



# St. Mary the Virgin Anglican Church

*The First Sunday in Lent, February 22, 2026*

**Freedom Sunday**

“This is my beloved Son, with whom I am well pleased;  
listen to him. *Matthew 17.5*

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## **Welcome**

*We are delighted that you have joined us for worship.*

*The Parish of St. Mary the Virgin is a member of the Diocese of British Columbia and the Anglican Church of Canada. We are an inclusive and welcoming parish: the sacraments of the church (baptism, communion and marriage) are available to all people on equal terms. Christ welcomes you, and so do we. As a parish we acknowledge with gratitude that we live, work and play on the traditional lands of the Lekwungen peoples. We commit ourselves, as a settler church and people, to continue with our First Nations hosts on the journey of truth-telling, healing, and reconciliation.*

**The Collection Plate** *has been placed at the back of the church for use as you arrive. It will be moved to the front of the church during the Offertory hymn and placed in a location where you may place your gifts as you come to receive Communion. Please also consider one of the other available means of giving regularly: electronic donations on our website via CanadaHelps, or monthly direct debit donations via the PAR (Pre-Authorized Remittance program - details are available in a brochure at the entrance, or on the website: [www.stmarysoakbay.ca/donate](http://www.stmarysoakbay.ca/donate)).*

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## **Flower Dedications**

*At St Mary's it is our tradition to refrain from displaying memorial flowers during Lent and Advent. If you would like to schedule a memorial arrangement at the next opportunity, contact Anne Underhill, 250-370-5027*

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## 10:00am Service

Minister of Welcome:	Scott MacKenzie	Organ:	Marianne Robinson
Presider & Preacher:	The Venerable Craig Hiebert	Music:	St. Mary Singers
Lay Eucharistic Ministers:	John McCann, Tony Barlow	Livestream:	Gillian Barlow

*Please note that this service is being broadcast live on the Internet. By attending in person, you are acknowledging and consent to the fact that the video images of you may appear online.*

*In the service order, words set in **bold italic type** are said by the congregation.*

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## THE COMMUNITY GATHERS BEFORE GOD

### WELCOME

### PRELUDE

### PROCESSION AND CALL TO CONFESSION

*The congregation stands as the Choir & Clergy enter.*

*Note: Especially during Lent, but also at other times of the year, we say or sing the prayer 'Lord, have mercy. Christ, have mercy. Lord, have mercy'—or in its most ancient Greek form, 'Kyrie eleison' (pronounced **key-ree-ay-el-lay-ee-zon**). This prayer is a recurring theme in both the Old and New Testaments of the Bible, which expresses our confidence in a merciful and transforming God.*

Eternal Spirit, Living God, you know the secrets of our hearts.

Cantor:                      Congregation:



Ky - ri - e: **ky - ri - e e - le - i - son.**

We recognize our brokenness.

Cantor:                      Congregation:



Chri - ste:      **Chri - ste e - lei - i - son.**

We trust in your merciful love.

*Cantor:* *Congregation:*



Ky - ri - e: ky - ri - e e - le - i - son.

### CONFESSON AND ASSURANCE OF PARDON

*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.*

### TRISAGION

(707)

*Repeated three times.*



Ho - ly God, ho - ly and migh - ty,  
ho - ly im - mor - tal one, have mer - cy up - on us.

*The Presider reminds us of God's healing and forgiveness*

### CENTRING STILLNESS

*Silence is kept.*

### COLLECT OF THE DAY

Heavenly Father, *your Son battled with the powers of darkness and grew closer to you in the desert: help us to use these days to grow in wisdom and prayer, so that we may witness to your saving love in Jesus Christ our Lord. Amen.*

Common Worship: Additional Collects (2004) alt.

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## THE STORY OF FAITH IS PROCLAIMED

### READING FROM THE HEBREW SCRIPTURES

Genesis 2. 15-17, 3. 1-7, Pauline Samoszynski

<sup>15</sup>The Lord God took the man and put him in the garden of Eden to till it and keep it. <sup>16</sup>And the Lord God commanded the man, “You may freely eat of every tree of the garden, <sup>17</sup>but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die.”

<sup>1</sup>Now the serpent was more crafty than any other wild animal that the Lord God had made. He said to the woman, “Did God say, ‘You shall not eat from any tree in the garden?’” <sup>2</sup>The woman said to the serpent, “We may eat of the fruit of the trees in the garden, <sup>3</sup>but God said, ‘You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die.’” <sup>4</sup>But the serpent said to the woman, “You will not die, <sup>5</sup>for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.” <sup>6</sup>So when the woman saw that the tree was good for food and that it was a delight to the eyes and that the tree was to be desired to make one wise, she took of its fruit and ate, and she also gave some to her husband, who was with her, and he ate. <sup>7</sup>Then the eyes of both were opened, and they knew that they were naked, and they sewed fig leaves together and made loincloths for themselves.

Holy word, holy wisdom.

***Thanks be to God.***

### PSALM 32

Happy are they whose transgressions are forgiven,  
and whose sin is put away!

***Happy are they to whom the Lord imputes no guilt,  
and in whose spirit there is no guile!***

While I held my tongue, my bones withered away,  
because of my groaning all day long.

***For your hand was heavy upon me day and night;  
my moisture was dried up as in the heat of summer.***

Then I acknowledged my sin to you,  
and did not conceal my guilt.

I said, "I will confess my transgressions to the Lord."

Then you forgave me the guilt of my sin.

***Therefore all the faithful***

***will make their prayers to you in time of trouble;  
when the great waters overflow,  
they shall not reach them.***

You are my hiding-place;

you preserve me from trouble;

you surround me with shouts of deliverance.

***"I will instruct you and teach you in the way that you should go;***

***I will guide you with my eye.***

Do not be like horse or mule, which have no understanding;

who must be fitted with bit and bridle,

or else they will not stay near you."

***Great are the tribulations of the wicked;***

***but mercy embraces those who trust in the Lord.***

Be glad, you righteous, and rejoice in the Lord;

shout for joy, all who are true of heart.

Glory to the Father, and to the Son, and to the Holy Spirit.

***As it was in the beginning, is now, and will be forever. Amen.***

**READING FROM THE NEW TESTAMENT LETTERS**

Romans 5. 12-19, Sherry Armstrong

<sup>12</sup>Therefore, just as sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned—<sup>13</sup>for sin was indeed in the world before the law, but sin is not reckoned when there is no law. <sup>14</sup>Yet death reigned from Adam to Moses, even over those who did not sin in the likeness of Adam, who is a pattern of the one who was to come.

<sup>15</sup>But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the gift in the grace of the one man, Jesus Christ, abounded for the many. <sup>16</sup>And the gift is not like the effect of the one man's sin. For the judgment following one trespass brought condemnation, but the gift following many

trespasses brings justification. <sup>17</sup> If, because of the one man's trespass, death reigned through that one, much more surely will those who receive the abundance of grace and the gift of righteousness reign in life through the one man, Jesus Christ.

<sup>18</sup> Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. <sup>19</sup> For just as through the one man's disobedience the many were made sinners, so through the one man's obedience the many will be made righteous.

Hear what the Spirit is saying to the Church.

***Thanks be to God.***

**GOSPEL HYMN**

*Tree of Life and Awesome Mystery (179)*

1. Tree of Life and awesome mystery,  
in your death we are reborn;  
though you die in all of history,  
still you rise with every morn,  
still you rise with every morn.
2. Seed that dies to rise in glory,  
may we see ourselves in you;  
if we learn to live your story  
we may die to rise anew,  
we may die to rise anew.
3. We remember truth once spoken,  
love passed on through act and word;  
every person lost and broken  
wears the body of our Lord,  
wears the body of our Lord.
4. Gentle Jesus, mighty Spirit,  
come inflame our hearts anew.  
We may all your joy inherit  
if we bear the cross with you,  
if we bear the cross with you.
5. Christ, you lead and we shall follow,  
stumbling though our steps may be;  
one with you in joy and sorrow,  
we the river, you the sea,  
we the river, you the sea.
6. From the dawning of creation  
you have loved us as your own;  
stay with us through all temptation,  
make us turn to you alone  
make us turn to you alone.

**GOSPEL**

Matthew 4. 1-11

*Before the Gospel is read, the reader says:*

God is with you.

***And also with you.***

The Good News of Jesus according to Matthew.

***Glory to you, Lord Jesus Christ.***

<sup>1</sup>Then Jesus was led up by the Spirit into the wilderness to be tested by the devil. <sup>2</sup>He fasted forty days and forty nights, and afterward he was famished. <sup>3</sup>The tempter came and said to him, “If you are the Son of God, command these stones to become loaves of bread.” <sup>4</sup>But he answered, “It is written,

‘One does not live by bread alone,  
but by every word that comes from the mouth of God.’”

<sup>5</sup>Then the devil took him to the holy city and placed him on the pinnacle of the temple,

<sup>6</sup>saying to him, “If you are the Son of God, throw yourself down, for it is written,

‘He will command his angels concerning you,’  
and ‘On their hands they will bear you up,  
so that you will not dash your foot against a stone.’”

<sup>7</sup>Jesus said to him, “Again it is written, ‘Do not put the Lord your God to the test.’”

<sup>8</sup>Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their glory, <sup>9</sup>and he said to him, “All these I will give you, if you will fall down and worship me.” <sup>10</sup>Then Jesus said to him, “Away with you, Satan! for it is written,

‘Worship the Lord your God,  
and serve only him.’”

<sup>11</sup>Then the devil left him, and suddenly angels came and waited on him.

The Gospel of Christ

*Praise to you, Lord Jesus Christ.*

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## **RESPONDING TO THE WORD**

### **SERMON**

### **ANTHEM**

*Lord, For Thy Tender Mercy's Sake, Hilton/Farrant*

### **AFFIRMING OUR FAITH**

The Apostles' Creed

*I believe in God, the Father almighty, creator of heaven and earth.*

*I believe in Jesus Christ, his only Son, our Lord.*

*He was conceived by the power of the Holy Spirit and born of the Virgin Mary.*

*He suffered under Pontius Pilate, was crucified, died, and was buried.*

*He descended to the dead.*

***On the third day he rose again.***

***He ascended into heaven, and is seated at the right hand of the Father.***

***He will come again to judge the living and the dead.***

***I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, (+) the resurrection of the body, and the life everlasting. Amen.***

## **PRAYERS FOR OURSELVES AND THE WORLD**

Bob Gill

*The congregation stands, sits, or kneels.*

Lord, lead us from temptation  
***and deliver us from evil.***

*In your prayers this week remember the following: Those in need of healing and care, including Billy, Brianna, Chelsea, Colin, Frances, Joan, Muriel and Tara. In our diocese of islands and inlets pray for Anna, our Bishop; John, our Metropolitan; Chris, our National Indigenous Anglican Archbishop; and Shane, our Primate; and for the Parish of St Andrew, Sidney and their clergy, Kelly Duncan. In our province, pray for Bishop David Lehmann and the Diocese of Caledonia; and in the Anglican Communion pray for the Church of Ireland.*

**A Note About Our Prayer Ministry:** *If you wish to request prayers for yourself or for someone else, please send the information to the office: [admin@stmarysoakbay.ca](mailto:admin@stmarysoakbay.ca). Requests received by end of day Wednesdays will be included in the leaflet for the following Sunday and for three weeks following. Prayers will also be included by the members of the Angel Wings Prayer Team. A new request may be made if you wish specific prayers to be continued. We require only a first name, but it is helpful if an area of need is included, eg, in need of prayer; sickness; awaiting surgery; recovering from surgery; ongoing treatment; death; grieving.*

## **PEACE**

*The congregation stands*

The peace of Christ be always with you.

***And also with you.***

*We share signs of Peace with those around us.*

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## **THE SACRED MEAL IS SHARED**

*For safety, the Collection Plate has been placed at the back of the church for use as you arrive. It will be moved to the front of the church during the Offertory hymn and placed in a location where you may place your gifts as you come to receive Communion. Please also consider one of the other means of giving that do not require our volunteers and staff to handle cash and cheques: electronic donations on our website via CanadaHelps, or bi-weekly or monthly direct debit donations via our diocesan Electronic Collection Plate (details are available in a brochure at the entrance, or on the website: [www.stmarysoakbay.ca/donate](http://www.stmarysoakbay.ca/donate)).*

## OFFERTORY HYMN

*My Song Is Love Unknown (184)*

1. My song is love unknown,  
my Savior's love to me;  
love to the loveless shown,  
that they might lovely be.  
O who am I,  
that for my sake  
my Lord should take  
frail flesh, and die?
2. He came from his blest throne  
salvation to bestow;  
but all made strange, and none  
the longed-for Christ would know:  
but O my friend,  
my friend indeed,  
who at my need  
his life did spend!
3. Sometimes they strew his way,  
and his sweet praises sing,  
resounding all the day  
hosannas to their King;  
then "Crucify!"  
is all their breath,  
and for his death  
they thirst and cry.
4. Why, what has my Lord done?  
What makes this rage and spite?  
He made the lame to run,  
he gave the blind their sight.  
Sweet injuries!  
Yet they at these  
themselves displease,  
and 'gainst him rise.
5. They rise and needs will have  
my dear Lord made away;  
a murderer they save,  
the Prince of life they slay.  
Yet cheerful he  
to suffering goes,  
that he his foes  
from thence might free.
6. Here might I stay and sing,  
no story so divine;  
never was love, dear King,  
never was grief like thine!  
This is my friend,  
in whose sweet praise  
I all my days  
could gladly spend.

## PRAYER OVER THE GIFTS

God our provider, you have not fed us with bread alone, but with words of grace and life. Bless us and these your gifts, which we receive from your bounty, through Jesus Christ our Lord. Amen.

Evangelical Lutheran Worship (2006)

## THE CELEBRATION OF THE EUCHARIST

*The Book of Alternative Services, Prayer 5*

*The congregation remains standing, as they are able*

The Lord is 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.***

We give you thanks and praise, almighty God,  
for the gift of a world full of wonder,  
and for our life which comes from you.

By your power you sustain the universe.

***Glory to you for ever and ever.***

(730)

You created us to love you with all our heart,  
and to love each other as ourselves,  
but we rebel against you by the evil that we do.

In Jesus, your Son,  
you bring healing to our world  
and gather us into one great family.

Therefore, with all who serve you on earth and in heaven,  
we praise your wonderful name, as we sing,

*Cantor:* Holy, holy, holy Lord  
God of power and might,

(726)

***Holy, holy, holy Lord  
God of power and might,  
heaven and earth are full of your glory.***

***Hosanna in the highest.***

***Blessed is the one who comes in the name of the Lord.***

***Hosanna in the highest.***

We give you thanks and praise, loving Father,  
because in sending Jesus, your Son, to us  
you showed us how much you love us.  
He cares for the poor and the hungry.  
He suffers with the sick and the rejected.

Betrayed and forsaken,  
he did not strike back but overcame hatred with love.  
On the cross he defeated the power of sin and death.  
By raising him from the dead  
you show us the power of your love  
to bring new life to all your people.

***Glory to you for ever and ever.***

On the night before he gave up his life for us,  
Jesus, at supper with his friends, took bread,  
gave thanks to you, broke it, and gave it to them,  
saying, "Take this, all of you, and eat it:  
this is my body which is given for you."

After supper, Jesus took the cup of wine,  
said the blessing, gave it to his friends,  
and said, "Drink this, all of you:  
this is the cup of my blood,  
the blood of the new and eternal covenant,  
which is shed for you and for many, so that sins may be forgiven.  
Do this in memory of me."

***Glory to you for ever and ever.***

Gracious God,  
with this bread and wine  
we celebrate the death and resurrection of Jesus,  
and we offer ourselves to you in him.

Send your Holy Spirit on us and on these gifts,  
that we may know the presence of Jesus  
in the breaking of bread,

and share in the life of the family of your children.

***Glory to you for ever and ever.***

Father, you call us to be your servants;  
fill us with the courage and love of Jesus,  
that all the world may gather in joy  
at the table of your kingdom.

We sing your praise, almighty Father,  
through Jesus, our Lord,  
in the power of the Holy Spirit,  
now and for ever.

***Glory to you for ever and ever. Amen.***

### **THE LORD'S PRAYER**

***Our Father in heaven, hallowed be your name,  
your kingdom come, your will be done, on earth as in heaven.***

***Give us today our daily bread.***

***Forgive us our sins as we forgive those who sin against us.***

***Save us from the time of trial, and deliver us from evil.***

***For the kingdom, the power, and the glory are yours,  
now and for ever. Amen.***

*Silence is held*

### **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.***

The musical notation is presented in four staves. The first two staves are for the Cantor, and the last two are for the All. The lyrics are: "Lamb of God, you take a - way the sins of the world, have mer - cy on us." and "Lamb of God, you take a - way the sins of the world, grant us peace." The notation includes a treble clef, a key signature of one flat (B-flat), and a common time signature (C). The Cantor part features a melismatic line with a long note on "a - way". The All part features a similar melismatic line on "grant".

**THE COMMUNION**

*All are invited to receive Communion.*

*The sacrament will be offered in both kinds (bread and the common cup) but be assured that in the Anglican Church of Canada it has always been our tradition that receiving only one of the elements is considered full Communion. Gluten-free wafers for communion are available. Please request it from the person who is distributing the bread.*

*If you do not wish to receive Communion, you are also welcome to come forward to receive a blessing. This is signified by folding your hands across your chest as you approach the presider.*

**COMMUNION HYMN**

*He Comes to Us As One Unknown (456)*

1. He comes to us as one unknown,  
a breath unseen, unheard;  
as though within a heart of stone,  
or shriveled seed in darkness sown,  
a pulse of being stirred.
2. He comes when souls in silence lie  
and thoughts of day depart,  
half-seen upon the inward eye,  
a falling star across the sky  
of night within the heart.
3. He comes to us in sound of seas,  
the ocean's fume and foam;  
yet small and still upon the breeze,  
a wind that stirs the tops of trees,  
a voice to call us home.
4. He comes in love as once he came  
by flesh and blood and birth;  
to bear within our mortal frame  
a life, a death, a saving name  
for every child of earth.

5. He comes in truth when faith is grown;  
believed, obeyed, adored:  
the Christ in all the Scriptures shown,  
as yet unseen, but not unknown,  
our Saviour and our Lord.

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## **WE ARE SENT INTO THE WORLD**

### **PRAYER AFTER COMMUNION**

Compassionate God, you have fed us with the bread of heaven. Sustain us in our Lenten pilgrimage; may our fasting be hunger for justice; our alms, a making of peace; and our prayer, the song of grateful hearts; through Jesus Christ, our Saviour and Lord. **Amen.**

Evangelical Lutheran Worship (2006) alt. Community Notes

### **DOXOLOGY**

*The congregation stands*

Glory to God, ***whose power working in us can do infinitely more than we can ask or imagine. Glory to God, from generation to generation, in the Church and in Christ Jesus, for ever and ever. Amen.***

### **BLESSING**

#### **HYMN**

*God, My Hope on You is Founded (529)*

1. God, my hope on you is founded;  
you my faith and trust renew:  
through all change and chance you guide me,  
only good and only true.  
God unknown,  
you alone  
call my heart to be your own.
2. Human pride and earthly glory,  
sword and crown, betray our trust;  
though with care and toil we build them,  
tower and temple fall to dust.  
But your power,  
hour by hour,  
is my temple and my tower.

3. Daily does the almighty Giver  
bounteous gifts on us bestow;  
God's desire for us delights us,  
pleasure leads us where we go.  
Here at hand,  
love takes a stand,  
joy awaits God's sure command.
4. God's great goodness lasts forever,  
deepest wisdom, passing thought:  
splendour, light, and life attending,  
beauty springing out of naught.  
Evermore  
from God's store  
newborn worlds rise and adore.
5. Still from earth to God eternal  
sacrifice of praise be done,  
high above all praises praising  
for the gift of Christ the Son.  
Christ, you call  
one and all;  
those who follow shall not fall.

#### **DISMISSAL**

Go in the peace of Christ.

***Thanks be to God.***

#### **POSTLUDE**

*The musical postlude is a part of worship, extending the beauty of holiness so that the congregation can remember and give thanks for our encounter with God's Word as it has been experienced this day. You are invited to use this time for reflection, remaining seated.*

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## COMING EVENTS

### Sun. Feb 22 Annual General Meeting

12:00 noon after a light lunch. Annual Reports are available at the back of the church.

### Wednesdays: Lent Noon Concert Series

Details on the website and Facebook,  
with posters for distribution available at the back of the church.

### Starting Feb 25/ 26: Book Study, *Living the Questions*

Wed 7:00pm or Thurs 10:00am

### Sun. Mar 1 Bishop's Visit, 10:00am Eucharist

This Sunday Bishop Anna Greenwood-Lee will visit St Mary's and preach. Besides being our Pastor, the Bishop is a symbol of the unity of the diocese, and so, *we will be combining our 8:30 and 10:00 communities into one service at 10:00am.*



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### The Stewards of St Mary's

[wardens@stmarysoakbay.ca](mailto:wardens@stmarysoakbay.ca)

Rector's Warden: Lorna Bampton, [lbampton@stmarysoakbay.ca](mailto:lbampton@stmarysoakbay.ca)  
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