



Sydenham Street United Church

LENTEN
WORSHIP SERIES:
ANCIENT PRACTICES FOR MODERN LIFE
MARCH 1 2026

This teaching series seeks to engage your mind and your heart as we deepen our understanding of Christian spiritual practices. Each Sunday we will consider a different mystic or monastic whose life will inspire our interactive spiritual exercise for the day. Come ready to learn prayer practices that can inspire, renew, and equip us for faithful living.

Sydenham Street United Church
11 am Sunday Service
82 Sydenham St. @ The Spire
www.sydenhamstreet.ca

The lands on which we are meeting today are the traditional territories of the Anishinaabe and Haudenosaunee Peoples. We acknowledge their enduring presence on this land, as well as the presence of Métis, Inuit and other First Nations from across Turtle Island. We deeply respect the many generations of people who have cared for this land, and whose spiritualities, teachings and ways of knowing are closely tied to it. We seek to build right relations with these Peoples, to learn from them, and to live together on this land with respect and gratitude.

March 1, 2026
Season of Lent

Welcome

Land Acknowledgement

Introit Humble Yourselves by FRC Clarke

Call to Worship

May the God of grace be welcome in our midst.

May we receive the power and peace of divine love.

Come let us worship with our hearts and minds and bodies.

Let us become one seeking justice and compassion.

Blessed be God who challenges, heals, and unites us.

Blessed be our learning and blessed be our vision.

Blessed be this gathering in Christ's name.

Hymn Voices United 108 "Throughout These Lenten Days and Nights"

Theme Introduction

Candle Lighting

Opening Prayer *from Church Anew*

God our Creator,

We long for wholeness in our hearts and in our lives.

When we are tempted by quick fixes or twisted promises,
remind us that true sustenance, protection, and power
is found only in you.

Lead us by your Spirit

to rest confidently in your love.

In Jesus' name we pray. Amen.

Scripture

Matthew 4:1-11

God's Word is a lamp to our feet,

and a light to our path. Amen.

Connecting & Contributing

Minute for Outreach

Prayer of Dedication

Gracious God,
bless and transform all that we offer:
our faltering steps,
our brokenness,
our hope, our risking, our hearts,
that your covenant may be written on our hearts
and we may be a blessed and transformed covenant people.
In Jesus' name. Amen.

Hymn Voices 115 "Jesus, Tempted in the Desert"

Lenten Series: Ancient Practices for Modern Life

Sung Response More Voices 77 "Be Still & Know" x2

Choir Anthem Here I Am, Lord – Daniel L. Schutte

I, the Lord of sea and sky, I have heard my people cry.
All who dwell in dark and sin my hand will save.
I, who made the stars of night I will make their darkness bright
Who will bear my light to them? Who shall I send?
Here I am, Lord. Is it I, Lord?
I have heard you calling in the night
I will go, Lord, if you lead me. I will hold your people in my heart.
I, the Lord of snow and rain, I have borne my people's pain.
I have wept for love of them, they turn away.
I will break their hearts of stone, give them hearts for love alone.
I will speak my word to them. Whom shall I send?
I have heard you calling the night I will go, Lord, if you lead me.
I will hold your people in my heart.
I, the Lord of wind and flame, I will tend the poor and lame;
I will set a feast for them; my hand will save.
Finest bread I will provide till their hearts be satisfied.
I will give my life to them. Whom shall I send?

Prayers of the People

Prayer of Jesus (sung)

Our Father, our Mother,
loving God in whom is heaven,
may your name be made holy,
may your reign 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 free us from evil,
for yours is the dominion
and the power and the glory forever. Amen.

Words: United Church of Christ USA, 1995, adapted.

Music: Wendy Edey, 2002

Series Hymn More Voices 153 "Body, Mind and Spirit"

Blessing

Passing the Peace

Sydenham Street United Church strives to
follow in the way of Jesus,
seek justice and
nurture inclusive community.



In need of prayer or support? Contact our Circles of Companionship or
Rev. Catherine at 613-546-9616 ext 203 or minister@sydenhamstreet.ca

***This worship service is a public event livestreamed on YouTube – please be advised that you may be photographed or videorecorded while in attendance**

Thank You for Talents Shared Today:

Reverend Catherine Elsdon
Howard Lopez, Music Director
Sydenham Street Church Choir
Ian Malcolm, Reader

82 Sydenham St. Kingston ON K7L 3H4
613-542-9616 ext. 202

Email: admin@sydenhamstreet.ca

Web: <https://sydenhamstreet.ca/ssuc1/>

Online Sunday Services: www.youtube.com/user/SydenhamStreet

Thank you for your financial support!

There are many ways to financially contribute to the ministries at
Sydenham Street United Church

- Electronic Transfer (eTransfer) givings@sydenhamstreet.ca
- Donate by Pre-Authorized Remittance (PAR)
- Donate through [CanadaHelps](#)
- Place donation in offering plates at the sanctuary doors

For further information:

<https://sydenhamstreet.ca/ssuc1/donate/>