

# Welcome to the Cathedral Church of All Saints

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



March 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

# THIRD SUNDAY IN LENT

## International Women's Day

March 8, 2026

### 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 Charlestown

Anon.

1 Gently Lord, O gently lead us,  
Thro' this lonely vale of tears,  
And, O Lord, in mercy give us,  
Thy rich grace in all our fears.

2 In the hour of pain and anguish,  
In the hour when death draws near,  
Suffer not our hearts to languish,  
Suffer not our souls to fear.

3 When this mortal life is ended,  
Bid us in thine arms to rest,  
Till by angel bands attended,  
We awake among the blest.

Words: Thomas Hastings (1784–1872)

Music: *The Southern Harmony*, 1825

### Opening Hymn

607

Come, Let Us to the Lord Our God

ST. BERNARD

### 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 *L'Hora Passa* L. da Viadana (c.1560-1627)

### The Collect of the Day

*Celebrant* Let us pray.  
*All* Gracious God,  
you provide us with living water in abundance  
for all to share.  
Nourish us with this abundance,  
so that we may be streams of living water to those who  
thirst for you; through Jesus Christ, the rock of our  
salvation. Amen. *Proprs Working Group (2016)*

## THE PROCLAMATION OF THE WORD

### The First Reading:

*Reader* A reading from the Book of Exodus 17:1-7

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the Lord commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarrelled with Moses, and said, "Give us water to drink." Moses said to them, "Why do you quarrel with me? Why do you test the Lord?" But the people thirsted there for water; and the people complained against Moses and said, "Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?" So Moses cried out to the Lord, "What shall I do with this people? They are almost ready to stone me." The Lord said to Moses, "Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink." Moses did so, in the sight of the elders of Israel. He

called the place Massah and Meribah, because the Israelites quarrelled and tested the Lord, saying, "Is the Lord among us or not?"

*Reader* The word of the Lord.

*People* **Thanks be to God.**

**Psalm 95** *Venite, exultemus.*

Tone III.4



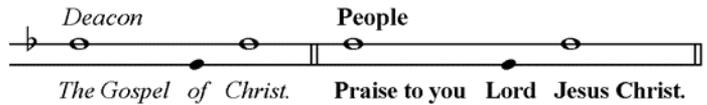
- Cantor* 1 COME, LET us **sing** to the Lord :
- All* let us shout for joy to the Rock of our **sal-va-tion**.
- All* 2 Let us come before his presence **with** thanks-giv-ing :  
and raise a loud shout **to** him^with psalms.
- Cantor* 3 For the Lord **is** a great God :  
and a great King a-**bove** all gods.
- All* 4 In his hand are the **ca-vern**^of the earth :  
and the heights of the hills are **his** al-so.
- Cantor* 5 The sea is his, **for** he made it :  
and his hands have molded **the** dry land.
- All* 6 Come, let us bow down, **and** bend the knee :  
and kneel before the Lord **our** Ma-ker.
- Cantor* 7 For he is our Gōd, and we are the people of his pasture and  
the **sheep** of his hand :  
Oh, that today you would hear-**ken** to^his voice!
- All* 8 Harden not your hearts, as your forebears did **in**  
the^wil-der-ness :  
at Meribah, and on that day at Massah, when **they**  
tempt^ed me.
- Cantor* 9 They **put** me^to the test :  
though they **had** seen^my works.
- All* 10 Forty years long I detested that gene-**ra-tion** and said :  
"This people are wayward in their hearts; they do not  
**know** my ways."
- Cantor* 11 So I **swore** in my wrath :
- All* "They shall not enter in-**to** my rest."



that I will give will become in them a spring of water gushing up to eternal life." The woman said to him, "Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water." Jesus said to her, "Go, call your husband, and come back." The woman answered him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband'; for you have had five husbands, and the one you have now is not your husband. What you have said is true!" The woman said to him, "Sir, I see that you are a prophet. Our ancestors worshipped on this mountain, but you say that the place where people must worship is in Jerusalem." Jesus said to her, "Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshippers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth." The woman said to him, "I know that Messiah is coming" (who is called Christ). "When he comes, he will proclaim all things to us." Jesus said to her, "I am he, the one who is speaking to you." Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, "What do you want?" or, "Why are you speaking with her?" Then the woman left her water jar and went back to the city. She said to the people, "Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?" They left the city and were on their way to him. Meanwhile the disciples were urging him, "Rabbi, eat something." But he said to them, "I have food to eat that you do not know about." So the disciples said to one another, "Surely no one has brought him something to eat?" Jesus said to them, "My food is to do the will of him who sent me and to complete his work. Do you not say, 'Four months more, then comes the harvest'? But I tell you, look around you, and see how the fields are ripe for harvesting. The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, 'One sows and another reaps.' I sent you to reap that for which you did not labour. Others have laboured, and you have entered into their labour." Many Samaritans from that city believed in him because of the woman's testimony, "He told me everything I have ever

done." So when the Samaritans came to him, they asked him to stay with them; and he stayed there two days. And many more believed because of his word. They said to the woman, "It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Saviour of the world." -*John 4:5-42*

Responses after the Gospel



Gospel Recessional v. 4

## 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

When I Survey the Wondrous Cross



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**

Missa *L'Hora Passa*

L. da Viadana

*Celebrant*

Holy and gracious God,

Sanctus, sanctus, sanctus,	<i>Holy, holy, holy, Lord,</i>
Dominus Deus Sabaoth	<i>God of power and might,</i>
Pleni sunt coeli et terra gloria tua.	<i>heaven and earth are full of your glory.</i>
Hosanna in excelsis.	<i>Hosanna in the highest.</i>
Benedictus qui venit in nomine Domini.	<i>Blessed is he who comes in the name of the Lord.</i>
Hosanna in excelsis.	<i>Hosanna in the highest.</i>

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*

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

The image shows a musical staff in G major (one sharp) and 4/4 time. It is labeled 'Organ' and contains the melody for 'Amen, amen, amen.' The melody consists of quarter and eighth notes, with a final whole note 'men.' The lyrics are written below the staff.

*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 *L'Hora Passa*

L. da Viadana

Agnus Dei, qui tollis peccata mundi,  
miserere nobis.

*Lamb of God, you take away the sins of the world,  
have mercy on us.*

Agnus Dei, qui tollis peccata mundi,  
dona nobis pacem.

*Lamb of God, you take away the sins of the world,  
grant us peace.*

*\*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**    Ne Reminiscaris Domine    P. Phillips (1560-1628)

Ne reminiscaris Domine delicta nostra,  
vel parentum nostrorum:  
neque vindictam sumas de peccatis nostris.  
Parce, Domine, populo tuo  
quem praetioso sanguine tuo redemisti,  
ne in aeternum irascaris nobis.

*Remember not, Lord, our offences,  
nor the offences of our forefathers;  
neither take thou vengeance of our sins.  
Spare us, good Lord, spare thy people,  
whom thou hast redeemed with thy most precious blood,  
and be not angry with us for ever.*

Words: The Book of Common Prayer

**Communion Hymn**

A Spendthrift Lover Is the Lord

177

BEACH HAVEN

**Prayer after Communion**

*Celebrant*

Let us Pray

*All*

**God of our pilgrimage,  
we have found the living water.  
Refresh and sustain us  
as we go forth on our journey,  
in the name of Jesus Christ the Lord.**

*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**

Father of Heaven, Whose Love Profound

616

RIVAULX

**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 D Minor

J. S. Bach (BWV 680)

\*\*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.

**Please note that on Sunday, March 22, we will have one combined Service at 10 am, followed by our Annual General Meeting. We look forward to seeing you!**

## Holy Week and Easter Services

### **Palm Sunday, March 29**

**9:15 am** Holy Eucharist

**11 am** Holy Eucharist

**4:00 pm** Evensong sung by the Cathedral Choir

### **Monday in Holy Week – March 30**

**7:00 pm** Holy Eucharist

### **Tuesday in Holy Week – March 31**

**7:00 pm** The Great Litany

Music by Victoria and Brahms

### **Wednesday in Holy Week – April 1**

**7:30 am** Holy Eucharist

**7 pm** Stations of the Cross

### **Maundy Thursday, April 2**

**7:00 pm** Eucharist with Foot-Washing and stripping of the Altar

Music by Bach, Duruflé, Howells and Sheppard

### **Good Friday, April 3**

**10 am Justice Walk** (neighbourhood outdoor Stations of the Cross)

**12:00 noon** Meditations on the Cross

Music by Victoria, Allegri, Monteverdi, Blow and John of Portugal

### **Holy Saturday/Easter Eve April 4**

**8:00 pm** The Great Vigil of Easter Renewal of Vows & Confirmation  
with Bishop Sandra Fyfe

### **Easter Day, Sunday, April 5**

**6:30 am** Easter Sunrise Service (Service begins outside, potluck breakfast to follow)

**9:15 am** Holy Eucharist

**11 am** Choral Eucharist - The Resurrection Mass (Jazz Easter)

Sung by the Cathedral Choir and Capella Regalis Men & Boys & Girls Choirs with sax, drums, bass, percussion, piano, organ and choirs joining in a festive and joyful celebration.

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### **Contact Us:**

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