

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

Sunday, March 21, 2021 | Lent 5

Dean Ken leads worship and preaches today; Pat Rustand leads music from the piano and daughter Alison sings; Melissa Green rejoins us today after a lengthy seven day vacation .

Today's service 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.

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.

Music is played as we gather

WORDS OF WELCOME

Melissa Green

A time of quiet, followed by:

The day is coming
when things will change.

The day is coming when we will set out.

The day is coming to cross the sea,
to touch the earth,
to plant a seed,
to trust...and not look back.

To trust and not look back.

The day has come when Christ sets out.

The day has come for food and friendship.

The day has come
not to flee but to embrace;
not to escape but to welcome;
not to shut out but, in safety and in community,
to trust and not look back.

To trust and not look back.

Iona Community, Pilgrimage

HYMN

CP 352

Alison Rustand

Amazing grace! how sweet the sound,
That saved a wretch; like me!

I once was lost, but now am found,
Was blind, but now I see.

'Twas grace that taught my heart to fear,
And grace my fears relieved;
How precious did that grace appear
The hour I first believed!

The Lord hath promised good to me,
His word my hope secures;
He will my shield and portion be
As long as life endures.

Through many dangers, toils, and snares,
I have already come;
'Tis grace hath brought me safe thus far,
And grace will lead me home.

When we've been there ten thousand years,
Bright shining as the sun,
We've no less days to sing God's praise
Than when we first begun. PD

COLLECT

Alison Rustand (*to Gospel*)

Most merciful God,
by the death and resurrection
of your Son Jesus Christ,
you created humanity anew.
May the power of his victorious cross
transform those who turn in faith
to him who lives and reigns with you
and the Holy Spirit,
one God, now and for ever. **Amen.**

A READING FROM THE BOOK OF JEREMIAH

The days are surely coming, says the Lord, when I will make a new covenant with the house of Israel and the house of Judah. It will not be like the covenant that I made with their ancestors when I took them by the hand to bring them out of the land of Egypt a covenant that they broke, though I was their husband, says the Lord.

But this is the covenant that I will make with the house of Israel after those days, says the Lord: I will put my law within them, and I will write it on their hearts; and I will be their God, and they shall be my people. No longer shall they teach one another, or say to each other, "Know the Lord," for they shall all know me, from the least of them to the greatest, says the Lord; for I will forgive their iniquity, and remember their sin no more. JEREMIAH 31:31-34

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

HYMN CP 386

When I survey the wondrous cross
On which the Prince of glory died,
My richest gain I count but loss,
And pour contempt on all my pride.

Forbid it, Lord, that I should boast,
Save in the death of Christ my God!
All the vain things that charm me most,
I sacrifice them to His blood.

See from His head, His hands, His feet,
Sorrow and love flow mingled down!
Did e'er such love and sorrow meet,
Or thorns compose so rich a crown?

Were the whole realm of nature mine,
That were a present far too small;
Love so amazing, so divine,
Demands my soul, my life, my all. PD

A READING FROM THE LETTER TO THE HEBREWS

Christ did not glorify himself in becoming a high priest, but was appointed by the one who said to him, "You are my Son, today I have begotten you"; as he says also in another place, "You are a priest forever, according to the order of Melchizedek."

In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to the one who was able to save him from death, and he was heard because of his reverent submission. Although he was a Son, he learned obedience through what he suffered; and having been made perfect, he became the source of eternal salvation for all who obey him, having been designated by God a high priest according to the order of Melchizedek. HEBREWS 5:5-10

Hear what the Spirit says to all people

Thanks be to God

HYMN CP 180

1 Giver of the perfect gift,
only hope of human race,
hear the prayer our hearts uplift
trembling at thy throne of grace.

2 Though the accusing voice within
speaks of many a wrong to thee,
thou canst cleanse from every sin,
thou canst set the conscience free.

3 Who can save us, Lord, but thou?
Let thy mercy show thy power.
Lo, we plead thy promise now,
now, in this accepted hour.

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 evermore. PD

THE HOLY GOSPEL OF OUR LORD JESUS CHRIST ACCORDING TO JOHN

Glory to you Lord Jesus Christ

Dean Ken

Now among those who went up to worship at the festival were some Greeks. They came to Philip, who was from Bethsaida in Galilee, and said to him, "Sir, we wish to see Jesus." Philip went and told Andrew; then Andrew and Philip went and told Jesus.

Jesus answered them, "The hour has come for the Son of Man to be glorified. Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit. Those who love their life lose it, and those who hate their life in this world will keep it for eternal life. Whoever serves me must follow me, and where I am, there will my servant be also. Whoever serves me, the Father will honour.

Now my soul is troubled. And what should I say - 'Father, save me from this hour'? No, it is for this reason that I have come to this hour. Father, glorify your name." Then a voice came from heaven, "I have glorified it, and I will glorify it again." The crowd standing there heard it and said that it was thunder. Others said, "An angel has spoken to him." Jesus answered, "This voice has come for your sake, not for mine.

Now is the judgement of this world; now the ruler of this world will be driven out. And I, when I am lifted up from the earth, will draw all people to myself." He said this to indicate the kind of death he was to die. JOHN 12:20-33

The Gospel of Christ Praise to You, Lord Jesus Christ

SERMON Dean Ken

VIDEO The Seed

A short film developed by our Companion Diocesan friends in Montreal
<https://www.facebook.com/100875998408879/videos/343250426769513/>

Reflection guide at <https://www.montreal.anglican.ca/latest-news/2020/9/23/a-new-resource-for-the-season-of-creation>

PRAYERS OF INTERCESSION

Melissa Green (*to announcements*)

Intentions are added at some point

When loved ones experience pain and suffering...

Holy One, you are shelter and strength for those in distress.

When doubts arise and confusion fills our minds...

Holy One, you are shelter and strength for those in distress.

When others fail us or refuse to forgive us for our failings...

Holy One, you are shelter and strength for those in distress.

When we stumble and stray from the path of goodness...

Holy One, you are shelter and strength for those in distress.

When broken relationships have not been mended...

Holy One, you are shelter and strength for those in distress.

When our faith strengthens and gives us courage...

Holy One, you are shelter and strength for those in distress.

When unexpected kindness and caring comes our way...
Holy One, you are shelter and strength for those in distress.

When optimism stirs in our heart and springtime returns...
Holy One, you are shelter and strength for those in distress.

When the peace of Christ calms our anxiety and softens our sadness...
Holy One, you are shelter and strength for those in distress. Amen.
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THE LORD'S PRAYER

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

OUR WAY FORWARD

Soon we will set out.
Not to escape our lives but to catch up with them.
Not to look back at where we have come from,
but, from that distance,
to look forward to where we are heading.

We will travel
in the well-worn footsteps
of centuries of pilgrims,
to find food for our journey
as companions of Christ.

God, who brings us together,
re-member us and all we care for.
Add your prayer to ours –
for this land,
this world,
and our daily lives. **Amen.**
Iona, Pilgrimage

ANNOUNCEMENTS

Dean Ken

SONG By Faith (Getty/Getty/Townend)
 Cross and Crown, The Quarantine Sessions (2021)
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<https://www.youtube.com/watch?v=yplIVpFumwY>

Music is played as we conclude