

Morning Prayer

The First Sunday in Lent

21 February 2021

Officiant and Homilist – **The Very Reverend Alexandra Meek**

Organist - **Jeremy Spurgeon**

We acknowledge that this service takes place on Treaty 6 territory.

Organ

Meine Seele erhebt den Herren BWV 648

Johann Sebastian

My soul magnifies the Lord

Bach

1685-1750

*We shall not live by bread alone,
but by every word that proceeds from the mouth of God.*

Matthew 4.4

Hymn **Giver of the Perfect Gift (180)**

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

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

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

**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.

**God the holy Trinity,
grant the mercy we implore;
God the One, all praise to thee
through the ages evermore.**

Officiant Dear friends in Christ, as we prepare to worship
almighty God, let us with penitent and obedient
hearts confess our sins, that we may obtain
forgiveness by his infinite goodness and mercy.

Silence is kept.

**All Most merciful God, 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.**

Officiant 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.

People Amen.

Officiant O Lord, open our lips
People and our mouth shall proclaim your praise.

Officiant Hear our voice, O Lord,

People according to your judgment give us life.

Officiant Blessed are you, God of compassion and mercy,
to you be praise and glory forever.
In the darkness of our sin,
your light breaks forth like the dawn
and your healing springs up for deliverance.
As we rejoice in the gift of your saving help,
sustain us with your bountiful Spirit
and open our lips to sing your praise.

Officiant Blessed be the holy and undivided Trinity, one God.
People Blessed be God forever.

Officiant The Lord is full of compassion and mercy
People O come, let us worship.

Invitatory Psalm 63.1-8

O God, you are my God; eagerly I seek you; my soul thirsts for you, my flesh faints for you, as in a barren and dry land where there is no water. Therefore I have gazed upon you in your holy place, that I might behold your power and your glory. For your loving-kindness is better than life itself; my lips shall give you praise. So will I bless you as long as I live and lift up my hands in your name. My soul is content, as with marrow and fatness, and my mouth praises you with joyful lips, when I remember you upon my bed, and meditate on you in the night watches. For you have been my helper, and under the shadow of your wings I will rejoice. My soul clings to you; your mighty hand holds me fast.

Officiant The Lord is full of compassion and mercy
People O come, let us worship.

First Reading Genesis 9.8–17

Then God said to Noah and to his sons with him, 'As for me, I am establishing my covenant with you and your descendants after you, and with every living creature that is with you, the birds, the

domestic animals, and every animal of the earth with you, as many as came out of the ark. I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth.’ God said, ‘This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. When I bring clouds over the earth and the bow is seen in the clouds, I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth.’ God said to Noah, ‘This is the sign of the covenant that I have established between me and all flesh that is on the earth.’

Reader The Word of the Lord
People Thanks be to God

Psalm 25. 1-9

To you, O Lord,

I lift up my soul;

my God, I put my trust in you;

let me not be humiliated, nor let my enemies triumph over me.

Let none who look to you be put to shame;

let the treacherous be disappointed in their schemes.

Show me your ways, O Lord,

and teach me your paths.

Lead me in your truth and teach me,

for you are the God of my salvation; in you have I trusted all the day long.

Remember, O Lord, your compassion and love,

for they are from everlasting.

Remember not the sins of my youth and my transgressions;
**remember me according to your love and for the sake of your
goodness, O Lord.**

Gracious and upright are you, O Lord;
therefore you teach sinners in your way.

You guide the humble in doing right
and teach your way to the lowly.

Second Reading 1 Peter 3.18–22

For Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, in which also he went and made a proclamation to the spirits in prison, who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight people, were saved through water. And baptism, which this prefigured, now saves you—not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

Reader The Word of the Lord

People **Thanks be to God**

Hymn Forty Days and Forty Nights (175)

**Forty days and forty nights
you were fasting in the wild,
forty days and forty nights
tempted, and yet undefiled:**

**burning heat throughout the day,
bitter cold when light had fled,
prowling beasts around your way,
stones your pillow, earth your bed.**

Shall not we your trials share,
learn your discipline and will,
and with you by fast and prayer
wrestle with the powers of hell?

So if Satan, pressing hard,
soul and body would destroy,
Christ who conquered, be our guard;
give to us the victor's joy.

Saviour, may we hear your voice -
keep us constant at your side;
and with you we shall rejoice
at the eternal Eastertide.

Gospel: Mark 1.9–15

Reader The Lord be with you.

People And also with you.

Reader The Holy Gospel of our Lord Jesus Christ
according to Mark.

People Glory to you, Lord Jesus Christ.

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, 'You are my Son, the Beloved; with you I am well pleased.' And the Spirit immediately drove him out into the wilderness. He was in the wilderness for forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him. Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, 'The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.'

Reader This is the Gospel of Christ.

People Praise to you, Lord Jesus Christ.

Homily

Hymn **Lead Us, Heavenly Father, Lead Us (564)**

**Lead us, heavenly Father, lead us
o'er the world's tempestuous sea;
guard us, guide us, keep us, feed us,
for we have no help but thee;
yet possessing every blessing
if our God our Father be.**

**Saviour, breathe forgiveness o'er us;
all our weakness thou dost know;
thou didst tread this earth before us,
thou didst feel its keenest woe;
lone and dreary, faint and weary,
through the desert thou didst go.**

**Spirit of our God, descending,
fill our hearts with heavenly joy,
love with every passion blending,
pleasure that can never cloy;
thus provided, pardoned, guided,
nothing can our peace destroy.**

The Apostles' Creed

**Officiant Let us confess the faith of our baptism, as we say,
People 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.

Prayers of the People

(With confidence and trust let us pray to the Lord, saying, "Lord, have mercy.")

For the one holy catholic and apostolic Church throughout the world, we pray to you, Lord.

Lord, have mercy.

For the mission of the Church, that in faithful witness it may preach the gospel to the ends of the earth, we pray to you, Lord.

Lord, have mercy.

For those preparing for baptism and for their teachers and sponsors, we pray to you, Lord.

Lord, have mercy.

For peace in the world, that a spirit of respect and reconciliation may grow among nations and peoples, we pray to you, Lord.

Lord, have mercy.

For the poor, the persecuted, the sick, and all who suffer; for refugees, prisoners, and all in danger; that they may be relieved and protected, we pray to you, Lord.

Lord, have mercy.

For all whom we have injured or offended, we pray to you, Lord.

Lord, have mercy.

For grace to amend our lives and to further the reign of God, we pray to you, Lord.

Lord, have mercy.

Officiant Almighty God, whose Son fasted forty days in the wilderness, and was tempted as we are but did not sin,

give us grace to discipline ourselves in submission to your Spirit, that as you know our weakness, so we may know your power to save; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

The Lord's Prayer

Officiant And now, as our Saviour Christ has taught us, we are bold to say:

All 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.

Blessing

Hymn **Wash, O God, Our Sons and Daughters (35)**

**Wash, O God, our sons and daughters
where your cleansing waters flow.**

**Number them among your people,
bless as Christ blessed long ago.**

**Weave them garments bright and sparkling;
compass them with love and light.**

**Fill, anoint them; send your Spirit,
holy dove and heart's delight.**

**We who bring them long for nurture;
by your milk may we be fed.**

**Let us join your feast, partaking
cup of blessing, living bread.**

**God, renew us; guide our footsteps;
free from sin and all its snares,
one with Christ in living, dying,
by your Spirit, children, heirs.**

**O how deep your holy wisdom!
Unimagined, all your ways!
To your name be glory, honour!
With our lives, we worship, praise!
We your people stand before you,
water-washed and Spirit-born.
By your grace, our lives we offer.
Recreate us; God, transform.**

Dismissal

Officiant Go in peace to love and serve the Lord.

People **Thanks be to God.**

Organ

Sonata no.4 in A minor op.98

Josef Rheinberger

First movement: Tempo moderato

1839-1901

Music Notes

Today's organ works are joined by a common theme, and that theme is the *Tonus Peregrinus*, an ancient melody from pre-Christian days. It was used by the Jewish people of Yemen in the chanting of Psalm 114 - in a form closely resembling the psalm chant we use in the Church today.

Our opening organ work is *Meine Seele erhebt den Herren* by **Johann Sebastian Bach**.

This short work is one of the Six Schübler Chorales, in which we hear *Tonus Peregrinus* in its simplest form - a melody heard above a lilting basso continuo accompaniment.

The closing organ work is from the Sonata no.4 in A minor by **Josef Rheinberger**.

This, too, is based on *Tonus Peregrinus*, alluded to in the grand opening and following development of the Sonata's first movement. It is only later that we hear its hymn-like melody, as if heard from afar. Rheinberger then takes this theme and flies - the ever-present melodic line always carrying the listener along, eventually coming to a close in the grand style in which this movement began.

The flowers on the reredos are given to the Glory of God from the parish.

For Those Who We Have Been Asked to Pray:

Ray, Sandy, Adelyn, Dale, Paul, Dan, Rebekah, Comfort, Pat, Peggy, Valerie, Pam, Peter, Lois, Bob, David Capelazo, Anne Tolson, Dennis, Vivien, Ben, Virginia, Suzie, Laura, Rheel, Anne, and Gordon and Ruby.

We pray for front line and essential workers and for all who are affected by COVID19.

Diocesan Cycle of Prayer

Church in Canada: Diocese of Niagara: the Rt. Rev. Susan Bell, Bishop.

Diocese of Edmonton: for Jane, our Bishop; St. Matthew, St. Albert: Lee Bezanson, Rector.

Buyé Diocese: Buyé Diocese Bible School: Alfred, Teacher.

Treaty 6: Cold Lake First Nations.

Announcements

- **AGM**

Sunday February 28th, we will meet on Zoom at noon to discuss the Treasurer's report/budget. Please watch your emails for the link or contact the office.

admin@allsaintscathedral.ca

- **Binding the Strong Man Pt. 2**

Starting Wednesday February 24th, Join Rev. Ruth for part 2 of this study by Ched Myers. A groundbreaking political reading of Mark's gospel. vicar@allsaintscathedral.ca

- **Prayer Requests for Lent**

The season of Lent calls us into a time of prayer, and this year I would encourage you to take time to pray for one another. As a way of facilitating these prayers, each week in our Lent Newsletter there will be a suggested prayer, as well as a section for prayer requests. This list will include those we pray for each Sunday, as well as any other requests we receive throughout the season. If you would like to add to this list, please contact the office. If you or someone you know needs prayers and you do not want the name published, please let the office know and your prayer will be added to the clergy's list only.

- **Reminder**

While our office is closed as we follow current AHS restrictions, the Dean, Vicar, and Admin Assistant are working and are available to connect with you. To reach us, you can call the office and leave a message 780-428-6323 (messages are being checked remotely), or you can email them: dean@allsaintscathedral.ca, vicar@allsaintscathedral.ca, admin@allsaintscathedral.ca