

Sydenham Street United Church

The poster has a dark purple background with green palm fronds in the corners. In the center, the word "LENTEN" is written in a large, white, serif font, with a gold cross integrated into the letter 'T'. Below it, the text "WORSHIP SERIES: ANCIENT PRACTICES FOR MODERN LIFE" is written in a smaller, white, serif font. Further down, "MARCH 8" is written in a large, white, serif font. At the bottom, "REV. CATHERINE ELSDON" is written in a smaller, white, serif font.

LENTEN

WORSHIP SERIES:
ANCIENT PRACTICES FOR MODERN LIFE

MARCH 8

REV. CATHERINE ELSDON

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 8, 2026

Welcome

Land Acknowledgement

Introit Blessed Are Those Whose Offences Are Forgiven

– Charles Walker

Call to Worship by Susan Lukey, from *Gathering*

A sacred day. A sacred time. A sacred place.

**We come to settle into this
sacred time of worship.**

A holy word. A holy people. God, Most Holy.

**We come to open our
hearts and minds to holy things.**

Hymn More Voices 79 “Spirit, Open My Heart”

Theme Introduction

Candle Lighting

Opening Prayer

Scripture

Psalm 121, VU 844

God’s Word is a lamp to our feet,
and a light to our path. Amen.

Anthem Psalm 121 – Zoltan Kodaly

Connecting & Contributing

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 More Voices 153 "Body, Mind and Spirit"

Lenten Series: Ancient Practices for Modern Life

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

Anthem In This Hour – Heather Sorenson

There's a place I go to rest, Once again, I've failed the test.
Gentle arms that right my path Show Your love instead of wrath.
In this hour, this precious hour, I have met Redemption's pow'r.
In this place, this holy place, I have seen amazing grace.
Blistered soul begins to heal, cease to hide that which is real.
Walls I build dissolve away in this hour when I pray.
Then gentle words between us flow. Yours start easy, mine start slow;
but patiently You listen close, to ev'ry burden I disclose.
You help me with the words I can't yet say.
And when I can't quite reach You, You meet me on my way,
And if my heart is silent, You still stay in this hour, when I pray.
In seasons of distress and grief, my soul has often found relief.
And so You wait to meet me there, in this special place of prayer;
savour ev'ry moment shared, and linger in this hour of prayer.
I'll cast on You my ever'y care, and linger
In This Hour of Prayer.

Prayers of the People by Christine Jerrett, *Gathering*

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

Hymn “All Will Be Well” Words & Music by Gordon Light (*handout*)

Blessing by Susan Girard, *Gathering* (adapted)

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, Minister
Howard Lopez, Music Director
Sydenham Street Choir
Catherine Purcell, Reader

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613-542-9616

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/>