



LENT 2026

UNBOUND

Longing for Wholeness

MARCH 1, 2026

Lent 2 / “Longing for Mystery”

Sunday, March 1, 2026

(* indicates the assembly stands)

Gathering

Prelude	<i>“Prelude No. 5”</i>	F. Couperin
Words of Welcome & Service Announcements		
*Confession and Forgiveness (see page 4)		
*Hymn 323		<i>“God Loved the World”</i>
*Greeting		
*Kyrie		p. 184
*Prayer of the Day		
Children’s Message		
Anthem	<i>“God So Loved the World”</i>	J. Enns

Word

First Reading		Genesis 12:1-4a
Lenten Theme Song (see page 5)		<i>“We Belong to Each Other”</i>
Second Reading		Romans 4:1-5, 13-17
*Gospel Acclamation	<i>“Let your steadfast love”</i>	p. 189
*Gospel Reading		John 3:1-17
Sermon		
*Hymn of the Day 334 v. 1, 2, 3, Lent 2		<i>“Tree of Life and Awesome Mystery”</i>
*Apostles’ Creed		p. 217
Music for Reflection	<i>“Larghetto Affettuoso”</i>	G. Tartini
*Prayers of Intercession		A: Your mercy is great.
*Peace		

Thanksgiving

*Offering Hymn 328

“Restore in Us, O God”

*Thanksgiving for the Word

*Lord’s Prayer (*Our Father in heaven...*)

p. 221

Sending

General Announcements

*Blessing

*Hymn 451

“We Are Baptized in Christ Jesus”

*Dismissal

A: Thanks be to God.

Postlude

“Fugue sur les jeux d’anches”

F. Couperin

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What if the opposite of being bound is being whole? Our world is filled with things that hold us captive. These things that bind us prevent us from living the whole, abundant life that God has promised us. Through the stories of regular people encountering Jesus, and being drawn to the wholeness that Jesus provides, we can learn about our own longings and be drawn into wholeness.

Nicodemus comes to Jesus under cover of darkness because something in him is already unraveling. His credentials, knowledge, and status have carried him far, but not far enough.

Confession and Forgiveness:

P: Let us confess our sins to God and one another.

**A: We confess to you, most loving God,
the sins that both bind and scatter us.**

We have knowingly believed dishonest words.

We have questioned your gracious power again and again.

We have given into temptation.

We have acted out of fear, placing blame on others yet holding ourselves apart.

In our disbelief and confusion we have hurt our neighbors and ourselves.

Gather us back to you.

Forgive us, free us, and make us whole

for the sake of your son Jesus Christ. Amen.

P: Friends, beloved of God,

Jesus came not to condemn the world but that all might be saved through him.

In the name of + Christ your sins are forgiven.

May God unbind your guilt and shame,

lead you by the Spirit,

and bring you to wholeness in abundant life.

A: Amen.

We Belong to Each Other

Refrain



We be - long, we be - long, we be - long to each - oth - er.



I am strong, you are strong; we are strong - er to - geth - er.

Verses



Each of us has gifts to share, there is plen - ty to
If we hold our gifts too tight, some - one else will be
Near or far, I'm on your side; we are part of God's



go a - round. When we're lone - ly, lost, and scared,
left be - hind. Give, for - give, and shine your light;
fam - il - y. I am yours and you are mine,



God makes sure we are found. *to Refrain*
take the time to be kind.
tied to - geth - er yet free.

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Leading Worship Today

Minister: Rev. Sebastian Meadows-Helmer

Diaconal Minister of Music: Deacon Scott Knarr

Lector: Deacon Sherry Coman

Choral Scholars: Hannah Swiderski, Nicole Hamilton, Lindsay Scott, Dylan Siebert, Drew Aarssen

Broadcast: Jamie Foley

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

Worship Notes

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

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.
- **Please join us for Fellowship Time** after worship in the Community Hall. Use any of the staircases (Narthex, west stair tower, parking lot tower) to go down.
- **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.

Upcoming Events at St. Matthews

Friday, March 6: World Day of Prayer worship at 10:30 am

Wednesday, March 11: St. Matthews Presents: Organ Recital (noon),
and Soup (12:30)

Wednesday, March 11: Lenten Midweek service at 7 pm

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

Wednesday, March 25: Lenten Midweek service at St. Peter's at 7 pm

Contact Information

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Open Door

Worship

March 4th 5-6 pm
Keffer Chapel

Rooted in a Christian Lutheran tradition, at Open Door all are welcome to participate or simply be in our midst. All are welcome to this weekly Wednesday worship gathering, engaging prayer, sacred texts, music and art.

March 4: Dr. Mary (Joy) Philip, Rev. Carey Helmer-Meadows

The St. Matthews Centre, our community hub, has a website which links all upcoming events, especially concerts of the KW Symphony and the Grand Philharmonic Choir.

Scroll down to "Upcoming Events" at www.stmatthewscentre.ca.

The St. Matthews Centre also has a Facebook page, which you can "follow" to get updates.



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.



World Day of Prayer
Journée mondiale de la prière **2026**

**"I Will Give You
Rest: Come"**

Matthew 11:28-30

Title: Rest for the Weary

Artist: Gift Amarachi Ottah



Friday, March 6, 2026
10:30 am

St. Matthews Lutheran Church
54 Benton Street, Kitchener



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

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. PAUL'S LUTHERAN
CHURCH, BRIDGEPORT





St. Matthews Lutheran Church

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