

Welcome to the Cathedral Church of All Saints

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



February 8, 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

FIFTH SUNDAY OF AFTER THE EPIPHANY

February 8, 2026

African Heritage Month

The Holy Eucharist

Preacher: Jacqueline Keddy

Celebrant: The Very Reverend Paul Smith

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 From the Rising of the Sun F. A. G. Ouseley (1825-89)

From the rising of the sun unto the going down of the same, my Name shall be great among the Gentiles; and in every place incense shall be offered up unto my Name: for my Name shall be great among the heathen, thus saith the Lord!

Opening Hymn

New Every Morning Is the Love

7

MELCOMBE

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

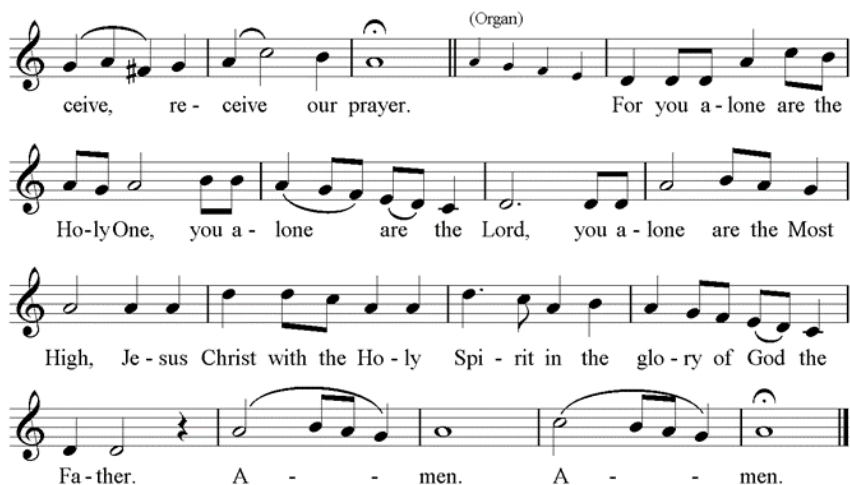
Almighty God,
to you all hearts are open, all desires known,
and from you no secrets are hidden.
Cleanse the thoughts of our hearts
by the inspiration of your Holy Spirit,
that we may perfectly love you,
and worthily magnify your holy name;
through Christ our Lord. Amen.

Glory to God A Community Mass (*Sung by all*) R. Proulx (1937-2010)

(Organ)

The musical score is written for a single melodic line, likely for a voice or organ. It begins with a treble clef and a key signature of one sharp (F#). The time signature starts as 4/4, changes to 2/4, and then returns to 4/4. The melody is composed of eighth and quarter notes, with some rests. The lyrics are written below the staff, aligned with the notes. The score is divided into eight lines of music, each corresponding to a line of lyrics. The lyrics are: 'Glo - ry to God in the high - est, and peace to his peo - ple on earth. Lord God, heav - en - ly King, al - migh - ty God and fa - ther. We wor - ship you, we give you thanks, we praise you for your glo - ry. Lord Je - sus Christ, on - ly Son of the Fa - ther, Lord God, Lamb of God, you take a - way the sin of the world: have mer - cy on us: You are seat - ed at the right hand of the Fa - ther: re - ceive our prayer, re -'.

Glo - ry to God in the
high - est, and peace to his peo - ple on earth. Lord God, heav - en - ly
King, al - migh - ty God and fa - ther. We wor - ship you, we
give you thanks, we praise you for your glo - ry.
Lord Je - sus Christ, on - ly Son of the Fa - ther, Lord God,
Lamb of God, you take a - way the sin of the world: have
mer - cy on us: You are seat - ed at the
right hand of the Fa - ther: re - ceive our prayer, re -



The Collect of the Day

Celebrant

Let us pray.

All

**O God of light,
your Spirit reveals and illumines
your presence in creation.
Shine your radiant holiness into our lives,
so that we may offer our hands and hearts to
your work:
to heal and shelter, to feed and clothe,
to break every yoke and silence evil tongues. Amen.**

Revised Common Lectionary Prayers (2002) alt.

THE PROCLAMATION OF THE WORD

The First Reading:

Reader

A reading from the Book of Isaiah 58:1-12

Shout out, do not hold back! Lift up your voice like a trumpet! Announce to my people their rebellion, to the house of Jacob their sins. Yet day after day they seek me and delight to know my ways, as if they were a nation that practised righteousness and did not forsake the ordinance of their God; they ask of me righteous judgements, they delight to draw near to God. "Why do we fast, but you do not see? Why humble ourselves, but you do not notice?" Look, you serve your own interest on your fast day, and oppress all your workers. Look, you fast only to quarrel and to fight and to strike with a wicked fist. Such fasting as you

do today will not make your voice heard on high. Is such the fast that I choose, a day to humble oneself? Is it to bow down the head like a bulrush, and to lie in sackcloth and ashes? Will you call this a fast, a day acceptable to the Lord? Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin? Then your light shall break forth like the dawn, and your healing shall spring up quickly; your vindicator shall go before you, the glory of the Lord shall be your rear guard. Then you shall call, and the Lord will answer; you shall cry for help, and he will say, Here I am. If you remove the yoke from among you, the pointing of the finger, the speaking of evil, if you offer your food to the hungry and satisfy the needs of the afflicted, then your light shall rise in the darkness and your gloom be like the noonday. The Lord will guide you continually, and satisfy your needs in parched places, and make your bones strong; and you shall be like a watered garden, like a spring of water, whose waters never fail. Your ancient ruins shall be rebuilt; you shall raise up the foundations of many generations; you shall be called the repairer of the breach, the restorer of streets to live in.

Reader The word of the Lord.

People **Thanks be to God.**

Psalm 112. 1-9 *Beatus vir.*

E. Hopkins

Refrain (1st time cantors; 2nd time all.)



- 1 Hallelujah! Happy are they who fear the Lord
and have great delight in his commandments!
- 2 Their descendants will be mighty in the land;
the generation of the upright will be blessed.
- 3 Wealth and riches will be in their house,
and their righteousness will last for ever.
- 4 Light shines in the darkness for the upright;
the righteous are merciful and full of compassion. *Refrain*

- 5 It is good for them to be generous in lending
and to manage their affairs with justice.
- 6 For they will never be shaken;
the righteous will be kept in everlasting remembrance. *Refrain*
- 7 They will not be afraid of any evil rumours;
their heart is right; they put their trust in the Lord.
- 8 Their heart is established and will not shrink,
until they see their desire upon their enemies.
- 9 They have given freely to the poor,
and their righteousness stands fast for ever;
they will hold up their head with honour. *Refrain*

Gradual Hymn





478

Almighty God, Thy Word Is Cast

ALBANO

Gospel Processional vv. 1 & 2

Responses before the Gospel

<p><i>Deacon</i></p> 	<p><i>People</i></p> 
<p><i>The Lord be with you. And also with you.</i></p>	
<p><i>Deacon</i></p> 	
<p><i>The Holy Gospel of our Lord Jesus Christ according to Matthew.</i></p>	
<p><i>People</i></p> 	
<p><i>Glory to you Lord Jesus Christ.</i></p>	

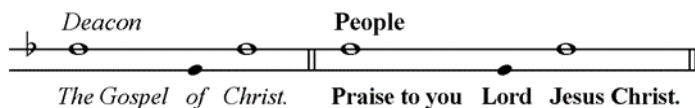
The Gospel

All stand for the Gospel.

Jesus said, "You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot. You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven. Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfil. For truly I tell you, until heaven and

earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven." - *Matthew 5:13-20*

Responses after the Gospel



Gospel Recessional vv. 3 & 4

Homily : *Jacqueline Keddy*

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 Most merciful God,
All **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.
People **Amen.**

The Peace

All stand, and the presiding celebrant addresses the people.

People The peace of the Lord be always with you.
And also with you.

Offertory Hymn

527

How Firm a Foundation

ST. DENI



1 How firm a foun - da - tion, ye saints of the Lord,
2 "Fear not, I am with thee; O be not dis - mayed!
3 When through the deep wa - ters he calls thee to go,
4 When through fie - ry tri - als thy path - ways shall lie,
5 The soul that on Je - sus has leaned for re - pose,



1 is laid for your faith in his ex - cel - lent word!
2 For I am thy God and his will still give thee aid;
3 the riv - ers of woe shall not thee o - ver - flow;
4 my grace, all - suf - fi - cient, shall be thy sup - ply;
5 I will not, I will not de - sert to its foes;



1 What more can he say than to you he hath said,
2 I'll strength - en thee, help thee, and cause thee to stand,
3 for I will be with thee, thy trou - bles to bless,
4 the flame shall not hurt thee; I on - ly de - sign
5 that soul, though all hell shall en - deav - our to shake,



1 to you who to Je - sus for re - fuge have fled?
2 up - held by his right - eous, om - ni - po - tent hand.
3 and sanc - ti - fy to thee thy deep - est dis - tress.
4 thy dross to con - sume, and thy gold to re - fine.
5 I'll nev - er, no nev - er, no nev - er for - sake!"

Words: John Rippon (1751-1836)

Music: Welsh trad.; harm. *The English Hymnal*,

THE CELEBRATION OF THE EUCHARIST

*Today we gratefully acknowledge
the wine, hosts and bulletin are offered in Loving Memory of
Harold Pope from daughters Brenda & Charmaine*

The Prayer over the Gifts

When the gifts have been prepared,

All **God of compassion and forgiveness,
receive our offering this day,
and make us one with him who is our peace,
Jesus Christ our Saviour. Amen**

The Great Thanksgiving

Eucharistic Prayer 2

<i>Celebrant</i>	People
The Lord be with you.	And also with you.
<i>Celebrant</i>	People
Lift up your hearts.	We lift them to the Lord.
<i>Celebrant</i>	
Let us give thanks to the Lord our God.	
People	
It is right to give our thanks and praise.	

Celebrant We give you thanks and praise, almighty God,
through your beloved Son, Jesus Christ,
our Saviour and Redeemer.
He is your living Word,
through whom you have created all things.

By the power of the Holy Spirit
he took flesh of the Virgin Mary
and shared our human nature.
He lived and died as one of us,
to reconcile us to you,
the God and Father of all.

In fulfilment of your will
he stretched out his hands in suffering,

to bring release to those who place their hope in you;
and so he won for you a holy people.

He chose to bear our griefs and sorrows,
and to give up his life on the cross,
that he might shatter the chains of evil and death,
and banish the darkness of sin and despair.

By his resurrection
he brings us into the light of your presence.
Now with all creation we raise our voices
to proclaim the glory of your name.

Sanctus

The Communion Service in F

H. Darke (1888-1976)

Celebrant

Holy and gracious God,
accept our praise,
through your Son our Saviour Jesus Christ;
who on the night he was handed over
to suffering and death,
took bread and gave you thanks,
saying, "Take, and eat:
this is my body which is broken for you."
In the same way he took the cup,
saying, "This is my blood which is shed for you.
When you do this, you do it in memory of me."

Remembering, therefore, his death and resurrection,
we offer you this bread and this cup,
giving thanks that you have made us worthy
to stand in your presence and serve you.

We ask you to send your Holy Spirit
upon the offering of your holy Church.
Gather into one
all who share in these sacred mysteries,
filling them with the Holy Spirit
and confirming their faith in the truth,
that together we may praise you
and give you glory
through your Servant, Jesus Christ.

All glory and honour are yours,
 Father and Son,
 with the Holy Spirit
 in the holy Church,
 now and for ever.

[illegible]

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

All

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

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

All 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 The Communion Service in F H. Darke

**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 Ego Sum Panis Vivus G. P. da Palestrina (1525-1594)

Ego sum panis vivus.
 Patres vestri manducaverunt manna in deserto, et mortui sunt.
 Hic est panis de coelo descendens:
 si quis ex ipso manducaverit, non morietur.
*I am the living bread.
 Your fathers ate manna in the desert,
 and are dead.
 This is the bread which comes down from heaven:
 if any one eat of it, they will not die.*

Communion Hymn

77

The Son of God Proclaim

SUNDERLAND

Prayer after Communion

Celebrant Let us Pray
All **Eternal God,
 in you we find peace beyond all telling.
 May we who share in this heavenly banquet
 be instruments of your peace on earth,
 in the name of Jesus Christ the Lord. Amen**

Then the following doxology may be said.

Celebrant

All

Glory to God,
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

Closing Hymn

564

Lead Us, Heavenly Father, Lead Us

MANNHEIM

Choral Benediction The Lord bless you and keep you. The Lord lift up his countenance upon you and give you peace.

Dismissal *By the Deacon*

Postlude Fugue in C Major

J. S. Bach (BWV 564)

****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: Please join us this afternoon for Choral Evensong sung by the Cathedral Choir.

All music reprinted with
permission under ONE LICENSE,
License #A-700000. All rights reserved.

February is 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.



The African Nova Scotian flag is a symbol of the African Nova Scotian community and their contributions to Nova Scotia's culture. The flag was designed by Wendie L. Wilson and unveiled in 2021.

Colors and symbols

- **Black:** Represents the people
- **Red:** Represents blood and sacrifice
- **Gold:** Represents cultural richness
- **Green:** Represents fertility and growth
- **Incomplete circle:** Represents things that are absent but yet to come
- **Sankofa:** An ancient Adinkra symbol from West Africa that represents the importance of learning from the past
- **Wave:** Represents the ocean and the journey of Wilson's ancestors through the Middle Passage