

St. Cyprian's Anglican Church & Iona Presbyterian Church

1080 Finch Ave East, Toronto, Ontario

Telephone: 416-494-2442

St. Cyprian's Website: stcyprianschurch.ca

Iona's Website: tri-church.ca/iona

Church office hours: Tuesdays & Fridays 10:00 am to 1:00 pm

Sunday Worship by Zoom and in person 10:30 a.m.



Lent 1

Sunday, February 22, 2026

Minister: Every member of the congregations

Priest-in-Charge: The Rev. Dr. John Oakes

Email: revdrjohnoakes@outlook.com

Phone: (647) 219-5754

Rector's Warden: Carol Berger

People's Warden: Stacey Leslie

Iona Elders: Marg Black, Dorine Bourque, Melissa Reid

Director of Music: Laura Hope

Office Administrator: Bob Williams

Lay Assistant: Hank Huang

Zoom Link

<https://us02web.zoom.us/j/2897790104?omn=83067962618>

Or call: 647 374 4685 or 647 558 0588

Meeting ID: 289 779 0104

No Passcode

Land Acknowledgement

We acknowledge that we meet on the traditional lands of the Mississauga. We acknowledge this territory's significance for the Indigenous peoples who lived, and continue to live, upon it and whose practices and spiritualities were tied to the land and continue to develop in relationship to the territory and its other inhabitants today.

Holy Communion (BAS)

Hymns are from *Common Praise*

Presider and Preacher: Rev. Dr. John Oakes

Welcome

The Gathering of the Community

Opening Sentence: "If you hear his voice, harden not your hearts."

(Psalm 95:7–8)

Processional Hymn #175: *Forty Days and Forty Nights*

Presider: The grace of our Lord Jesus Christ and the love of God,
and the fellowship of the Holy Spirit, be with you all.

People: **And also with you.**

Presider: Almighty God,

All: **To you all hearts are open, all desires known, and from you no secrets are hidden. Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy name; through Jesus Christ our Lord. Amen.**

Kyrie Eleison (x3)

Presider: Lord, have mercy upon us.

People: Christ, have mercy upon us.

Presider: Lord, have mercy upon us.

The Collects of the Day

Presider: Let us pray. Almighty God, whose Son fasted forty days in the wilderness, and was tempted as we are but did not sin, give us grace to discipline ourselves in submission to your Spirit, that as you know our weakness, so we may know your power to save; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever.. **Amen.**

Almighty and everlasting God, you despise nothing you have made and forgive the sins of all who are penitent. Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our brokenness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

The Proclamation of the Word

First Reading: Romans 4: 1-5, 13-17 – Janet Mitchener

Reader: The first reading is from fourth chapter of St. Paul's Epistle to the Romans, beginning at the first verse.

4 What then shall we say that Abraham, our forefather according to the flesh, discovered in this matter? ² If, in fact, Abraham was justified by works, he had something to boast about – but not before God. ³ What does Scripture say? "Abraham believed God, and it was credited to him as righteousness." ⁴ Now to the one who works, wages are not credited as a gift but as an obligation. ⁵ However, to the one who does not work but trusts God who justifies the ungodly, their faith is

credited as righteousness . . . ¹³ It was not through the law that Abraham and his offspring received the promise that he would be heir of the world, but through the righteousness that comes by faith. ¹⁴ For if those who depend on the law are heirs, faith means nothing and the promise is worthless, ¹⁵ because the law brings wrath. And where there is no law there is no transgression. ¹⁶ Therefore, the promise comes by faith, so that it may be by grace and may be guaranteed to all Abraham's offspring – not only to those who are of the law but also to those who have the faith of Abraham. He is the father of us all. ¹⁷ As it is written: "I have made you a father of many nations." He is our father in the sight of God, in whom he believed – the God who gives life to the dead and calls into being things that were not.

Reader: The Word of the Lord.

All: Thanks be to God

Psalm 32

Presider: 1. Happy are they whose transgressions are forgiven,
and whose sin is put away!

**People: 2. Happy are they to whom the Lord imputes no guilt,
and in whose spirit there is no guile!**

Presider: 3. While I held my tongue, my bones withered away,
because of my groaning all day long.

**People: 4. For your hand was heavy upon me day and night;
my moisture was dried up as in the heat of summer.**

Presider: 5. Then I acknowledged my sin to you, and did not conceal my guilt.

**People: 6. I said, "I will confess my transgressions to the Lord." Then you
forgave me the guilt of my sin.**

Presider: 7. Therefore all the faithful will make their prayers to you in
time of trouble; when the great waters overflow, they shall not reach
them.

People: 8 **You are my hiding-place; you preserve me from trouble;
you surround me with shouts of deliverance.**

Presider: 9. "I will instruct you and teach you in the way that you should go;
I will guide you with my eye.

People: 10. **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."**

Presider: 11. Great are the tribulations of the wicked;
but mercy embraces those who trust in the Lord.

People: 12. **Be glad, you righteous, and rejoice in the Lord;
shout for joy, all who are true of heart.**

Presider: Let us pray. Watch over us, loving God, and when we fall into sin teach
us to acknowledge our guilt. May we forgive and be forgiven, for the
sake of the one who was wounded for our transgressions, Jesus Christ
your Son our Saviour. **Amen.**

Gospel Acclamation #716: *Glory and Praise to You* (x2)

Gospel Reading: Matthew 4: 1–11 – Hank Huang

Reader: The Lord be with you.

All: And also with you.

Reader: The Holy Gospel of our Lord Jesus Christ according to the fourth chapter
of St. Matthew, beginning at the first verse.

All: Glory to you, Lord Jesus Christ.

4 Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. ² After fasting for forty days and forty nights, he was hungry. ³ The tempter came to him and said, “If you are the Son of God, tell these stones to become bread.” ⁴ Jesus answered, “It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’” ⁵ Then the devil took him to the holy city and set him on the highest point of the temple. ⁶ ‘If you are the Son of God,’ he said, ‘throw yourself down. For it is written: “He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone.”’” ⁷ Jesus answered him, “It is also written: ‘Do not put the Lord your God to the test.’” ⁸ Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour. ⁹ “All this I will give you,” he said, “if you will bow down and worship me.” ¹⁰ Jesus said to him, “Away from me, Satan! For it is written: ‘Worship the Lord your God, and serve him only.’” ¹¹ Then the devil left him, and angels came and attended him.

Reader: The Gospel of Christ

All: Praise to you, Lord Jesus

Gospel Acclamation #716: *Glory and Praise to You* (x2)

Sermon: “Children of Promise” – Rev. Dr. John Oakes

Choir Anthem: “*Abundant Life*” (Ruth Duck and Ron Klusmeier)

Apostle’s Creed

Presider: Do you believe in God the Father?

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

Presider: Do you believe in Jesus Christ, the Son of God?

People: 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.

Presider: Do you believe in God the Holy Spirit?

People: I believe in God the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting.

Prayers of the People

Intercessor: In peace, we pray to you, Lord God.

Silence

For all people in their daily life and work;

People: For our families, friends, and neighbours, and for all those who are alone.

Intercessor: For this community, our country, and the world, and especially for those nations riven by war and conflict, including Israel, Palestine, Ukraine and Russia and elsewhere;

People: For all who work for justice, freedom, and peace.

Intercessor: For the just and proper use of your creation;

People: For the victims of hunger, fear, injustice, and oppression.

Intercessor: For all who are in danger, sorrow, sickness, especially Diane, Edna, Judy, Margaret, Jessima, and all others whom we now name:

The people may add their own petitions.

For those in any kind of trouble;

People: For those who minister to the sick, the friendless, and the needy.

Intercessor: For the peace and unity of the Church of God;

People: **For all who proclaim the gospel, and all who seek the truth.**

Intercessor: For Andrew, Kevin and Riscylla our bishops, for John our priest and pastor, for Alex, our interim moderator, for our elders and wardens, and for all other ministers;

People: **For all who serve God in his Church.**

Intercessor: For our own needs and those of others, especially those which we now remember before you.

The people may add their own petitions.

Hear us, Lord;

People: **For your mercy is great.**

Intercessor: We thank you, Lord, for all the blessings of this life.

The people may add their own thanksgivings.

We will exalt you, O God our king;

People: **And praise your name for ever and ever.**

Intercessor: We remember all who have died in the peace of Christ, and those whose faith is known to you alone.

The people may add their own petitions.

Lord, let your loving kindness be upon them;

People: **Who put their trust in you.**

Intercessor: We pray to you also for the forgiveness of our sins.

Silence

Confession and Assurance of Forgiveness

All: Have mercy upon us, most merciful Father; In your compassion, forgive us our sins, known and unknown, things done and left undone; and so uphold us by your Spirit that we may live and serve you in newness of life, to the honour and glory of your name; through Jesus Christ our Lord. Amen.

Presider: Almighty God, have mercy upon you. Pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and keep you in eternal life through Jesus Christ our Lord, **Amen.**

Please stand.

THE PEACE

Presider: The peace of the Lord be always with you.

People: And also with you.

You are invited to greet those around you in the name of Christ.

Offertory Hymn: *Man of Sorrows* (Matthew Bridge) [Tune: Aberystwyth]

1. Man of sorrows, wrapt in grief, Bow Thine ear to our relief:

Thou for us the path hast trod of the dreadful wrath of God:

Thou the cup of fire hast drained till its light alone remained:

Lamb of Love! We look to Thee, Hear our mournful litany!

2. By the garden, fraught with woe, Whither Thou full oft wouldst go:

By Thine agony of prayer in the desolation there!

By the chains of sleep, which bound Watchers in their trance profound;

Lord! Behold our bended knee, Listen to our litany!

**3. By the chalice, when it came Pregnant with a hell of flame:
By those lips, which fain would pray That it might but pass away:
By the Heart, which drank it dry, lest a rebel race should die;
Let Thy pity be our plea, Hear our solemn litany!**

**5. Man of sorrows! Let Thy grief Purchase for us our relief:
Lord of mercy, bow Thine ear, Slow to anger, swift to hear:
Let the garden Thou hast trod Draw us to the throne of God;
So Gethsemane shall be Sweet in every litany!**

Prayer over the Gifts

Presider: God our refuge and our strength, receive all we offer you this day,
and through the death and resurrection of your Son transform us to his
likeness. We ask this in his name. **Amen.**

The Celebration of the Eucharist

Communion Prayer

Presider: The Lord be with you.

People: And also with you.

Presider: Lift up your hearts.

People: We lift them to the Lord.

Presider: Let us give thanks to the Lord our God.

People: It is right to give our thanks and praise

Presider: Blessed are you, gracious God, creator of heaven and earth; we give
you thanks and praise through Jesus Christ our Lord, who was tempted
in every way, yet did not sin. By his grace we are able to triumph over
every evil, and to live no longer for ourselves alone, but for him who
died for us and rose again. Therefore with angels and archangels and all

who have served you in every age, we raise our voices to proclaim the glory of your name.

All (sung): #735

**Holy, holy, holy Lord, God of power and might,
Holy, holy, holy Lord, God of power and might,
heaven and earth are full, full of your glory.
Hosanna in the highest. Hosanna in the highest.
Blessed is he who comes in the name of the Lord.
Hosanna in the highest. Hosanna in the highest.**

Presider: We praise you, merciful Father, not as we ought, but as we are able, because in your tender love you gave the world your only Son, in order that the world might be saved through him. He made you known by taking the form of a servant, healing the sick, liberating the oppressed, reaching out to the lost. Betrayed, reviled, and nailed to the cross, he confronted the power of sin and disarmed it for ever. In his offering of himself, he became the perfect and sufficient sacrifice for the sins of the whole world. Redeemed by Christ, we have been adopted as your children; by your pardon you have made us worthy to praise you. On the night he was betrayed, Jesus, at supper with his friends, took bread, gave you thanks, broke the bread, gave it to them, and said, "Take and eat: this is my body which is given for you. Do this for the remembrance of me." After supper he took the cup of wine, and when he had given thanks, he gave it to them, and said, "Drink this all of you: this is my blood of the new covenant which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me." In obedience to him and with grateful hearts we approach your holy table, remembering our Saviour's sacrifice, and rejoicing in his victory. Confident in his sovereign purpose, we declare our faith.

All: Christ has died, Christ is risen, Christ will come again.

Presider: Send your Holy Spirit on us that as we receive this bread and this cup we may partake of the body and blood of our Lord Jesus Christ, and feed on him in our hearts by faith with thanksgiving. May we be renewed in his risen life, filled with love, and strengthened in our will to serve others; and make of our lives, we pray, a pure and holy sacrifice, acceptable to you, knitting us together as one in your Son Jesus Christ, to whom, with you and the Holy Spirit, be all honour and glory, now and forever.

People: Amen.

(“Supplementary Eucharistic Prayer” from *Eucharistic Prayers, Services of the Word, and Night Prayer Supplementary to The Book of Alternative Services*. ABC Publishing, 2001.)

The Lord’s Prayer

Presider: 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.

Breaking of the Bread

Presider: We break this bread,

All: Communion in Christ’s body once broken.

Presider: Let your Church be the wheat which bears its fruit in dying.

**All: If we have died with him, we shall live with him;
if we hold firm, we shall reign with him.**

Presider: The gifts of God for the People of God.

People: **Thanks be to God.**

All (sung): #735

Lamb of God, you take away the sins of the world: have mercy on us.

Lamb of God, you take away the sins of the world: have mercy on us.

Lamb of God, you take away the sins of the world: grant us peace.

Grant us peace.

Communion: *All who know Jesus Christ as their Lord and Saviour are welcome to receive Communion. You may choose between the common or an individual cup. If you would rather not receive either, simply push out your hand. If you would like to receive a blessing, please cross your arms when you approach the Communion station.*

Communion Hymn #178: *Restore in Us, O God* (Tune: #439)

Prayer after Communion

Presider: Faithful God, in this holy bread you increase our faith and hope and love. Lead us in the path of Christ who is your Word of life. We ask this in his name. **Amen.**

Presider: Glory to God.

All: 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 forever and ever, Amen.

Announcements

Blessing

Presider: The peace of God, which passes all understanding, keep your hearts and minds in the knowledge and love of God and of his Son Jesus Christ our Lord. And the blessing of God Almighty, the Father, the Son and the Holy Spirit, be among you and remain with you always. **Amen.**

Recessional Hymn: *In Christ Alone*

**In Christ alone my hope is found;
He is my light my strength my song;
This Cornerstone, this solid Ground,
Firm through the fiercest drought and storm.
What heights of love, what depths of peace
When fears are stilled when strivings cease;
My Comforter, my All in All;
Here in the love of Christ I stand.**

**In Christ alone who took on flesh;
Fullness of God in helpless babe.
This gift of love and righteousness
Scorned by the ones He came to save;
Till on that cross as Jesus died
The wrath of God was satisfied;
For every sin on Him was laid;
Here in the death of Christ I live.**

**There in the ground His body lay;
Light of the world by darkness slain.
Then bursting forth in glorious day,
Up from the grave He rose again!
And as He stands in victory,
Sin's curse has lost its grip on me;
For I am His and He is mine,
Bought with the precious blood of Christ!**

**No guilt in life no fear in death;
This is the power of Christ in me,
From life's first cry to final breath,
Jesus commands my destiny.
No power of hell, no scheme of man
Can ever pluck me from His hand;
Till He returns or calls me home,
Here in the power of Christ I'll stand!**

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Dismissal

Presider: Let us go in peace to love and serve the Lord.

People: Thanks be to God.

ANNOUNCEMENTS

Welcome!

Welcome to St. Cyprian's and Iona, as we continue our combined worship and ministry at 10:30 a.m. on Sundays. After today's service, we invite everyone to join a **joint fellowship time together in the Iona space.**

St. Cyprian's Annual Vestry Meeting

St. Cyprian's Annual Vestry meeting is being held today, Sunday, February 22, at 12:15 p.m. following the service.

All parish members and attenders are invited and encouraged to attend.

A light lunch will be served, with sandwiches and drinks provided.

Sunday Study Series

Our Sunday series, **"A Life Worth Living,"** in the Fellowship Room at noon is taking a break today. We resume March 1, when we will continue our **Bible Study on Philippians with Nicky Gumbel** on video.

We aim to **finish by 1:30 p.m. All welcome!**

Many Thanks!

Many thanks to all who contributed to and attended our Pancake Supper last Tuesday. It was a great evening!

Noon Meditation

The **Wednesday meditation resumes this week on February 25** with David Rudd and others **at 12 noon on:**

<https://us02web.zoom.us/j/9321564941?pwd=QmhLdDZ6ekQ2a1FLMmRWK2tXU0F0Zz09>

Meeting ID: 932 156 4941 Passcode: 1080

Friday Zoom Bible Study

Rev. John's **weekly Zoom Bible Study**, which generally meets on Fridays at 7 p.m., on Zoom, **is not meeting through Lent**. Instead, members are encouraged to join the Wednesday evening services online.

Wednesday Services in Lent

On Wednesday evenings through Lent, beginning February 25, there will be a Zoom-only Compline or Evening Prayer service at 8:00 p.m., using the Sunday Zoom link.

All welcome!

Iona Annual Meeting Preparations

Iona's annual meeting will take place on Sunday, March 1, after church.

Ministry Opportunities

There are **ministry opportunities** in a number of **different areas**, for which **volunteers are welcome**. To help, **please contact Rev. John or one of the St. Cyprian's wardens or Iona elders.**

Happy Birthdays

Merv McCleery February 21

Abena Oforiwaah February 22

Happy birthday, Happy birthday, God loves you.

Happy birthday and may all your dreams come true.

When you blow out the candles, one light stays aglow

It's the love light of our Lord for all to know.