

## Morning Prayer for the 15<sup>th</sup> Sunday after Pentecost September 13, 2020

*Officiant* Lord, open our lips,  
*People* **And our mouth shall proclaim your praise.**

*Officiant* O God, make speed to save us.  
*People* **O Lord, make haste to help us.**

*All* **Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen.**

### **Forgive Our Sins as We Forgive**

Forgive our sins as we forgive, you taught us, Lord, to pray;  
but you alone can grant us grace to live the words we say.

How can your pardon reach and bless, the unforgiving heart  
That broods on wrongs, and will not let, old bitterness depart?

In blazing light your cross reveals, the truth we dimly knew:  
what trivial debts are owed to us, how great our debt to you!

Lord, cleanse the depths within our souls, and bid resentment cease;  
then, bound to all in bonds of love, our lives will spread your peace.

*Rosamond Eleanor Herklots*  
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### **The Invitatory**

The Lord is our light and our life: **O come, let us worship**

### **Jubilate**

*Psalm 100*

Be joyful in the Lord, all you lands; \*  
serve the Lord with gladness  
and come before his presence with a song.

Know this: The Lord himself is God; \*  
he himself has made us, and we are his;  
we are his people and the sheep of his pasture.

Enter his gates with thanksgiving;  
go into his courts with praise; \*  
give thanks to him and call upon his name.

For the Lord is good;  
his mercy is everlasting; \*  
and his faithfulness endures from age to age.

The Lord is our light and our life: **O come, let us worship**

### **Proclamation of the Word**

#### **The Readings**

#### **A Reading from the Book of Exodus**

19 The angel of God who was going before the Israelite army moved and went behind them; and the pillar of cloud moved from in front of them and took its place behind them. <sup>20</sup>It came between the army of Egypt and the army of Israel. And so the cloud was there with the darkness, and it lit up the night; one did not come near the other all night.

21 Then Moses stretched out his hand over the sea. The Lord drove the sea back by a strong east wind all night, and turned the sea into dry land; and the waters were divided. <sup>22</sup>The Israelites went into the sea on

dry ground, the waters forming a wall for them on their right and on their left. <sup>23</sup>The Egyptians pursued, and went into the sea after them, all of Pharaoh's horses, chariots, and chariot drivers. <sup>24</sup>At the morning watch the Lord in the pillar of fire and cloud looked down upon the Egyptian army, and threw the Egyptian army into panic. <sup>25</sup>He clogged their chariot wheels so that they turned with difficulty. The Egyptians said, 'Let us flee from the Israelites, for the Lord is fighting for them against Egypt.'

26 Then the Lord said to Moses, 'Stretch out your hand over the sea, so that the water may come back upon the Egyptians, upon their chariots and chariot drivers.' <sup>27</sup>So Moses stretched out his hand over the sea, and at dawn the sea returned to its normal depth. As the Egyptians fled before it, the Lord tossed the Egyptians into the sea. <sup>28</sup>The waters returned and covered the chariots and the chariot drivers, the entire army of Pharaoh that had followed them into the sea; not one of them remained. <sup>29</sup>But the Israelites walked on dry ground through the sea, the waters forming a wall for them on their right and on their left.

30 Thus the Lord saved Israel that day from the Egyptians; and Israel saw the Egyptians dead on the seashore. <sup>31</sup>Israel saw the great work that the Lord did against the Egyptians. So the people feared the Lord and believed in the Lord and in his servant Moses.

Exodus 14: 19-31 (NRSV)

The word of the Lord. **Thanks be to God**

## Psalm 114

1 Hallelujah!

When Israel came out of Egypt, \*  
the house of Jacob from a people of strange speech,

2 Judah became God's sanctuary \*  
and Israel his dominion.

3 The sea beheld it and fled; \*  
Jordan turned and went back.

4 The mountains skipped like rams, \*  
and the little hills like young sheep.

5 What ailed you, O sea, that you fled? \*  
O Jordan, that you turned back?

6 You mountains, that you skipped like rams? \*  
you little hills like young sheep?

7 Tremble, O earth, at the presence of the Lord, \*  
at the presence of the God of Jacob.

8 Who turned the hard rock into a pool of water \*  
and flint-stone into a flowing spring.

Source of all life, you have brought us to new being through the waters of baptism. May your love shown in our lives become a wonder and a beacon of hope to the whole human family. We ask this in the name of Jesus Christ the Lord.

## A reading from the letter of Paul to the Romans

14 Welcome those who are weak in faith, but not for the purpose of quarrelling over opinions. <sup>2</sup>Some believe in eating anything, while the weak eat only vegetables. <sup>3</sup>Those who eat must not despise those who abstain, and those who abstain must not pass judgement on those who eat; for God has welcomed them. <sup>4</sup>Who are you to pass judgement on servants of another? It is before their own lord that they stand or fall. And they will be upheld, for the Lord is able to make them stand.

5 Some judge one day to be better than another, while others judge all days to be alike. Let all be fully convinced in their own minds. <sup>6</sup>Those who observe the day, observe it in honour of the Lord. Also those who eat, eat in honour of the Lord, since they give thanks to God; while those who abstain, abstain in honour of the Lord and give thanks to God.

7 We do not live to ourselves, and we do not die to ourselves. <sup>8</sup>If we live, we live to the Lord, and if we die, we die to the Lord; so then, whether we live or whether we die, we are the Lord's. <sup>9</sup>For to this end Christ died and lived again, so that he might be Lord of both the dead and the living.

10 Why do you pass judgement on your brother or sister? Or you, why do you despise your brother or sister? For we will all stand before the judgement seat of God. <sup>11</sup>For it is written, 'As I live, says the Lord, every knee shall bow to me, and every tongue shall give praise to God.'  
<sup>12</sup>So then, each of us will be accountable to God.

Romans 14: 1-12 (NRSV)

The word of the Lord. **Thanks be to God**

## Gospel

The Lord be with you. **And also with you.**

The Holy Gospel of our Lord Jesus Christ according to Matthew  
**Glory to you, Lord Jesus Christ**

21 Then Peter came and said to him, 'Lord, if another member of the church sins against me, how often should I forgive? As many as seven times?' <sup>22</sup>Jesus said to him, 'Not seven times, but, I tell you, seventy-seven times.

23 'For this reason the kingdom of heaven may be compared to a king who wished to settle accounts with his slaves. <sup>24</sup>When he began the reckoning, one who owed him ten thousand talents was brought to him; <sup>25</sup>and, as he could not pay, his lord ordered him to be sold, together with his wife and children and all his possessions, and payment to be made. <sup>26</sup>So the slave fell on his knees before him, saying, "Have patience with me, and I will pay you everything." <sup>27</sup>And out of pity for him, the lord of that slave released him and forgave him the debt. <sup>28</sup>But that same slave, as he went out, came upon one of his

fellow-slaves who owed him a hundred denarii; and seizing him by the throat, he said, "Pay what you owe." <sup>29</sup>Then his fellow-slave fell down and pleaded with him, "Have patience with me, and I will pay you." <sup>30</sup>But he refused; then he went and threw him into prison until he should pay the debt. <sup>31</sup>When his fellow-slaves saw what had happened, they were greatly distressed, and they went and reported to their lord all that had taken place. <sup>32</sup>Then his lord summoned him and said to him, "You wicked slave! I forgave you all that debt because you pleaded with me. <sup>33</sup>Should you not have had mercy on your fellow-slave, as I had mercy on you?" <sup>34</sup>And in anger his lord handed him over to be tortured until he should pay his entire debt. <sup>35</sup>So my heavenly Father will also do to every one of you, if you do not forgive your brother or sister from your heart.'

Matthew 18: 21-35 (NRSV)

The Gospel of Christ. **Praise to you, Lord Jesus Christ**

## Sermon

### Your Love Defends Me

You are my joy You are my song  
You are the well the One I'm drawing from  
You are my refuge my whole life long  
Where else would I go

#### Chorus

Surely my God is the strength of my soul  
Your love defends me  
Your love defends me  
And when I feel like I'm all alone  
Your love defends me  
Your love defends me

Day after day night after night  
I will remember You're with me in this fight

Although the battle it rages on  
The war's already won  
I know the war is already won

Chorus  
Surely my God is the strength of my soul  
Your love defends me  
Your love defends me  
And when I feel like I'm all alone  
Your love defends me  
Your love defends me

Bridge  
We sing hallelujah  
You're my portion my salvation  
Hallelujah

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Songs of Black River, Be Essential Songs, I Am A Pilgrim Songs  
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## Affirmation of 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.**

## Intercessions and Thanksgivings

(Let us pray with confidence to the Lord, saying, "Lord hear our prayer.")

O Lord, guard and direct your Church in the way of unity, service, and praise.

**Lord, hear our prayer.**

For our new bishop that you may grant them the wisdom to lead our church into the places which make us uncomfortable but that our faith calls us to, and for all the clergy and people, let us pray to the Lord.

**Lord, hear our prayer.**

Give to all nations an awareness of the unity of the human family.

**Lord, hear our prayer.**

Cleanse our hearts of prejudice and selfishness, and inspire us to hunger and thirst for what is right.

**Lord, hear our prayer.**

Teach us to use your creation for your greater praise, that all may share the good things you provide.

**Lord, hear our prayer.**

Strengthen all who give their energy or skill for the healing of those who are sick in body or in mind.

**Lord, hear our prayer.**

Set free all who are bound by fear and despair.

**Lord, hear our prayer.**

Grant a peaceful end and eternal rest to all who are dying, and your comfort to those who mourn.

**Lord, hear our prayer.**

Gracious God, we ask for your help and healing in this time of uncertainty. Protect us against the ravages of illness receive our prayers, those made with these words and those made in the murmurs of our hearts. In Christ's name we pray. **Amen.**

## Collect

Almighty God, you call your Church to witness that in Christ we are reconciled to you. Help us so to proclaim the good news of your love, that all who hear it may turn to you; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever.

## The Lord's Prayer

*Officiant* And now, as our Saviour Christ has taught us, we are bold to say,

**All: Our Father, who art in heaven,  
hallowed be thy name,  
thy kingdom come,  
thy will be done,  
on earth as it is in heaven.  
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 power, and the glory,  
for ever and ever. Amen.**

## Because He Lives

God sent His Son they called Him Jesus  
He came to love heal and forgive  
He bled and died to buy my pardon  
An empty grave is there to prove  
My Savior lives

Chorus

Because He lives I can face tomorrow  
Because He lives all fear is gone  
Because I know He holds the future  
And life is worth the living  
Just because He lives

How sweet to hold our newborn baby  
And feel the pride and joy he gives  
But greater still the calm assurance  
This child can face uncertain days  
Because Christ lives

Chorus

Because He lives I can face tomorrow  
Because He lives all fear is gone  
Because I know He holds the future  
And life is worth the living  
Just because He lives

And then one day I'll cross that river  
I'll fight life's final war with pain  
And then as death gives way to vict'ry  
I'll see the lights of glory  
And I'll know He reigns

Chorus  
Because He lives I can face tomorrow  
Because He lives all fear is gone  
Because I know He holds the future  
And life is worth the living  
Just because He lives

*Gloria Gaither | William J. Gaither*  
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## Blessing

## Dismissal

*Officiant* Let us bless the Lord.  
*People* Thanks be to God.

**The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. Amen.**

### Diocesan Cycle of Prayer – Valley Region

Rawdon & Wilmot, Nova Scotia

**Readings for next week:** Exodus 16: 2-15; Psalm 105: 1-6, 37-45;  
Philippians 1: 21-30; Matthew 20: 1-16

**Nature & Nurture:** Each day we will be posting a new photo on our Facebook page and asking you to suggest a scripture verse or

inspirational quote that speaks to you when you view the image. We will choose one of the inspirations and post the picture and inspiration on our Webpage. The quotes have all been great so far and the choice has been tough. We look forward to more people joining in and making the choice even harder. We love to see different pictures from people! Please send along any picture you have taken that you would love to have posted. Also, if you can't think of a scripture or inspirational quote, even a word about how it makes you feel! We love participation! Use these as a daily prayer, a thought for the day, or a blessing in the moment.





**Christmas Outreach 2020:** The need for help at Christmas for families with children doesn't go away with **COVID-19**. The need is greater now than ever to bring joy into their lives. This year is and will be an unusual year for Christmas as it was for Easter and Mother's Day. Unfortunately, the Christmas Outreach will look different this year as we make some adjustment due to health protocols.

This year we changed to gift cards to replace all perishable and non-perishable food collection. The non-perishable food that we usually collect from September to December from our parishioners each week using the food list is valued at approximately \$130.00. In order to replace the collected food, we are going to substitute Superstore Gift cards.

When making a donation for the perishable and non perishable food to Christmas Outreach it can be done in the following ways:

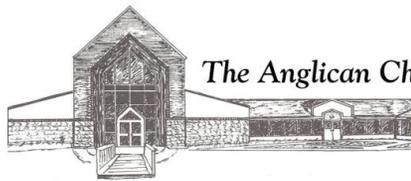
1. Superstore Gift Card with receipt (this is so it will count toward your tax receipt from the church)
2. Cash or cheque donation specify to Christmas Outreach.
3. Through the church's website <http://www.churchofsaintandrew.ca/>  
Click the "Make a Donation" tab on the top, right of the screen and ensure that Christmas Outreach is the fund chosen.

The gift card or cash donation can be put in the offertory basket at a church service, dropped off at the church office or mailed to the church, attention Christmas Outreach. Please put your church envelope number, your name or PAR number on the donation envelope to make sure the donation is included on your income tax receipt.

Keep an eye opened for more information on Christmas Outreach as it becomes available.

If you required any further information in regards to Christmas Outreach please contact Anna Henderson at 902-435-1530 or Carole Caines at 902-430-5148.





**The Anglican Church of Saint Andrew**

2 Circassion Drive, Cole Harbour NS B2W 5C2  
www.churchofsaintandrew.org  
Tel: (902)462-1818

**A Community of Faith Since 1794**  
**15<sup>th</sup> Sunday after Pentecost**  
**September 13, 2020**

**Protective measures against COVID-19 from the World Health Organization (WHO)**

- 1) **Wash your hands frequently**  
Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.
- 2) **Maintain social distancing**  
Maintain at least 2 metre (6 feet) distance between yourself and anyone who is coughing or sneezing.
- 3) **Avoid touching eyes, nose and mouth**
- 4) **Practice respiratory hygiene**  
Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.
- 5) **If you have fever, cough and difficulty breathing, seek medical care early**
- 6) **Stay informed and follow advice given by your healthcare provider**



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Tel: (902)462-1818

<p><b><u>Rector</u></b> Archdeacon Katherine Bourbonniere</p> <p><b><u>Associate Priest</u></b> The Rev'd Walter Beazley</p> <p><b><u>Honorary Associate Priests</u></b> The Rev'd Gary Giles Canon Charlie Black</p> <p><b><u>Student</u></b> Dawn-Lea Greer</p> <p><b><u>Wardens</u></b> Don McMahan 902-435-6609 David Rose 902-461-8192 Penny Joudrey 902-860-3501</p> <p><b><u>Holy Eucharist</u></b> Scheduled Monthly</p> <p><b><u>In Case of Emergency</u></b> 902-240-3940</p>	<p><b><u>Music Director</u></b> Bryan Cable 902-999-7808</p> <p><b><u>Organist Emeritus</u></b> Cynthia Dickinson</p> <p><b><u>Prayer Circle</u></b> Victoria Henrikson 902-462-2575</p> <p><b><u>Parish Nurse</u></b> Brenda Tucker 902-462-7006</p> <p><b><u>Church email address</u></b> <a href="mailto:office@churchofsaintandrew.ca">office@churchofsaintandrew.ca</a></p> <p><b><u>Church website</u></b> <a href="http://www.churchofsaintandrew.ca">www.churchofsaintandrew.ca</a></p> <p><b><u>Church Office Hours</u></b> Monday – Friday, 9am – 12noon</p> <p><b><u>Facebook page</u></b> Church of St. Andrew, Cole Harbour</p>
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**DIOCESAN SEASON OF PRAYER COLLECT - (By The Rev'd. Michelle Bull)**

O God our Creator and Redeemer, it pleases you to invite us into the mission of Jesus, establishing the reign of God on earth. You promised through your Son to send the Spirit upon us, to teach us everything. We pray that you will send a fresh outpouring of your Spirit on this Diocese. Grant us clear vision and wisdom to discern what you are now calling us to do and the courage, love and creativity to perform it to your glory. We ask it in the name of your Son our Lord Jesus Christ. Amen.

# Cooking Terms

## Part 3 of 3 (S-Z)

R W E N U R W M E T E E S F S S  
E A W Z E H I T H F L V L F N W  
W R F V I K A I L I B R I U I E  
E M I S S R C L S S M E C T H E  
K L K R A K E M K E A S E S T T  
S T F P E H R D S P R I N K L E  
A C E N S M T A N Q C O Y S Q N  
U S A M S P M R E E S B C Z S S  
T T W L P H E I U S T A A S M G  
E L Z N L E U E S S L P O O C S  
S H R E D O R C T D S T K W T P  
M A E T S S P H K S T E F E B I  
T O A S T T N O S A E S W D S H  
S K I N O U H I E T L A S G O W  
R I T S P I R W P T R I M E A G  
S T R A I N S N H S A W R K K J

SALT  
SAUTE  
SCALD  
SCALLOP  
SCOOP  
SCORE  
SCRAMBLE  
SEAR  
SEASON  
SEPARATE  
SERVE  
SHELL  
SHRED  
SHUCK  
SIFT  
SIMMER  
SKEWER  
SKIM  
SKIN  
SLICE  
SLIVER  
SMOKE  
SNIP  
SOAK  
SPRINKLE

STEAM  
STEEP  
STEW  
STIR  
STRAIN  
STUFF  
SWEAT  
SWEETEN  
TEMPER  
TENDERIZE  
THICKEN  
THIN  
TOAST  
TOP  
TOSS  
TRIM  
TRUSS  
TURN  
WARM  
WASH  
WEDGE  
WHIP  
WHISK  
ZAP  
ZEST

