

CHURCH OF ST BARNABAS, APOSTLE AND MARTYR

70 JAMES STREET, OTTAWA, ONTARIO K1R 5M3
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www.stbarnabasottawa.com

PARISH DIRECTORY

RECTOR

The Rev. Canon Stewart Murray
613-668-6992
parishoffice@primus.ca

ASSOCIATE PRIEST

The Rev. Canon James Beall
613-447-7834

HONORARY ASSISTANTS

Canon Matthew Borden
Canon David Rath
Fr Donald Tudin
Canon Roger Young

RECTOR'S WARDEN

Gary Rourke (613-276-0921)

DEPUTY RECTOR'S WARDEN

Valerie Keyes (613-234-1664)

PEOPLE'S WARDEN

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DEPUTY PEOPLE'S WARDEN

Diane Roussel (613-745-7302)

TREASURER

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Wayne and Barbara Nimigan
(613-233-3000)

SITIO STUDENTS & YOUNG ADULTS

Fiona SC Lavery (709-771-1662)
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ORGANIST AND CHOIRMASTER

Wesley Warren, M.Mus.,
F.R.C.O.(Chm), A.R.C.T.

WORSHIP SCHEDULE

MONDAY

8:00 p.m. Compline

TUESDAY

9:30 a.m. Morning Prayer
10:00 a.m. Mass

*St. Gregory of Nyssa, Bishop and
Teacher of the Faith*

WEDNESDAY

4:45 p.m. Evening Prayer
5:15 p.m. Mass

Lenten Ember Day

THURSDAY

12:15 p.m. Mass
Lenten Feria, Votive for Peace

FRIDAY

7:00 a.m. Morning Prayer
7:30 a.m. Mass
Lenten Ember Day
7:00 p.m. Stations of the Cross

Please note that confession is available
by appointment. Speak to one of the clergy
to make arrangements.

READINGS FOR NEXT SUNDAY

LENT II

8:30 a.m. **Low Mass**

1 Thess 4:1-7
Matt 15:21-28

10:30 a.m. **High Mass**

Gen 15:1-12, 17-18
Phil 3:17-4:1
Luke 13:31-35

ST BARNABAS

Apostle & Martyr

THE ANGLO-CATHOLIC PARISH IN THE DIOCESE OF OTTAWA
CELEBRATING 130 YEARS OF WORSHIP AND SERVICE, 1889-2019



“Temptation of Christ” (1860) - Julius Schnorr von Carolsfeld (1794-1872)

10 March 2019

The First Sunday in Lent

Welcome!

We are a diverse community of people from a wide range of backgrounds and experience, excited about discovering the grace and love of Jesus Christ in the midst of the world. Since our foundation, worship has been the centre of the life of our parish. The Mass, or Holy Eucharist, is the central act of Christian worship, around which all else revolves. We invite you to join us as we worship the Lord in the beauty of holiness.

10:30 a.m. Solemn High Mass

The Order of the Holy Sacrifice of the Mass (white booklet)

The Great Litany (white insert)

Hymnal: *The Book of Common Praise* (blue book)

Music of the Mass: *Service of Holy Communion* - Merbecke (c. 1510-c. 1585)

Copies of the music booklet, **Cantate Domino** are available for congregational use on the table at the back of the Nave.

Organ Prelude *Ich ruf zu dir, Herr Jesu Christ, BWV 639*
- J.S. Bach (1685-1750)

Please stand for the entrance of the Sacred Ministers

The Great Litany in Procession (see *Litany* insert)

Collect of the Day (see insert) **Mass Booklet, p. 3**

Proclamation of the Word (see insert) **pp. 3-5**

Lesson Deuteronomy 26:1-11 (p. 167 in *Pew Bible*)

Psalm 91:1-2, 9-16

Epistle Romans 10:8^b-13 (p. 946 in *Pew Bible*)

Gradual Hymn 407 “Lead us, heavenly Father, lead us” *Mannheim*

Gradual He shall give his Angels charge over thee: to keep thee in all thy ways. They shall bear thee in their hands: that thou hurt not thy foot against a stone.

Tract Whoso dwelleth under the defence of the Most High: shall abide under the shadow of the Almighty. I will say unto the Lord, Thou art my hope and my strong-hold: my God, in him will I trust. For he shall deliver thee from the snare of the hunter: and from the noisome pestilence. He shall defend thee under his wings: and thou shalt be safe under his feathers. His faithfulness and truth shall be thy shield and buckler: thou shalt not be afraid for any terror by night. Nor for the arrow that flieth by day; for the pestilence that walketh in darkness: nor for the sickness that destroyeth in the noon-day. A thousand shall fall beside thee, and ten thousand at thy right hand: but it shall not come nigh thee. For he shall give his Angels charge over thee: to keep thee in all thy ways. They shall bear thee in their hands: that thou hurt not thy foot against a stone. Thou shalt go upon the lion and adder: the young lion and the dragon shalt thou tread under thy feet. Because he hath set his love upon me, therefore will I deliver him: I will set him up, because he hath known my Name. He shall call upon me, and I will hear him: yea, I am with him in trouble. I will deliver him, and bring him to honour: with long life will I satisfy him, and show him my salvation.

Holy Gospel Luke 4:1-13 (see insert / p. 859 in *Pew Bible*) **p. 4**

Sermon Fr Young

Nicene Creed **p. 5**

The Peace **p. 8**

Offertory He shall defend thee under his wings, and thou shalt be safe under his feathers: his faithfulness and truth shall be thy shield and buckler.

Offertory Hymn 105 “Forty days and forty nights” *Heinlein*

Canon of the Mass **pp. 9-16**

Communion Whoso drinketh of the water that I shall give him, saith the Lord: it shall be in him a well of water springing up unto life eternal.

All baptized Christians are welcome to receive the Holy Eucharist

Communion Hymn 514 “Lord Jesus, think on me” *Southwell*

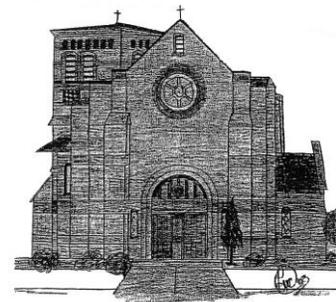
Ablutions Motet *Hear my prayer, O Lord* - Antonín Dvořák (1841-1904)
Chris Yordy, Bass Soloist

Thanksgiving and Dismissal **pp. 16-18**

Post-Communion Hymn 428 “Lead on, O King Eternal” *Lancashire*

Announcements and The Angelus **pp. 21-22**

Organ Postlude *Prelude and Fugue in G minor*
- Healey Willan (1880-1968)



Lenten Devotional Opportunities

The Penitential *Exhortation* contained in the *Book of Common Prayer* invites the Church,

to the observance of a holy Lent, by self-examination and repentance, by prayer, fasting, and self-denial, and by reading and meditating on God's holy Word.

Please take note therefore, of the following educational programmes and spiritual practices on offer during the Lenten season.

Lenten Reading. A selection of books on prayer is on display in the parish hall. Do browse, and please remember to sign out any borrowed books.

Lenten Daily Devotional Booklets. We Bow Our Hearts to You by Ed Arle are now available at the back of the Church.

Through Lent with Luke. Listening to the third Gospel with Father David Rath on **Wednesdays**, starting **March 13th**, at **7:00 pm** in the church library.

To Decline from Sin and incline to Virtue: The Seven Deadly Sins. Join Brian Wehrle on **Sundays** after High Mass for an eclectic look at virtue and vice. "Walk in the Spirit... crucify the flesh with its passions and desires." (Gal 5:16,24)

The Stations of the Cross will be prayed every **Friday** in Lent at **7:00 p.m.** Journey with our Lord along the Via Dolorosa and meditate on the path to salvation, accompanied by organ.

Confession. Take the opportunity to avail yourself of the sacrament of reconciliation and be shriven. Please speak to a member of the clergy to schedule an appointment.

Daily Office/Mass. Consider taking on some extra devotional practices this Lent by attending the weekday offices and masses at St. Barnabas.

Lenten Mission with Sr Elizabeth Ann Eckert SSJD will be held on the weekend of **April 6th, & 7th**. She will be speaking on the topic of prayer.

Baptism and Confirmation

The *Exhortation* indicates that,

This season of Lent provided also a time in which converts to the faith were prepared for holy Baptism.

Any children or those such as are of riper years seeking **Baptism, Confirmation, or Reaffirmation**, should duly consider making preparations for these vital Sacraments of Initiation, as **Bishop Baycroft** will be visiting the parish in **May**. Please speak to the Rector at your earliest possible convenience.

Prayer, Fasting, and Almsgiving: The Three Marks of Lent

Prayer is good with fasting and alms and righteousness. A little with righteousness is better than much with unrighteousness. It is better to give alms than to lay up gold...

- Tobit 12:8

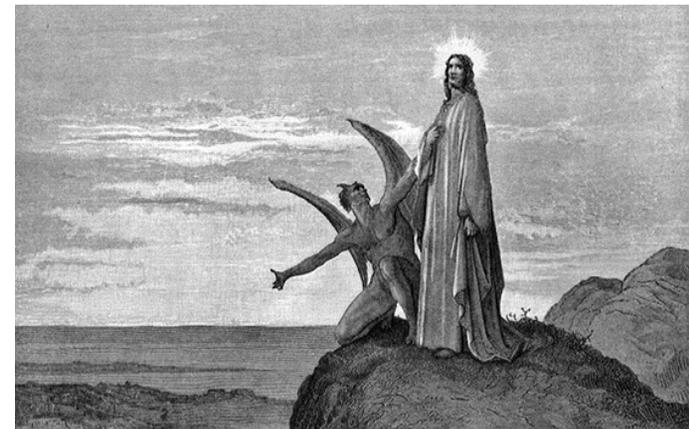
The *Book of Common Prayer* (p. xiii) decrees two **Major Fast Days** of the Church year: *Ash Wednesday* and *Good Friday*. The custom is to have only one light meal in the evening, health permitting. The *BCP* also directs that all Fridays of the year (except Christmas Day and the Epiphany) and the Forty Days of Lent are days of abstinence. Traditionally, this meant that meat was to be avoided, hence the custom of eating Fish on Fridays (which in Quebec includes **beaver**, and in New Orleans, **alligator**). This was done in remembrance of the Passion and death of Jesus on Good Friday. The Orthodox Church, following ancient practice, continues to observe Wednesday as a day of abstinence, as this was the day in which our Lord was betrayed. The recent health trend of intermittent fasting underscores the psychosomatic quality of fasting; what benefits the soul, also benefits the body.

The Wednesday, Friday, and Saturday after the First Sunday in Lent are *Ember Days*, which are **Days of Solemn Prayer** that appear four times in the Church calendar, demarcating the four seasons. Their purpose, besides the general one intended by all prayer and fasting, is to thank God for the gifts of nature, to teach us to make use of them in moderation, and to assist those in need. A selection of books on prayer has been made available through the parish library for the Lenten season, and in April, Sr Elizabeth Ann Eckert SSJD will be speaking on the topic of prayer.

Almsgiving in Lent has been closely connected to fasting, as it was expected that any money saved from fasting and abstinence would be given to the poor.

Give almes of thy goods, and turn never thy face from any poor man, and then the face of the Lord shall not be turned away from thee.

- *Book of Common Prayer* (1662)



"The Temptation of Jesus" (1866) - Gustave Doré (1832-1883)

Notes and Notices

A warm **Welcome** is extended to all visitors and newcomers worshiping with us today. Please sign our *Visitors' Book* in the Narthex following the service. After High Mass, do join us for refreshments in the Fred Allen Memorial Hall.

Upcoming Events

Today – A Lenten study course will be on offer following High Mass, which will run for the duration of Lent. The topic will be the **Seven Deadly Sins**. Refreshments and a light lunch will be available in the library.

Tonight – **Solemn Evensong and Benediction at 7:00 p.m.** Deacon Jarrett Carty will be the homilist. The service will include music by Willan, Fauré, Byrd, and Bach. A reception will follow in the Fred Allen Memorial Hall.

Today – the **Royal Commonwealth Society of Ottawa** will have their annual Interfaith Service at St. Matthew's Anglican Church at **4:00 p.m.**

Wednesday, March 13th – **Through Lent with Luke.** Listening to the third Gospel with Father David Rath at **7:00 pm** in the church library.

Wednesday, March 20th – the monthly **Communita** will be held in the Fred Allen Memorial Hall, hosted by the Parish Outreach Committee.

Nota bene

Grazie mille to everyone who helped make last week's Carnival of Venice a great success, especially to those who provided food and helped with clean-up.

Thank you to everyone who helped at the annual Shrove Tuesday pancake dinner. A syrupy good time was had by all. Proceeds will go towards the **Parish Outreach Committee**.

Copies of the **Mass Schedule for March 2019** are available on the table in the Narthex. Do take one home with you as it indicates the Services and gives the Intention for Masses.

The choir's CD recording "**Exsultate Deo**" is available at \$20 after services today.

Anglican News

The latest copy of **The Anglican Planet** is available in the Narthex.

The **Anglian Communion Alliance**, an organization dedicated to illuminating orthodoxy within Canadian Anglicanism, is making a special pre-General Synod appeal. For more information, please take a pamphlet, available in the Narthex, or go to <https://anglicancommunionalliance.ca/>.

Prayers of the People

In the Anglican Cycle of Prayer, we pray for the Province de l'Église anglicaine du Congo.

In our Diocesan Cycle of Prayer, we pray for the Anglican Fellowship of Prayer, and for all Parish Administrators.

In our Parish, we pray for all who belong to our Parish and in particular for Ron Bentley, David Blackman, Beth and Matthew Borden, and Jacqueline and Christopher Bowers.

We remember those for whom our prayers have been asked: Patricia Boyce, Geoffrey, Joshua, Roger Beland, Beverly Lynch, Emma and Family, Harvey Cottrell, Vera Iodko, Sarah F, The Rev. Deacon Henry Stauffenberg, Jarod, David Blackman, Murray Nash, Chris and Polly Dougherty, Hyacinth, Carol Frayne, Diane Favra, Anna and Chris, John Young, Emily, Andrew, Meghan, Nadejda, Julia, Alex Adam, Svetlana, Mary and Rob, Ronald Bentley Bishop John Chapman, Pat Francis, John Netten, Katie, Cathy Nobleman, Fr. Borden, Fr. Bill Simons, John Colbert, Theresa, and for all living with anxiety and depression.

For troubled areas of the world, we pray for the Middle East, with the continuing troubles in Palestine, Gaza, and Israel; Egypt, Libya, Syria, and Ukraine; Iraq, Iran, and Afghanistan; India, South Sudan, and Kenya; all suffering from disease, war, terrorism, and natural disaster; and our Canadian Forces and aid workers serving worldwide.

For those celebrating a birthday this week: Elsa Frayne, John Colbert, Barclay Johnson, Tristan Keyes, and Malcom MacKenzie.

For those celebrating a wedding anniversary: Bob and Judith Tyrrell.

For all the faithful departed: members of our family and friends.

Prayer Requests

The Rector reminds us that we welcome requests for prayers. Names may be included either in public prayers or in Father's private prayers. Please use the "Note to the Clergy" cards in the pews for your intention(s).

Candles and Flowers In Memoriam

A reminder that the list for **altar flowers** and **vigil candles** is in the narthex. If you wish to place flowers on the High Altar or Lady altar or have a Blessed Sacrament light dedicated in memory of someone or as a thank offering, please consider signing the chart.

Parish Office Hours

Tuesdays and Thursdays from 9:00 a.m. to 12:00 p.m.

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