

# Lent 5

Sunday, March 22, 2026



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 time of reflection, rest, penitence, 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 as 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.

## AGM Follow-up

At the AGM, a vote was held to increase the number of trustees from 3 to 5.

Trustees hold the title to the church and land.

Church and land cannot be sold or encumbered without their approval.

In the event of a church closing, they would, using lawyers, at the direction of UCC, and sell the property for the UCC.

## The following are now the Trustees:

Gord Shawcross  
Ellen Bruneau  
John Barber

Rev. Karen Lumley  
Diane Bewell  
Bill Muir

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

GATHERING MUSIC: *Largo e spiccato* (from Concerto in D minor, based on Vivaldi) J.S. Bach  
*Prelude in D minor* - J.S. Bach

WELCOME & WORK OF THE CHURCH

A MINUTE FOR COUNCIL - Fred Cross

CENTERING WORDS

INVITATION TO WORSHIP: *The Abingdon Worship Annual, 2026, ed., by Mary Scifres and B.J. Beu, Lent 5.*

Everything seems dead. **There is no life anywhere.**

Our hopes have perished. **We see no future.**  
Send the power of your spirit upon us. **Breathe new life into us.**

We wait for your transforming love. **We hope. We wait. We trust.**

HYMN: **VU111** *As the Sun with Longer Journey*

LENTEN CANDLE LITURGY: CANDLE OF HEALTH

**VU108** *Throughout These Lenten Days and Nights vs. 1*

♪ **Throughout these Lenten days and nights we turn to walk the inward way, where, meeting Christ our, guide and light, we live in hope till Easter Day.** ♪

PRAYER

CHILDREN'S TIME

HYMN: **MV17** *God in the Darkness*

PRAYER OF CONFESSION: *The Abingdon Worship Annual, 2026, ed., by Mary Scifres and B.J. Beu, Lent 5.*

**We cry to you, O God.**

**It is so easy to be overwhelmed with all that is going on.**

**It is so hard to see any hope.**

**Everywhere we look, we see struggle and loss.**

**We feel we have failed.**

**But where we see death, you breathe new life.**

**Where we see failure, your forgiving love changes everything.**

WORDS OF ASSURANCE

ANTHEM: *Surely, He Hath Borne Our Grievs* (Isaiah 53:4-5, text; G.F. Handel, music, from

"Messiah")

Surely, he hath borne our griefs

And carried our sorrows:

He was wounded for our transgressions,

He was bruised for our iniquities:

The chastisement of our peace was upon him.

SCRIPTURE READINGS:

A Dramatic Reading: Ezekiel 37:1-14

SOLO: Susanne Reimer – *Heaven of Freedom* (Rabindranath Tagore, text; Gwyneth Walker, music)

Where the mind is without fear,  
and the head is held high;

Where knowledge is free;

Where the world has not been broken up into  
Fragments by narrow domestic walls;

Where words come out from the depths of truth;

Where tireless striving stretches  
its arms toward perfection;

Where the clear stream of reason  
has not lost its way

Into the dreary desert sand of dead habit;

Where the mind is led forward by thee into action,  
Into ever widening thought and action...

Into that heaven of freedom let my country awake.

Where the mind is without fear,  
and the head is held high;

Where words are spoken in truth;

Into that heaven of freedom, my Father,  
Let my country awake!

A Dramatic Reading: John 11:17-43

SERMON

HYMN: **VU581** *When We Are Living*

PRAYERS OF THE PEOPLE:

Sometimes there seems to be no hope.

♪ **Send your peace on our world, God, you, the creator of peace.**

**Our hearts fill with peace, God.**

**You are the source of healing peace.** ♪

THE LORD'S PRAYER: See insert (*music by Shauna Sperry*)

♪ **Our Father, in heaven, hallowed be your name.**

**Your kingdom come, your will be done,  
On earth as it is in heav'n.**

**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  
pow'r,  
And the glory forever. Amen. ♪**

OFFERING/OFFERTORY: *Andantino* Charles Tournemire

OFFERTORY PRAYER

BLESSING

BENEDICTION: **VU108** *Throughout These Lenten Days and Nights vs. 5*

♪ **So let us choose the path of One  
who wore, for us, the crown of thorn,  
and slept in death that we might wake  
to life on Resurrection Morn! ♪**

POSTLUDE: *Meditation on 'As the Sun with longer Journey'* (Picardy) Leo Sowerby

**Music Note**

Susanne's solo is taken from a set of pieces by American composer Gwyneth Walker, called "Tagore: Songs of Heaven and Sky." Walker uses texts by Rabindranath Tagore (1861-1941), who was a Bengali poet, philosopher, novelist, playwright, social reformer, and composer. In 1913, he was the first Asian person to win a Nobel Prize and the first non-European person to win the Nobel Prize in Literature. Tagore was known as the "Bard of Bengal" and was a very influential cultural icon.

**Announcements**

**The children** have been making crosses during the Season of Lent which are on the Communion Table for everyone to see. Easter Sunday they will be available for any who would like one.

**Can you spare a few hours** or an afternoon for a visit with Greg Fearn, who fell and is recuperating at home? This will enable Linda to run and do some errands or whatever she needs to do. Email Linda at [linfearn2@gmail.com](mailto:linfearn2@gmail.com)

**Remember in prayer:**

- Diane Bewell, who fell and is out of hospital at Deer Lodge for Rehab.
- Maggie Ragout, who was in the hospital last week, is recuperating at home.
- Charlotte Lindsay, who was in a car accident this past week, is recuperating at home.

**Bible Study** is on Wednesdays at 9:30am in the lounge. This week, we will be studying Matthew 21:1-11. All are welcome!

**Board Games Night: Sunday, March 22nd**

Everyone in their 20s-40s is welcome for Board Game Night, 7:00 on March 22 in the Lounge! See you there! See Katy for more info.

**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 soloist, Susanne Reimer.

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

## Announcements

**If you would like to subscribe or renew** your subscription to the Broadview Magazine, please contact the church office by Friday, April 3, 2026. 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.

## **Holy Week Services**

- Palm Sunday, March 28, at 10:30 am
- Maundy Thursday at St. Andrew's River Heights United Church with Westworth, April 2 at 6:15pm
- Good Friday at Westworth United Church with Westworth at April 3 at 10:30am
- Easter Sunday Communion, April 5 from 10:00am-10:15am
- Easter Sunday Lessons & Carols, April 5 at 10:30 am

**On Thursday, April 9<sup>th</sup>** at 11:00 Rev. Patricia Baker is facilitating the service at the Boulton. Patricia currently is not ministering at any pastoral charge. She is in formal association with us at St. Andrew's Community of Faith. If anyone would be willing to play the piano, help with the singing and be present for the service, please let Rev. Karen Lumley or the office know.

**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, March 30th, 2026**. Any donation to the Memorial Flowers Fund will be included in your yearly income tax receipt. Forms can be found on our website or in the narthex.

There are small posters for you to pick up at the back of the church to remind you what is recyclable in the collection boxes.

### Coming Up...

#### **SUNDAY, MARCH 22**

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

Board game night (lounge) @ 7pm

#### **MONDAY, MARCH 23**

*RHS Daycare (lounge) @ 8am*

Scouts (auditorium) @ 6pm

*Rental—AFG (lounge) @ 7pm*

#### **WEDNESDAY, MARCH 25**

Bible study (lounge) @ 9:30am

*Rental—River City Sound*

*(auditorium) @ 5:15pm*

*Rental—Joy Cooper (lounge) @ 6pm*

#### **THURSDAY, MARCH 26**

Handbell choir practice (lounge) @ 6pm

Choir practice (sanctuary) @ 7:30pm

#### **SATURDAY, MARCH 28**

*Rental—Danny Carroll setup*

*(sanctuary) @ 10:30am*

## **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.

*Rental—Danny Carroll Concert (sanctuary) @ 7:30pm*

#### **SUNDAY, MARCH 29**

**Palm Sunday**

#### **MONDAY, MARCH 30**

Scouts (auditorium) @ 6pm

*Rental—AFG (lounge) @ 7pm*

#### **WEDNESDAY, APRIL 1**

Bible study (lounge) @ 9:30am

*Rental—River City Sound*

*(auditorium) @ 5:15pm*

*Rental—Joy Cooper (lounge) @ 6pm*

#### **THURSDAY, APRIL 2**

**Joint Maundy Thursday Service (sanctuary) @ 6:15pm**

Choir practice (sanctuary) @ 7:30pm

#### **FRIDAY, APRIL 3**

**Joint Good Friday Service @ Westworth United Church @ 10:30am**

Choir practice (sanctuary) @ 7:30pm

#### **SUNDAY, APRIL 5**