



Ascension Sunday

17 May | 2026 | 11.30am

Rev. Canon Dr. Penny Anderson - Rector

Andy Elmhirst - Director of Music

Carrie Ford-Jones - Children's & Youth Ministry Coordinator

Welcome to St. Christopher's

Thank you for being with us this morning! We hope that this will be a meaningful time of worship for you! Please be assured that we are continuously evaluating and adapting our liturgical customs and hygiene practices to protect the health and safety of all.

About the Service

Everything you need for the service can be found in this booklet and large print copies are also available. You may take this service bulletin home with you or discard it in the blue box as you exit.

Children & Families

Please enjoy being together throughout the service. We know that children move around, and children make sound - kids are allowed to be kids at St. Christopher's. Programming for children 4 and older takes place during the 9.30am service. Parents are always welcome to spend time with their children ages 0-3 in Grannie's Place. There are also activity kits available in the atrium. Please ask one of our greeters if you need assistance at any time during the service.

Audio Loop

If you use a hearing aid with a "T" setting, you can take advantage of our audio loop in the main section (Nave) of the church.

"Collection"

We don't pass the collection plate at St. Christopher's. Instead, if you wish to make a financial contribution to support our ministries, there are donation boxes just inside the door into the worship space. Also, just outside the north entrance to the sanctuary, there is board that allows a \$25 donation, with a tap of your credit card. Scanning the QR code beside it ensures that a receipt will be issued.

Communion

All are invited to share in the Holy Eucharist.

Sensory Room

There is a space for you at St. Christopher's - including a sensory room, located in the south hallway, on the left just beyond the freezers. The sensory room is a space where you can lower or raise sensory inputs. There are blackout curtains so you can control the lighting, mats you can place on the floor, and options for listening to the service, or enjoying silence. The space is available for people of all ages, although we ask that caregivers remain with children who wish to use the sensory room.

Blessings

None of us comes to church by accident and each of us brings the rest of our lives with us. No matter what joys, burdens or dilemmas you bring with you today, we pray that this time will be a gift to you; that God's grace will touch you with hope and energy to live your life with greater depth, integrity, compassion, and courage.

Canon Penny Anderson



On the Cover

This sculpture entitled "Christ Ascending" is installed in El Picacho City Park in Tegucigalpa, Honduras.

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Thought for the Month

"We seek the presence of God
... as the restoration of human dignity
the reclamation of our joy
and the liberation of all
it is the gravitas of presence
incarnated in our flesh and bones."

From 'Gravitas', by David Gate

Ascension Sunday

11.30 am

Welcome!

Canon Penny Anderson

You belong here!
Everyone is welcome at the table.
No fussy rules.
No exceptions.

Land Acknowledgement

John Edmond, an Ottawa lawyer who practiced constitutional and Indigenous law, compiled a chronology of the Indian Residential Schools. Author Bob Joseph says Edmond compiled the chronology “to convey, by historic milestones, how the Indian residential school system came to be, how it embodied attitudes of its time, how critics were dismissed, and how, finally, the deep harm it did to many members of generations of Indian children was exposed in the course of a reconciliation process that continues.”

In one such historic milestone, in December 2015 the Truth and Reconciliation Commission of Canada released its six volume, 3,200 page Final Report. The report names the assimilation policy imposed through the schools a cultural genocide. The first page of the report reads, “For over a century, the central goals of Canada’s Aboriginal policy were to eliminate Aboriginal governments; ignore Aboriginal rights; terminate the Treaties; and, through a process of assimilation, cause Aboriginal peoples to cease to exist as distinct legal, social, cultural, religious, and racial entities in Canada. The establishment and operation of residential schools were a central element of this policy, which can best be described as ‘cultural genocide’.”

May we who gather for worship on the territory of the Anishinaabeg and the Haudenosaunee peoples commit ourselves to learning our history, and to engaging in reconciliation with First Nations, Inuit and Métis peoples.

Gathering Prayer

Song: Open the Eyes of My Heart

Paul Baloche

Open the eyes of my heart, Lord;
open the eyes of my heart,
I want to see you.
I want to see you.
(Repeat)

To see you high and lifted up,
shining in the light of your glory;
pour out your power and love,
as we sing holy, holy, holy.

Open the eyes of my heart, Lord;
open the eyes of my heart,
I want to see you.
I want to see you.
(Repeat)

To see you high and lifted up,
shining in the light of your glory;
pour out your power and love,
as we sing holy, holy, holy.

Holy, holy, holy.
Holy, holy, holy.
Holy, holy, holy.
I want to see you.
(Repeat twice)

Listening for God

A Reading from the Gospel of Luke (24.44-53)

Then Jesus said to them, “These are my words that I spoke to you while I was still with you – that everything written about me in the law of Moses, the prophets, and the psalms must be fulfilled.” Then he opened their minds to understand the scriptures, and he said to them, “Thus it is written, that the Messiah is to suffer and to rise from the dead on the third day and that repentance and forgiveness of sins is to be proclaimed in his name to all nations, beginning from Jerusalem. You are witnesses of these things. And see, I am sending upon you what my Father promised, so stay here in the city until you have been clothed with power from on high.” Then he led them out as far as Bethany, and, lifting up his hands, he blessed them. While he was blessing them, he withdrew from them and was carried up into heaven. And they worshiped him and returned to Jerusalem with great joy, and they were continually in the temple blessing God.

At the conclusion of the Gospel, the reader says,

Reader Holy Word. Holy Wisdom.
All **Thanks be to God.**

Homily

Canon Penny

Silence for Reflection

Song: Rise Up

Andra Day

You're broken down and tired
Of living life on a merry go round
And you can't find the fighter
But I see it in you so we gonna walk it out

[Refrain]

*And move mountains
We gonna walk it out
And move mountains*

And I'll rise up, I'll rise like the day
I'll rise up, I'll rise unafraid
I'll rise up, and I'll do it a thousand times again

And I'll rise up, high like the waves
I'll rise up, in spite of the ache
I'll rise up, and I'll do it a thousand times again

For you, for you, for you, for you

When the silence isn't quiet
And it feels like it's getting hard to breathe
And I know you feel like dying
But I promise we'll take the world to its feet

[Refrain]

For you, for you...

All we need, all we need is hope
And for that we have each other
And for that we have each other

We will rise, we will rise...

I'll rise up, rise like the day,
I'll rise up, in spite of the ache.
I'll rise up, and I'll do it a thousand times again.

And we'll rise up, high like the waves,
We'll rise up, in spite of the ache.
We'll rise a thousand times again.

The Prayers of the People

Please add your own prayers, ending with,

One God is good,
All **Thanks be to God.**

or

One God of love,
All **Hear our prayer.**

The Peace

the community offer peace to one another.

Song: Wings of an Eagle

Steve Bell

As we hope in the Lord
We will gain our strength
We will run for miles
We will stand up straight
We will not grow weary
We will not grow faint
On the wings of an eagle we will rise
(repeat)

[Refrain]

On the wings of an eagle we will rise
On the wings of an eagle we will rise
For our hope is found
In the power of God
On the wings of an eagle we will rise
On the wings of an eagle we will rise
Na na na na

For the Lord who is God
Takes Her people home
Not to be afraid
As we journey the road
Hand in hand we'll be walking
With the Lord our God
On the wings of an eagle we will rise

As we hope in the Lord
We will gain our strength
We will run for miles
We will stand up straight
We will not grow weary
We will not grow faint
On the wings of an eagle we will rise
[Refrain] x2

Prayer over the Bread and Wine

The Great Thanksgiving

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

Presider Lift up your hearts.
All **We lift them to the living God.**

Presider Let us give thanks to the God of the universe.
All **It is right to give our thanks and praise.**

The eucharistic prayer is spoken in the moment.

All **Holy, holy, holy,
God of power and might,
Heaven and earth are full of your glory.
Hosanna in the highest.**

**Blessed is the One who comes in God's name.
Hosanna in the highest.**

The eucharistic prayer continues.

All **Amen.**

Presider We pray as Jesus taught us:

All **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.**

Invitation

Presider The gifts of God, for the people of God.
All **Thanks be to God.**

Sharing Bread and Wine

As we serve one another:

All **The body of Christ.**
 The blood of Christ.

Communion Song: Firework

Katy Perry

Do you ever feel like a plastic bag
Drifting through the wind, wanting to start again?
Do you ever feel, feel so paper thin
Like a house of cards, one blow from cavin' in?

Do you ever feel already buried deep?
Six feet under screams, but no one seems to hear a thing
Do you know that there's still a chance for you?
There's a spark in you

[Refrain]

*You just gotta ignite the light
And let it shine
Just own the night
Like the First of July*

*Baby, you're a firework
Come on, show 'em what you're worth
Make 'em go, "Oh, oh, oh"
As you shoot across the sky*

*Baby, you're a firework
Come on, let your colors burst
Make 'em go, "Oh, oh, oh"
You're gonna leave 'em all in awe, awe awe.*

You don't have to feel like a waste of space
You're original, cannot be replaced
If you only knew what the future holds
After a hurricane comes a rainbow

Maybe a reason why all the doors are closed
So you could open one that leads you to the perfect road
Like a lightning bolt, your heart will glow
And when it's time, you'll know

[Refrain]

Boom, boom, boom
Even brighter than the moon, moon, moon
It's always been inside of you, you, you
And now it's time to let it through

Baby, you're a firework
Come on, show 'em what you're worth
Make 'em go, "Oh, oh, oh"
As you shoot across the sky

Baby, you're a firework
Come on, let your colors burst
Make 'em go, "Oh, oh, oh"
You're gonna leave 'em all in awe, awe awe.

Boom, boom, boom
Even brighter than the moon, moon, moon
It's always been inside of you, you, you
And now it's time to let it through

Prayer After Communion

Song: Light Up the Sky

The Afters

When I'm feeling all alone, with so far to go,
the signs are nowhere on this road, guiding me home.
When the night is closing in, is falling on my skin,
oh God, will you come close?

[Refrain]

*Light, light, light up the sky,
you light up the sky to show me you are with me.
I, I, I can't deny, no I can't deny that you are right here with me.*

You've opened up my eyes
So I can see you all around me.
Light, light, light up the sky,
You light up the sky to show me that you are with me.

When the stars are hiding in the clouds,
I don't feel them shining.
When I can't see beyond my doubt: the silver lining,
when I've almost reached the end,
like a flood you're rushing in,
your love is rushing in.

[Refrain]

So I'll run straight into your arms.
You're the bright and morning sun.
To show your love, there's nothing you won't do.

[Refrain]

We invite you to join us for refreshments in the Atrium
following the service.

Unless otherwise attributed, the music is drawn from:
The Anglican Church of Canada Book of Common Praise, 2000
Sing Your Praise, September 2007

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We are a dynamic, inclusive, diverse community
rooted in the life-giving, life-affirming, life-changing love of God
reaching beyond ourselves
caring for creation
making a difference with others.

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