

# St Aidan's, Elmvale Acres

The Anglican Diocese of Ottawa



March 1, 2026

*Welcome to St. Aidan's--we are blessed by your presence today! Hymns are found in the blue "Common Praise" book. We acknowledge that the land on which we gather is the traditional territory of the Algonquin Anishnaabeg People.*

## The Gathering of the Community

**Hymn 61: As We Gather at Your Table**

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with you all.

**And also with you.**

Bless the Lord who forgives all our sins. **God's mercy endures for ever.**

### Confession and Absolution

Dear friends in Christ, God is steadfast in love and infinite in mercy; God welcomes sinners and invites them to this table. Let us confess our sins, confident in God's forgiveness.

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.**

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. **Amen.**

Faithful God, may we set our minds and wills to yours, and take up our cross, following Christ with confidence for the glory you reveal in him; who lives and reigns with you in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

## The Proclamation of the Word

### A Reading from Genesis

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.

GENESIS 12:1-4A

Holy Word, Holy Wisdom. **Thanks be to God.**

### Psalm 121

I lift up my eyes to the hills; **from where is my help to come?**

My help comes from the Lord, **the maker of heaven and earth.**

The Lord will not let your foot be moved **and the One who watches over you will not fall asleep.**

Behold, the One who keeps watch over Israel **shall neither slumber nor sleep.**

The Lord, the Lord, watches over you; **the Lord is your shade at your side,**

So that the sun shall not strike you by day, **nor the moon by night.**

The Lord shall preserve you from all evil **and shall keep you safe.**

The Lord shall watch over your going out and your coming in, **from this time forth for evermore.**

## A Reading from Romans

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.

ROMANS 4:1-5, 13-17

Holy Word, Holy Wisdom. **Thanks be to God.**

Gospel Procession: **Bless the Lord, my soul, and bless God's holy name.  
Bless the Lord, my soul, who leads me into life.**

## The Holy Gospel

The Lord be with you. **And also with you.**

The Holy Gospel of our Lord Jesus Christ, according to John. **Glory to you, Lord Jesus Christ.**

Now there was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, "Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God." Jesus answered him, "Very truly, I tell you, no one can see the kingdom of God without being born from above." Nicodemus said to him, "How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?" Jesus answered, "Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, 'You must be born from above.' The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit." Nicodemus said to him, "How can these things be?" Jesus answered him, "Are you a teacher of Israel, and yet you do not understand these things? Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, what whoever believes in him may have eternal life. For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him."

JOHN 3:1-17

The Gospel of Christ. **Praise to you, Lord Jesus Christ.**

## Homily

### **Creed Hymn 44 (Tune 35)**

## The Prayers of the People

*Response:* God of our salvation, **Hear our prayer.**

*We pray for Lynn, Sandra, Karen, Linda, Sharron, Katie, Faith, Meredith, Joyce, Calvin Sr., Ronald.*

The peace of the Lord be always with you. **And also with you.**

**Hymn 645:** Come Down, O Love Divine

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## The Celebration of the Eucharist

### 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.**

### Eucharistic Prayer Two

The Lord be with you. **And also with you.**

Lift up your hearts. **We lift them to the Lord.**

Let us give thanks to the Lord our God. **It is right to give our thanks and praise.** [...]

Now with all creation we raise our voices to proclaim the glory of your name.

*(Sung) Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest. [...]*

All glory and honour are yours, Father and Son, with the Holy Spirit in the holy Church, now and for ever. **Amen.**

### The Lord's Prayer

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.**

### The Breaking of the Bread

We break this bread, **Communion in Christ's body once broken.**

Let your Church be the wheat which bears its fruit in dying.

**If we have died with him, we shall live with him; if we hold firm, we shall reign with him.**

The Gifts of God for the People of God. **Thanks be to God.**

*Lamb of God, you take away the sins of the world; have mercy on us. Lamb of God, you take away the sins of the world: have mercy on us. Lamb of God, you take away the sins of the world: grant us peace.*

### The Communion

*For Communion from the Pews, tell our Sidesperson, or raise your hand; otherwise, Communion is offered at Altar Rail.*

### Prayer after Communion

Creator of heaven and earth, we thank you for these holy mysteries, which bring us now a share in the life to come, through Jesus Christ our Lord. **Amen.**

May the God of mercy transform you by grace, and the blessing of God Almighty, Father, Son, and Holy Spirit, be among you and remain with you always. **Amen.**

Let us bless the Lord. **Thanks be to God.**

**Hymn 524:** O Christ, the Great Foundation

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*After worship, all are welcome to Coffee Time in Lindisfarne Hall!*

**Welcome to Rev. Dr. Anne Quick:** Anne Quick started life as an American Army brat, living all over the world. She came to Toronto for graduate school (in medieval studies, of all things), learned to love Canada, and never left. An academic career was followed by a move, with husband and three daughters, back to the land--the last hippies!--and then an unexpected call to ordained ministry. She had ten years of happy service in rural parishes in the Diocese of Ontario, then served at St. Stephen's here in our Diocese of Ottawa, followed by retirement, un-retirement, chaplaincy at Saint-Paul University, incumbency at St. Mary's, Russell, another retirement, a year in PEI with family--and here she is, very happy to be part of St. Aidan's.

**St Aidan's Monthly Sunday School today:** All children and grandchildren will gather with our two leaders at the start of the service and return for Communion. Parents/Guardians: please be sure to complete the Sunday School Registration form.

**Scent Awareness:** To ensure a safe and comfortable environment for all, St Aidan's strives to be a scent-reduced zone. Please be mindful of strong Perfumes, Colognes, and Personal Products.

**Lent Project-Arch Street School Clothing Drive:** Arch Street School has asked if St Aidan's would be willing to support some of its students with clothing donations. The school has 160 students from nearby social housing areas and only about 20 of those live within the Arch Street boundary. The school is looking for sizes 4 – 7 for underwear, socks, mittens and pants for kindergarten and grade 1, as well as outdoor clothing for some of the older students. We will be collecting donations of new or nearly new clothing or cash donations starting 1 March. Details about needs and sizes are in the Lent Project Arch Street School Clothing Drive handout.

**Lenten Coin Challenge:** The Wednesday Gang were recalling the Lenten coin folders of years gone by and have come up with a modern day version to support St Aidan's ministry and mission. They would like to challenge everyone to give up a dollar a day throughout Lent and will provide you with a coin jar to collect your givings for our Parish. Put your name on your jar and we will make sure that you get a charitable donation receipt as well. Jars will be available on Vestry Sunday and should be returned during Holy Week.

**Joint Lenten Bible Study:** Join St Aidan's and Martin Luther Church as we explore the Sunday Gospel readings! Every Thursday in March at 11:00 am (March 5: St Aidan's, March 12: Martin Luther, March 19: Martin Luther, March 26: St Aidan's).

**Spring Cleaning and/or Clear Out:** Do you enjoy organizing, purging, or tidying? Have you run out of projects to do at home? Join St Aidan's as we sort through cupboards and corners, clean what has been overlooked, and clear out what is no longer needed! This Wednesday, March 4th at 10:30 am, after the 10:00 Service, as part of Coffee Time.

**St Aidan's Next Generation:** Are you between the ages of 16 and 45? Speak with Rev. Rosemary about our Next Generation gathering in March!

**St Aidan's Book Study on "Desire of the Everlasting Hills":** Next session March 7th.

**Pre-Authorized Remittance (PAR) Donations to St Aidan's:** Currently, there are 38 parishioners that support St Aidan's through monthly PAR donations. If you are on PAR and would like to increase your donation, there are two options: (i) email our PAR Administrator, Peter Martin ([pcmartin678@gmail.com](mailto:pcmartin678@gmail.com)), indicate the new amount, and when you would like it to start. (ii) take a PAR Form from outside St Aidan's Office, and return it under the Office door.

*All are welcome on Wednesdays for BCP Eucharist at 10:00 am, and/or Coffee Time at 10:30 am!*

Celebrant: Rev. Rosemary Parker  
Preacher: Rev. Dr. Anne Quick  
Music Director: Téa Mamaladze  
Reader: Owen Robinson  
Intercessor: Kathryn Noel  
Server: Chris Brown  
Lay Administrator: Primal Silva  
Greeter: Linda Hannah  
Sidespeople: Cheryl Dinelle

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Wardens: Claire Chapdelaine, Phil Charko, and Kathryn Noel