



**Sunday, March 17, 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 Good Prophets, Pages 59-756.

#### **Holy Week Services**

Palm Sunday, March 24 at 10:30 am

Maundy Thursday at St. Andrew's with Westworth, March 28 at 6:15pm

Good Friday at Westworth, March 29 at 10:30am

Easter Sunday Communion, March 31 from 10:00am-10:15am

Easter Sunday Lessons & Carols, March 31 at 10:30 am

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 5 PIE Day

GATHERING MUSIC: *Communion* Cesar Franck

WELCOME & WORK OF THE CHURCH

TERRITORY ACKNOWLEDGEMENT: *(PIE Day Resources written by Rev. Tori Mulin)*

**We proudly and lovingly acknowledge the land and territory that we stand and pray on as a faith community here at St. Andrew's River Heights United Church. We acknowledge and pray for the peoples, ancestors, and presence of the Indigenous peoples of Treaty 1 land, the traditional territory of the Anishinaabe, Cree, Oji-Cree, and Dakota peoples and in the heart of the Metis Nation. We acknowledge the Inuit and all peoples of this great land of Turtle Island and their ancestors and all seven generations before and after us in this place, this church, and this country of Canada. Thanks be to God for all creation.**

INVITATION TO WORSHIP

HYMN: **MV138** *My Love Colours Outside the Lines*

LIGHTING OF THE CHRIST/AFFIRM CANDLES

OPENING PRAYER

CHILDREN'S TIME

HYMN: **VU113** *To the Desert Jesus Came* vs. 1, 2 & 3

PRAYER OF CONFESSION & ASSURANCE:

**O God who knows us in our weakness  
and befriends us in our chaos,  
free us from hate and fear;  
turn our pain and anger into tools of healing;  
open the door to reconciliation  
and restitution of right relationships  
in all our relationships.  
Forgive us when we have wronged another  
and help us to walk in your ways.**

ANTHEM: *All Of Who I Am* (words and music, Amanda Udis-Kessler; arr. Thomas Burton)

Something I'm learning day after day,  
Something that steadies my feet on the way,  
Is the truth that my life brought me right  
To the place I am now, though I don't know how,  
There is not a doubt:  
Nothing is wasted, nothing is lost.  
All that I went through, whatever the cost,  
I can use on the road to the person I'm trying to be.  
None of it came free, but all of it is me.

*Refrain:*

All of who I am is beautiful and strong,  
As I come to know that all of me belongs.  
My best and my worst, the ways that I've grown,  
The struggles I've faced, the joy that I've known.  
There is a blessing I'm trying to understand.  
It's been there since my life began.  
I will find it in all of who I am.

Some of my kindness comes from my pain,  
 Sorrow and tenderness join once again  
 In a spirit of gentle compassion that helps me accept  
 Every last regret let's me move ahead.  
 Days on the journey, years on the path,  
 Wisdom unbounding whenever I ask  
 And I've come to believe that whatever I need I  
 will find,  
 Every single time, Love will be my guide.

*Refrain*

SCRIPTURE READING: Hebrews 12:1-3 read by Peter Brehaut  
 This is the Word of the Lord. **Thanks be to God.**

SERMON: Alan Lai

HYMN: **VU598** *When Pain of the World*

PRAYERS OF THE PEOPLE

THE LORD'S PRAYER: **VU916** *A Paraphrase*  
**Eternal Spirit,**  
**Earth-maker, Pain-bearer, Life-giver,**  
**Source of all that is and that shall be.**  
**Father and Mother of us all,**  
**Loving God, in whom is heaven:**  
**The hallowing of your name echo**  
**through the universe!**  
**The way of your justice be followed**  
**by peoples of the world!**  
**Your heavenly will be done**  
**by all created beings!**  
**Your commonwealth of peace and freedom**  
**sustain our hope and come on earth.**  
**With the bread we need for today, feed us.**  
**In the hurts we absorb from one another, forgive us.**  
**In times of temptation and test, strengthen us.**  
**From trials too great to endure, spare us.**  
**From the grip of all that is evil, free us.**  
**For you reign in the glory of the power that is love,**  
**now and forever. Amen.**

OFFERING/OFFERTORY: **VU113** *To the Desert Jesus Came* vs. 4

♪ **From the ashes to the hill,**  
**we'll travel on our Lenten road.**  
**Hand in hand we'll cross this sand,**  
**and share each other's heavy load.**  
**Together through the valley,**  
**we'll watch the changing sky.**  
**Together through the valley,**  
**as Easter's dawn draws nigh. ♪**

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: *Sortie* Cesar Franck

Music Note

Today's anthem is a song written by Amanda Udis-Kessler "a hymnwriter, songwriter, composer, and writer who specializes in music and lyrics for liberal/progressive religious people and communities, including inclusive, social justice-minded Christians, Unitarian Universalists, and other open-hearted religious traditions." Her music, and more information about her, is found at [queersacred-music.com](http://queersacred-music.com).

A Message from your Council

At the Annual Meeting held on February 25, seven nominees were elected to Council. There were nine Council positions available to be filled, and as provided by our Governance Statement, Council has appointed Lisa Richards and Heather Ragot to fill the two vacancies. As a result, the 2024 Council consists of Rob Siddall (Chair), Karen Lumley, Bill Craddock, Glenn Neufeld, Michael Duncan, Leigh Harris-Carlson, John Barber, Lisa Richards and Heather Ragot.

ST. ANDREW'S CONTACT LIST

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 and our scripture reader, Peter Brehaut. Thank you to our guest speaker today, Alan Lai.

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

## 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.

**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".

**Wednesday, March 20<sup>th</sup>**, St. Andrew's is facilitating worship at The Wellington. If someone musical can come and help lead the singing, please contact Rev. Karen Lumley.

**If you would like** to subscribe or renew your subscription to the Broadview Magazine, please contact the church office by Monday, April 5, 2024. Please make your cheque for \$30.00 payable to St. Andrew's River Heights United Church.

### **Scripture Readings for next week:**

*Liturgy of the Palms*  
Psalm 118:1–2, 19–29  
Mark 11:1–11  
or John 12:12–16

*Liturgy of the Passion*  
Isaiah 50:4–9a  
Psalm 31:9–16  
Philippians 2:5–11  
\*Mark 14:1–15:47  
or Mark 15:1–39, (40–47)  
\* this reading is the preaching text

## **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?

### **Coming Up...**

#### **SUNDAY, MARCH 17**

Worship @ 10:30am

**PIE Day event after worship**

*Rental—The Winnipeg Music Festival (sanctuary) @ 1pm*

#### **MONDAY, MARCH 18**

*Rental—AFG (lounge) @ 7pm*

#### **TUESDAY, MARCH 19**

Bible study (lounge) @ 9:30am

*Organ lessons (sanctuary) @ 10am*

**Worship meeting (lounge) @ 10:45am**

*RHS yoga (lounge) @ 2:30pm*

**Council meeting (board room) @ 7:30pm**

#### **WEDNESDAY, MARCH 20**

*Organ lessons (sanctuary) @ 1:30pm*

*Rental—River City Sound (auditorium) @ 7pm*

#### **THURSDAY, MARCH 21**

Handbell choir (lounge) @ 6pm

Choir (sanctuary) @ 7:30pm

