

Welcome to the Cathedral Church of All Saints

Diocese of Nova Scotia and Prince Edward Island
Anglican Church of Canada



February 1, 2026

11 a.m.

Welcome!

I am delighted to have you with us today for this service of worship. Please, stay awhile. Get to know us better. No matter who you are, or where you are on life's journey, you are welcome here.

We at All Saints Cathedral Church, are a diverse lot, from many Christian backgrounds, non-Christian backgrounds, and no faith backgrounds. We come for Christian community, to find God in relationships with neighbours and new friends. We come for lessons from the incredible life of Jesus Christ. We come for spiritual rest, time to think, pray, and center on God, for comfort in hard times, and gratitude in good times. We come to serve God, each other, and the world. We're not perfect. We trust in God's gentle grace and unconditional love. We seek meaning for the life God has gifted us.

You are invited to God's table to receive communion (gluten free wafers are available). We welcome you, no matter who you are, or what you look like, or what labels the world puts on you. We welcome you if, like us, you struggle with flaws and imperfection but have a loving spirit and strive to let the light of Jesus shine within you and then to share it with others. We dare to welcome all because God, and not any human authority, extends this gracious invitation. If you wish not to receive Holy Communion you may still come forward for a blessing, simply fold your arms across your chest to receive a blessing. You are also welcomed to remain seated during this time.

In this leaflet, you will find most everything you need to follow along throughout the service. Whether you have been attending the Cathedral Church your whole life or this is your first time here, you are invited to participate in the service as fully as you feel comfortable doing and are able to.

Peace and Joy,



Very Rev. Paul Smith, Rector,
and Dean of the Cathedral Church of All Saints

We are delighted to welcome Miia Suokonautio, Executive Director of YWCA Halifax, as our guest speaker today. Miia will share insights on the pressing issue of homelessness in our region and highlight the important work being done to support those in need. We are grateful for her presence and look forward to learning from her experience and perspective.

FOURTH SUNDAY OF AFTER THE EPIPHANY



February 1, 2026

African Heritage Month

The Holy Eucharist

Guest Speaker: *Miia Suokonautio, Executive Director of YWCA Halifax*
Celebrant: *The Reverend Dr Kate Heichler*

Welcome

Territorial Acknowledgement

Leader: Although we have come together in this Cathedral Church of All Saints, in Halifax, Nova Scotia, we each stand in place on solid ground that is the ancestral territory of peoples who were here long before the Europeans crossed the ocean. We gather at this Cathedral which is located on the unceded territory of the Mi'kma'ki people. We also recognize that African Nova Scotians are a distinct people whose histories, legacies, and contributions have enriched this part of Mi'kma'ki for over 400 years.

Introit O Be Joyful in the Lord (*Jubilate Deo.*)

Tone III.2

Antiphon: The Lord is in his holy temple: O come, let us worship.

O be joyful in the Lord, all ye lands: / serve the Lord with gladness, and come before his presence with a song.

2 Be ye sure that the Lord he is God; / it is he that hath made us, and not we ourselves; we are his people, and the sheep of his pasture.

3 O go your way into his gates with thanksgiving, and into his courts with praise; / be thankful unto him, and speak good of his Name.

4 For the Lord is gracious, his mercy is everlasting; / and his truth endureth from generation to generation. *Antiphon*

Opening Hymn

303

Unto Thy Temple, Lord, We Come

GONFALON ROYAL



1 Un - to thy tem - ple, Lord, we come
2 the com - mon home of rich and poor,
3 And dwell thou with us in this place,
4 May thy whole truth be spo - ken here,



1 — with thank - ful hearts to wor - ship thee,
2 — of bond and free, and great and small;
3 — thou and thy Christ, to guide and bless.
4 — thy gos - pel light for - ev - er shine,



1 and pray that this may be our home un -
2 large as thy love for ev - er more, and
3 Here make the well - springs of thy grace like
4 thy per - fect love cast out all fear, and



1 - til we touch e - ter - ni - ty;
2 warm and bright and good to all.
3 foun - tains in the wil - der - ness.
4 hu - man life be - come di - vine.



A - men.

THE GATHERING OF THE COMMUNITY

The presiding celebrant greets the community

Celebrant

The Grace of our Lord, Jesus Christ,
and the love of God,
and the fellowship of the Holy Spirit,
be with you all!

People

And also with you.

The following prayer may be said.

Celebrant
All

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.

Glory to God No. 686 in the Hymnal (*Sung by all*) D. Hurd (b.1950)

The Collect of the Day

Celebrant
All

Let us pray.
God our deliverer,
you call us to walk humbly with you.
When we are foolish, be our wisdom;
when we are weak, be our strength;
so that, as we learn to do justice and to love mercy,
your rule may come to us as a blessing. Amen

Revised Common Lectionary Prayers (2002) alt.

THE PROCLAMATION OF THE WORD

The First Reading:

Reader

A reading from the Book of Micah 6:1-8

Hear what the Lord says: Rise, plead your case before the mountains, and let the hills hear your voice. Hear, you mountains, the controversy of the Lord, and you enduring foundations of the earth; for the Lord has a controversy with his people, and he will contend with Israel. "O my people, what have I done to you? In what have I wearied you? Answer me! For I brought you up from the land of Egypt, and redeemed you from the house of slavery; and I sent before you Moses, Aaron, and Miriam. O my people, remember now what King Balak of Moab devised, what Balaam son of Beor answered him, and what happened from Shittim to Gilgal, that you may know the saving acts of the Lord." "With what shall I come before the Lord, and bow myself before God on high? Shall I come before him with burnt offerings, with calves a year old? Will the Lord be pleased with thousands of rams, with ten thousands of rivers of oil? Shall I give my firstborn for my transgression, the fruit of

my body for the sin of my soul?" He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?

Reader The word of the Lord.

People **Thanks be to God.**

Psalm 15 *Domine, quis habitabit? (Sung by the choir)* E. J. Hopkins

- 1 Lord, who may dwell in your tabernacle? *
who may abide upon your holy hill?
2 Whoever leads a blameless life and does what is right, *
who speaks the truth from his heart.
3 There is no guile upon his tongue;
he does no evil to his friend; *
he does not heap contempt upon his neighbour.
4 In his sight the wicked is rejected, *
but he honours those who fear the Lord.
5 He has sworn to do no wrong *
and does not take back his word.
6 He does not give his money in hope of gain, *
nor does he take a bribe against the innocent.
7 Whoever does these things *
shall never be overthrown.

Prayer said by all:

God of love, teach us to walk blamelessly in your ways,
that our whole life may be established in you,
and that we may come to the place prepared for us by your Son,
Jesus Christ our Redeemer. Amen.

Gradual Hymn

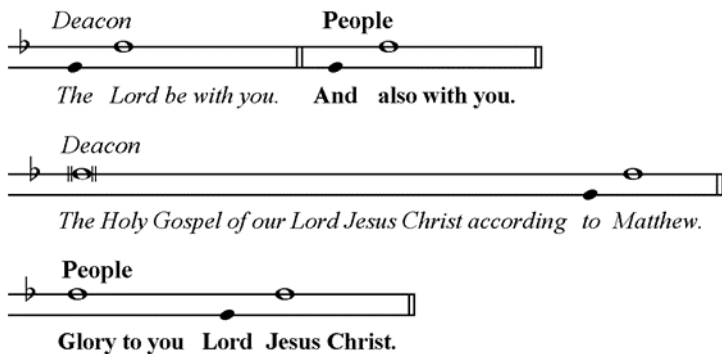
Blest Are the Pure in Heart

Gospel Processional vv. 1-3

439

FRANCONIA

Responses before the Gospel

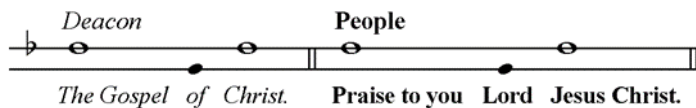


The Gospel

All stand for the Gospel.

When Jesus saw the crowds, he went up the mountain; and after he sat down, his disciples came to him. Then he began to speak, and taught them, saying: "Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they will be comforted. Blessed are the meek, for they will inherit the earth. Blessed are those who hunger and thirst for righteousness, for they will be filled. Blessed are the merciful, for they will receive mercy. Blessed are the pure in heart, for they will see God. Blessed are the peacemakers, for they will be called children of God. Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you." *Matthew 5:1-12*

Responses after the Gospel



Gospel Recessional v. 4

Guest Speaker: *Miia Suokonautio*

The Apostles' Creed

The celebrant may invite the people, to join in the recitation of the creed.

Celebrant

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

Confession and Absolution

Celebrant

Dear friends in Christ,
God is steadfast in love and infinite in mercy;
God welcomes sinners
and invites us to this table.
Let us confess our sins,
confident in God's forgiveness.

Silence is kept.

Celebrant

All

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.

Celebrant

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.

People

The Peace

All stand, and the presiding celebrant addresses the people.

The peace of the Lord be always with you.

People

And also with you.

Offertory Hymn

Jesus, the Very Thought of Thee

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ST. BOTOLPH

THE CELEBRATION OF THE EUCHARIST

*Today we gratefully acknowledge
the wine, hosts and bulletin are offered in Loving Memory of
The Bowley Family, Nassau, Bahamas.*

The Prayer over the Gifts

When the gifts have been prepared,

All

**God of steadfast love,
may our offering this day,
by the power of your Holy Spirit,
renew us for your service.
We ask this in the name of Jesus Christ the Lord. Amen**

The Great Thanksgiving

Eucharistic Prayer 1

The musical notation is presented in four staves. The first staff is for the Celebrant, with a treble clef and a key signature of one flat. It contains the lyrics "The Lord be with you." followed by a double bar line. The second staff is for the People, with a treble clef and a key signature of one flat. It contains the lyrics "And also with you." followed by a double bar line. The third staff is for the Celebrant, with a treble clef and a key signature of one flat. It contains the lyrics "Lift up your hearts." followed by a double bar line. The fourth staff is for the People, with a treble clef and a key signature of one flat. It contains the lyrics "We lift them to the Lord." followed by a double bar line. The fifth staff is for the Celebrant, with a treble clef and a key signature of one flat. It contains the lyrics "Let us give thanks to the Lord our God." followed by a double bar line. The sixth staff is for the People, with a treble clef and a key signature of one flat. It contains the lyrics "It is right to give our thanks and praise." followed by a double bar line.

Celebrant **People**

The Lord be with you. **And also with you.**

Celebrant **People**

Lift up your hearts. **We lift them to the Lord.**

Celebrant

Let us give thanks to the Lord our God.

People

It is right to give our thanks and praise.

Celebrant

It is indeed right that we should praise you,
gracious God,
for you created all things.
You formed us, reflecting your own image.
In wondrous diversity you created us all.
When we turned away from you in sin,
you did not cease to care for us,
but opened a path of salvation for all people.
You made a covenant with Israel,
and through your servants Abraham and Sarah
gave the promise of a blessing to all nations.
Through Moses you led your people
from bondage into freedom;
through the prophets
you renewed your promise of salvation.
Therefore, with them, and with all your saints
who have served you in every age,
we give thanks and raise our voices
to proclaim the glory of your name.

Ho - ly, ho - ly, ho - ly, _____

Lord God of pow'r and might, heav'n and

earth are full of your glo - ry. Ho - san - na

in the high - est. Bless -

-ed is he who comes _____ in the name

of the Lord. Ho - san - na in the high - est, _____

_____ Ho - san - na in the high - est.

Celebrant

Holy God, source of life and goodness,
 all creation rightly gives you praise.
 In the fullness of time,
 you sent your Son Jesus Christ,
 to share our human nature,
 to live and die as one of us,
 to reconcile us to you,
 the God and Father of all.
 He healed the sick
 and ate and drank with outcasts and sinners;

he opened the eyes of the blind
and proclaimed the good news of your kingdom
to the poor and to those in need.
In all things he fulfilled your gracious will.

On the night he freely gave himself to death,
our Lord Jesus Christ took bread,
and when he had given thanks to you,
he broke it, and gave it to his disciples,
and said, " Take, eat:
this is my body which is given for you.
Do this for the remembrance of me."

After supper he took the cup of wine;
and when he had given thanks,
he gave it to them,
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."

Gracious God,
his perfect sacrifice
destroys the power of sin and death;
by raising him to life
you give us life for evermore.
Therefore we proclaim the mystery of faith.

Acclamation



Celebrant

Recalling his death,
proclaiming his resurrection,
and looking for his coming again in glory,
we offer you, Father, this bread and this cup.

Send your Holy Spirit upon us
and upon these gifts,
that all who eat and drink at this table
may be one body and one holy people,
a living sacrifice in Jesus Christ, our Lord.
Through Christ, with Christ, and in Christ,
in the unity of the Holy Spirit,
all glory is yours, almighty Father,
now and for ever.

Organ

A - men. a - men. a - men.

And now, as our Saviour Christ has taught us,
we are bold to pray,

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

The Breaking of the Bread

The celebrant breaks the consecrated bread for distribution

Look, the body of Christ is broken
for the life of the world.

Here is Christ coming to us in bread and wine.

A Prayer for Spiritual Communion *(which may be prayed by those at home)* *

Celebrant

Dear friends, I invite you in this moment,
wherever you may be,
to receive Christ, in communion with the saints,
and the gathering of God's people, unseen and yet
present with us now.
May this prayer be of be of comfort to you:
Lord, you stand at the door of my heart and knock.
You wait for me and only I can let you in.
I believe and trust in you and ask you now to fill
me with your presence.
Feed me with your body and unite me in your blood,
that I may be your blessing to a world in need. **Amen**

The Communion

The celebrant invites the people to share in communion and may say,

Celebrant

The gifts of God for the People of God.

People

Thanks be to God.

Agnus Dei

Missa Sine Nomine

L. da Viadana (c.1560-1627)

**ALL are invited to come forward to receive both Bread and Wine.*

Gluten-free bread is available from those administering.

Wine is offered in individual cups.

Communion Motet O Admirabile Commertium W. Byrd (c.1540-1623)

O admirabile commertium:

creator generis humani,

animatum corpus sumens,

de Virgine nasci dignatus est,

et procedens homo sine semine,

largitus est nobis suam Deitatem.

O wondrous exchange:

the Creator of humankind,

taking upon him a living body,

vouchsafed to be born of a Virgin

and, without seed, becoming a man,

hath made us partakers of his Divinity.

Communion Hymn Can I See Another's Woe?

SONG 13

| | |
|---|--|
| 1 Can I see another's woe, And not be in sorrow too? Can I see another's grief, And not seek for kind relief? | 2 Can I see a falling tear, And not feel my sorrow's share? Can a father see his child Weep, nor be with sorrow filled? |
| 3 He doth give his joy to all: He becomes an infant small, He becomes a man of woe, He doth feel the sorrow too. | 4 Think not thou canst sigh a sigh, And thy Maker is not by: Think not thou canst weep a tear, And thy Maker is not near. |
| 5 O he gives to us his joy, That our grief he may destroy: Till our grief is fled and gone He doth sit by us and moan. | |

Words: William Blake (1757-1827)

Prayer after Communion

| | |
|------------------|---|
| <i>Celebrant</i> | Let us Pray |
| <i>All</i> | Source of all goodness, in this eucharist we are nourished by the bread of heaven and invigorated with new wine. May these gifts renew our lives, that we may show your glory to all the world, in the name of Jesus Christ the Lord. Amen |

Then the following doxology may be said.

| | |
|------------------|---|
| <i>Celebrant</i> | Glory to God, |
| <i>All</i> | 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. |

Blessing

Choral Benediction Ostendat Dominus faciem suam tibi et misereatur tui.
The Lord make his face to shine upon you and be gracious to you.

Dismissal *By the Deacon*

Postlude Fugue in D Major

J. S. Bach (BWV 580)

****As part of our Covid Protocols we dispensed with the practice of passing collection plates throughout the congregations. You will find offering plates at the front and side entrance of the Cathedral. We also have installed touchless "Tap" devices at the main entrance, or you may make electronic donations using the digital QR code below.**



Thank you for your support of our Cathedral's ministries.

Sundays at Four: Choral Evensong has been cancelled this week due to the impending storm. We apologize for any inconvenience and encourage everyone to stay safe. We look forward to welcoming you back next week.

African Heritage Month

This year's African Heritage Month theme in Nova Scotia is **"Strength in Unity: Moving Forward with Purpose, Prosperity, Power and Progress."** The theme reflects the strength found in coming together, the focus that shared purpose brings, and the dedication needed to build lasting prosperity and meaningful progress.

Celebrated each February, African Heritage Month honours the achievements, contributions, and enduring resilience of African Nova Scotians, whose history in the province spans more than 400 years. Throughout the month, events across Nova Scotia offer opportunities to learn, be inspired, and connect with one another.



*African Nova Scotian
Flag designed by
Nova Scotian artist
Wendie L. Wilson*

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