



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



Second Sunday in Lent
&
Annual Vestry Sunday, 2026
Sunday March 1, 2026, 10:30 a.m.

Solemn High Mass

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

The Collects

Almighty God, who seest that we have no power of ourselves to help ourselves: Keep us both outwardly in our bodies, and inwardly in our souls; that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord. **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.**

Almighty and everlasting God, who by thy Holy Spirit didst preside in the Council of the blessed Apostles, and hast promised, through thy Son Jesus Christ, to be with thy Church to the end of the world: We beseech thee to be present with the vestry of this parish about to be assembled in thy Name. Save its members from all error, ignorance, pride, and prejudice; and of thy great mercy vouchsafe so to direct, govern, and sanctify them in their deliberations by thy Holy Spirit, that through thy blessing the Gospel of Christ may be faithfully preached and obeyed, the order and discipline of thy Church maintained, and the kingdom of our Lord and Saviour enlarged and extended. Grant this, we beseech thee, through the merits and mediation of the same Jesus Christ our Lord. **Amen.**

THE LITURGY OF THE WORD

The First Reading: Genesis 12:1-4a

Now the Lord said to Abram, "Go from your country and your kindred and your father's house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed." So Abram went, as the Lord had told him; and Lot went with him.

The Word of the Lord

Thanks be to God.

Psalm 121

Levavi oculos.

II.1.



- ¹ I WILL lift up mine eyes unto the *hills*: / **O whence com-eth my help?**
- ² **My help cometh even from the *Lord*, / who hath made hea-ven and earth.**
- ³ He will not suffer thy foot to be *mov-èd*: / and he that keepeth thee *will* not sleep.
- ⁴ **Behold, he that keepeth *Is-ra^el* / shall neither slum-ber nor sleep.**
- ⁵ The Lord himself is thy *keep-er*: / the Lord is thy defence upon *thy* right hand;
- ⁶ **So that the sun shall not burn thee by *day*, / neither *the* moon^by night.**
- ⁷ The Lord shall preserve thee from all e-vil: / yea, it is even he that *shall* keep^thy soul.
- ⁸ **The Lord shall preserve thy going out and thy coming *in*, / from this time forth *for* ev^er-more.**

The Second Reading: Romans 4:1-5, 13-17

What then are we to say was gained by Abraham, our ancestor according to the flesh? For if Abraham was justified by works, he has something to boast about, but not before God. For what does the scripture say? "Abraham believed God, and it was reckoned to him as righteousness."

Now to one who works, wages are not reckoned as a gift but as something due. But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness. For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation.

For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, "I have made you the father of many nations")-in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

The Word of the Lord
Thanks be to God.

Gradual Hymn

604 *Thy Hand, O God, Has Guided*

Thornbury

Gradual Proper

The sorrows of my heart are enlarged : O bring thou me out of my troubles, O Lord. *℟*. Look upon my adversity and misery : and forgive me all my sin.

Tract

The Lord said unto the woman of Canaan : It is not meet to take the children's bread, and cast it to the dogs. *℟*. And she said, Truth Lord : yet the dogs eat of the crumbs which fall from their master's table. *℟*. Jesus said unto her, Woman, great is thy faith : be it unto thee even as thou wilt.

The Gospel: Matthew 15 :22-28

The Lord be with you.

And with thy spirit.

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

Glory be to thee, O Lord.

Jesus left that place and went away to the district of Tyre and Sidon. Just then a Canaanite woman from that region came out and started shouting, "Have mercy on me, Lord, Son of David; my daughter is tormented by a demon." But he did not answer her at all. And his disciples came and urged him, saying, "Send her away, for she keeps shouting after us." He answered, "I was sent only to the lost sheep of the house of Israel." But she came and knelt before him, saying, "Lord, help me." He answered, "It is not fair to take the children's food and throw it to the dogs." She said, "Yes, Lord, yet even the dogs eat the crumbs that fall from their masters' table." Then Jesus answered her, "Woman, great is your faith! Let it be done for you as you wish." And her daughter was healed from that moment.

The Gospel of the Lord.

Praise be to thee, O Christ.

Sermon

The Reverend Canon George Kwari

Nicene Creed

p.6

Prayers of the People

p.7

Confession and Absolution

p.8

The Peace

p.9

Offertory Proper

My delight shall be in thy commandments, which I have loved : my hands also will I lift up unto thy commandments, which I have loved.

Offertory Hymn

102 Take Up Thy Cross, the Saviour Said

Breslau

Prayer over the Gifts

God of wisdom, may the light of the eternal Word, our Lord and Saviour Jesus Christ, guide us to your glory. 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

Consider my meditation; O hearken thou unto the voice of my calling, my King and my God : for unto thee will I make my prayer.

Communion Hymn

376 *Draw Nigh and Take*

Song 46

Ablutions Motet

Richard de Castre's Prayer to Jesus

Richard Terry (1864-1938)

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.

Doxology p.16

Blessing and Dismissal pp.17-18

Post-Communion Hymn
416 *Go Forth for God* **Magda**

The Angelus p.19

Organ Postlude
An Interlude Starling Goodwin (1711-1774)

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