

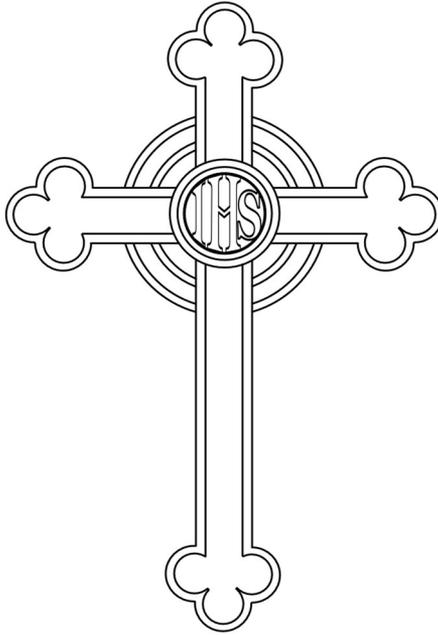


We are an Anglo-Catholic Parish in the
Diocese of Ottawa, celebrating 137 years of
worship and service: 1889-2026.



Please use this bulletin with:

Mass Booklet & Hymn Book



First Sunday in Lent

February 22, 2026, 10:30 a.m.

Litany in Procession and Solemn High Mass

Our Church stands on the unceded traditional
territory of the Anishinaabe Algonquin Nation.



Saint Mary Mother of God our Saviour,
Je- sus Christ:

***Präy* for us.**

All ye holy Angels and Archangels, and all
ye holy orders of *bles-sèd spi^rits*:

***Präy* for us.**

All ye holy patriarchs and prophets,
apostles and martyrs, confessors, virgins
and all the *bles-sèd compa-ny* of *Hea^ven*:

***Präy* for us.**

Remember not, Lord, our offences, nor the
offences of our forefathers; spare us, good
Lord, spare thy people, whom thou hast
redeemed with thy most *pre-cious* blood.

**Spare *us*, good
Lord.**

From all evil and mischief; from sin, from
the crafts and assaults of the devil; from
thy wrath, and from everlasting
con- dem- na^tion,

**Good *Lord*,
de- liv^er^ us.**

From all blindness of heart; from pride,
vainglory, and hypocrisy; from envy,
hatred, and malice, and all
uncharit- *a- ble- ness*,

**Good *Lord*,
de- liv^er^ us.**

From all uncleanness in thought, word, and
deed; and from all the deceits of the world,
the flesh, *and* the *de^vil*,

**Good *Lord*,
de- liv^er^ us.**

From lightning and tempest; from
earthquake, fire, and flood; from plague,
pestilence, and famine; from battle and
murder, and from *sud-den* death,

**Good *Lord*,
de- liv^er^ us.**



From all sedition, conspiracy, and rebellion; from all false doctrine, heresy, and schism; from hardness of heart, and contempt of thy *Word and* Com- mand[^]ment,

Good Lord,
de- liv[^]er[^] us.

By the mystery of thy holy Incarnation; by thy holy Nativity; by thy Baptism, Fasting, and Temp-ta[^]tion,

Good Lord,
de- liv[^]er[^] us.

By thine Agony and bloody Sweat; by thy Cross and Passion; by thy precious *Death* and Bu[^]ri[^]al,

Good Lord,
de- liv[^]er[^] us.

By thy glorious Resurrection and Ascension; by thy sending of the Holy Spirit; by thy heavenly Intercession; and by thy Coming a-*gain* in glo[^]ry,

Good Lord,
de- liv[^]er[^] us.

In all times of tribulation; in all times of prosperity; in the hour of death, and in the *day* of judge[^]ment,

Good Lord,
de- liv[^]er[^] us.

We sinners do beseech thee to hear us, O Lord God: and that it may please thee to rule and govern thy holy Church universal in *the* right way.

We beseech
thee, good Lord.

To keep and strengthen in the true worshipping of thee, in holiness of life, and in devotion to his people, thy servant Charles, our most gracious *King* and Go[^]ver[^]nor,

We beseech
thee, good Lord.



To be his defender and keeper, giving him the victory over all *his* en^e^e^mies,

**We beseech
thee, good Lord.**

To bless and preserve Queen Camilla, William Prince of Wales, the Princess of Wales, and all the *Roy*-al Famⁱ^i^ly,

**We beseech
thee, good Lord.**

To give to all Bishops, Priests, and Deacons, true knowledge and understanding of thy Word; and that both by their preaching and living they may set it forth and show *it* ac-cordⁱng^ly,

**We beseech
thee, good Lord.**

To send forth labourers into thy harvest; to prosper their work by thy Holy Spirit; to make thy saving health known unto all nations; and to *has-ten* thy king^dom,

**We beseech
thee, good Lord.**

To bless the people of our Country and the Commonwealth, and to endue those set in authority with grace, wisdom, and *un-der-stand*ⁱng,

**We beseech
thee, good Lord.**

To bless and guide the Judges and Magistrates, giving them grace to execute justice, and to *main-tain* truth,

**We beseech
thee, good Lord.**

To bless and keep the King's forces by sea, and land, and air, and to shield them in all dangers *and* ad-ver^si^ties,

**We beseech
thee, good Lord.**

To give to all nations unity, peace, and concord, that they may serve thee *with-* out fear,

**We beseech
thee, good Lord.**



To bless and protect all who serve mankind
by their lab-our and learn^ing,

**We beseech
thee, good Lord.**

To preserve all that travel, all sick persons
and young children; and to show thy pity
upon all prison-ers and cap^tives,

**We beseech
thee, good Lord.**

To defend, and provide for, all widows and
orphans, and all who are desolate *and*
op-press^ed,

**We beseech
thee, good Lord.**

To bless and keep *all* thy peo^ple,

**We beseech
thee, good Lord.**

To give to all thy people increase of grace,
to hear meekly thy Word, and to receive it
with pure affection, and to bring forth the
fruit *of* the Spi^rit,

**We beseech
thee, good Lord.**

To bring into the way of truth all who have
erred and *are* de-ceiv^ed,

**We beseech
thee, good Lord.**

To strengthen such as do stand; to
encourage the faint-hearted; to raise up
those who fall; and finally to beat down
Satan un-*der* our feet,

**We beseech
thee, good Lord.**

To succour, help, and comfort all that are
in danger, necessity, and *trib-u-la*^tion,

**We beseech
thee, good Lord.**

To have mercy up-*on* all peo^ple,

**We beseech
thee, good Lord.**

To give and preserve to our use the kindly
fruits of the earth, so that in due time we
may en-joy^ them,

**We beseech
thee, good Lord.**

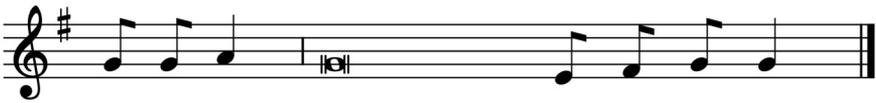


To forgive our enemies, persecutors, and slanderers, and to *turn* their hearts,

We beseech *thee*, good Lord.

To give us true repentance; to forgive us all our sins, negligences, and ignorances; and to endue us with the grace of thy Holy Spirit, to amend our lives according to thy *ho-ly* Word,

We beseech *thee*, good Lord.



Son of God, we beseech *thee* to hear us.
Son of God, we beseech *thee* to hear us.



O Lamb of God, that takest away the sin *of* the world;

Have mer-cy up-on^us.

O Lamb of God, that takest away the sin *of* the world;

Grant *us* thy peace.



O Christ, hear us.
O Christ, hear us.



Lord, have mer-cy up-on^us.
Christ, have mer-cy up-on^us.

Lord, have mer-cy up-on^us.

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 them that trespass against us; And lead us not into temptation, But deliver us from evil. Amen.

Collects

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.**

Gracious God, by whose Spirit the whole body of your faithful people is governed and sanctified, send your guidance upon us as we prepare to elect a bishop for our diocese. Grant wisdom to those discerning a call, to those who are candidates, to Members of Synod, and to our diocesan administrator, Bishop Michael Bird; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

Almighty and everlasting God, and everlasting God, who hatest nothing that thou hast made, and dost forgive the sins of all them that are penitent: Create and make in us new and contrite hearts, that we worthily lamenting our sins, and acknowledging our wretchedness, may obtain of thee, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, world without end. **Amen.**

THE LITURGY OF THE WORD

The First Reading: Genesis 2:15-17; 3:1-7

The Lord God took the man and put him in the garden of Eden

to till it and keep it. And the Lord God commanded the man, “You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die.” Now the serpent was more crafty than any other wild animal that the Lord God had made. He said to the woman, “Did God say, ‘You shall not eat from any tree in the garden?’” The woman said to the serpent, “We may eat of the fruit of the trees in the garden; but God said, ‘You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die.’” But the serpent said to the woman, “You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.” So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

The Word of the Lord
Thanks be to God.

Psalm 32 Beati quorum.

VI.



¹ BLESS-ED is he whose unrighteousness is for-giv-en, / and whose *sin* is cov-er[^]ed.

² **Blessed is the man unto whom the Lord imputeth *no* sin, / and in whose spi-rit thëre is no[^]guile.**

³ For while I held *my* tongue, / my bones consumed away through my dai-ly cöm-plain-ing.

⁴ **For thy hand was heavy upon me day *and* night, / and my moisture was changed as with the *drought* öf sum-mer.**

⁵ I acknowledged my sin un-to thee; / and mine unrighteousness *have* I not hid.



6 I said, 'I will confess my sins unto *the* Lord'; / and so thou forgavest the wicked-ness öf my sin.

7 For this shall every one that is godly make his prayer unto thee, in a time when thou mayest *be* found; / when the great waters overflow, they shall *not* cöme nigh him.

8 Thou art a place to hide me in; thou shalt preserve me from trou-ble; / thou shalt compass me about with songs of dë-liv-er^ance.

9 I will inform thee, and teach thee in the way wherein thou shalt go; / and I will guide thee with mine eye üp-on thee.

10 Be ye not like to horse and mule, which have no under-stand-ing; / whose mouths must be held with bit and bridle, else they will *not* cöme nigh thee.

11 Great plagues remain for the un-god-ly; / but whoso putteth his trust in the Lord, mercy embraceth *him* ön ev-ery^side.

12 Be glad, O ye righteous, and rejoice in *the* Lord; / and be joyful, all ye *that* äre true of^heart.

The Second Reading: Romans 5:12-19

Therefore, just as sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come. But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. And the free gift is not like the effect of the one man's sin. For the judgement following one trespass brought condemnation, but the free gift following many trespasses brings justification. If, because of the one man's trespass, death exercised dominion through that one, much more surely will those who receive the abundance of

grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ. Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

The Word of the Lord
Thanks be to God.

Gradual Hymn

103 *The Glory Of These Forty Days*

Erhalt Uns Herr

Gradual Proper

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 stronghold : 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 non-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 : yea, I am with him in trouble. *℣.* I will deliver him, and bring him to honour : with long life will I satisfy him, and shew him my salvation.

The Gospel: Matthew 4:1-11

The Lord be with you.

And with thy spirit.

✠ The Holy Gospel is written in the fourth chapter of the Gospel of our Lord Jesus Christ according to St Matthew, beginning at the first verse.

Glory be to thee, O Lord.

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted forty days and forty nights, and afterwards he was famished. The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written, 'One does not live by bread alone, but by every word that comes from the mouth of God.'" Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down; for it is written, 'He will command his angels concerning you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'" Jesus said to him, "Again it is written, 'Do not put the Lord your God to the test.'" Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour; and he said to him, "All these I will give you, if you will fall down and worship me." Jesus said to him, "Away with you, Satan! for it is written, 'Worship the Lord your God, and serve only him.'" Then the devil left him, and suddenly angels came and waited on him.

The Gospel of the Lord.

Praise be to thee, O Christ.

Sermon The Reverend Canon George Kwari

Nicene Creed

p.6

The Prayers of the People

The Peace

p.9

Offertory Proper

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

555 *Praise to the Holiest in the Height*

Gerontius

Prayer over the Gifts

God our refuge and our strength, receive all we offer you this day, and through the death and resurrection of your Son transform us to his likeness. We ask this in his name. **Amen.**

THE CANON OF THE MASS

Sursum Corda	p.11
Sanctus and Benedictus	p.12
Eucharistic Prayer	pp.12-13
The Lord's Prayer	p.14
Prayer of Humble Access	p.14
Agnus Dei	p.15
Invitation to Communion	p.15

Communion Proper

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.

Communion Hymn

373 *Bread of Heaven*

Nicht So Traurig

Ablutions Motet

Emendemus in melius

William Byrd (c.1540-1623)

Let us amend for the better in those things in which we have sinned through ignorance;

lest suddenly overtaken by the day of death,
we seek space for repentance,
and be not able to find it.

Hearken, O Lord, and have mercy:
for we have sinned against thee.
Help us, O God of our salvation,
and for the honour of thy name deliver us.

Prayer after Communion

Almighty and everliving God, we most heartily thank thee that thou dost graciously feed us, in these holy mysteries, with the spiritual food of the most precious Body and Blood of thy Son our Saviour Jesus Christ; assuring us thereby of thy favour and goodness towards us; and that we are living members of his mystical Body, which is the blessed company of all faithful people; and are also heirs through hope of thy everlasting kingdom.

And here we offer and present unto thee, O Lord, ourselves, our souls and bodies, to be a reasonable, holy, and living sacrifice unto thee. And although we are unworthy, yet we beseech thee to accept this our bounden duty and service, not weighing our merits, but pardoning our offences; through Jesus Christ our Lord, to whom, with thee and the Holy Ghost, be all honour and glory, world without end. Amen.

Blessing and Dismissal pp.17-18

Post-Communion Hymn

88 *Forty Days and Forty Nights* Aus Der Tiefe

The Angelus p.19

Organ Postlude

Ciaconna in e, BuxWV 160 Dieterich Buxtehude (1637-1707)

ASSISTING WITH THE SERVICE

Celebrant	The Reverend Canon Jim Beall
Homilist and Deacon	The Reverend Canon George Kwari
Organist and Choirmaster	Shawn Potter
Subdeacon	Connor Hanley
Reader	Henry Schlarb

This service is being live-streamed on YouTube.

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