

**ASH WEDNESDAY**

**UNBOUND**

*Longing for Wholeness*

**FEBRUARY 18, 2026**

# Ash Wednesday

February 18, 2026

(\* indicates the assembly stands)

## Gathering

\*The Great Litany 238

\*Greeting

**A: And also with you.**

\*Prayer of the Day

## Word

First Reading

Isaiah 58:1-12

Psalms 103: 8-14 (see page 4)

(said responsively by full verse)

Second Reading

2 Corinthians 5:20b--6:10

\*Gospel Acclamation

\*Gospel Reading

Matthew 6:1-6, 16-21

Sermon

\*Hymn of the Day 792

*"When Memory Fades"*

Invitation to Lent

Confession of Sin

p. 252

Imposition of Ashes

p. 254

Solo

*"Safe Within Your Arms"*

M. Hayes

\*Prayers of Intercession

**A: Your mercy is great.**

## Meal

\*Offering Hymn 186

*"Create in me a Clean Heart"*

\*Great Thanksgiving

p. 190

\*Holy, Holy, Holy

p. 190

\*Thanksgiving at the Table X

p. 69

*Lord's Prayer ( <i>Our Father in Heaven...</i> )	p. 191
Lamb of God	p. 191
Hymn during Communion 759	<i>"My Faith Looks Up to Thee"</i>
*Concluding Prayer	
<b>Sending</b>	
*Blessing	
*Hymn 319	<i>"O Lord, throughout These Forty Days"</i>
*Dismissal	<b>A: Thanks be to God.</b>

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**Today grounds us in one of the only certainties about this life.** We are formed from the dust of the earth and return to it, too.

**All are welcomed to the Lord's table** where Jesus promises to meet us. **Communion will be at the high altar rail this evening. Please remain kneeling or standing at the rail until all have received the wine or grape juice; there will be a table blessing for each group.** Gluten-free communion wafers are also available. Please indicate this to the Pastor.

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### **Leading Worship Today**

**Minister:** Rev. Sebastian Meadows-Helmer

**Diaconal Minister of Music:** Deacon Scott Knarr

**Choral Scholar:** Dylan Siebert

**Lector:** Kim Schaner

**Communion Server:** Pat Gilck

**Building Monitor:** Steve Dickin (519-580-8407)

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Psalm 103:8-14

<sup>8</sup> The Lord is merciful and gracious,  
slow to anger and abounding in steadfast love.

<sup>9</sup> **He will not always accuse,  
nor will he keep his anger forever.**

<sup>10</sup> He does not deal with us according to our sins  
nor repay us according to our iniquities.

<sup>11</sup> **For as the heavens are high above the earth,  
so great is his steadfast love toward those who fear him;**

<sup>12</sup> as far as the east is from the west,  
so far he removes our transgressions from us.

<sup>13</sup> **As a father has compassion for his children,  
so the Lord has compassion for those who fear him.**

<sup>14</sup> For he knows how we were made;  
he remembers that we are dust.

**Church Fire Plan** - For everyone's awareness, a copy of the Church Fire Plan for safe exit from the Sanctuary appears in the back of the worship books. Please take a moment to review for your own safety. The AED and a first aid kit are in the hallway by the office.

## Worship Notes

In our prayers, Marjorie, Kevin, Betty, Anneke, Judy, Yvonne, Jeanette, Meaghan, Henry, Maureen, and John.

**All are welcome at the meal** where Jesus is present loving and forgiving us. For the wine, there is a common cup station and a pouring chalice station (please take an empty small glass). There is also a small tray of pre-poured grape juice glasses. Gluten-free wafers are also available; please indicate this request to the Pastor. If you would (also) like to receive a blessing, please approach the Pastor with your arms crossed over your chest. If you'd like to receive Communion in your pew, the pastor will come to you. Please let an usher or the pastor know before worship if possible.

### Information for today's worship

- **Offering:** Please place your offering in one of the offering plates in the Narthex (entranceway) upon entering. The offering plates will be presented at the High Altar during the service.
- **Downstairs Washrooms** can be accessed via any of the staircases. There is one wheelchair accessible washroom, and the rest are all-gender washrooms. A further all-gender washroom is also available via the west stair tower door (front left of the Sanctuary) on the same level. Turn right at the hallway.

### General Announcements

**Spiritual Retreat Day: Saturday, March 14, 10 am - 4 pm.**

Enjoy a day at the Crieff Hills Retreat Centre in Puslinch, and

-unwind

-connect with yourself and God

- learn or revisit spiritual practices like meditation and labyrinth
- pray and sing
- enjoy good food (lunch, snacks, and beverages) and fellowship

Limit: 8 people

Cost: \$30 or pay-what-you-can

Deadline to register with Pastor Sebastian: Friday, February 27

### Upcoming Events at St. Matthews

**Sunday, February 22:** Diaconal Sunday with guest preacher Deacon Sherry Coman at 9.30 am

**Sunday, February 22:** CALL 30: Dismantling the Prison Pipeline at 11:30 am

**Wednesday, February 25:** St. Matthews Presents: Organ Recital (noon) and Soup (12:30).

**Wednesday, February 25:** Lenten Midweek service at St. Luke's Kitchener (Pastor Sebastian preaching) at 7 pm

### Contact Information

Office: 519-742-0462      stmattskw.com

Rev. Carey Meadows-Helmer	Ext. 3	pastorcarey@stmattskw.com
Rev. Sebastian Meadows-Helmer	Ext. 2	pastorsebastian@stmattskw.com
Deacon Scott Knarr	Ext. 4	deaconscoott@stmattskw.com
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**ST. MATTHEWS**

*presents*



# Organ Recitals and Soup

begins on

Wednesday, February 25, 2026 at 12 noon

Music at 12; Soup at 12:30pm

*recitals every other Wednesday*

Freewill Offering

## **February 25**

Sebastian Meadows-Helmer, baroque violin

Pauline Finch, baroque flute

Scott Knarr, harpsichord & organ

## **March 11**

Corey Linforth, vocalist

Peter Nikiforuk, organ & piano

## **March 25**

Bruce Gremo, flute

Corinne Dutton, organ

## **April 8**

Sherry Coman, spoken word

Scott Knarr, organ

## **April 22**

Sebastian Meadows-Helmer, Lana Moses, violins

Scott Knarr, organ



Limited Spaces

Free event open to youth and adults.  
Freewill Donation

**SUNDAY FEBRUARY 22, 2026**

**SOUP LUNCH 11:30AM TO 12:15PM**

**CALL 30 12:15PM TO 2PM** St. Matthews Lutheran Church,  
54 Benton St, Kitchener, ON

Feather & Cross invites you to join facilitators Fiona and Lana on a scenario-based journey exploring the causes and impacts of the overincarceration of Indigenous women.

RSVPa attendance or questions via email to [admin@featherandcross.org](mailto:admin@featherandcross.org)



Join us on Sunday, February 22, 2026, after our regular worship service at 9:30 AM and coffee time for:

Homemade Soup Lunch: 11:30 AM to 12:15 PM

CALL 30 Activity: 12:15 PM - 2:00 PM

**Please RSVP to [admin@featherandcross.org](mailto:admin@featherandcross.org) by February 20, 2026, and let us know if you'll be joining us for lunch and the exercise, or if you'll only be attending the activity at 12:15 PM.**

Make sure to bring comfortable shoes and a water bottle. Please note that much of the activity will require standing for 50 minutes; however, chairs and assistive devices will be available if needed. Our goal is to engage with an open mind, heart, and ear, not to overexert ourselves.

This activity is appropriate for individuals aged 14 and older due to its references to Residential Schools, the Sixties Scoop, racism, and violence.

# 2026 MID-WEEK LENTEN WORSHIP

WEDNESDAY NIGHTS



## St. Luke's Lutheran

Worship 7:00 pm

*Holden Evening Prayer*

Presider: Rev. H. Toeller

Preacher: Rev. S. Meadows-Helmer

FEB  
25

ST. LUKE'S CHURCH, 317 FRANKLIN ST. N, KITCHENER



## St. Matthews Lutheran

Worship 7:00 pm

*Holden Prayers Around the Cross:  
For the Healing of the Nations*

Presider: Rev. C. Meadows-Helmer

Preacher: Rev. Mario Hryniewicz

MAR  
11

ST. MATTHEWS CHURCH, 54 BENTON ST. KITCHENER



## St. Peter's Lutheran

Worship 7:00 pm

*Compline*

Presider: Rev. M. Ehlebracht

MAR  
25

ST. PETER'S CHURCH, 49 QUEEN ST N. KITCHENER



St. Peter's Church  
*there's a place for you here*

ST. PAUL'S LUTHERAN  
CHURCH, BRIDGEPORT



St. Luke's  
EVANGELICAL LUTHERAN CHURCH



ST. MATTHEWS

WHERE COMMUNITY GATHERS AND GROWS

# Holy Week 2026

## **PALM SUNDAY**

March 29 at 9:30 am

## **MAUNDY THURSDAY**

April 2 at 7:00 pm

## **GOOD FRIDAY**

April 3 at 9:30 am

## **EASTER SUNDAY**

April 5 at 9:30 am

**UNBOUND**

*Longing for Wholeness*

# Nith Valley Ministry Area Reconciling in Christ Program



Since 1983, the Reconciling in Christ (RIC) Program has been a public way for faith communities to see, name, celebrate, and advocate for people of all sexual orientations, gender identities, and gender expressions in the Lutheran church. Since 2021 the work has expanded to include racial equity and a commitment to anti-racist work.

**Building an  
Inclusive  
Church**

To help you begin this work,  
The Nith Valley Ministry Area is hosting  
**“Building an Inclusive Church”  
Training Workshop**  
**Saturday March 14, 2026**  
Trinity Lutheran Church Tavistock  
2210 Perth Line 29, corner of Hwy 59

**11:00 AM to 5:00 PM**

**Lunch and Coffee Breaks Included**

**This training is not for rostered leaders, although they are encouraged to attend.**

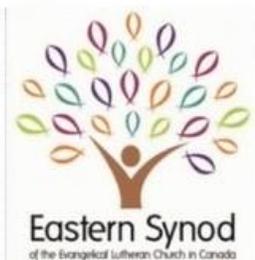
**This is for any and all Lutheran church members  
with a desire to help our churches become radically inclusive.**

**Please register by Sunday March 1st.**

by sending an email to [trinitytavipastor@gmail.com](mailto:trinitytavipastor@gmail.com)  
or calling Trinity Tavistock 519-655-2372.

Registration and other costs lovingly provided by the Eastern Synod

**Queer Committee**





# St. Matthews Lutheran Church

54 BENTON STREET  
KITCHENER  
N2G 3H2  
519.742.0462

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