

Welcome to the Cathedral Church of All Saints

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



March 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

SECOND SUNDAY IN LENT

March 1, 2026

Preacher: Susan Drain

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 Remember, O Thou Man T. Ravenscroft (c.1588-1635)

1 Remember, O thou man, Thy time is spent: Remember, O thou man, How thou cam'st to me then, And I did what I can, Therefore repent.	2 Remember Adam's fall From heaven to hell. Remember Adam's fall How we were condemned all In hell perpetual, There for to dwell.
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3 Remember God's goodness,
And promise made:
Remember God's goodness,
How his only Son he sent,
Our sins for to redress:
Be not afraid.

Opening Hymn

In the Cross of Christ I Glory

537

CROSS OF JESUS

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 Missa *Sine Nomine* (*Sung by the choir*) L. da Viadana (c.1560-1627)

The Collect of the Day

Celebrant Let us pray.
All **Holy God,
whose Spirit's breath prompts our seeking;
transform the night-time of our fear
into a welcoming womb for us and all the world;
through Jesus Christ, in whom we are born anew.
Amen.** *Prayers for an Inclusive Church (2009) alt.*

THE PROCLAMATION OF THE WORD

The First Reading:

Reader **A reading from the Book of Genesis 12:1-4A**

Now the Lord said to Abram, "Go from your country and your kindred and your father's house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed." So Abram went, as the Lord had told him; and Lot went with him.

Reader

The word of the Lord.

People

Thanks be to God.

Psalm 121

Levavi oculos.

Tone VI



- Cantor* 1 I LIFT up my eyes to the **hills** :
All from where is my **help** to come?
- All* 2 My help comes from the **Lord** :
the maker of heav-**en** and earth.
- Cantor* 3 He will not let your foot be **moved** :
and he who watches over you will **not** fall^a-sleep.
- All* 4 Behold, he who keeps watch over **Is-ra^el** :
shall neither slum-**ber** nor sleep;
- Cantor* 5 The Lord himself watches **o-ver^**you :
the Lord is your shade at **your** right hand,
- All* 6 So that the sun shall not strike you by **day** :
nor the **moon** by night.
- Cantor* 7 The Lord shall preserve you from all **e-vil** :
it is he who shall **keep** you safe.
- All* 8 The Lord shall watch over your going out and your
coming **in** :
from this time forth for **ev-er**-more.

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 Hymn O Kind Creator, Bend Thine Ear *(Sung by all)*

ST. VENANTIUS

1 O kind Cre - a - tor, bend thine ear, To mark the
 2 Our hearts are o - pen, Lord, to thee; Thou know - est
 3 Our sins are ma - ny, this we know; Spare us, good
 4 Give us the self - con - trol that springs From dis - ci -
 5 We pray thee, ho - ly Tri - ni - ty, One God, un -

1 cry, to know the tear Be - fore thy throne of
 2 our in - fir - mi - ty; Pour out on all who
 3 Lord, thy mer - cy show; And for the ho - nour
 4 pline of out - ward things, That fast - ing in - ward
 5 chang - ing U - ni - ty, That we from this our

1 mer - cy spent In this thy ho - ly fast of Lent.
 2 seek thy face A - bun - dance of thy pard - o ning grace.
 3 of thy name Our faint - ing souls to life re - claim.
 4 se - cret - ly The soul may pure - ly dwell with thee.
 5 ab - sti - nence May reap the fruits of pe - ni - tence.

Words: Attrib. Gregory the Great, 6th cent.
 trans. T. A. Lacey (1853-1931)

Music: Melody from *Antiphoner*, Rouen 1728
 harm. Michael Fleming (1928-2006)

Gospel Processional vv. 1-3

Responses before the Gospel

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

Deacon
 The Holy Gospel of our Lord Jesus Christ according to John.

People
 Glory to you Lord Jesus Christ.

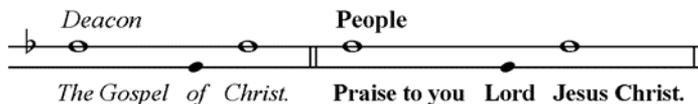
The Gospel

All stand for the Gospel.

Now there was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, "Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God." Jesus answered him, "Very truly, I

tell you, no one can see the kingdom of God without being born from above." Nicodemus said to him, "How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?" Jesus answered, "Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, 'You must be born from above.' The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit." Nicodemus said to him, "How can these things be?" Jesus answered him, "Are you a teacher of Israel, and yet you do not understand these things? Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, what whoever believes in him may have eternal life. For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him." *John 3:1-17*

Responses after the Gospel



Gospel Recessional vv. 4&5

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,
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.

The peace of the Lord be always with you.

People

And also with you.

Offertory Hymn

God of Grace and God of Glory

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CWM RHONDDA

THE CELEBRATION OF THE EUCHARIST

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

The Prayer over the Gifts

When the gifts have been prepared,

All

**God of wisdom,
may the light of the eternal Word,
our Lord and Saviour Jesus Christ,
guide us to your glory.
We ask this in his name. Amen**

The Great Thanksgiving

Sanctus

Missa Sine Nomine (Sung by the choir)

L. da Viadana

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.

All



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

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 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 (*Sung by the choir*) L. da Viadana

**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 Anthem God So Loved the World B. Chilcott (b.1955)

God so loved the world that he gave his only begotten son
that whoso believeth in him should not perish but have everlasting life

Communion Hymn

Jesus, the Joy of Loving Hearts

70

MARYTON

Prayer after Communion

Celebrant Let us Pray
All **Creator of heaven and earth,
we thank you for these holy mysteries,
which bring us now a share in the life to come,
through Jesus Christ our Lord. Amen**

Then the following doxology may be said.

Celebrant Glory to God,
All **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

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He Comes to Us As One Unknown

LOBT GOTT, IHR CHRISTEN

Choral Benediction Have Mercy Upon Me, O God

P. Halley

Have mercy upon me, O God, after thy great goodness:
according to the multitude of thy mercies do away mine offences.
(Psalm 51. 1,2)

Dismissal *By the Deacon*

Postlude Fantasia in G Minor

J. S. Bach (BWV 542)

**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 Capella Regalis Men & Boys Choir .

The mystery of the Spirit...

Briefly It Enters, and Briefly Speaks

By Jane Kenyon

I am the blossom pressed in a book,
found again after two hundred years. . . .

I am the maker, the lover, and the keeper....

When the young girl who starves
sits down to a table
she will sit beside me. . . .

I am food on the prisoner's plate. . . .

I am water rushing to the wellhead,
filling the pitcher until it spills. . . .

I am the patient gardener
of the dry and weedy garden. . . .

I am the stone step,
the latch, and the working hinge. . . .

I am the heart contracted by joy. . . .
the longest hair, white
before the rest. . . .

I am there in the basket of fruit
presented to the widow. . . .

I am the musk rose opening
unattended, the fern on the boggy summit. . .

I am the one whose love
overcomes you, already with you
when you think to call my name. . . .

New to the Cathedral?

We'd love to get to know you and help you feel at home! Please fill out one of our **New Member Cards** — you'll find them at either entrance, or simply ask one of our Greeters, who will be happy to help. There's even an option to subscribe to our **biweekly e-news, *Cathedral Happenings!*** Its as easy as sending an email to hello@anglicancathedralhalifax.ca. A great way to stay connected and learn more about Cathedral life

Contact Us:

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