

# Welcome to the Cathedral Church of All Saints

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



Caring for seafarers  
around the world

**Sea Sunday**

**July 12, 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

# Seventh Sunday after Pentecost

## Sea Sunday

July 12, 2026

Preacher & Celebrant: The Revd Dr. Kate Heichler

### The Holy Eucharist

**Prelude:** Lied (from 24 Pièces en style libre, Livre 2) 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

564

Lead Us, Heavenly Father, Lead Us

MANNHEIM

### 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,  
you have made us for yourself,  
and our hearts are restless  
until they find their rest in you.  
May we find peace in your service,  
and in the world to come, see you face to face;  
through Jesus Christ our Lord,  
who 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 8:1-11

There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. For God has done what the law, weakened by the flesh, could not do: by sending his own Son in the likeness of sinful flesh, and to deal with sin, he condemned sin in the flesh, so that the just requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For this reason the mind that is set on the flesh is hostile to God; it does not submit to God's law indeed it cannot, and those who are in the flesh cannot please God. But you are not in the flesh; you are in the Spirit, since the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ

does not belong to him. But if Christ is in you, though the body is dead because of sin, the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you.

*Reader*                      The word of the Lord.

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

**Psalm 107:1-3, 23-32** (*read responsively*)

<sup>1</sup> O give thanks to the Lord, for God is good; for God's steadfast love endures forever.

<sup>2</sup> **Let the redeemed of the Lord say so, those God redeemed from trouble,**

<sup>3</sup> and gathered in from the lands, from the east and from the west,  
from the north and from the south.

<sup>23</sup> **Some went down to the sea in ships, doing business on the mighty waters;**

<sup>24</sup> they saw the deeds of the Lord, God's wondrous works in the deep.

<sup>25</sup> **For God commanded and raised the stormy wind, which lifted up the waves of the sea.**

<sup>26</sup> They mounted up to heaven, they went down to the depths;  
their courage melted away in their calamity;

<sup>27</sup> **they reeled and staggered like drunkards, and were at their wits' end.**

<sup>28</sup> Then they cried to the Lord in their trouble, and God brought them out from their distress;

<sup>29</sup> **God made the storm be still, and the waves of the sea were hushed.**

<sup>30</sup> Then they were glad because they had quiet, and God brought them to their desired haven.

<sup>31</sup> **Let them thank the Lord for his steadfast love, for his wonderful works to humankind.**

<sup>32</sup> Let them extol God in the congregation of the people,  
and praise him in the assembly of the elders.

**Gradual Hymn**

Lord, Your Word Shall Guide Us

**561**

RAVENSHAW

Gospel Processional vv. 1 – 3

## 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 13:1-9,18-23

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

That same day Jesus went out of the house and sat beside the sea. Such great crowds gathered around him that he got into a boat and sat there, while the whole crowd stood on the beach. And he told them many things in parables, saying: "Listen! A sower went out to sow. And as he sowed, some seeds fell on the path, and the birds came and ate them up. Other seeds fell on rocky ground, where they did not have much soil, and they sprang up quickly, since they had no depth of soil. But when the sun rose, they were scorched; and since they had no root, they withered away. Other seeds fell among thorns, and the thorns grew up and choked them. Other seeds fell on good soil and brought forth grain, some a hundredfold, some sixty, some thirty. Let anyone with ears listen! Hear then the parable of the sower. When anyone hears the word of the kingdom and does not understand it, the evil one comes and snatches away what is sown in the heart; this is what was sown on the path. As for what was sown on rocky ground, this is the one who hears the word and immediately receives it with joy; yet such a person has no root, but endures only for a while, and when trouble or persecution arises on account of the word, that person immediately falls away. As for what was sown among thorns, this is the one who hears the word, but the cares of the world and the lure of wealth choke the word, and it yields nothing. But as for what was sown on good soil, this is the one who hears the word and understands it, who indeed bears fruit and yields, in one case a hundredfold, in another sixty, and in another thirty."

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

The Gospel of Christ.

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

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 our faith, 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

### A Prayer for Seafarers

Loving God, you call us to welcome the stranger and serve the least of these as if serving Christ himself. We pray for the nearly 2 million seafarers worldwide, brave souls who bring food to our tables and materials to our stores, homes and cities. Protect them from piracy, accidents, severe weather, and all dangers at sea. Give peace and comfort to their families who are separated from them for long periods. Bless The Mission to Seafarers; empower its chaplains, volunteers, and staff to be beacons of practical, emotional, and spiritual refuge for crews from every nation. Open our eyes to see Christ in the seafarers who come to our city, and in the overlooked people of our own communities, so that in serving them we may serve You. In the name of the One who stills our storms we pray, **Amen.**

## 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

Eternal Father, Strong to Save

567

MELITA

# THE CELEBRATION OF THE EUCHARIST

*The Wine, Host, and Bulletin are offered in loving memory of  
Beryl & Kenneth Seymour, Nassau Bahamas*

## The Prayer over the Gifts

*All*                      **Father,**  
                              **your word creates in us a yearning for your kingdom.**  
                              **Receive all we offer you this day,**  
                              **and keep us in your peace;**  
                              **for the sake of Jesus Christ the Lord. Amen**

## Eucharistic Prayer 4

*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*              O Lord, our God, sustainer of the universe,  
                              you are worthy of glory and praise.

*People*                    **Glory to you for ever and ever.**

*Celebrant*              At your command all things came to be:  
                              the vast expanse of interstellar space,  
                              galaxies, suns, the planets in their courses,  
                              and this fragile earth, our island home;  
                              by your will they were created and have their being.

*People*                    **Glory to you for ever and ever.**

*Celebrant*              From the primal elements  
                              you brought forth the human race,  
                              and blessed us with memory, reason, and skill;  
                              you made us the stewards of creation.

*People*                    **Glory to you for ever and ever.**

*Celebrant*              But we turn against you, and betray your trust;  
                              and we turn against one another.

                              Again and again you call us to return.  
                              Through the prophets and sages  
                              you reveal your righteous law.

In the fullness of time you sent your Son,  
born of a woman, to be our Saviour.  
He was wounded for our transgressions,  
and bruised for our iniquities.  
By his death he opened to us  
the way of freedom and peace.

*People*

**Glory to you for ever and ever.**

*Celebrant*

Therefore we praise you,  
joining with the heavenly chorus,  
with prophets, apostles, and martyrs,  
and with those in every generation  
who have looked to you in hope,  
to proclaim with them your glory,  
in their unending hymn:

**Sanctus**

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

*Celebrant*

Blessed are you, Lord our God,  
for sending us Jesus, the Christ,  
who on the night he was handed over  
to suffering and death,  
took bread, said the blessing,  
broke the bread, gave it to his friends,  
and said, "Take this, and eat it:  
this is my body which is given for you.  
Do this for the remembrance of me."

In the same way, after supper,  
he took the cup of wine;  
he gave you thanks,  
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."

*People*

**Glory to you for ever and ever.**

*Celebrant*

Gracious God,  
we recall the death of your Son Jesus Christ,  
we proclaim his resurrection and ascension,

and we look with expectation for his coming  
as Lord of all the nations.

We who have been redeemed by him,  
and made a new people by water and the Spirit,  
now bring you these gifts.

Send your Holy Spirit upon us  
and upon this offering of your Church,  
that we who eat and drink at this holy table  
may share the divine life of Christ our Lord.

**Glory to you for ever and ever.**

*People*

*Celebrant*

Pour out your Spirit upon the whole earth  
and make it your new creation.

Gather your Church together  
from the ends of the earth into your kingdom,  
where peace and justice are revealed,  
that we, with all your people,  
of every language, race, and nation,  
may share the banquet you have promised;  
through Christ, with Christ, and in Christ, all honour  
and glory are yours, creator of all. People Glory to you  
for ever and ever.

**Glory to you for ever and ever. Amen.**

*People*

*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

Jesus, the Joy of Loving Hearts

70

MARYTON

## Prayer after Communion

*Celebrant* Living God,  
in this sacrament we have shared in your eternal kingdom.  
May we who taste this mystery  
forever serve you in faith, hope, and love.  
We ask this in the name of Jesus Christ the 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**

*Celebrant*            May you be rooted in rich, nourishing soil on land; may  
                              you travel on the winds of the Spirit by sea; may you  
                              know always how loved you are in Christ; and the  
                              blessing of God the Creator who made and knows us;  
                              who redeems and befriends us; and the Spirit, who en  
                              lightened and sustains us all; be with you this day and  
                              always. **Amen.**

## **Closing Hymn**

King of Glory, King of Peace

**345**

GWALCHMAI

## **Dismissal**

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

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

**Postlude**          Fantasia in G Major

J. S. Bach (BWV 572)

**\*\*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!

## **Stay Connected this Summer**

There's always something happening at the Cathedral! *Cathedral Happenings* is our bi-weekly email, bringing you upcoming worship services, summer events, community news, and more.

To subscribe, simply email [hello@anglicancathedralhalifax.ca](mailto:hello@anglicancathedralhalifax.ca) or fill out a member card available on the Greeters' Table.

Stay in the loop all summer long—we'd love to keep in touch!

## **We are now on our Summer Sunday Worship Schedule.**

Continuing through August, we offer one Service of Holy Eucharist at 10:00 a.m.

Families with young children are always welcome at the Cathedral. To help little ones feel at home during worship, we have a small children's area at the front of the Cathedral with books, quiet toys, and activities.

Children are an important part of our community, and we understand that they may wiggle, explore, or make a little noise. Whether you choose to sit nearby or simply visit the children's area when needed, we hope it helps your family feel comfortable and included. The nursery is also open, although unsupervised for children and their caregivers (a QR code to livestream the Service is posted in the nursery.)

## **Sea Sunday 2026**

### **Harbours of Hope: The Church Alongside Seafarers**

Sea Sunday is a moment each year when churches around the world come together to pray for seafarers, give thanks for their vital work, and support The Mission to Seafarers' life-changing frontline ministry. Seafarers are essential to everyday life, yet many work unseen, facing long periods away from home, isolation, and often dangerous conditions. Sea Sunday offers churches the opportunity to pause, reflect,

and respond – standing alongside the men and women who keep our world moving.

Thanks to the prayer, generosity, and involvement of churches worldwide, The Mission to Seafarers is able to offer care, connection, and hope in ports across the globe. In 2025 alone, support through Sea Sunday and beyond helped us to:

Make over 48,000 ship visits

Provide shore leave transport for more than 150,000 seafarers

Grow vital programmes such as our Family Support Network and SafeTALK suicide prevention training

These moments of care – a visit on board, practical help ashore, or someone to listen – can make a profound difference to seafarers far from home.

For further information, please visit

<https://mtsc.ca/resource/sea-sunday-2026-the-mission-to-seafarers/>

---

## Sermon Handout

*But as for what was sown on good soil, this is the one who hears the word and understands it, who indeed bears fruit and yields, in one case a hundred-fold, in another sixty, and in another thirty.” Matthew 13:23*

Who do you know who is “on the path,” acquainted with the Christian faith but not understanding, prey to all kinds of birds?

- ◆ \_\_\_\_\_
- ◆ \_\_\_\_\_
- ◆ \_\_\_\_\_

Who do you know who is “on the rocky soil,” spiritual but without deep roots in knowing God, easily scorched when adversity hits?

- ◆ \_\_\_\_\_
- ◆ \_\_\_\_\_
- ◆ \_\_\_\_\_

Who do you know who is “choked by thorns,” distracted by anxiety and accumulating material things?

- ◆ \_\_\_\_\_
- ◆ \_\_\_\_\_
- ◆ \_\_\_\_\_

What are you going to do for these friends this week?

- ◆ Pray for them each day, for God to bless them?
- ◆ Give them a call to see how they are?
- ◆ Invite them to something we offer at All Saints Cathedral?
- ◆ Tell them what a difference God and church make in your life?
- ◆ \_\_\_\_\_
- ◆ \_\_\_\_\_
- ◆ \_\_\_\_\_

How are you going to be nurtured in good soil this week?

---

**Contact Us:**

Cathedral Church of All Saints—  
Diocese of Nova Scotia and Prince Edward  
Island  
Anglican Church of Canada  
1340 Cathedral Lane Halifax, NS B3H 2Z1  
902-423-6002 (tel)  
[hello@anglican Cathedral Halifax.ca](mailto:hello@anglican Cathedral Halifax.ca)  
[cathedralchurchofallsaints.com](http://cathedralchurchofallsaints.com) (web)



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