



Sunday, March 9, 2025



Lent is a time of reflection, contemplation, and preparation for what is to come. Lent begins with Ash Wednesday, March 5 and lasts until Easter, April 20. This year we are looking at Lent through the eyes of The Covenants God made. The First Sunday of Lent we reflect on God's Covenant of Promise.

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.

This Lent discover the power of gratitude. *"Gratitude turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity... It makes sense of our past, brings peace for today, and creates a vision for tomorrow."* Melody Beattie. As a faith community and people of faith, we have much to be grateful for. Join us in reflecting in a Gratitude Journal that you keep for a month, responding to questions and reflections. Either join online or pick up a copy at the back of the church. Each day, reflect on gratitude. Begin March 1, Ash Wednesday, or whenever you like.

Upcoming Services

- Sunday, March 16 – Lent 2, Rev. Irene Greenwood is preaching
- Sunday, March 23 - Baptism

Make sure to subscribe to our weekly Online newsletter 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.

PIE Day/Lent 1

GATHERING MUSIC: *On Eagle's wings* arr.
Robert Hobby

WELCOME & WORK OF THE CHURCH

CENTERING WORDS

INVITATION TO WORSHIP: *Gathering Resources for Worship, 2025, written by Wanda Winfield, Tupperville, Ont.*

Come to this place to continue your Lenten journey.

We have come with our temptations and our laments.

Come to this place to understand what God is calling you to let go of.

We come as forgiven people, ready to forgive others.

Come to this place to find and accept the abundance and extravagance of God's love and God's grace. **We come to worship**

HYMN: **VU112** *O God, How We Have Wandered*

LENTEN CANDLE LITURGY: *Gathering Resource for Worship, 2025, written by Christine Jerrett, Inwood, Ontario*

Read by Izzy Dyck

PRAYER:

God of Promise, we pray today in celebration of your grace-filled action in our lives. We celebrate the gift that is Jesus, and through Jesus, your covenant of promise. Focus us so we may be forever present on this journey of faith we take with Jesus to Jerusalem. Open us to your light of wisdom. Open us to a faith restored and renewed by the symbols that present themselves to us along this faith-filled journey. Amen.

CHILDREN'S TIME

HYMN: **VU808** *On Eagles Wings*

PRAYER OF CONFESSION: *Worship for All Ages, compiled by Marilyn Perry, written by Kelowna United Church for Worship*

Forgive us and help us change our ways.

WORDS OF ASSURANCE:

Hear the good news. God's love never ends.

We are a forgiven people. Thanks be to God.

ANTHEM: *Camina Conmigo (Walk With Me)* (text and music, Pax Ressler)

Walk with me past borders and walls,
Beyond our limited view, walk with me.

Walk with me through stumbles and falls,
Through fear and work yet to do, walk with me.

Camina conmigo, will you walk with me?

Toma mi mano, hold my hand, my friend.

Quedate conmigo, stay with me until

El fin del viaje, walk with me til journey's end.

Walk with me to justice for all,

Toward goodwill overdue, walk with me.

Walk with me, in safety and peace,

In God, who makes all things new, walk with me.

Camina conmigo, will you walk with me?

Toma mi mano, hold my hand, my friend.

Quedate conmigo, stay with me until

El fin del viaje, walk with me til journey's end.

Walk with me, walk with me.

SCRIPTURE READING: Deuteronomy 26:1-11
read by Rita Swan

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

SERMON

ANTHEM: *Tear Down the Wall* (text and music, Pax Ressler)

Tear down the wall! Tear down the wall

And build a table that's big enough for all!

Come and be fed, come and be fed!

Give thanks for love and joy in breaking bread.

We join the table now, all people near and far.

In fullness and in love, we gather as we are.

We gather hand in hand to do the work of peace.

Joy brings us here and now to make oppression cease.

THE SACRAMENT OF HOLY COMMUNION
Communion Setting A VU932/933

May God be with you.

And also with you.

Lift up your hearts.

We lift them up to God.

Let us give thanks to God most holy.

It is right to give God thanks and praise

Blessed are you ...

...and bless your name:

♪ Holy, holy, holy Lord, God of power and might,
 Heav'n and earth are full of your glory.
 Hosanna in the highest, hosanna in the highest.
 Blessed is he who comes in the name of the Lord.
 Hosanna in the highest, hosanna in the highest. ♪

In his last hours..
 ...we proclaim the mystery of faith:
Christ has died. Christ is risen. Christ will come again.
 At this time ...
 ...we now pray to God,

THE PRAYER OF JESUS

Send, O God ...
 ...now and forever.
 ♪ Amen, amen, amen, amen. ♪

SHARING OF THE BREAD AND CUP

PRAYER AFTER COMMUNION:
Life-giving God,
we give you thanks for the gift of Jesus' presence in the simplicity and splendour of this holy meal. Unite us with all who are fed by the life of Christ that we may faithfully proclaim the Good News of your love and that your church may be a rainbow of hope in an uncertain world; through Jesus Christ our Redeemer.

OFFERING/OFFERTORY: *My song is love unknown* arr. Michael Burkhardt

OFFERING/OFFERTORY SUNG RESPONSE:
VU116 Giver of the Perfect Gift vs. 4
 ♪ Oh, may these our Lenten days,
 blest by thee, with thee be passed,
 that with purer, nobler praise
 we may keep thy feast at last. ♪

OFFERTORY PRAYER

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, Rita Swan. Thank you to our candle reader, Izzy Dyck, and to our communion co-leader Roberta Popoff.

Clergy	Rev. Karen Lumley	klumley@standrewsriverheights.com
Choir Director	Katy Harmer	music@standrewsriverheights.com
Organist	Wes Elias	weselias.mail@gmail.com
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

BLESSING

BENEDICTION: **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. ♪

POSTLUDE: *Fugue in E minor* Nikolaus Bruhns

Music Note

Today's two choir songs are composed by Pax Ressler, a transfeminine composer, performer, and musician from Philadelphia. They have composed a wide variety of music for theatre, church, and community settings. Pax describes *Camina Conmigo* as "an intersectional song about solidarity and accompaniment." These two hymns were written in 2014 and 2016, yet the messages feel timely and needed today, especially when our trans siblings in the United States need our support and solidarity.

Announcements

Bible Study is on Wednesdays at 9:30am in the lounge. We will be studying "Sacred, Reflections on Music and Faith". We will be reflecting on Week One: Something Awesome, pg. 1-9.

Outreach Group Speaker Series on Sunday, March 16, 9-9:45 am in the church lounge. With a representative from the *Good Evening Al-Anon Family Group* (AFG). * Al-Anon Family Group helps families of alcoholics. Did you know the Good Evening AFG has been meeting every Monday evening at the church for over 30 years? Homemade muffins and coffee/tea will be available.

Outreach Group Speaker Series

on Sunday, March 30, 9-9:45 am. Come and hear about Bell Tower with Linda Williams, one of the co-founders with Michael Redhead. They had been at the funeral of one of their youths and realized the community had to do something to help one another. It was up to them. So, Meet Me at the Bell Tower on Selkirk Ave was created. Now 14 years later, Linda will share about creating a community of Love in partnership with the Bear Clan and other initiatives. Meet with us in the lounge; there will be muffins and coffee. Bring a friend!

If you would like to subscribe or renew your subscription to the Broadview Magazine, please contact the church office by Tuesday, April 1, 2025. Please make your cheque for \$30.00 payable to St. Andrew's River Heights United Church. You are also welcome to pay via e-Transfer. *Broadview* is an independent Canadian magazine featuring award-winning coverage.

1JustCityOak Table Tour, located at 444 River Avenue in Osborne Village, on Friday, April 4th at 9:00 am. Meet at the church at 8:20 am and leave at 8:30 am to carpool. Please sign up to attend. If you can drive how many people can you take in your car? St. Andrew's helped to pilot this Breakfast Program and financially donated money for this. Come and see it in action.

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 **no later than Monday, April 14th, 2025**. Any donation to the Memorial Flowers Fund will be included in your yearly income tax receipt. Forms can be found in the narthex.

The Outreach group is collecting socks to donate to 1Just City. Please bring new warm adult socks. There will be a box located at the back of the church. We will continue to collect socks throughout the winter. This is one of the greatest needs for those who experience poverty or homelessness. Thank you for supporting our relatives who are less fortunate and need our help. We have collected 375 pairs of socks!! Can we do 400?

If anyone is interested in transferring their membership, let the office know. A celebration of the new transfers will be a service in March or April.

The Fellowship Group hosts coffee time after church most Sundays but needs assistance. On the first Sunday of every month, a volunteer is needed to prepare the coffee time. If you are available, please sign up. Thank you very much.

Walks on Tuesdays with West-

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?

worth continue every week at 1pm. If you would like to be informed about the routes of these walks and would like to have your email provided to the organizers, please let the church office know.

Coming Up...

SUNDAY, MARCH 9

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

Rental—Erica Schultz (sanctuary) @ 5:15pm

MONDAY, MARCH 10

Rental—AFG (lounge) @ 7pm

TUESDAY, MARCH 11

Rental—Lil Opera (sanctuary) @

WEDNESDAY, MARCH 12

Bible study (lounge) @ 9:30am

Rental—Lil Opera (sanctuary) @

