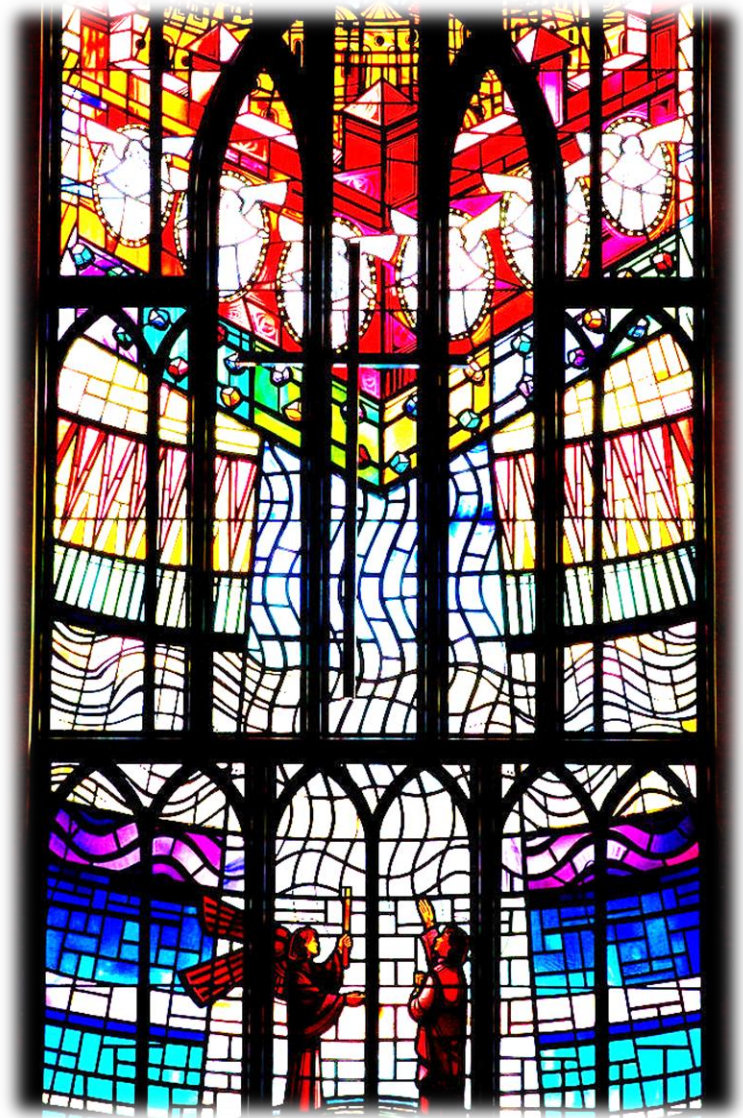


St. Luke's Table

THIRD SUNDAY in LENT

God so loved the world
that he gave his only Son,
that whoever believes in him
should not perish
but have eternal life.

John 3.16



Resurrection, Christ Church Cathedral
Victoria, British Columbia

Welcome and Good Morning!

A Service of Holy Eucharist from the Iona Abbey Worship Book, Wee Worship Book, Evangelical Lutheran Worship, (Collect for Renewers of the Church), Common Praise.

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Symbols of Lent, Copyright © 2019 CRI/Voice, Dennis Bratcher

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Presiding and Preaching:

Reverend Laurie Omstead

Deacon:

Reverend Bill MacDonald

Prayers of the People:

Lyda Miller

Musicians:

Carol and Donnie Webb

Scripture Readers:

Clair MacInnis and

Lyda Miller

IT Specialist:

Brandon Bremner

Liturgist:

Shelly Hublely

The Gathering of the Community

Opening Hymn:

As Longs The Hart For Flowing Streams

As Longs the Hart for Flowing Streams, (3 verses)

**As longs the hart for flowing streams,
so longs my soul for you, O God;
my soul does thirst for the living God:
when shall I come to see your face?**

**2. My tears have fed me day and night,
while others said, “Where is your God?”
But I recall, as my soul pours dry,
the days of praise within your house.**

**3. Why do I mourn and toil within,
when it is mine to hope in God?
I shall again sing praise to God,
who is my help, who is my God.**

The Symbols of Lent: The Whip

The symbol we lay before the cross today is the soldier's whip, an instrument of punishment and coercion. Of the elements before the cross, the whip is the only one used by Christ as well. With a whip Jesus purified the temple; with a whip we destroyed the temple of His body.

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Lord, Jesus Christ, we confess our frequent misuse of power. You granted us dominion over creation, but we have too often used this gift for domination. Help us say “no” to immoral coercion of others. Help us say “yes” to the cross.

The whip was used to punish Jesus for failing to fit preconceived notions of holiness.

Still today, we sometimes threaten those on the outside to behave according to the expectations of those on the inside.

**Lord, Jesus Christ, we confess our blindness
to your Holiness. We are so busy
protecting the God of our own construction
that we try to destroy the God you reveal.
Help us say “no” to squeezing you into our mold.
Help us say “yes” to the cross.**

We use the whip to remind people – with pain and scars – of their trespasses. Jesus cleansed the temple so that we might meet freely in prayer with a God who forgives.

Lord, Jesus Christ, when we are tempted constantly to remind our neighbors of their sin and wound them by rehearsing their past, help us say “no” to keeping a record of wrongs. Help us say “yes” to the cross.

Let us pray together,

Almighty God, you know our sin.

You know how we misuse our power.

Our lives are filled with guilt.

Wash us and make us clean.

Help us to lay down our instruments of destruction.

Teach us to be a reflection of your love and grace.

**Forgive us our trespasses as we forgive those
who trespass against us.
Mold us into the image of Jesus,
in whose holy name we pray. Amen.**

*The whip is
placed at the cross*



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Greeting

Your love is as high as the heavens,
O God; Your faithfulness soars through the skies.

**Your righteousness reaches the towering peaks;
Your mercy the depths of the sea.**

We shelter beneath your wings;
we feast on the food you provide.

**We open our eyes to drink in your goodness;
for you are the source of all life
and because of your light we see light.**

Let us pray,

Almighty God, we praise you for your faithful servants through whom you have called the church to its tasks and renewed its life.

Raise up in our own day teachers and prophets inspired by your Spirit, whose voices will give strength to your church and proclaim the reality of your reign,

**through Jesus Christ, our Saviour and Lord,
who lives and reigns with you and the Holy Spirit,
one God, now and forever.
Amen.**

The Collect of the Day

**Father 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.**

The Proclamation of the Word

Let us prepare ourselves for the Word of God
as it comes to us in the reading of Holy Scripture.

First Reading:
Exodus 20: 1-17



"Go Down Moses", Singing Windows, detail, J&R Lamb,
Tuskegee University Chapel, Tuskegee, Alabama

Psalm 19, (alternating verses)

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.**

**Gracious creator of heaven and earth,
your Word has come among us
as the true Sun of righteousness,
and the good news of his birth
has gone out to the ends of the world.
Open our eyes to the light of your law,
that we may be purified from sin
and serve you without reproach
for the sake of Jesus Christ,
our Light and our Life. Amen.**

Second Reading: 1 Corinthians 1: 18-25



Guiding Words and Actions, Poff, Stephen

Gradual Hymn:

Giver of the Perfect Gift, (5 verses)

**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 can 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 the 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.**

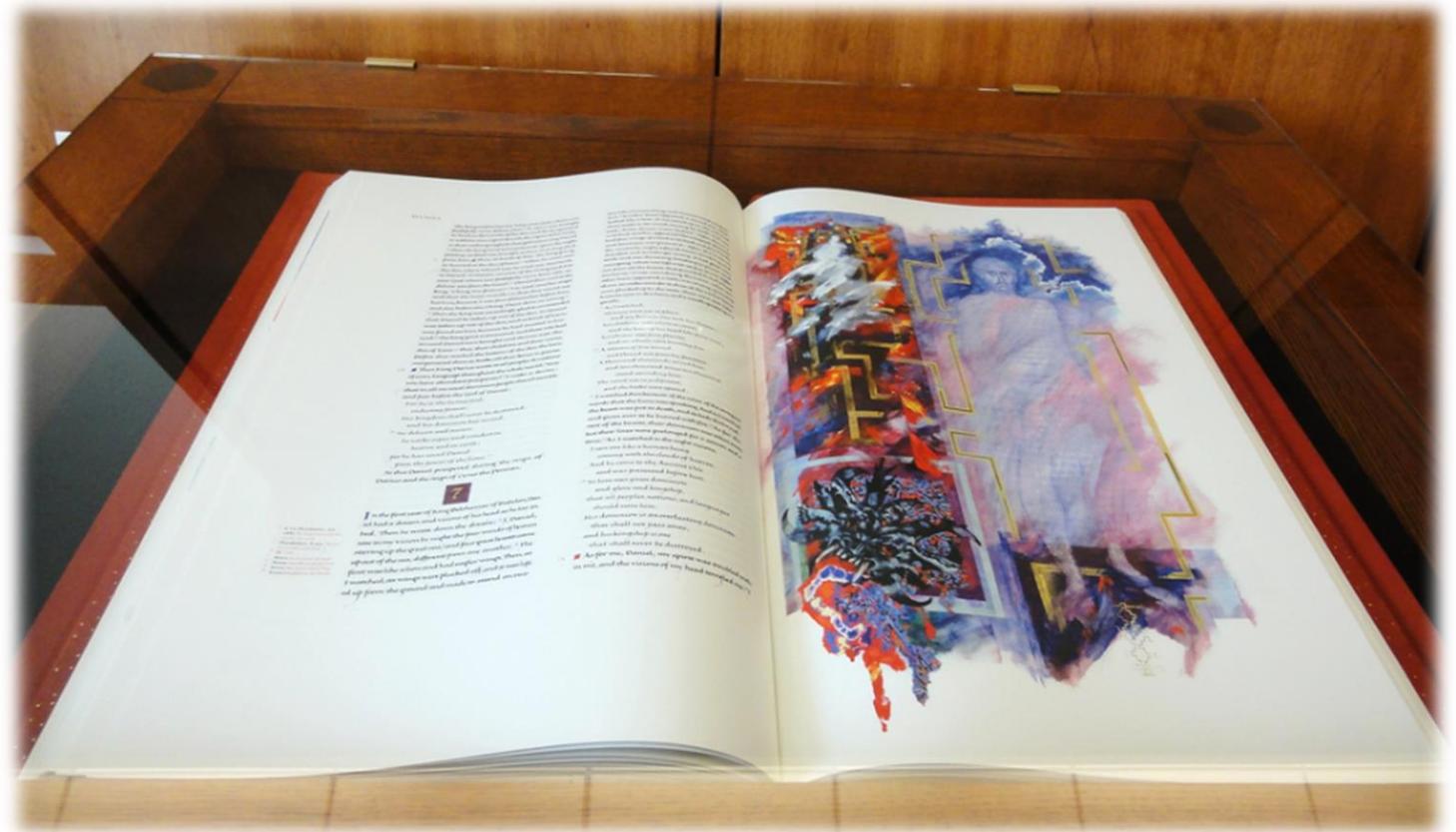
**5. God the holy Trinity,
grant the mercy we implore;
God the One, all praise to thee
through the ages evermore.**

The Good News:
Holy Gospel of Christ
according to
John 2: 13-22



Jerusalem Pilgrims -- William Strutt, Art Gallery of
South Australia, Adelaide, Australia

Reflection



Saint John's Bible -- Saint John's Abbey and Seminary, Donald Jackson, chief scribe

Alternative Affirmation of Faith (from South Africa)

It is not true that this world and its inhabitants are doomed to die and be lost.

This is true: For God so loved the world that he gave his only Son so that everyone who believes in him shall not die, but have ever lasting life.

It is not true that we must accept in humanity discrimination, hunger, poverty, death and destruction.

**This is true: I have come that they may have life,
and have it abundantly.**

It is not true that violence and hatred
shall have the last word,
and that war and destruction
have come to stay for ever;

**This is true: For to us a child is born,
to us a Son is given, in whom authority will rest,
and whose name will be Prince of Peace.**

It is not true that we are simply victims
of the powers of evil that seek to rule the world;

**This is true: To me is given authority
in heaven on earth, and lo,
I am with you always, to the end of the world.**

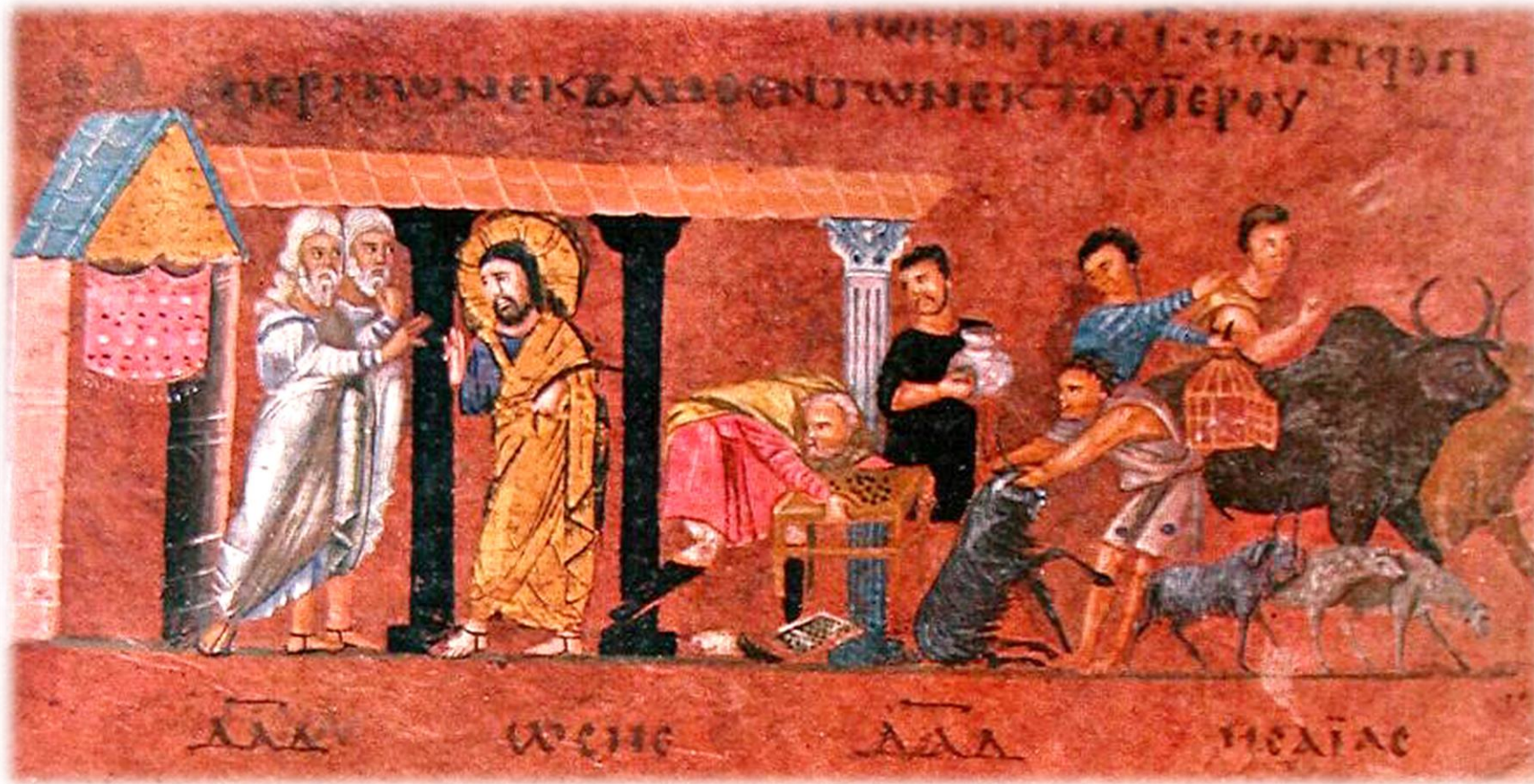
It is not true that we have to wait
for those who are specially gifted,
who are the prophets of the Church,
before we can do anything.

**This is true: I will pour out my Spirit on all people,
and your sons and daughters shall prophesy,
your young people shall see visions
and your old folk shall dream dreams.**

It is not true that our dreams of justice,
liberation, human dignity and peace
are not meant for this earth and its history.

**This is true: the hour comes,
and it is now, when we shall worship God
in spirit and in truth.**

Prayers of the People



Cleansing of the Temple -- Rossano Gospels, 6th c.,
Rosanno Cathedral, Rosanno, Italy

Confession and Absolution

Holy God, Maker of all
Have mercy on us.

Jesus Christ, servant of the poor
Have mercy on us

Holy Spirit, Breath of Life
Have mercy on us.

In silence let us confess our faults and admit our frailty.

(Silence)

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.**

May God forgive you,
Christ renew you,
and the Spirit enable you to grow in love.
Amen.

The Peace

May the peace of Christ be with you.

And also with you.

Offertory Hymn:

Jesus, the Joy of Loving Hearts, (5 verses)

**Jesus, the joy of loving hearts,
true source of life, our lives sustain;
from the best bliss that earth imparts,
we turn unfilled to you again.**

**2. Your truth unchanged has ever stood;
you rescue those who on you call:
to those yet seeking, you are good;
to those who find you, all in all.**

**3. We taste of you, the living bread,
and long to feast upon you still.
We drink from you, the fountainhead;
our thirsty souls from you we fill.**

**4. Our restless spirits long for you,
however may our lot be cast,
glad when your gracious smile we view,
blessed when our faith can hold you fast.**

**5. Jesus, forever with us stay:
make all our moments calm and bright;
chase the dark night of sin away;
spread through the world your holy light.**

Prayer over the Gifts

**Gracious God,
we know your power to triumph over weakness.
May we who ask forgiveness
be ready to forgive one another,
in the name of Jesus the Lord. Amen.**

Invitation to the Eucharist

The table of bread and wine
is now to be made ready.

It is the table of company with Jesus,
and all who love him. It is the table of sharing
with the poor of the world,
with whom Jesus identified himself.

It is the table of communion with the earth,
in which Christ became incarnate.

So come to this table,
you who have much faith
and you who would like to have more;
you who would have been here often
and you who have not been for a long time;
you who have tried to follow Jesus,
and you who have failed; come.
It is Christ who invites us to meet him here.

The Great Thanksgiving
Eucharistic Prayer

The Lord be with you

And also with you

Lift up your hearts

We lift them up to God.

Let us give thanks to God

It is right to give both thanks and praise.

Blessed are you, O God,
for you have created the fruit of the vine.
In the beginning you watered the earth
that man and woman might have food and drink.
You gave your servant Sarah bread
to strengthen her family on their journey,
and wine to make them glad.

You called *Moses* and his people out of bondage and refreshed them with food in the wilderness. You gave *Mary* and *Jesus* their daily bread to share.

And here at your table you offer us bread and wine for the journey to nourish us as sons and daughters.

And so with all our sisters and brothers,
before us and beside us, we praise you
for your unending greatness, as we say:

**Holy, holy, holy Lord,
God of power and might,
heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is the One who comes
in the name of the Lord.
Hosanna in the highest.
Hosanna in the highest.**

Among friends, gathered round a table,
Jesus took bread and having blessed it,
he broke the bread and gave it to his disciples,
saying, "This is my body which is given for you."

In the same way he took wine and, having given thanks for it, he poured it out and gave the cup to his disciples, saying “This cup is the new relationship with God, made possible through my death. Take this and share it to remember me.”

Now following Jesus' example,
we take this bread and this wine;
the ordinary things of the world
through which God will bless us.

Lord Jesus Christ, present with us now,
as we do in this place
what you did in an upstairs room,
breathe your Spirit upon us
and upon this bread and this wine.

May they become for us your body,
vibrant with your life,
healing, renewing and making us whole.
And as the bread and wine
which we now eat and drink
are changed into us,
may we be changed again into you,
bone of your bone and flesh of your flesh,
loving and caring in the world.

Blessing, honour and glory be yours,
Creator, Son and Holy Spirit,
here and everywhere,
now and for ever. **Amen.**

The Lord's Prayer

And now, as Jesus taught us, we 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 glory
are yours, now and forever. Amen.**

The Breaking of the Bread

Look, the body of Christ
is broken for the life of the world.

**Here is Christ coming to us
in bread and wine.**

The gifts of God for the people of God.

Thanks be to God.

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.

The Communion

The Gifts of God
for the Children of God

Thanks be to God

In keeping with Public Health Protocols,
Please remain in your pew to receive Communion.

Music
During Communion



Lisbon's Angels 2 -- Lisbon, Portugal

Prayer After Communion

**God of mercy and forgiveness,
may we who share this sacrament
live together in unity and peace,
in the name of Jesus Christ the Lord. Amen.**

The Blessing

As you have been fed at this table,
go to feed the hungry.

As you have been set free,
go to set free the imprisoned.

As you have received – give.

As you have heard – proclaim.

And the blessing, which you have received
from Creator, Son and Spirit go with you. **Amen.**

Closing Hymn:

A Spendthrift Lover Is The Lord

A Spendthrift Lover is the Lord, (3 verses)

**A spendthrift lover is the Lord
who never counts the cost
or asks if heaven can afford
to woo a world that's lost.
Our lover tosses coins of gold
across the midnight skies
and stokes the sun against the cold
to warm us when we rise.**

**2. Still more is spent in blood and tears
to win the human heart,
to overcome the violent fears;
that drive the world apart.
Behold the bruised
and thorn-crowned face
of one who bears our scars
and empties out the wealth of grace
that's hinted by the stars.**

**3. How shall we love this heart-strong God
who gives us everything
whose ways to us are strange and odd
what can we give or bring?
Acceptance of the matchless gift
is gift enough to give.
The very act will shake and shift
the way we love and live.**

The Sending

In gratitude for this moment, this meal, these people, we give ourselves to you. Take us out to live as changed people because we have shared the Living Bread and cannot remain the same. Ask much from us, enable much by us, encourage many through us.

We leave worship to serve God.

Please respect Social Distancing when exiting.

Kindly exit from back to front.

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