

# FOURTH SUNDAY OF ADVENT



December 22, 2024

10:00 am

*All are warmly welcomed to our worship.  
We ask visitors to introduce themselves and to join us for social hour  
after the service. We welcome children and invite them to enjoy the  
activity table during worship.*

“Advent is one of my favorite times of year—a time for emptying ourselves of fear, anger, and frustration to embrace the outpouring of Divine Love into this world.  
 —Richard Rohr

*Ring of Bell to introduce a moment of silence*

## Welcome and Introduction

*The Presider welcomes the gathering informally and announces the first hymn*

## Gathering Hymn - *My Soul Gives Glory to my God (NCH 119)*



1. My soul gives glo - ry to my God. My  
 2. My God has done great things for me;  
 3. From age to age to all who fear, Such  
 4. Love casts the might - y from their thrones, pro-  
 5. Praise God, whose lov - ing cov - e - nant sup-



heart pours out its praise. God  
 Ho - ly is her name. All  
 mer - cy love im - parts, Dis-  
 notes the in - se - cure, Leaves  
 ports those in dis - tress, Re-



lift - ed up my low - li - ness in  
 peo - ple will de - clare me blessed and  
 pens - ing jus - tice far and near, dis-  
 hun - gry spir - its sat - is - fied, the  
 mem - ber - ing past prom - is - es with



man - y mar - vel - ous ways.  
 bless - ings they shall claim.  
 miss - ing self - ish hearts.  
 rich seem sud - den - ly poor.  
 pres - ent faith - ful - ness.

Presider The grace of our Lord Jesus Christ,  
 and the love of God  
 and the community of the Holy Spirit, be with you all.  
**All 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 Christ our Lord. Amen.**

The Lighting of the Advent Wreath - *The Candle of Love*  
*The fourth candle is lit as we sing*

Hymn - *Hope is a Star (VU 7) Verse 4 only*



1. Hope is a star \_\_\_ that shines in the night,
2. Peace is a rib - bon that cir - cles the earth,
3. Joy is a song \_\_\_ that wel - comes the dawn,
4. Love is a flame \_\_\_ that burns in our heart,



1. lead - ing us on till the morn - ing is bright.
2. giv - ing a prom - ise of safe - ty and worth.
3. tell - ing the world that the Sav - iour is born.
4. Je - sus has come and will nev - er de - part.



When God is a child there's joy in our song. The last shall be



first and the weak shall be strong, and none shall be a - fraid.

**Collect of the Day** *(the special prayer which 'collects' the theme of the day)*

Presider Love-bearer,  
All **you called a faithful handmaiden  
to carry the essence of love,  
make room in our hearts for your arrival,  
amidst the winter chill,  
so that we, warmed by your presence,  
may share the good news of your coming with all.  
We ask this in the name of our brother and friend,  
Jesus the Christ. Amen.**

**Kyrie - Lord Have Mercy**

Cantor; All repeat      Cantor; All repeat      Cantor; All repeat

Lord, have mer - cy.      Christ, have mer - cy.      Lord, have mer - cy.

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*At this time, children & youth are invited to join the teachers at the back of the sanctuary for Kids Church. They are also welcome to remain with their families in the sanctuary if that is their choice. The children will return prior to communion.*

**Proclamation of the Word**

**The Readings**

Presider Let us prepare ourselves for the Word of God as it comes to us through the reading of the Holy Scriptures.  
All **Our hearts and minds are open**

**First Reading - Micah 5:2-5a**

Reader Hear what the Spirit is saying.  
All **Thanks be to God.**

Psalm - Canticle 18

*All:*

1., 3. My — soul pro - claims your  
2. You have cast the might - y

great - ness, O God, and my spir - it re - joic - es in  
down from their thrones, and up - lift - ed the hum - ble of

you, You have looked with love on your  
heart, You have filled the hun - gry with

ser - vant here, and blessed me all my life through.  
won - drous things, and left the wealth - y no part.

Great and might - y are you, O Ho - ly One,  
Great and might - y are you, O Faith - ful One,

strong is your kind - ness ev - er - more.  
strong is your jus - tice strong your love,

How you fa - vor the weak — and low - ly one,  
As you prom - ised to Sar - ah and A - bra - ham,

hum - bling the proud of heart.  
kind - ness for - ev - er - more.

Second Reading *Hebrews 10:5-10*

Reader Hear what the Spirit is saying  
All **Thanks be to God**

*Please stand as you are able for the Gospel Reading*

Gospel Acclamation

♮. Al-le-lu - ia.      Al-le-lu - ia.      Al-le-lu - ia.  
 Al-le-lu - ia.      Al-le-lu - ia.      Al-le-lu - ia.

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Reader May God be with you.  
All **And also with you.**

Reader The Holy Gospel of our Lord Jesus Christ  
according to Luke.  
All **Glory to you, Lord Jesus Christ.**

Gospel – *Luke 1:39-45*

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

## Affirming Our Faith

Presider: You are invited to join in an affirmation of faith,

**All: We believe in God the Father,  
from whom every family  
in heaven and on earth is named.**

**We believe in God the Son,  
who lives in our hearts through faith,  
and fills us with his love.**

**We believe in God the Holy Spirit,  
who strengthens us  
with power from on high.**

**We believe in one God;  
Father, Son and Holy Spirit. Amen.**

## Prayers of the People

## The Confession

Presider My friends, not out of dread and fear  
but believing that God is faithful to forgive,  
let us rid ourselves of what we need to carry no longer.

*We keep a moment of quiet for reflection.*

Presider Most merciful God,

**All we confess that we have sinned against you  
in thought, word, and deed,  
by what we have done,  
and by what we have left undone.  
We have not loved you with our whole heart;  
we have not loved our neighbours as ourselves.  
We are truly sorry and we humbly repent.  
For the sake of your Son Jesus Christ,  
have mercy on us and forgive us,  
that we may delight in your will,  
and walk in your ways,  
to the glory of your name. 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.**

## Sharing of the Peace

Reader May the peace of God be always with you

**All And also with you.**

*The peace is shared in the community, respecting personal boundaries*



## Offertory

*Out of gratitude for all we've been given, we give ourselves back to God.  
Bread, wine and money all symbolize the fruit of our labor.  
Please feel free to use one of the laminated blue cards to represent how you  
give to the Glory of God through Pre-Authorized Donations.*

### Offertory Hymn - Mary, Sing With Joyful Heart (OCP 934)



1. Ma - ry, sing with joy - ful heart: "You shall bear Em -
2. "Sing, my soul, of God's great love! Sing, my heart, your
3. An - gels sing as shep - herds watch: "Praise to God, his
4. "Now I see the world's true light! Glo - ry shines on
5. "Where is Je - sus, child of grace?" "Here, in God my



1. man - u - el!" Vir - gin Moth - er, full of
2. song of joy! Praise his won - ders, praise his
3. peace on earth! Christ the Sa - vior, Shep - herd -
4. Is - ra - el! God's great glo - ry, Christ the
5. Fa - ther's house! Where the Son is, there is



1. grace, pray for us to God, your Son!
2. name, praise his gift of God, my Son!"
3. King, sleeps in straw in Da - vid's town!"
4. Lord, comes to claim his dwell - ing - place!"
5. God! I am God's new house of prayer!"



A - ve, a - ve, a - ve, Ma - rí - a!



A - ve, a - ve, a - ve, Ma - rí - a!

Text: "Five Joyful Mysteries of the Rosary" by James Quinn, SJ, 1919-2010,  
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## Prayer over the Gifts

Presider Eternal One,

**All risking hope in this season of anticipation,  
watching and waiting for your Holy Light,  
we bring our offerings to you and say in faith: Amen.**

**Come, Lord Jesus.**

**We thank you for this bread and wine,  
gifts of your creation.**

**We thank you for the gift of Emmanuel:  
God with us. Amen.**

## Celebration of our Sacred Meal

### The Great Thanksgiving

Presider God is with you.

**All His Spirit is with us.**

Presider Lift up your hearts.

**All We lift them up to God.**

Presider Let us give thanks to God our Creator.

**All We give our thanks and praise.**

Presider Creator, you made our world --- beautiful and good.  
You made us to live in right relationship with you and all  
creation. You sent Jesus to live among us and show us what  
you are like.

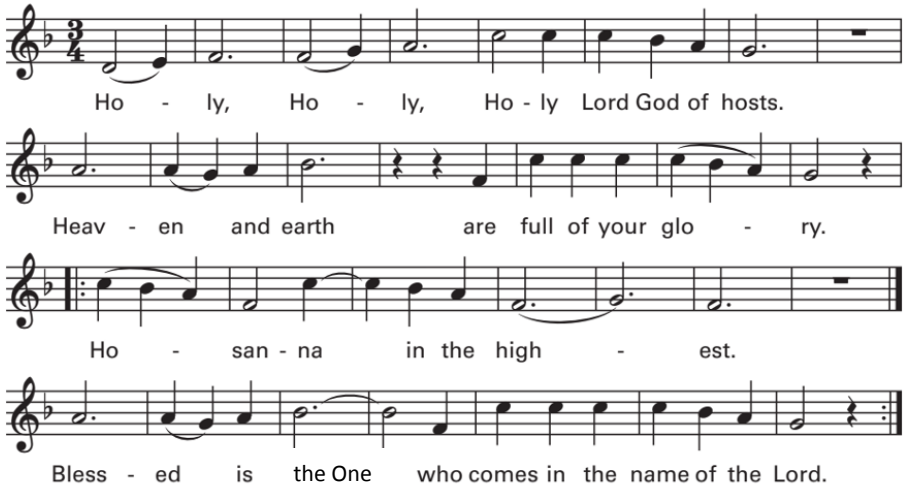
We give all thanks and praise to you, our true and loving  
God. You laid the foundations of the earth and enclosed the  
seas. You brought forth all creatures and gave breath to  
humankind.

Wondrous are you, Holy One.

All you create is a sign of hope for our journey.

And so, we join with the heavenly beings and all of  
creation as we sing:

# Sanctus - *Holy, Holy, Holy*



Ho - ly, Ho - ly, Ho - ly Lord God of hosts.  
Heav - en and earth are full of your glo - ry.  
Ho - san - na in the high - est.  
Bless - ed is the One who comes in the name of the Lord.

Presider Glory and honour are yours,  
Creator of all, your Word has never been silent.  
Of your grace, you sent Jesus to be human,  
to share our life, to proclaim the coming of your holy reign,  
and to give himself for us.

Through Jesus Christ you have reconciled us to you  
and restored the glory you intended for us.  
On the night before he died, Jesus ate supper with his  
friends. He took bread, gave thanks, broke it, and gave it to  
them saying:

*“Take and eat. This is my very self given for you.  
Do this for the remembrance of me.”*

Then he took the cup of wine, again he gave thanks,  
and gave it to them, saying:

*“Drink it all of you.*


*This cup is a new covenant poured out for you and all  
people. Do this for the remembrance of me.”*

Presider And so, we remember: the cross, the tomb,  
the resurrection and ascension, and, longing for Christ’s  
coming again in glory, we present these gifts to you.  
Send your Holy Spirit upon us and upon these gifts,  
so that we who share this bread and wine  
may be a people of hope, justice and love.

Draw us together in Christ, and, in the fullness of time,  
gather us with all your people into the joy of your eternal  
home.

Through Christ and with Christ and in Christ,  
by the inspiration of your Holy Spirit,  
we worship you our God and Creator and  
give you our unending praise. **Amen.**

## Lord's Prayer - *Mass of Creation*



Our Fa-ther, who art in heav-en, hal-low-ed be  
thy name; thy king-dom come; thy will be done on  
earth as it is in heav-en. Give us this day our  
dai - ly bread; and for-give us as we for-give  
oth-ers; and lead us not in - to temp - ta - tion,  
but de - liv - er us from e - vil.  
For the king - dom and the pow - er and the  
glo - ry are yours for - ev - er. A - men.

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## The Breaking of the Bread

*The celebrant breaks the consecrated bread.*

Presider We break the bread of life,  
and that life is the light of the world.

All **God here among us,  
light in the midst of us,  
bring us to light and life.**

## Lamb of God



Lamb of God, you take a-way the sins of the world, have mer - cy,  
mer - cy on us. world, grant us, grant us peace.

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## The Invitation

Presider Christ, whose table was open to all,  
is now present in this bread.  
Christ, whose word welcomed friend and stranger  
offers friendship through this cup.

**All With people everywhere we affirm  
God's goodness at the heart of humanity.**

Presider These are the gifts of God for all God's people

**All Thanks be to God.**

*Please know that at St. Laurence you are invited to the table. This sacrament is God's gift to all people. If you wish, you may partake in only the bread without the wine. Non-fermented grape juice is offered in the ceramic chalice. Please tell your server if you prefer a gluten free wafer. If you do not wish to partake at all, you may come forward and receive a blessing. Simply cross your arms across your chest.*

**Prayers for Healing** — *If you have special concerns and would like to pray with the Pastoral Care members during communion, please join them in the area to the right of the font.*

## Communion Hymn - *Canticle of the Turning* (OCP 860)

1. My soul cries out with a joyful shout  
That the God of my heart is great  
And my spirit sings of the wondrous things  
That you bring to the ones who wait  
You fixed your sight on your servant's plight  
And my weakness you did not spurn  
So from east to west shall my name be blest  
Could the world be about to turn?

### ***Refrain:***

My heart shall sing of the day you bring  
Let the fires of your justice burn  
Wipe away all tears, for the dawn draws near  
And the world is about to turn!

2. Though I am small, my God, my all  
You work great things in me  
And your mercy will last from the depths of the past  
To the end of the age to be  
Your very name puts the proud to shame  
And to those who would for you yearn  
You will show your might, put the strong to flight  
For the world is about to turn ***Refrain***

3. From the halls of power to the fortress tower  
Not a stone will be left on stone  
Let the king beware for your justice tears  
Every tyrant from his throne  
The hungry poor shall weep no more  
For the food they can never earn  
There are tables spread, every mouth be fed  
For the world is about to turn ***Refrain***

4. Though the nations rage from age to age  
We remember who holds us fast  
God's mercy must deliver us  
From the conqueror's crushing grasp  
This saving word that our forebears heard  
Is the promise which holds us bound  
'Til the spear and rod can be crushed by God  
Who is turning the world around ***Refrain***

# Communion Hymn - *Christ in me Arise* (OCP 124)

Refrain



Christ in me a - rise and dis - pel all the dark - ness.



Christ in me a - rise with your pow - er and your strength.



Christ in me pour out your bless - ing and heal - ing.



Christ in me a - rise and I shall rise with you.

Verses



1. Be now my vi - sion; o - pen these eyes, show - ing me  
2. Be now my foot - steps, lead - ing the way, tak - ing me



1. all that I must see. }  
2. where I must go. } On - ward to the king - dom,



1, 2. you are the way. A - rise in me and I shall rise with you. to Refrain

Bridge



You know my heart and you know my ways, you who



formed me in my moth - er's womb. I live and move in you,



my whole be - ing thrives in you. 2 to Refrain



## Communion Hymn - *When the King Comes Again*

When the King shall come again  
all his power revealing,  
splendour shall announce his reign,  
life and joy and healing:  
earth no longer in decay,  
hope no more frustrated;  
this is God's redemption day  
longingly awaited.

In the desert trees take root  
fresh from his creation;  
plants and flowers and sweetest fruit  
join the celebration.  
Rivers spring up from the earth,,  
barren lands adorning;  
  
valleys, this is your new birth,  
mountains, greet the morning!

### *Chorus 1:*

*Will you come? Will you save?  
Look on our barren hearts and  
hasten that day  
Renew the world, exhume our graves  
Raise our bodies wild  
emblazoned with grace*

Strengthen feeble hands and knees,  
fainting hearts, be cheerful!  
God who comes for such as these  
seeks and saves the fearful.  
Deaf ears hear the silent tongues  
sing away their weeping;  
blind eyes see the lifeless ones  
walking, running, leaping.

*(continued over the page)*

*Chorus 1+ 2:*

*Will you come? Will you save?  
Look on our barren hearts and  
hasten that day  
Renew the world, exhume our graves  
Raise our bodies wild  
emblazoned with grace  
We are groaning with the earth  
Til the Spirit gives us birth  
And the wilderness becomes  
a verdant land  
When the king comes again*

There God's highway shall be seen  
Where no roaring lion  
nothing evil or unclean  
walks that road to Zion:  
ransomed people homeward bound  
all your praises voicing,

see your Lord with glory crowned,  
share in his rejoicing!

*When the king comes again...  
When the king comes again...  
When the king comes again...(quietens)*

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## **Moment of Silence**

*We take a moment to be still and know God. Our world is full of many noises, even as we sit together in silence. Let the noises be, and listen for the deep stillness that underlies all being. This moment will begin and end with the ringing of a bell.*

## Prayer after Communion

Presider Let us pray.

*The community prays in silence.*

Presider As we have shared this bread and wine,

**All we share new life in Christ.**

Presider Send us out in the power of your spirit,

**All to stand with you in the world and share your love.**

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  
for ever and ever. Amen.**

## Announcements

## Blessing

Presider May the God of hope fill you with all joy and peace in believing; and the blessing of God, Creator, Redeemer and Sustainer be upon you now and forever.

Closing Hymn - *O Come, Divine Messiah* (CP 95)

1. O Come, divine Messiah  
The world in silence waits the day  
When hope shall sing its triumph  
And sadness flee away

Refrain:

Dear Saviour, haste!  
Come, come to earth  
Dispel night and show your face  
And bid us hail the dawn of grace  
O come, Divine Messiah  
The world in silence waits the day  
When hope shall sing its triumph  
And sadness flee away

2. O Christ, whom nations sigh for  
Whom priest and prophet long foretold  
Come, break the captives' fetters  
Redeem the long-lost fold Refrain

3. You come in peace and meekness  
And lowly will your cradle be  
All clothed in human weakness  
Shall we your Godhead see Refrain

Text: Simon-Joseph Pellegrin, Music Godfrey Ridout, copyright, Estate of Godfrey Ridout

Deacon            Go in peace to prepare the way for Christ.  
All                **Thanks be to God!**

*The flowers at the alter are given to the glory of God  
in loving memory of Mum and Dad, Nell and  
Harold Dewhirst, and in grateful  
acknowledgment of my 80th Birthday.*



## **Acknowledgements**

cover: [goodnewsshared.wordpress.com/2016/12/12/daily-gospel-reading-luke-139-47/](http://goodnewsshared.wordpress.com/2016/12/12/daily-gospel-reading-luke-139-47/)

Rector: The Reverend Philip Cochrane  
Deacon: The Reverend Patricia Ratcliffe  
Honorary: The Reverend Carla McGhie  
Music Director: Emilia Boronco  
Wardens: Lei De Santis, Rick Barr, Heather Esposito  
Trustees: Mitch Dodd, Brian Corbould, Detlef Beck,  
Anne Dennis, Ken Blows  
Family & Youth Leader: Jason Wood  
St. Laurence Kids: Jason Wood  
Treasurer: Rhonna Eksyma  
Envelope Secretary: Larry Hoad  
Privacy Officer: Allison Walker  
Operations Manager: Curt Bruniski

*Office Hours:*  
10:00am-3:00pm (drop-in)  
Monday - Friday

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*Hearing Assistance Available - see Sound Technician*

## NEWS & NOTES

### Wednesday Morning Prayer - 9:00 am (POSTPONED)

There will not be a Wednesday morning Prayer service for the next 2 weeks, (December 25 and January 1, 2025).

The Wednesday service will begin again on January 8, 2025.

### Looking Ahead to 2025

Starting Sunday, January 5, we'll be offering two morning worship services at St. Laurence:

- \* **9:00 am:** A quieter, spoken service for a more intimate worship gathering
- \* **10:30 am:** A vibrant service with music, along with a children's program.

We look forward to seeing you at whichever service works best for you, as we return to this service pattern.

### CARE OPPORTUNITY

Matthew Bradsher and Megan McField are a beloved couple in the St. Laurence community, both dealing with medical issues that will significantly reduce their capacity and income for the foreseeable future.

They have one son who lives with them and several other children who split their time between households. Over the next few months, we want to support them by **providing at least a couple of wholesome, generous meals per week**, prepared with a lot of love.

We are arranging meals for Thursdays and Sundays, starting Dec. 26. You can sign up to contribute to their Meal Train at: [mealtrain.com/zrlyzo](https://mealtrain.com/zrlyzo). Contact details can be found on the website.

## **THANK YOU!**

The Advent Suppers Team would like to thank everyone who participated in these wonderful evenings and a special thank you for your generosity with Food Bank donations.

## **Reflection**

*I am growing in the awareness that God wants my whole life, not just part of it. It is not enough to give just so much time and attention to God and keep the rest for myself. It is not enough to pray often and deeply and then move from there to my own projects ....*

*To return to God means to return to God with all that I am and all that I have. I cannot return to God with just half of my being. As I reflected this morning again on the story of the prodigal son and tried to experience myself in the embrace of the father, I suddenly felt a certain resistance to being embraced so fully and totally. I experienced not only a desire to be embraced, but also a fear of losing my independence. I realized that God's love is a jealous love. God wants not just a part of me, but all of me. Only when I surrender myself completely to God's love can I expect to be free from endless distractions, ready to hear the voice of love, and able to recognize my own unique call.*

*Christmas Services*  
*at*  
*St. Laurence*



**Christmas Eve**

-Family friendly Service 4:00 pm  
*(Christmas Craft at 3:30 pm)*

-Classic Service 9:30 pm  
*(Carol Sing at 9:00 pm)*

**Christmas Day** 10:00 am

**Sunday December 29** 10:00 am