

# Welcome to the Cathedral Church of All Saints

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



**July 5, 2026**

**10 am**

*Combined Service*

**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

# Sixth Sunday after Pentecost

July 5, 2026

Preacher & Celebrant: The Revd Dr. Kate Heichler

## The Holy Eucharist

**Prelude:** Berceuse (from 24 Pièces en style libre, Op. 31) L. Vierne (1870–1937)

### Welcome

### Territorial Acknowledgement

*Leader:* As we gather today, we acknowledge, with gratitude, that we do so on the traditional and unceded territory of the Mi'kmaq People. This territory is covered by the "Treaties of Peace and Friendship" which Mi'kmaq and Wolastoqiyik (Maliseet) People first signed with the British Crown in 1725. The treaties did not deal with surrender of lands and resources but in fact recognized Mi'kmaq and Wolastoqiyik (Maliseet) title and established the rules for what was to be an ongoing relationship between nations.

*People:* **We give thanks for this land and all those who have been stewards of it; for their stories and for their lives – past, present, and future. We commit ourselves to prayerfully seek reconciliation, justice, and healing that we might listen and learn to be faithful stewards of this good land and live in right relationship.**

*(Land Acknowledgement adapted from The Emmaus Community, Victoria, B.C.)*

### Opening Hymn

Awake, My Soul, and with the Sun

8

MORNING HYMN

## 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.**

*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*            Let us pray.

*All*                    **Almighty God,  
your Son Jesus Christ has taught us  
that what we do for the least of your children  
we do also for him.  
Give us the will to serve others  
as he was the servant of all,  
who gave up his life and died for us,  
but lives and reigns with you and the Holy Spirit,  
one God, now and for ever. Amen**

### **THE PROCLAMATION OF THE WORD**

*Reader*            A reading from the Letter of Paul to the Romans 7:15-25A

I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. Now if I do what I do not want, I agree that the law is good. But in fact it is no longer I that do it, but sin that dwells within me. For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. For I do not do the good I want, but the evil I do not want is what I do. Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me. So I find it to be a law that when I want to do what is good, evil lies close at hand. For I delight in the law of God in my inmost self, but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. Wretched man that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord!

*Reader*            The word of the Lord.

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

**Psalm 45:11-18**

**REFRAIN Nations shall praise you for ever.**

"Hear, O daughter; consider and listen closely; forget your people and your father's house.

The king will have pleasure in your beauty; he is your master; therefore do him honour.

The people of Tyre are here with a gift; the rich among the people seek your favour." **R**

All glorious is the princess as she enters; her gown is cloth-of-gold.

In embroidered apparel she is brought to the king; after her the bridesmaids follow in procession.

With joy and gladness they are brought, and enter into the palace of the king. **R**

"In place of fathers, O king, you shall have sons; you shall make them princes over all the earth.

I will make your name to be remembered from one generation to another; therefore nations will praise you for ever and ever." **R**

**Gradual Hymn**

Lord, Your Word Shall Guide Us

**561**

RAVENSHAW

**The Gospel**

*All stand, as able, for the Gospel.*

*Deacon*            The Lord be with you.

*People*            **And also with you.**

*Deacon*            The Holy Gospel of our Lord Jesus Christ  
according to Matthew 11:16-19, 25-30

*People*            **Glory to you, Lord Jesus Christ.**

Jesus said, "To what will I compare this generation? It is like children sitting in the marketplaces and calling to one another, 'We played the flute for you, and you did not dance; we wailed, and you did not mourn.' For John came neither eating nor drinking, and they say, 'He has a demon'; the Son of Man came eating and drinking, and they say, 'Look, a glutton and a drunkard, a friend of tax collectors and sinners!' Yet wisdom is vindicated by her deeds." At that time Jesus said, "I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my Father; and no

one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

*At the conclusion of the Gospel, the reader says, .*

The Gospel of Christ.

*People*                    **Praise to you, Lord Jesus Christ.**

## **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;  
he welcomes sinners  
and invites them to his 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

Jesus, Lover of My Soul

533

ABERYSTWYTH

## THE CELEBRATION OF THE EUCHARIST

*The Wine, Host, and Bulletin are offered in loving memory of  
Selma Joseph, Nassau Bahamas*

### The Prayer over the Gifts

*All*                    **God of heaven and earth,  
receive our sacrifice of praise,  
and strengthen us  
for the perfect freedom of your service,  
through our Saviour Jesus Christ. Amen**

### Supplementary Eucharistic Prayer 3

*Celebrant*            The Lord be with you.

*People*                **And also with you.**

*Celebrant*            Lift up your hearts.

*People*                **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 to thank you and praise you,  
holy and gracious God, creator of all things,  
ruler of heaven and earth, sustainer of life,  
for you are the source of all goodness,  
rich in mercy and abounding in love;  
you are faithful to your people in every generation,  
and your word endures for ever.  
Therefore with angels and archangels,  
with the fellowship of saints  
and the company of heaven, we glorify your holy name,  
evermore praising you and singing,

**Sanctus**            No. 719 in the Hymnal (*Sung by all*) LAND OF REST; American trad.

*Celebrant*            We praise you, merciful Father,  
not as we ought, but as we are able,  
because in your tender love you gave the world your  
only Son in order that the world might be saved  
through him. He made you known by taking the form  
of a servant, healing the sick, liberating the oppressed,  
reaching out to the lost.

Betrayed, reviled, and nailed to the cross,  
he confronted the power of sin  
and disarmed it for ever.

In his offering of himself, he became the perfect and  
sufficient sacrifice  
for the sins of the whole world.

Redeemed by Christ, we have been adopted as your  
children;  
by your pardon you have made us worthy to praise you.

On the night he was betrayed,  
Jesus, at supper with his friends,  
took bread, gave you thanks, broke the bread, gave it to  
them, and said, "Take and 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."

In obedience to him and with grateful hearts we  
approach your holy table, remembering our Saviour's  
sacrifice, and rejoicing in his victory.

Confident in his sovereign purpose, we declare our  
faith.

*All*

**Christ has died,  
Christ is risen,  
Christ will come again.**

*Celebrant*

Send your Holy Spirit on us  
that as we receive this bread and this cup  
we may partake of the body and blood of  
our Lord Jesus Christ,

and feed on him in our hearts by faith with thanksgiving.

May we be renewed in his risen life, filled with love, and strengthened in our will to serve others; and make of our lives,

we pray, a pure and holy sacrifice, acceptable to you, knitting us together as one, in your Son Jesus Christ, to whom, with you and the Holy Spirit, be all honour and glory, now and forever.

*People*

**Amen.**

*Celebrant*

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

*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,*

The gifts of God for the People of God.

*People*

**Thanks be to God.**

*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 Hymn

I Heard the Voice of Jesus Say

508

KINGSFOLD

## Prayer after Communion

*Celebrant*

O God,  
may we who have shared in holy things  
never fail to serve you in your world,  
and so come to the fullness of joy,  
in the name of Jesus Christ our Lord. **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.**  
Glory to God from generation to generation,  
**in the Church and in Christ Jesus,  
for ever and ever. Amen.**

*All*

## Blessing

*Celebrant*

Send us anywhere you would have us go,  
only go there with us.  
Place upon us any burden you desire, only stand by  
us to sustain us.

Break any tie that binds us,  
except the tie that binds us to you.  
The blessing of God; the Creator, who made and  
knows us all;  
the Savior, who redeems and befriends us all;  
and the Spirit, who enlightens and sustains us all;  
be with you this day and always. **Amen.**

## Closing Hymn

Forth in Thy Name, O Lord, I Go

467

SONG 34

## Dismissal

*Deacon* Let us go forth in the name of Christ.

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

**Postlude** Prelude in F Minor

J. S. Bach (BWV 534)

\*\*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 joining us today



These combined services are an opportunity to bring together our community for a single worship event throughout the summer months and to offer some rest and refreshment for staff and volunteers. Wishing you all a safe and restful summer!

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### Contact Us:

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