



Sunday, March 3, 2024



Lent is defined as the period of 40 days that Christians observe from Ash Wednesday to Easter. It is often marked with giving up something one really likes. It is a reflective time of penitence in preparation for Easter.

It is a time of reflection, rest, and preparation before the celebrations of Easter. By observing the 40 days of Lent, Christians replicate Jesus Christ's sacrifice and withdrawal into the desert of 40 days. Let us ponder these things in our hearts.

Our Vision

To live as Christ would have us live, in love, with compassion and seeking justice, by sharing God's grace, learning from scripture, growing through the Spirit and being transformed by faith.

There are many ways to get involved at St. Andrew's. Everyone is welcome so please reach out and step into places that inspire you the most. More details on our website.

FIND YOUR PLACE

WASHROOMS: A wheelchair-accessible and gender-neutral bathroom is located in the hallway North of the lower auditorium. It can be accessed by the elevator near the office or any of the stairways and is available to all 24 / 7. The Childcare and Nursery have full and exclusive use of the washrooms in the lower hallway Monday to Friday 7:00 AM to 6:00 PM. The use of the lower Narthex washrooms is for church use 24 / 7 plus the lower hallway washrooms may be used by all on evenings and weekends when the childcare and nursery are closed.

Bible Study is on Tuesdays, at 9:30am in the lounge. During Lent, we will be studying together, "Act Fast," by Alydia Smith. This week we are reflecting on chapter 3, pages. 27-42, Good Conspirators.

The last Confirmation Class is today, 3 after the service.

Confirmation Sunday is on Sunday, March 10th.

Upcoming Services:

Sunday, March 10 - Confirmation Sunday

Sunday, March 17 - PIE Day and Guest Speaker, Alan Lai

Make sure to subscribe to our weekly eblast to know what is happening in the Church community!

<https://standrewsriverheights.com/news-4/newsletter/>



OUR LAND - We remember, as we celebrate God's presence in Worship that St. Andrew's River Heights United Church gathers in Treaty 1 land, the traditional territory of the Anishinaabe, Cree, Oji-Cree, and Dakota peoples and in the heart of the Metis Nation. As Treaty people, we seek to live with respect on this land, and live in peace and friendship with all our relations.

Lent 3

GATHERING MUSIC: *Meditation on the Cross* (Michael Helman)

WELCOME & WORK OF THE CHURCH

INVITATION TO WORSHIP: *The Abingdon Worship Annual, 2023-2024.*

Listen to the stars. **They tell God's glory!**

They have no words. **Yet in their beauty, God speaks.**

Listen to creation. **It sings God's song of peace.**

HYMN: **VU642** *Be Thou My Vision* vs. 1, 2, 4 & 5

LIGHTING OF THE CHRIST CANDLE:

Jesus Christ is the Light of the World.

OPENING PRAYER

CHILDREN'S TIME

HYMN: **VU681** *Where Cross the Crowded Ways of Life* vs.1, 3, 4 & 5

PRAYER OF CONFESSION: *The Abingdon Worship Annual 2023-2024*

God of love and truth, we long to walk in your paths.

We yearn to follow you in the ways that lead to life and wholeness.

Yet it is hard to know if we are taking the right paths on our journey of faith.

We worry that we will wander off, even when we don't mean to.

**May your love set us right, forgive our mistakes
and show us where we should go. Amen.**

WORDS OF ASSURANCE

ANTHEM: *God Be in My Head* (words, Sursum Primer (1558); music, Andrew Balfour)

God be in my head,

And in my understanding.

God be in mine eyes,

And in my looking.

God be in my mouth,

And in my speaking.

God be in my heart,

And in my thinking.

God be at my end,

And at my departing.

SCRIPTURE READINGS: Read by Vinny Ashton

Reading: Exodus 20:1-17

Gospel reading: John 2:13-22

This is the Word of the Lord. **Thanks be to God.**

HANDBELLS: *Go to Dark Gethsemane* (arr. Barbara Kinyon)

SERMON

HYMN: **MV171** *Christ Has No Body Now but Yours*

PRAYERS OF THE PEOPLE

THE LORD'S PRAYER: **VU916** *A Translation*
**Our Father-Mother, who is in the heavens,
May your name be made holy,
May your dominion come,
May your will be done,
On Earth as it is in heaven.**

**Give us today the bread we need;
And forgive us our debts,
As we have forgiven our debtors;
And do not put us to the test,
But rescue us from evil.**

**For yours is the dominion, and the power,
And the glory forever. Amen.**

OFFERING/OFFERTORY: **VU113** *To the Desert
Jesus Came vs. 3*

♪ **In the desert we may find
the mystery of who we are,
following a faithful God,
so very close and yet so far.
Together through the valley,
we'll gather our dreams in prayer,
together through the valley,
and find God's presence there.** ♪

BLESSING

BENEDICTION: **VU962**

♪ **May the blessing of God go before you.
May her grace and peace abound.
May her Spirit live within you.
May her love wrap you 'round.
May her blessing remain with you always.
May you walk on holy ground.** ♪

POSTLUDE: *Choral Song* Samuel Sebastian
Wesley

Music Note

Today's anthem is by Andrew Balfour, a composer of Cree descent from Winnipeg. Many of his pieces draw on his upbringing in Anglican church choirs, including "God be in

My Head." Recently, Andrew has been exploring how music can be a step towards reconciliation and healing. Search YouTube for musica intima's album "Nagamo" for a wonderful example of this exploration, where Andrew has taken familiar choral pieces, but "reshaped the thoughts behind the texts by changing the Latin to Cree or Ojibway perspectives."

Announcements

Remembering in Prayer:

- Rita Swan, our Lay Worship Leader, who is leading worship at PSSUC (Prairies Spirit United Church) this Sunday.
- Margaret Jean McRae's family, she passed away on January 21st, 2024.
- Paul & Bonnie Cadieux - passing of Claire Cadieux (mother/grandmother)
- Jody Kerr is in Deer Lodge. Contact her by phone, which is in her room 204-897-0044.

Sunday, March 17 is PIE Day! PIE is Public, Intentional and Explicit in our sharing of our being an Affirming Ministry of the United Church of Canada. Our service will reflect this and then after church, we will eat PIE! If anyone is willing to bake a homemade pie for that Sunday, please sign up at the back of the church.

Memorial Flowers: What is the Memorial Flowers Fund? Every year during Lent, St. Andrew's raises money for the St. Andrew's Flower Fund in memory of loved ones. Donations can be made in amounts of your choosing and you can name as many people as you wish. All loved ones named will be listed in an 'In Memoriam' section in our order of service on Easter Sunday. This fund is used to purchase flowers/plants to decorate the church during special times of the year. If you would like your 'In Memoriam' to be included in the Easter Sunday bulletin, please forward the form and your donation to the church office by mailing it in or dropping it off in the mailbox **no later than Monday, March 25th, 2024**. Any donation to the Memorial Flowers Fund will be included in your yearly income tax receipt. Forms are located in the narthex or can be found on our website under "publications/forms".

ST. ANDREW'S CONTACT LIST

Clergy	Rev. Karen Lumley	klumley@standrewsriverheights.com
Choir Director	Katy Harmer	music@standrewsriverheights.com
Organist	Wes Elias	weselias@mymts.net
Sunday School	Jan Demeduk	j.demeduk@hotmail.com
Council Chair	Rob Siddall	rgs123@mymts.net
Treasurer	Bill Craddock	wjcdlc@mymts.net
Church Office	Charlotte Lindsay	office@standrewsriverheights.com

Our heartfelt thanks go out to everyone who helped with today's service—we couldn't have pulled it off without you

Thank you to our singers, handbell choir, and our scripture reader, Vinny Ashton.

Coming Up...

SUNDAY, MARCH 3

Speaker series (lounge) @ 9am
Worship @ 10:30am
Rental—Erica Schultz (sanctuary) @ 3pm

MONDAY, MARCH 4

Rental—AFG (lounge) @ 7pm
Rental—Prairie Voices (sanctuary) @ 6:30pm

TUESDAY, MARCH 5

Bible study (lounge) @ 9:30am
Organ lessons (sanctuary) @ 10am
Worship meeting (lounge) @ 10:45am
Rental—Prairie Voices (sanctuary) @ 6:30pm
P&A meeting (board room) @ 7:30pm

WEDNESDAY, MARCH 6

Organ lessons (sanctuary) @ 1:30pm
Rental—River City Sound (auditorium) @ 7pm
Rental—Joy Cooper (lounge) @ 7pm

THURSDAY, MARCH 7

RHS yoga (lounge) @ 10am
Handbell choir (lounge) @ 6pm
Choir (sanctuary) @ 7:30pm

FRIDAY, MARCH 8

Rental—Prairie Voices (sanctuary) @ 6:30pm

SATURDAY, MARCH 9

Rental—Katy (sanctuary) @ 10am
Rental—Prairie Voices (sanctuary) @ 5pm

SUNDAY, MARCH 10

Worship @ 10:30am
Rental—Pembina Trails Voices (sanctuary) @ 1pm

MONDAY, MARCH 11

Rental—AFG (lounge) @ 7pm

TUESDAY, MARCH 12

Bible study (lounge) @ 9:30am
Organ lessons (sanctuary) @ 10am
Winnipeg Minister's gathering (lounge) @ 1pm

WEDNESDAY, MARCH 13

Organ lessons (sanctuary) @ 1:30pm
Rental—River City Sound (auditorium) @ 7pm

THURSDAY, MARCH 14

RHS yoga (lounge) @ 10am
Handbell choir (lounge) @ 6pm
Choir (sanctuary) @ 7:30pm

More Announcements

Alan Lai is the Principal of the Centre for Christian Studies in Winnipeg. He is an ordained United Church minister who was born and raised in Hong Kong. Alan came to Canada when he was 19. He holds a theological degree from Saskatoon Theological Union and a doctorate from Columbia University. He taught formerly at the Vancouver School of Theology and Wilfrid Laurier University. Alan is passionate about intercultural teaching and learning, and he publishes in the field of Jewish-Christian relations, Asian North American cultures, and religious education. In his spare time, Alan plays piano and enjoys doing photography.

Thank you to everyone who helped with set up, clean up and those who arranged the food for the AGM. We appreciate your help in making it a success!

Knitters are needed for the baptismal blankets that we gift to children to be baptized. Contact the church office if you are willing to do this.

YOUR GIFTS MATTER.

Get the benefits of a Tax Receipt for your Donation! Let us know who you are and sign up for PAR. Pre-authorized remittances throughout the year make it easy to donate to the United Church.

Donations are always accepted either through your weekly giving envelopes, the weekly worship offering, through E-transfer by contacting Bill Craddock, our Treasurer at 204-488-1130 just leave a message on the phone and Bill will return it, or can be dropped off at any time through the church office.

Check out our website for more information and forms. The church is very grateful for any and all donations. Thank you so much.



In a generous act of hospitality, God invites us into ministry. How shall we then respond?

Oak Table-1JustCity is collecting individual tuna/meat cans, hearty soups, stews, beans etc. for individual use. Pull-top cans are useful. Warm jackets, sweaters, boots, etc. are appreciated. Please bring your donations to the church and we can drop them off for you. We thank you for your generosity.

Got any loose change? The Coin Canister is at the back of the church. Drop-in spare coins for Oak Table-1JustCity for their needs for food for their breakfast program.

Scripture Readings for next week:

Numbers 21:4–9
Psalm 107:1–3, 17–22
Ephesians 2:1–10
*John 3:14–21
* this reading is the preaching text

