



Mountainside United Church

3520 Rue University Montreal, Qc, H3A 2A7
Sunday Worship, 10:30 am
Tel: (514) 486-1165 www.mountainsideunited.ca

Lent I Year A
Sacrament of Holy Communion
February 22, 2026

Last Sunday of Black History Month

Deep Spirituality, Bold Discipleship, Daring Justice

*In the communion meal, wine poured out and bread broken,
we remember Jesus.*

*We remember not only the promise but also the price that he paid
for who he was,
for what he did and said,
and for the world's brokenness.*

*We taste the mystery of God's great love for us,
and are renewed in faith and hope. (A Song of Faith)*

@ indicated text that the Minister is reading and is the text for today's sermon

Territorial Acknowledgement:

McGill University is on land which has long served as a site of meeting and exchange amongst Indigenous peoples, including the Anishinabeg and Kanien'kehá:ka. We acknowledge and thank the diverse Indigenous peoples whose presence marks this territory on which peoples of the world now gather.

Prelude:

Deep River - arr. Larry Shackley
Trumpet Robert Drouin
Piano: Alberto Santos
Electric Bass: Rick Vannelli
Drums: Laurent Roberge

Holy Greeting

The grace of our Sovereign Jesus Christ, the love of God, and the fellowship of the Holy Spirit be with you!

And also with you!

Hymn: VU# 617 *I Love You, God, Who Heard My Cry*

1. I love you, God, who heard my cry
and pitied every groan.
Long as I live and troubles rise,
I'll hasten to your throne.

2. I love you, God, who heard my cry
and chased my grief away.
O let my heart no more despair
while I have breath to pray.

Call to Worship:

Come, beloved of God, for the season of Lent is here, and so we begin a journey into the wilderness of our hearts.

We come, seeking God's mercy and grace.

Bring us awareness of the troubles and burdens that weigh us down and prevent us from soaring in the Spirit.

O God, we promise to try, we promise to take the time necessary to try, we promise to commit our hearts to the journey.

I know we can because Jesus has walked this path before.

We turn from estrangement and broken relationships and turn to face the cross.

Let us worship the One who leads us from death into life.

Silent Prayers

God in your love,
Hear our prayer.
Amen

@Hebrew Scripture: Genesis 3: 1 - 13

Now the *dragon* was more crafty than any other wild animal that the Lord God had made. He said to the woman, "Did God say, 'You shall not eat from any tree in the garden'?" The woman said to the *dragon*, "We may eat of the fruit of the trees in the garden; but God said, 'You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die.'" But the *dragon* said to the woman, "You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil."

So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves. They heard the sound of the Lord God walking in the garden at the time of the evening breeze, and the man and his wife hid themselves from the presence of the Lord God among the trees of the garden.

But the Lord God called to the man, and said to him, "Where are you?" He said, "I heard the sound of you in the garden, and I was afraid, because I was naked; and I hid myself."

He said, "Who told you that you were naked? Have you eaten from the tree of which I commanded you not to eat?" The man said, "The woman whom you gave to be with me, she gave me fruit from the tree, and I ate." Then the Lord God said to the woman, "What is this that you have done?" The woman said, "The *dragon* tricked me, and I ate."

This is the witness of your people Israel!

Thanks be to God!

Psalm: 32 VU# 759 with refrain (R)

Reader: Ethel Ann Flores

Refrain: Be glad in God you righteous.
Rejoice, O saints, rejoice.

Blessed are those whose offences are forgiven,
whose sin has been put away.

**Blessed are those to whom God imputes no guilt,
and in whose spirit there is no deceit. R**

When I kept silence, my body wasted away,
while I groaned all the day long.

**For your hand was heavy upon me day and night;
my strength dried up as in a summer drought.**

Then I acknowledged my sin to you, my guilt I did not hide.

**I said: I will confess my sins to God";
and you forgave the guilt of my sin.**

Therefore let all the faithful pray to you in time of trouble;

when great floodwater rises, it shall not come near them.

You are a hiding place for me,
you will preserve me from trouble;

you will surround me with shouts of deliverance. R

I will teach you, and guide you in the way you should go.

I will keep you under my eye and instruct you.

Be not like a horse or mule, without understanding,

whose course must be checked with bit and bridle.

Many pains are in store for the wicked,

**but whoever trusts in God,
is surrounded by steadfast love. R**

Gospel: Matthew 4: 1 -11

Reader: Ethel Ann Flores

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted forty days and forty nights, and afterwards he was famished. The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written, 'One does not live by bread alone, but by every word that comes from the mouth of God.'" Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down; for it is written, 'He will command his angels concerning you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'" Jesus said to him, "Again it is 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; and he said to him, "All these I will give you, if you will fall down and worship me." Jesus said to him, "Away with you, Satan! for it is written, 'Worship the Lord your God, and serve only him.'" Then the devil left him, and suddenly angels came and waited on him.

Hear what the Spirit is saying to the Church!
Write these words on our hearts, dear God!

Hymn: MV#65 *When We Are Tested*

1. When we are tested and wrestle alone,
famished for bread when the world offers stone,
nourish us, God, by your word and your way,
food that sustains us by night and by day.

2. When in the desert we cry for relief,
pleading for paths marked by certain belief,

lift us to love you beyond sign and test,
trusting your presence, our only true rest.

3. When we are tempted to barter our souls,
trading the truth for the pow'r to control,
teach us to worship and praise only you,
seeking your will in the work that we do.

4. When we have struggled and searched
through the night,
sorting and sifting the wrong from the right,
Saviour, surround us with circles of care,
angels of healing, of hope, and of prayer.

Sermon Beware the Dragon

Rev. Dr. Douglas Throop

Offertory Reflections: Acknowledging How Givings Grow into Lives Changed

Presentation by Jill Harrison, Chair of Session, to Alan Ma, Director, Montreal Mission Internship
Programme Montreal Diocesan College

Music for Spiritual Centering:

I Love the Lord - Richard Smallwood, arr. Bradley Knight
Voices: Mountainside United Church Choir
Piano: Alberto Santos
Electric Bass: Rick Vannelli
Drums: Laurent Roberge

Invitation to the Table:

Sharing of the Peace

The Peace of Christ be with you!
And also with you!

Creed:

**We are not alone,
we live in God's world.
We believe in God:
who has created and is creating,
who has come in Jesus,
the Word made flesh,
to reconcile and make new,
who works in us and others
by the Spirit.
We trust in God.**

(Tagalog translation)
Tayo ay hindi nag-iisa,
nabubuhay tayo sa daigdig ng Dios.
Sumasampalataya tayo sa Dios:
na lumalang at lumalalang,
na naparito sa pamamagitan ni Hesus,
ang Salita na nagging laman,
upang makipagkasundo at gawing bago,
na gumagawa sa atin at sa lahat
sa pamamagitan ng Espiritu.
Tumitiwala tayo sa Dios.

**Tayo ay tinawag upang maging Iglesia:
upang ipagdiwang ang pakikisama ng Dios,
upang mabuhay na pinahahalagahan ang Nilalang,
upang ibigin at paglingkuran ang kapwas,
upang hanapin ang katarungan at bakahin ang kasamaan,
upang ipahayag si Hesus, na napako sa krus at nabuhay na
maguli, ating hukom at ating pag-asa.
Sa kabuhayan, sa kamatayan, sa kabuhayan sa kabila ng kamatayan,
ang Dios ay kasama natin.
Tayo ay hindi nag-iisa.
Magpasalamat tayo sa Dios.**

(English translation)

We are called to be the Church:

to celebrate God's presence,

to live with respect in Creation,

to love and serve others,

to seek justice and resist evil,

to proclaim Jesus, crucified and risen,

our judge and our hope.

In life, in death, in life beyond death,

God is with us.

We are not alone.

Thanks be to God

Communion Hymn: VU# 480 *Let Us Break Bread Together*

Refrain :

When I fall down on my knees,

with my face to the rising sun,

Oh, Lord, have mercy on me.

1.Let us break bread together on our knees,
let us break bread together on our knees. **R**

2.Let us drink wine together on our knees;
let us drink wine together on our knees. **R**

3.Let us praise God together on our knees;
let us praise God together on our knees. **R**

Prayer of Great Thanksgiving:

The Lord be with you!

And also with you!

Lift up your hearts!

We lift them up to our Sovereign God!

Let us together give God our thanks and praise.

It is right so to do.

As we engage in our journey of reflection, fasting, and charitable acts we participate in the spirit of Lent.

May it be for us a time for grounding and humility as we acknowledge our part in your greater creation and greater purpose for humanity.

May we offer our willingness to engage in a time of preparation as we walk with you on your journey to the cross.

Let your Holy Spirit guide us into a deeper relationship with you.

May she rouse us to greater spiritual awareness, greater respect for God's creation, and all faithfulness and generosity in our living.

Now with all creation we raise our voices in song
to proclaim your glory:

Sanctus (sung):

O holy, holy, holy God, O God of time and space.

*All earth and sea and sky above bear witness to Your grace.
Hosanna in the highest heav'n, creation sings Your praise.
And blessed is the One who comes and bears Your name always*

O God sustain us in the exercise of our calling to be your disciples.

**Holy One, let what we do here at this hour remind us of the cost of freedom for we now recall
Jesus last supper with his followers.**

As we retell this story symbolically, now, here with us
Jesus takes bread and offers you thanks.
He breaks the bread, and gives it to all disciples, saying,
'Take, eat. This is my Body: it is broken for you.'

At the end of the supper, Jesus takes the cup,
again, offers you thanks, and gives it to
all disciples saying:
'Drink this, all of you.
This is my blood of the new covenant,
it is poured out for you, and for all, that sins may be forgiven.
Do this in remembrance of me.'

**By your grace we are made one with Christ, and so we offer you these gifts and with them
ourselves as a single, holy, and living offering.**

Send your Holy Spirit upon us and upon this bread and this wine, that, overshadowed by your life-
giving power, she may enable them to be for us the presence of your Christ.

**Holy and Loving God, we entreat you to hear the prayers we offer you today on behalf of those
in need whose name, or need, or circumstances we now voice in this sacred assembly.**

God hear our prayer.
And in your love answer.

Remember your Church throughout the world.
Reveal her unity, guard her faith,
and preserve her in all peace and charity.
Bring us at the last with all the saints
to the vision of that eternal splendour
for which you have created us;
through Jesus Christ, our Lord, by whom, with whom, and in whom, in the unity of the Holy Spirit,
we worship you, almighty God, now and forever.

Amen and amen!

Prayer of Jesus (Sung):

**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,
and the power, and the glory,
for ever and ever. Amen.**

Fraction and Distribution

Post Communion Prayer:

Almighty and Everlasting God, we give you thanks that you have granted us the presence of your beloved one Jesus Christ.

Help us so to walk the ways of love that Christ might evermore dwell in us and us in Christ to the glory of your most holy name. Amen.

Hymn *Just a Closer Walk with Thee*

I am weak but thou art strong,
Jesus keep me from all wrong.
I'll be satisfied as long,
As I walk, let me walk, close with thee.

Refrain:

Just a closer walk with thee;
Grant it, Jesus, this my plea.
Daily walking close with thee;
Let it be, dear Lord, let it be.

Through the world of toils and snares;
If I flatter, Lord, who cares?
Who with me, my burden shares?
None but thee, dear Lord, none but thee. **(R)**

When my feeble life is o'er,
Time for me will be no more.
Guide me gently, safely home,
To thy kingdom's shore, to thy shore. **(R)**

Benediction:

Postlude:

Just a Closer Walk with Thee - Setting by Larry Shackley
Trumpet Robert Drouin
Piano: Alberto Santos
Electric Bass: Rick Vannelli
Drums: Laurent Roberge

Reference and Information **for the week of February 22, 2026**

- ❖ February 22. Lent I. Holy Communion. Today we WELCOME Alan Ma from Montreal Diocesan College to receive a donation from Mountainside towards their Montreal Mission Internship Programme. During the summer the programme offers student placements Monday-Thursday in one of various community service organizations. The students meet on Friday at DIO to share ideas.
- ❖ February 25. Rev. Throop will begin a four-week Session for meditation, **-EYES TO SEE-** for Lent at **7:30-8:00pm** on Zoom on February 25, March 4, 11, 18. The time will begin by examining art as a vehicle for spiritual reflection and follows with quiet time for personal reflection. Contact the church office for zoom link.
- ❖ April 19 - The ANNUAL GENERAL MEETING. The meeting will follow a short Service in Birks Bldg, Level 1, and an important discussion will be held as a beginning to three sessions.

- ❖ There will be a meeting on Sunday March 8th after church to plan a new direction for our Thursday morning zoom study group. All are welcome to attend.
- ❖ The Thursday morning zoom study group will be taking a break until after Easter. We are working on moving from viewing and discussing DVDs to a new format involving more flexibility. We welcome any suggestions for this project.

Please consider giving to the church. Your gift will help serve our local community and far beyond. For that, we are grateful. You may leave your offering in the plate at the back of the sanctuary. If you are at home, you can send a cheque, e-Transfer funds, or arrange for Pre-Authorized Remittance (PAR). See details on giving at www.mountainsideunited.ca.

The service is livestreamed on Zoom on Sunday Mornings.

In the event of poor reception, the Service may be viewed later on our YouTube Channel:

Please visit our website for regular updates and more information!www.mountainsideunited.ca