

**St. Cyprian's Anglican Church  
and Iona Presbyterian Church**  
1080 Finch Ave East, Toronto, Ontario  
Telephone: 416-494-2442

Church office hours Tuesdays & Fridays 10:00 a.m. to 1:00 p.m.

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

**Advent 3,  
December 15, 2024**

Minister: Every member of the congregation

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

Email: [revdrjohnoakes@outlook.com](mailto: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: Hanson Lam

Zoom Link for Sunday Worship:

<https://us02web.zoom.us/j/2897790104?pwd=WTVXeWtJZWV2RW9JVGJGOE5VUUVB1dz09>

Or call: 647 374 4685 or 647 558 0588

Meeting ID: 289 779 0104

Passcode: 432441

## **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***

### **Welcome**

### **The Gathering of the Community**

**Opening Sentence:** "The Spirit of the Lord God is upon me, because the Lord has anointed me to bring good tidings to the afflicted."  
(Isaiah 61:1).

### **Processional Hymn #362: *Tell Out My Soul***

**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**

**Presider:** Lord, have mercy upon us.

**People: Christ, have mercy upon us.**

Presider: Lord, have mercy upon us.

## **Lighting of the Advent Wreath**

The first two candles on the Advent Wreath represent hope and peace. Today we light the third candle, the candle of joy. Joy is like an underground spring that wells up within us, but joy is also a choice, an attitude. So today we open ourselves to joy, trusting that God has already planted it in us. All we need to do is give it care and offer to share.

In Romans 15:13, the apostle Paul prays for his readers: “May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit.”

Let us pray. Loving God, we open ourselves to you, trusting that this is how you made us: you created us for joy-filled hearts and lives. Show us the creative power of hope. Teach us the peace that comes from justice. Fill us with the kind of joy that cannot be contained, but must be shared. Prepare our hearts to be transformed by you that we may walk in the light of Christ, in whose precious name we pray. **Amen.**

**Wreath Lighting Song: *Hope Is a Star*** (Brian Wren & Joan Fogg) (vv. 1–3)

**Hope is a star that shines in the night  
Leading us on till the morning is bright.**

**Refrain: When God is a child, there's joy in our song  
The last shall be the first and the weak shall be strong,  
And none shall be afraid.**

**Peace is a ribbon that circles the earth,  
Giving a promise of safety and worth.**

## ***Refrain***

**Joy is a song that welcomes the dawn,  
Telling the world that the saviour is born.**

## ***Refrain***

CCLI Song #1393162© Words: 1985 Hope Publishing Company; Music: 1993 Selah Publishing Company, Inc. Administrators Hope Publishing Company, Selah Publishing Company, Inc.

## **The Collect of the Day**

Presider: Let us pray.

God of power and mercy, you call us once again to celebrate the coming of your Son. Remove those things which hinder love of you, that when he comes, he may find us waiting in awe and wonder for him who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

## **The Proclamation of the Word**

**First Reading: Philippians 4:4–9** – Brenda Haddock

Reader: The first reading is taken from the fourth chapter of the Epistle to the Philippians, beginning at the fourth verse.

<sup>4</sup>Rejoice in the Lord always. I will say it again: rejoice! <sup>5</sup>Let your gentleness be evident to all. The Lord is near. <sup>6</sup>Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup>And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. <sup>8</sup>Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things. <sup>9</sup>Whatever you have learned or

received or heard from me, or seen in me – put it into practice. And the God of peace will be with you.

Reader: The Word of the Lord.

**All: Thanks be to God**

### **Canticle 3: A Song of Thanksgiving (Isaiah 12:2–6)**

Presider: Surely, it is God who saves me;  
I will trust in him and not be afraid.

**People: For the Lord is my stronghold and my sure defence,  
and he will be my Saviour.**

Presider: Therefore you shall draw water with rejoicing  
from the springs of salvation.

**People: And on that day you shall say,  
Give thanks to the Lord and call upon his name;**

Presider: make his deeds known among the peoples;  
see that they remember that his name is exalted.

**People: Sing the praises of the Lord, for he has done great things,  
and this is known in all the world.**

Presider: Cry aloud, inhabitants of Zion, ring out your joy,  
for the great one in the midst of you is the Holy One of Israel.

Glory be to the Father, and to the Son, and to the Holy Spirit

**People: As it was in the beginning, is now, and ever shall be. Amen.**

### **Gradual Hymn #712: *Alleluia* (Chorus x2)**

### **Gospel Reading: Luke 1:39–55 – Hanson Lam**

Reader: The Lord be with you.

**All: And also with you.**

Reader: The Holy Gospel of our Lord Jesus Christ according to the first chapter of Saint Luke, beginning at the thirty-ninth verse.

**All:            Glory to you, Lord Jesus Christ.**

<sup>39</sup>At that time Mary got ready and hurried to a town in the hill country of Judea, <sup>40</sup>where she entered Zechariah's home and greeted Elizabeth. <sup>41</sup>When Elizabeth heard Mary's greeting, the baby leaped in her womb, and Elizabeth was filled with the Holy Spirit. <sup>42</sup>In a loud voice she exclaimed: "Blessed are you among women, and blessed is the child you will bear! <sup>43</sup>But why am I so favoured, that the mother of my Lord should come to me? <sup>44</sup>As soon as the sound of your greeting reached my ears, the baby in my womb leaped for joy. <sup>45</sup>Blessed is she who has believed that the Lord would fulfil his promises to her! <sup>46</sup>And Mary said "My soul glorifies the Lord<sup>47</sup>and my spirit rejoices in God my Saviour,<sup>48</sup>for he has been mindful of the humble state of his servant. From now on all generations will call me blessed,<sup>49</sup>for the Mighty One has done great things for me – holy is his name. <sup>50</sup>His mercy extends to those who fear him, from generation to generation.<sup>51</sup>He has performed mighty deeds with his arm; he has scattered those who are proud in their inmost thoughts.<sup>52</sup>He has brought down rulers from their thrones but has lifted up the humble.<sup>53</sup>He has filled the hungry with good things but has sent the rich away empty.<sup>54</sup>He has helped his servant Israel, remembering to be merciful <sup>55</sup>to Abraham and his descendants forever, just as he promised our ancestors."

Reader:    The Gospel of Christ.

**All:            Praise to you, Lord Jesus Christ.**

**Gradual Hymn #712: *Alleluia* (Chorus x2)**

**Sermon:** "How to Stay Sane in a Crazy World" – Rev. Dr. John Oakes

**Anthem:** "Comfort Ye"        (by Natalie Sleeth)

**The Apostles' Creed**

Presider:        Let us confess the faith of our baptism, as we say:

Do you believe in God the Father?

**All:** I believe in God, The Father almighty,  
creator of heaven and earth.

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

**All:** 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?

**All:** 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. Amen.

## Prayers of the People

Intercessor: In joyful expectation let us pray to our Saviour and Redeemer,  
saying, "Lord Jesus, come soon!"

**People:** Lord Jesus, come soon!

We pray for this community, our country, and the world, and  
especially for those nations riven by war and conflict in Israel,  
Palestine, Ukraine, Russia, Syria and elsewhere.

**People:** Lord Jesus, come soon!

Intercessor: We pray for the peace and unity of the Church of God,  
for Bishops Andrew, Kevin and Riscylla, for Interim Moderator  
Alex, for John our priest and pastor, and for all other ministers;

**People:** Lord Jesus, come soon!

Intercessor: We pray for all who are in danger, sorrow, grief, sickness, or  
any kind of need, especially Diane, Edna, Freda, Judy, Sadie,

the family of Daisy Hutchinson, and all others whom we now name . . . *Please add other names silently or aloud*

**People:** **Lord Jesus, come soon!**

Intercessor: O Wisdom, from the mouth of the Most High, you reign over all things to the ends of the earth: come and teach us how to live.

**People:** **Lord Jesus, come soon!**

Intercessor: O Lord, and head of the house of Israel, you appeared to Moses in the fire of the burning bush and you gave the law on Sinai: come with outstretched arm and ransom us.

**People:** **Lord Jesus, come soon!**

Intercessor: O Branch of Jesse, standing as a sign among the nations, all kings will keep silence before you and all peoples will summon you to their aid: come, set us free and delay no more.

**People:** **Lord Jesus, come soon!**

Intercessor: O Key of David and sceptre of the house of Israel, you open and none can shut; you shut and none can open: come and free the captives from prison.

**People:** **Lord Jesus, come soon!**

Intercessor: O Morning Star, splendour of the light eternal and bright Sun of righteousness: come and enlighten all who dwell in darkness and in the shadow of death.

**People:** **Lord Jesus, come soon!**

Intercessor: O King of the nations, you alone can fulfil their desires: Cornerstone, you make opposing nations one: come and save the creature you fashioned from clay.

**People:** **Lord Jesus, come soon!**

Intercessor: O Emmanuel, hope of the nations and their Saviour: come and save us, Lord our God.

**People:** **Lord Jesus, come soon!**



## **Confession and Absolution**

Presider: Dear friends in Christ. God is steadfast in love and infinite in mercy, welcoming sinners and inviting them to his table. Let us confess our sins confident in God's forgiveness.

Presider: Most merciful God.

**All: We confess that we have sinned against you in thought, word, and deed, by what we have done and what we have left undone. We have not loved you with our whole heart. We have not loved our neighbors 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.

## **The Peace**

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

**All: And also, with you.**

**Offertory Hymn #98: *Hark the Glad Sound! The Saviour Comes* (Tune: #224)**

## **Prayer over the Gifts**

Presider: God of hope, renew in us the joy of your salvation and make us a living sacrifice to you, for the sake of Jesus Christ our Lord. Amen.

## **The Celebration of the Eucharist**

### **Eucharistic Prayer 2**

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: We give you thanks and praise, almighty God, through your beloved Son, Jesus Christ, our Saviour and Redeemer. He is your living Word, through whom you have created all things. By the power of the Holy Spirit he took flesh of the Virgin Mary and shared our human nature. He lived and died as one of us, to reconcile us to you, the God and Father of all. In fulfilment of your will he stretched out his hands in suffering, to bring release to those who place their hope in you; and so he won for you a holy people. He chose to bear our griefs and sorrows, and to give up his life on the cross, that he might shatter the chains of evil and death, and banish the darkness of sin and despair. By his resurrection he brings us into the light of your presence. Now with all creation 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: Holy and gracious God, accept our praise through your Son our Saviour Jesus Christ; who on the night he was handed over to suffering and death, took bread and gave you thanks, saying, "Take, and eat: this is my body which is broken for you." In the same way he took the cup, saying, "This is my blood which is shed for you. When you do this, you do it in memory of me."

Remembering, therefore, his death and resurrection, we offer you this bread and this cup, giving thanks that you have made us worthy to stand in your presence and serve you. We ask you to send your Holy Spirit upon the offering of your holy Church. Gather into one all who share in these sacred mysteries, filling them with the Holy Spirit and confirming their faith in the truth, that together we may praise you and give you glory through your Servant, Jesus Christ. All glory and honour are yours, Father and Son, with the Holy Spirit in the holy Church, now and for ever. **Amen.**

### **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: God of promise,  
you prepare a banquet for us in your kingdom.

**All: Happy are those who are called  
to the supper of the Lamb.**

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

**People: Thanks be to God.**

**All (#745) (sung):**

**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 Song: *Seek Ye First***

**Verse 1**

**Seek ye first the kingdom of God And His righteousness  
And all these things Shall be added unto you  
Allelu alleluia**

***Chorus***

**Alleluia Alleluia  
Alleluia Allelu Alleluia!**

**We shall not live by bread alone But by ev'ry word  
That proceeds From the mouth of God  
Allelu alleluia /*Chorus***

**Ask and it shall be given unto you Seek and ye shall find  
Knock and the door Shall be opened unto you  
Allelu alleluia /*Chorus***

## **Prayer after Communion**

Presider: Merciful God,  
may this eucharist strengthen us in our faith, fill us with unending joy, and prepare us for the birthday of our Saviour.  
We ask this in the name of Jesus Christ, who is Lord now and for ever. **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. The blessings of God Almighty, the Father, the son and the Holy Spirit be among you and remain with you always. Amen.

**Recessional Hymn #88: Come Thou Long-Expected Jesus (Tune: #643)**

## **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**.

### **Sunday Bible Study**

The **Sunday Bible Study** continues at **noon** in the **Fellowship Room**. All are **welcome**, including newcomers. **Please bring your own lunch**, if you want one.

### **Christmas Services**

We have a **rich programme of Christmas services** lined for the next few weeks:

December 22, 10:30 a.m. — Service of Seven Lessons and Carols

December 24, 7:30 p.m. — Christmas Eve Carols by Candlelight with Communion

December 25, 10:30 a.m. — Traditional Christmas Day Communion

**All are invited and all are encouraged to bring family and friends** to these special services!

### **Christmas Flowers.**

We are purchasing **memorial flowers for the Christmas services for both St. Cyprian's and Iona.**

If you would like to remember someone in this way, **please donate by today.**

On your donation envelope, **please clearly print the following information:**

- 1) Your name or family name** (i.e., how you wish it to appear in the bulletin)
- 2) The name(s) of those you wish to remember/honour.**

If preferred, write-ups may be emailed to Stacey at:

[Stacey.leslie.2993@gmail.com](mailto:Stacey.leslie.2993@gmail.com)

### **Wednesday Noon Meditation**

The **Wednesday meditation continues** with David Rudd and others at **12 noon**. It is **20 minutes long** and a **helpful way to nurture your faith** through the practice of silent prayer.

The **Zoom link** is:

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

**or call 647 473 4685 or 647 558 0588**

**meeting ID: 932 156 4941**

**Passcode: 1080**

### **Friday Zoom Bible Study**

Rev. John's weekly **Zoom Bible Study on 1 Corinthians** continues on **Fridays at 7 p.m.**

**All are welcome at any time.** You can join online at:

<https://us02web.zoom.us/j/8517044556>

Meeting ID: 851 704 4556

You can also join the meeting by phone on  
647-374-4685 or 647-558-0588.

### **Gift Opportunity**

As the holiday season approaches, **we are seeking to help others in need through food donations. Brenda Haddock**, who volunteers at the Scott Mission, **and Stacey Leslie**, who volunteers at the St. Paul's Food Bank in Pickering, have been **collecting food donations and the last Sunday to make one is today.**

Current **key items are vegetable oil, syrup, peanut butter, canned tomatoes, canned meat, juice, boxed stuffing, canned gravy and canned cranberries.** Any help is always appreciated if you would like to contribute. **Bags are also welcome.** especially the clear bags for vegetables and fruits. You can **talk to Brenda or Stacey if you have any questions.**

### Happy Birthdays

Carol Berger	Dec 16
Joyce Elliot	Dec 17
Marjorie Knights	Dec 17
Linda Hart	Dec 19
Norma Halstead	Dec 18
Armando Rowe	Dec 20

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.