Thomas Merton, The Hidden Ground of Love

*By being attentive, by learning to listen (or recovering the natural capacity to listen which cannot be learned any more than breathing), we can find ourselves engulfed in such happiness that it cannot be explained: the happiness of being at one with everything in that hidden ground of Love for which there can be no explanation.*

## THE HOLY GOSPEL OF OUR LORD JESUS CHRIST ACCORDING TO JOHN

**Glory to you Lord Jesus Christ**

Dean Ken

The Passover of the Jews was near, and Jesus went up to Jerusalem. In the temple he found people selling cattle, sheep, and doves, and the money changers seated at their tables. Making a whip of cords, he drove all of them out of the temple, both the sheep and the cattle. He also poured out the coins of the money changers and overturned their tables. He told those who were selling the doves, "Take these things out of here! Stop making my Father's house a marketplace!" His disciples remembered that it was written, "Zeal for your house will consume me."

The Jews then said to him, "What sign can you show us for doing this?" Jesus answered them, "Destroy this temple, and in three days I will raise it up." The Jews then said, "This temple has been under construction for forty-six years, and will you raise it up in three days?" But he was speaking of the temple of his body. After he was raised from the dead, his disciples remembered that he had said this; and they believed the scripture and the word that Jesus had spoken. JOHN 2:13-22

The Gospel of Christ

**Praise to You, Lord Jesus Christ**

VIDEO EXPRESSION

*The Gospel of John*

SERMON

Dean Ken

PRAYERS OF INTERCESSION

Dean Ken

*Specific intentions . . .*

Blessed are you, Lord our God, Ruler of the Universe,  
who creates the fruit of the vine.

Blessed are you, Lord our God, Ruler of the Universe,  
who has sanctified us with his commandments and favored us,  
and given us in love and favor  
his holy Shabbat as an inheritance,  
as a remembrance of the act of creation.

For this day is the beginning of all holy days,  
a remembrance of the Exodus from Egypt.

For you have chosen us and you have blessed us  
from among all the nations.  
And you have bequeathed us your holy Shabbat in love and favor.  
Blessed are you, Lord, who sanctifies Shabbat.

AUDIO FILE *Kiddush for Shabbat Evening* (courtesy of Mechon Hadar)  
<https://soundcloud.com/myjewishlearning/yom-hashishi-shabbat>

THE LORD'S PRAYER

Melissa Green

As our Saviour taught us, let us pray (*Spoken*)

**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.**

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

Let us pray. **O Jesus Christ, Son of the Living God;**  
**In these times I cannot receive you sacramentally as I wish.**  
**Come into my soul now, as you came into your world.**  
**Bring healing and peace. Give comfort and joy.**  
**Restore your Church in Love. Strengthen us for service**  
**that when our wanderings end,**  
**we may in courage and confidence**  
**bring your love to all creation, Amen.**

*Quiet time – Dean Ken at the piano*

#### DISMISSING PRAYER

The Rev. Dr. Rach Mash, Environmental coordinator, Church in Southern Africa; Secretary to the Anglican Communion Environmental Network.

<https://vimeo.com/498511407>

#### ANNOUNCEMENTS

Dean Ken

HYMN      CP 420 (Tune AUSTRIA CP 388 – additional verse not found in Common Praise)

1 Praise the Lord! ye heav'ns adore him;  
Praise him angels, in the height;  
Sun and moon, rejoice before him;  
Praise him, all ye stars of light.  
Praise the Lord! for he has spoken;  
Worlds his mighty voice obeyed;  
Laws which never shall be broken  
For their guidance he has made.

2 Praise the Lord! for he is glorious;  
Never shall his promise fail;  
God has made his saints victorious;  
Sin and death shall not prevail.  
Praise the God of our salvation!  
Hosts on high his pow'r proclaim;  
Heav'n, and earth, and all creation,  
Laud and magnify his name.



3 Worship, honor, glory, blessing,  
Lord, we offer unto thee;  
Young and old, thy praise expressing,  
In glad homage bend the knee.  
All the saints in heav'n adore thee,  
We would bow before thy throne;  
As thine angels serve before thee,  
So on earth thy will be done. Anon.

*Organ Postlude: Praeludium in G minor by Nicholas Bruhns (1665-1697)*