



**SYDENHAM STREET**  
UNITED CHURCH

LEN<sup>T</sup>EN  
WORSHIP SERIES:  
ANCIENT PRACTICES FOR MODERN LIFE  
MARCH 22  
REV. CATHERINE ELSDON

Our congregation meets on traditional  
Anishinaabe and Haudenosaunee territory.  
We are grateful to live, worship and gather on this land,  
as we join together to share in the care of God's creation.

**March 22, 2026**

**Season of Lent**

**Welcome**

**Land Acknowledgement**

**Introit** How Long Wilt Thou Forget Me, O Lord? – Johann Sebastian Bach

How long, O Lord, How Long, O Lord, How long wilt Thou forget me?

How long wilt Thou hide Thy face from me?

How long shall I reflect, Having sorrow in my heart daily?

How long shall my foe triumph over me? How long O Lord?

O Lord, my God, O Lord, my God, Look upon me and hear me:

Lighten my eyes, lest I sleep the sleep of death, lest my enemy say,

I have prevailed against him, but I have trusted in Thy mercy,

O Lord, my God.

**Call to Worship**

God invites us to journey in the way of faithfulness,

**to walk the Lenten road with Christ.**

We journey with confidence, for Christ is with us.

**Thanks be to God, for God's steadfast love.**

**Hymn** Voices United 472 "O Jesus, Joy of Loving Hearts" (verses 1,2,4)

**Theme Introduction**

**Candle Lighting**

**Opening Prayer**

**Scripture**

Psalm 130

God's Word is a lamp to our feet,

**and a light to our path. Amen.**

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

**Connecting & Contributing**

**Prayer of Dedication**

Gracious God,

bless and transform all that we offer in Christ's name  
of our time, talents and treasure.

Bless also these prayer shawls, blankets and squares.

Weave into them our prayers

that all who are in need

might experience the warm embrace

of your healing, comfort, and peace.

By the power of the Holy Spirit, we pray. Amen.

**Choir Anthem** Ah, Holy Jesus – Johann Cruger, arr. Larry Shackley

Ah, holy Jesus, how have you offended, that mortal judgement has  
on you descended?

By foes derided, by your own rejected, O most afflicted!

Who was the guilty? Who brought this upon you?

It is my treason, Lord, that has undone you.

'T'was I Lord Jesus, I it was denied you; I crucified you

For me, kind Jesus, was your incarnation,

your mortal sorrow, and your life's oblation,

your death of anguish and your bitter passion, for my salvation.

Therefore, dear Jesus, since I cannot pay you,

I do adore you. and will ever pray you,

think upon your pity and your love unswerving, not my deserving.

**Lenten Series:** Ancient Practices for Modern Life

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

**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

**Special Music** Live Like That – Performed by Chris Hisey  
By Kristin Chenoweth, Kelly Collins, Matt Wynn, James Nichols

A child-like faith is all it takes for a miracle,  
And, God, I pray, You wash away my cynical.  
Let worry give way to wonder, let my heart dare to dream,  
That nothing is impossible if you believe. I wanna live like that.  
I wanna go back to that place of seeing more good than bad,  
back when I wasn't so afraid to let love lead the way I live, day by day  
and not hold back.  
Look through eyes that look at life as one big adventure.  
Through ev'ry low and ev'ry high,  
Lord, help me surrender, I don't wanna miss a moment.  
Let my fears turn to faith and soar on wings like eagles and dance  
through the rain  
Knowing I will never be alone and freedom comes the moment I let go.  
I surrender all, I surrender all.  
All to Thee, my blessed Saviour I surrender all  
I wanna live like that, I just wanna live like that,  
He died so I could live like that.

**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](mailto: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, Minister  
Howard Lopez, Music Director  
Sydenham Street Choir  
Rosalind Malcolm, Reader

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

Online Sunday Services: [www.youtube.com/user/SydenhamStreet](http://www.youtube.com/user/SydenhamStreet)

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**Sydenham Street United Church**

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For further information:

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