

# Welcome to the Cathedral Church of All Saints

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



February 22, 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

# FIRST SUNDAY IN LENT

February 22, 2026

*African Heritage Month*

The Holy Eucharist

## 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 There Is a Balm in Gilead

Trad. Spiritual

*There is a balm in Gilead,  
To make the wounded whole;  
There is a balm in Gilead,  
To heal the sin-sick soul. Refrain*

1 Sometimes I feel discouraged,  
And think my work's in vain,  
But then the Holy Spirit  
Revives my soul again. *Refrain*

2 If you cannot preach like Peter,  
If you can't pray like Paul,  
You can tell the love of Jesus,  
And say He died for all. *Refrain*

3 Don't ever feel discouraged,  
'Cause Jesus is your friend,  
And if you lack for knowledge,  
He'll not refuse to lend. *Refrain*

## Opening Hymn

The Glory of These Forty Days

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ERHALT UNS, HERR

## 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*      Almighty God,  
*All*                **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.**

**Kyrie**      Short Communion Service (*Sung by the choir*) A. Batten (c.1591-1637)

### The Collect of the Day

*Celebrant*      Let us pray.  
*All*                **Ever-loving God,  
                         your Son battled with the powers of darkness  
                         and grew closer to you in the desert;  
                         help us to use these days to grow in wisdom and  
                         prayer, so that we may be witness to your saving love  
                         in Jesus Christ our Lord. Amen**

*Common Worship: Additional Collects (2004) alt.*

## THE PROCLAMATION OF THE WORD

### The First Reading:

*Reader*            **A reading from the Book of Genesis 2:15-17; 3:1-7**

The Lord God took the man and put him in the garden of Eden to till it and keep it. And the Lord God commanded the man, "You may freely eat of every tree of the garden; but of the tree of the knowledge of good

and evil you shall not eat, for in the day that you eat of it you shall die." Now the serpent 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 serpent, "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 serpent 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.

*Reader* The word of the Lord.  
*People* **Thanks be to God.**

## Psalm 32 *Beati, quorum.*

## Tone VI



Cantor 1 HAP-PY are they whose transgressions are for-giv-en:

All and whose **sin** is put a^way!

All 2 Happy are they to whom the Lord imputes **no** guilt :  
and in whose spi-rit thëre is no<sup>^</sup>guile!

*Cantor* 3 While I held **my** tongue :  
my bones withered away because of my **groan**-ing all  
day^long.

All 4 For your hand was heavy upon me day and night :  
my moisture was dried up as in the heat of summer.

Cantor 5 Then I acknowledged my sin **to** you :  
and did **not** cön-ceal my<sup>^</sup>guilt.

All 6 I said, "I will confess my transgressions to the Lord." :  
Then you forgave me the **guilt** of my sin.

*Cantor* 7 Therefore all the faithful will make their prayers to you in time of trou-ble:  
when the great waters overflow they **shall** not reach them. 5

All 8 You are my hiding-plätze; you preserve me from **trou**-ble:  
you surround me with shouts **of** dë-liv-er^ance.

Cantor 9 "I will instruct you and teach you in the way that you **should** go :  
I will **guide** yöu with my^eye.

All 10 Do not be like horse or mule which have no under-**stand**-ing :  
who must be fitted with bit and bridle or else they will **not** stäy  
near you."

Cantor 11 Great are the tribulations of the **wick**-ed :  
but mercy embraces those **who** trüst in the^Lord.

All 12 Be glad, you righteous, and rejoice in **the** Lord :  
shout for joy, all **who** äre true of^heart.

A Guide To Singing the Lenten Plainsong Psalms.

- A word or syllable in **bold type** indicates a change of note and the beginning of the mediation or ending.
- Two words or syllables joined by the sign ^ are sung to the same note.
- A word or syllable with two dots above it will require two notes.

**Gradual** The Lent Prose (*Sung by all*)

*Refrain*

Hear us, O Lord, have mer - cy up - on us:  
for we have sin - nèd a - gainst thee.

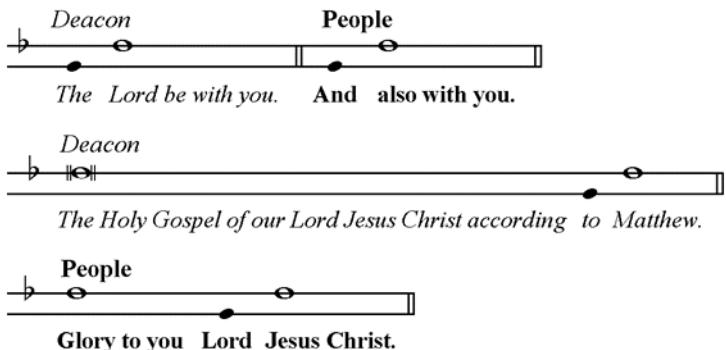
*The congregation is invited to sing the refrain after each verse.*

1 To thee, Redeemer, on thy throne of glory:  
lift we our weeping eyes in holy pleadings:  
listen, O Jesu, to our supplications. **R**

2 O thou chief cornerstone, right hand of the Father:  
way of salvation, gate of life celestial:  
cleanse thou our sinful souls from all defilement. **R**

3 God, we implore thee, in thy glory seated:  
bow down and hearken to thy weeping children:  
pity and pardon all our grievous trespasses. **R**

## Responses before the Gospel

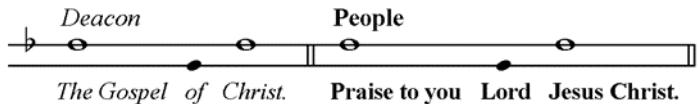


## The Gospel

*All stand for the Gospel.*

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 splendour; 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.—*Matthew 4:1-11*

## Responses after the Gospel



*The Lent Prose continues:*

4 Sins oft committed, now we lay before thee:  
with true contrition, now no more we veil them:  
grant us, Redeemer, loving absolution. *R*

5 Innocent captive, taken unresisting:  
falsely accused, and for us sinners sentenced,  
save us, we pray thee, Jesu, our Redeemer. *R*

## Sermon

### 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,  
**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.*

The peace of the Lord be always with you.

*People*

**And also with you.**

## Offertory Hymn

Now Let Us All with One Accord

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BOURBON

# THE CELEBRATION OF THE EUCHARIST

Today we gratefully acknowledge  
the wine, hosts and bulletin are offered in Loving Memory of  
**Robert Holloway from the family.**

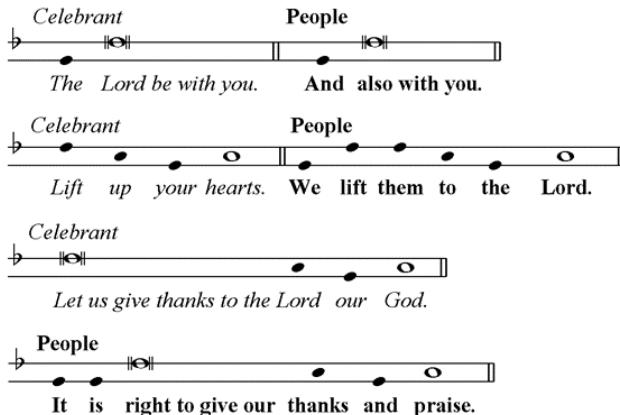
## The Prayer over the Gifts

### *When the gifts have been prepared,*

*All* God our refuge and our strength,  
receive all we offer you this day,  
and through the death and resurrection of your Son  
transform us to his likeness.  
We ask this in his name. Amen

## The Great Thanksgiving

## Eucharistic Prayer 3



## *Celebrant*

Blessed are you, gracious God,  
creator of heaven and earth,  
Because you bid your faithful people  
to cleanse their hearts  
and to prepare with joy for the paschal feast;  
that reborn through the waters of baptism  
and renewed in the eucharistic mystery,  
we may be more fervent in prayer  
and more generous in the works of love.  
Therefore we raise our voices to you in praise  
to proclaim the glory of your name.

**Sanctus**

*Celebrant*

Short Communion Service (*Sung by the choir*)

A. Batten

We give thanks to you, Lord our God,  
for the goodness and love  
you have made known to us in creation;  
in calling Israel to be your people;  
in your Word spoken through the prophets;  
and above all in the Word made flesh,  
Jesus your Son.

For in these last days you sent him  
to be incarnate from the Virgin Mary,  
to be the Saviour and Redeemer of the world.  
In him, you have delivered us from evil,  
and made us worthy to stand before you.  
In him, you have brought us  
out of error into truth,  
out of sin into righteousness,  
out of death into life.

On the night he was handed over  
to suffering and death,  
a death he freely accepted,  
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.”

Therefore, Father, according to his command,

*All*

We re - mem - ber his death, we pro - claim his re - sur -  
rec - tion, we a - wait his com - ing in glo - ry.

*Celebrant*

and we offer our sacrifice  
of praise and thanksgiving  
to you, Lord of all;  
presenting to you, from your creation,  
this bread and this wine.

We pray you, gracious God,  
to send your Holy Spirit upon these gifts,  
that they may be the sacrament  
of the body of Christ  
and his blood of the new covenant.  
Unite us to your Son in his sacrifice,  
that we, made acceptable in him,  
may be sanctified by the Holy Spirit.

In the fullness of time,  
reconcile all things in Christ,  
and make them new,  
and bring us to that city of light  
where you dwell with all your sons and daughters;  
through Jesus Christ our Lord,  
the firstborn of all creation,  
the head of the Church,  
and the author of our salvation;  
by whom, and with whom, and in whom,  
in the unity of the Holy Spirit,  
all honour and glory are yours,  
almighty Father, now and for ever.

*People*

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

*Celebrant*

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*

*Celebrant*

We break this bread,

*All*

**Communion in Christ's body once broken.**

*Celebrant*

Let your Church be the wheat  
which bears its fruit in dying.

*All*

**If we have died with him,**  
**we shall live with him;**  
**if we hold firm,**  
**we shall reign with him.**

### **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 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** Short Communion Service (*Sung by the choir*) A. Batten

*\*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** Emendemus in Melius W. Byrd (1543-1623)

Emendemus in melius  
quae ignoranter peccavimus;  
ne subito praeoccupati die mortis,  
quaeramus spatium poenitentiae,  
et invenire non possimus.  
Attende, Domine, et miserere;  
quia peccavimus tibi.  
Adjuva nos, Deus salutaris noster,  
et propter honorem nominis tui libera nos.

*Let us amend those things  
in which we have sinned through ignorance;  
lest suddenly overtaken by the day of death,  
we seek space for repentance,  
and be not able to find it.  
Hearken, O Lord, and have mercy:  
for we have sinned against thee.  
Help us, O God of our salvation,  
and for the honour of thy name deliver us.*

## Communion Hymn

For the Bread Which You Have Broken

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OMNI DIE DIC MARIA

## Prayer after Communion

**Celebrant** Let us Pray  
**All** **Faithful God,**  
**in this holy bread**  
**you increase our faith and hope and love.**  
**Lead us in the path of Christ**  
**who is your Word of life.**  
**We ask this in his name. Amen**

*Then the following doxology may be said.*

*Celebrant*

Glory to God,  
**whose power, working in us,**  
**can do infinitely more**  
**than we can ask or imagine.**

*All*

**Glory to God from generation to generation,**  
**in the Church and in Christ Jesus,**  
**for ever and ever. Amen.**

**Blessing**

**Closing Hymn**

Forty Days and Forty Nights

**175**

HEINLEIN

**Choral Benediction** Giver of the Perfect Gift

O. Gibbons (1583-1625)

1 Giver of the perfect gift,  
only hope of human race,  
hear the prayer our hearts uplift  
trembling at thy throne of grace.

2 Oh! may these our Lenten days,  
blest by thee, with thee be passed,  
that with purer, nobler praise  
we may keep thy feast at last.

**Dismissal** *By the Deacon*

**Postlude** Fugue in C Minor

J. S. Bach (BWV 537)

\*\*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.

## The Questions of Lent

As Lent begins, this is the perfect week to reflect on the season and what it means in Christian life: an invitation to a 40-day journey of reflection, repentance, and preparation for the great mystery of the empty tomb. Now is the time to change our lives, to embark upon a kind of soulful spring cleaning — and so, as a first step, to examine where we're placing our trust and mistrust.

These three great questions — wonderful questions for Lent! — animate and govern everything we do: Whom do you trust for your nourishment? Whom do you trust to love and care for you? And whom do you trust with your service? As Matthew tells it, on each of these three fronts, the devil tries to insinuate a wedge between Jesus and the One who, at his baptism, has just declared him to be “my Child, the Beloved” (Matthew 3:17).

In effect, the devil whispers: *For nourishment, don't trust God — trust yourself! For love and care — well, really, who can you trust? God? If you believe that, why don't you jump from this tower, and then we'll see how many angels come to your rescue! And with your service, don't trust God — trust me! I'll give you all the power and glory in the world (God didn't promise you that!)...*

*Accordingly, Jesus' three responses don't just debunk the devil's temptations; they effectively declare the good news of the Gospel: Yes, God loves you, and loves us all! God is the One we are made to trust — with humility and grace — for nourishment, love, and wisdom.*

<https://www.saltproject.org/>

### Contact Us:

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