

St. John's Anglican Church, Ida
Parish of Ida and Omeme

The First Sunday in Lent Service of Holy Communion

February 22, 2026

Welcome to Worship this morning!

*We invite you to participate fully in the service,
and to remain following the service for our Coffee Hour.
Today we will be serving light refreshments before beginning
our Annual Vestry Meeting. All are welcome!
Children are welcome to attend our Children's Program or to
remain with their families during the service*

*As we worship, at any time during the service, please assume
whatever physical position is best for you.*

The Gathering of the Community

*We shall not live by bread alone, but by every word that
proceeds from the mouth of God. Matthew (4:4)*

Please stand as you are able.

Opening Hymn CP372 *Praise to the Holiest in the Height*
(Tune CP224)

**Praise to the Holiest in the height,
and in the depth be praise,
in all his words most wonderful,
most sure in all his ways.**

**O loving wisdom of our God!
When all was sin and shame,
a second Adam to the fight
and to the rescue came.**

**O generous love! that flesh and blood,
which did in Adam fail,
should strive afresh against the foe,
should strive and should prevail;**

**and that the highest gift of grace
should flesh and blood refine,
God's presence, and his very self,
and essence all divine;**

**who in the garden secretly,
and on the cross on high,
should teach his followers, and inspire
to suffer and to die.**

**Praise to the Holiest in the height,
and in the depth be praise,
in all his words most wonderful,
most sure in all his ways.**

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

Bless the Lord who forgives all our sins.
His mercy endures for ever.

Almighty God,
**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.**

Confession and Absolution

Dear Friends in Christ, as we prepare for the Paschal Feast, continuing in the apostles' teaching and fellowship, in the breaking of bread, and in the prayers, let us make our hearts ready to renew the covenant of our baptism. Let us kneel before our Creator and Redeemer.

Please kneel as you are able.

Let us ask God to bring to light the things now hidden in darkness, and to disclose to us the secret purposes of our hearts. And most especially, let us remember the covenant of our baptism and test our hearts and conscience to know how faithfully we have persevered in resisting evil, and whenever we fell into sin, have repented and turned to the Lord.

Silence is kept.

Prayer of Confession

Most merciful God,
**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.**

Absolution

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.

Kyrie Eleison (*Sung*)

**Lord, have mercy on us.
Christ, have mercy on us.
Lord, have mercy on us.**

The Collect of the Day

Let us pray.
A silence is kept.
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.

The Proclamation of the Word

The First Reading

A reading from the Book of Genesis (2:15-17, 3:1-7)

The LORD God took the man and put him in the Garden of Eden to work it and take care of it. And the LORD God commanded the man, "You are free to eat from any tree in the garden; but you must not eat from the tree of the knowledge of good and evil, for when you eat from it you will certainly die."

Now the serpent was more crafty than any of the wild animals the LORD God had made. He said to the woman, "Did God really say, 'You must not eat from any tree in the garden'?"

The woman said to the serpent, "We may eat fruit from the trees in the garden, but God did say, 'You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die.'"

"You will not certainly die," the serpent said to the woman. "For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil."

When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it. Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves.

The word of the Lord.

Thanks be to God.

The Psalm (32)

**Happy are they whose transgressions are forgiven,
and whose sin is put away!**

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

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

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

**Then I acknowledged my sin to you,
and did not conceal my guilt.
I said, "I will confess my transgressions to the Lord."
Then you forgave me the guilt of my sin.**

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

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

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

**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."**

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

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

The Psalm Prayer

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.

The Second Reading

A reading from Paul's Letter to the Romans (5:12-19)

Therefore, just as sin entered the world through one man, and death through sin, and in this way death came to all people, because all sinned—

To be sure, sin was in the world before the law was given, but sin is not charged against anyone's account where there is no law. Nevertheless, death reigned from the time of Adam to the time of Moses, even over those who did not sin by breaking a command, as did Adam, who is a pattern of the one to come.

But the gift is not like the trespass. For if the many died by the trespass of the one man, how much more did God's grace and the gift that came by the grace of the one man, Jesus Christ, overflow to the many! Nor can the gift of God be compared with the result of one man's sin: The judgment followed one sin and brought condemnation, but the gift followed many trespasses and brought justification. For if, by the trespass of the one man, death reigned through that one man, how much more will those who receive God's abundant provision of grace and of the gift of righteousness reign in life through the one man, Jesus Christ!

Consequently, just as one trespass resulted in condemnation for all people, so also one righteous act resulted in justification and life for all people. For just as through the disobedience of the one man the many were made sinners, so also through the obedience of the one man the many will be made righteous.

The word of the Lord.
Thanks be to God.

The Proclamation of the Gospel

Gospel Hymn *CP175 Forty Days and Forty Nights*

**Forty days and forty nights
you were fasting in the wild,
forty days and forty nights
tempted, and yet undefiled:**

**Burning heat throughout the day,
bitter cold when light had fled,
prowling beasts around your way,
stones your pillow, earth your bed.**

**Shall not we your trials share,
learn your discipline of will,
and with you by fast and prayer
wrestle with the powers of hell?**

The Lord be with you
And also with you.

The Holy Gospel of our Lord Jesus Christ
according to Matthew (4:1-11)
Glory to you, Lord Jesus Christ.

Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, he was hungry. The tempter came to him and said, "If you are the Son of God, tell these stones to become bread."

Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'"

Then the devil took him to the holy city and had him stand on the highest point of the temple. "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.”

Jesus answered him, “It is also written: ‘Do not put the Lord your God to the test.’”

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. “All this I will give you,” he said, “if you will bow down and worship me.”

Jesus said to him, “Away from me, Satan! For it is written: ‘Worship the Lord your God, and serve him only.’”

Then the devil left him, and angels came and attended him.

The Gospel of Christ.

Praise to you, Lord Jesus Christ.

We sing:

**So, if Satan, pressing hard,
soul and body would destroy,
Christ who conquered, be our guard;
give to us the victor’s joy.**

**Saviour, may we hear your voice—
keep us constant at your side;
and with you we shall rejoice
at the eternal Eastertide.**

The Sermon

A silence is held for reflection following the sermon.

The Congregation stands at the invitation of the Celebrant.

The Apostles’ Creed

Let us confess the faith of our baptism as we say:
**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.**

The Prayers of the People

We pray for the world, the church and ourselves, assuming whatever physical position helps us to pray (remain standing, kneel, or sit).

The response to the intercessions will be:

Lord, in your mercy.

Hear our prayer.

The Peace

The peace of Christ be always with you.

And also with you.

Please turn to the people near you and offer a sign of God's peace.

The Celebration of Holy Communion

The offering of money is a sign of our gratitude for God's blessing of our lives, collected in the plates placed at the front and back of the church before the service. The offering plates will not be passed during the service.

Offertory Hymn *Holy Spirit*

**Holy Spirit, living Breath of God,
breathe new life into my willing soul.
Let the presence of the risen Lord
come renew my heart
and make me whole.**

**Cause Your word to come alive in me.
Give me faith for what I cannot see,
Give me passion for your purity;
Holy Spirit, breathe new life in me.**

**Holy Spirit, come abide within.
May Your joy be seen in all I do.
Love enough to cover ev'ry sin,
in each thought and deed
and attitude.**

**Kindness to the greatest and the least,
gentleness that sows the path of peace.
Turn my strivings into works of grace;
Breath of God, show Christ in all I do.**

**Holy Spirit, from creation's birth,
giving life to all that God has made.
Show Your power once again on earth.
Cause Your church to hunger
for Your ways.**

**Let the fragrance of our pray'rs arise;
Lead us on the road of sacrifice,
that in unity the face of Christ
may be clear for all the world to see.**

Prayer over the Gifts

Let us pray:
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 Great Thanksgiving

The Lord be with you.

And also with you.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

It is right to give you thanks and praise,
O Lord, our God, sustainer of the universe,
you are worthy of glory and praise.

Glory to you for ever and ever.

At your command all things came to be:
the vast expanse of interstellar space,
galaxies, suns, the planets in their courses,
and this fragile earth, our island home;
by your will they were created and have their being.

Glory to you for ever and ever.

From the primal elements
you brought forth the human race,
and blessed us with memory, reason, and skill;
you made us the stewards of creation.

Glory to you for ever and ever.

But we turn against you, and betray your trust;
and we turn against one another.

Again and again you call us to return.

Through the prophets and the sages
you reveal your righteous law.

In the fullness of time you sent your Son,
born of a woman, to be our Saviour.

He was wounded for our transgressions,
and bruised for our iniquities.

By his death he opened to us
the way of freedom and peace.

Glory to you for ever and ever.

Therefore we praise you,
joining with the heavenly chorus,
with prophets, apostles, and martyrs,
and with those in every generation
who have looked to you in hope,
to proclaim with them your glory,
in their unending hymn:

**Holy, most holy all holy the Lord,
in power and wisdom for ever adored.
The earth and the heavens are full of your love;
our joyful hosannas re-echo above.**

**Blessèd, most blessèd, all blessèd is he
whose life makes us whole, and whose death sets us free:
who comes in the name of the Father of light,
let endless hosannas resound in the height.**

Blessed are you, Lord our God,
for sending us Jesus, the Christ,
who on the night he was handed over
to suffering and death,
took bread, said the blessing,
broke the bread, gave it to his friends,
and said, "Take this, and eat it:
this is my body which is given for you.
Do this for the remembrance of me."

In the same way, after supper,
he took the cup of wine;
he gave you thanks,
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."
Glory to you for ever and ever.

Gracious God,
we recall the death of your Son Jesus Christ,
we proclaim his resurrection and ascension,
and we look with expectation for his coming
as Lord of all the nations.
We who have been redeemed by him,
and made a new people by water and the Spirit,
now bring you these gifts.

Send your Holy Spirit upon us
and upon this offering of your Church,
that we who eat and drink at this holy table
may share the divine life of Christ our Lord.
Glory to you for ever and ever.

Pour out your Spirit upon the whole earth
and make it your new creation.
Gather your Church together
from the ends of the earth into your kingdom,
where peace and justice are revealed,
that we, with all your people,
of every language, race, and nation,
may share the banquet you have promised;
through Christ, with Christ, and in Christ,
all honour and glory are yours,
creator of all.
Glory to you for ever and ever. Amen.

*A brief silence is kept. You are invited to kneel or stay seated
for the prayer.*

The Lord's Prayer

As our Saviour taught us, let us pray:

**Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.**

**Forgive us our sins
as we forgive those who sin against us.
Save us from the time of trial
and deliver us from evil.
For the kingdom, the power,
and the glory are yours
now and for ever. Amen.**

The Breaking of the Bread

We break this bread,
Communion in Christ's body once broken.

Let your Church be the wheat
which bears its fruit in dying.
**If we have died with him,
we shall live with him;
if we hold firm,
we shall reign with him.**

The gifts of God for the People of God.
Thanks be to God.

Agnus Dei

**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.**

Spiritual Communion

*For those who are worshipping with us online, we invite you to
make your spiritual communion, by inviting Jesus into your
heart, saying "Come, Lord Jesus."*

A brief silence is kept.

*Communion can be brought to you in your seat if that's easier
for you. Those who wish to receive a blessing instead of the*

bread and wine may indicate this to the bread administrator by placing a hand to your heart.

Special prayer will be offered during communion at the back of the sanctuary for those who wish to be prayed for.

All are welcome to be anointed before or after receiving communion at the pulpit side of the nave.

Communion Hymns

Hymn *Lord, From Your Hand*

***Lord, from your hand I take the bread,
and from Your cup I drink the wine.
You serve forgiveness for my need.
You serve Your holy life for mine.***

Now from Your lips I hear the words:

“This is My Body and My Blood.”

I see the mercy in Your eyes.

I see the pain. I see the love.

I see the cross. I see Your face.

My God, what agony and grief!

I see You suffer as You die.

I hear You pray. It is for me.

O Jesus, Saviour, Holy God!

I live and breathe in Your embrace!

**Lord, ev’ry moment draw my heart
to love and serve You face to face.**

Hymn *We Have Come into this House*

**We have come into this house and
gathered in His name to worship Him.**

**We have come into this house and
gathered in His name to worship Him.**

**We have come into this house
and gathered in His name
to worship Christ the Lord.**

Worship Him, Christ the Lord.

**So, forget about yourself and
concentrate on Him and worship Him.
So, forget about yourself and
concentrate on Him and worship Him.
So, forget about yourself and
concentrate on Him
and worship Christ the Lord.
Worship Him, Christ the Lord.**

**Let us lift up holy hands
and magnify His name and worship Him.
Let us lift up holy hands
and magnify His name and worship Him.
Let us lift up holy hands
and magnify His name
and worship Christ the Lord.
Worship Him, Christ the Lord.**

Hymn *There's Something About That Name*

**Jesus, Jesus, Jesus.
There's just something about that name!
Master, Saviour, Jesus.
Like the fragrance after the rain.**

**Jesus, Jesus, Jesus.
Let all Heaven and earth proclaim.
Kings and kingdoms will all pass away,
but there's something about that name!**

**Jesus, Jesus, Jesus.
There's just something about that name!
Master, Saviour, Jesus.
Like the fragrance after the rain.**

**Jesus, Jesus, Jesus.
Let all Heaven and earth proclaim.
Kings and kingdoms will all pass away,
but there's something about that name!
Kings and kingdoms will all pass away,
but there's something about that name!**

Hymn *Spirit Song*

**O let the Son of God enfold you
with His Spirit and His love,
let Him fill your life
and satisfy your soul.
O let Him have the things that hold you
and His Spirit, like a dove,
will descend upon your life
and make you whole.**

*Jesus, O Jesus, come and fill Your lambs.
Jesus, O Jesus, come and fill Your lambs.*

**O come and sing this song
with gladness
as your hearts are filled with joy,
lift your hands in sweet surrender
to His name.
O give Him all your tears and sadness,
give Him all your years of pain
and you'll enter into life in Jesus' Name.**

*Jesus, O Jesus, come and fill Your lambs.
Jesus, O Jesus, come and fill Your lambs.*

The Community is Sent Out

Prayer after Communion

Let us pray:

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.**

The Doxology

Glory to God,
**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.**

The Blessing

Closing Hymn *My Lighthouse*

**In my wrestling, and in my doubts,
In my failures, You won't walk out.
Your great love will lead me through;
You are the peace in my troubled sea, whoa oh,
You are the peace in my troubled sea.**

**In the silence, You won't let go.
In the questions, Your truth will hold.
Your great love will lead me through;
You are the peace in my troubled sea, whoa oh,
You are the peace in my troubled sea.**

**My Lighthouse, my Lighthouse
shining in the darkness, I will follow You!
Oh, my Lighthouse, my Lighthouse,
I will trust the promise;
You will carry me safe to shore,
safe to shore,
safe to shore,
safe to shore.**

**I won't fear what tomorrow brings.
With each morning, I'll rise and sing.
My God's love will lead me through;
You are the peace in my troubled sea, whoa oh,
You are the peace in my troubled sea.**

Refrain:

**Fire before us, You're the brightest
You will lead us through the storms.**

**Fire before us, You're the brightest
You will lead us through the storms. Hey!**

**My Lighthouse, my Lighthouse
shining in the darkness, I will follow You!
Oh, my Lighthouse, my Lighthouse,
I will trust the promise;
You will carry me safe to shore,
safe to shore,
safe to shore,
safe to shore.**

Send Us Out

**Send us out in the power of Your Spirit, Lord.
May our lives show Jesus to the world.
May each thought and word bring glory to Your name.
Send us out in Your Spirit, Lord, we pray.**

The Dismissal

**Go into the world, rejoicing in the power of the Spirit.
Thanks be to God.**

A Warm Welcome to all

Are you new to St. John's? We are so glad you have joined us today for worship. We encourage you to stay for coffee hour and introduce yourself to one of the clergy.

Would you like a visit? We'd be happy to visit with you at your home, in a coffee shop or at the church for pastoral conversation and/or home communion at your request.

Please call the office and one of the clergy will get back to you. 705.944.5350

If you experience a pastoral emergency (someone in the hospital or in urgent need) you can call our priest, The Rev. Canon Susan Spicer at 705.886.0057

Are you on the parish mailing and email list? If you would like to be, please let the office know.

Our Leaders Today

<i>Celebrant & Preacher</i>	The Rev. Canon Susan Spicer
<i>Deacon of the Table</i>	The Rev. Deb Wilson
<i>Deacon of the Word</i>	The Rev. Denise Byard
<i>Music Director & Pianist</i>	Linda Parsons
<i>Organist</i>	Sylvia Amesbury
<i>Crucifer</i>	Adrian Olley
<i>Reader</i>	Marilyn Marshall
<i>Intercessor</i>	Ted Hodgkinson
<i>Communion Assistants</i>	Adrian Olley/Moyra Seabright
<i>Technical Team</i>	Hayley Bagg/Ben Conrad
<i>Prayer Ministry Team</i>	Jean Lush/Phil Winslow
<i>Anointer</i>	Cathy Olley

St. John's Anglican Church, Ida
"To know Christ, and make Him Known"
A community church in the Anglican Tradition.

Visit our website: www.stjohnsida.com
Like us on Facebook: <https://www.facebook.com/stjohnsida>

Copyright 1985 by the General Synod of the Anglican Church of Canada. Published by the Anglican Book Centre. Hymns used with permission under copyright License #11294851 by Christian Copyright Licensing International, Inc. (CCLI)
Music Licenses: CCLI License #2987132, One License A-722138