

# Welcome to the Cathedral Church of All Saints

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



March 5, 2023

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

# The Second Sunday in Lent

March 5, 2023

## The Holy Eucharist

### Welcome

### Territorial Acknowledgement

We begin by acknowledging that we are in Mi'kma'ki , the ancestral 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.

**Introit** Venite exultemus Domino.

Tone II.1

*Antiphon:* The goodness of God leadeth to repentance: O come, let us worship.

1 O come, let us sing unto the Lord: let us heartily rejoice in the strength of our salvation.

2 Let us come before his presence with thanksgiving, and show ourselves glad in him with psalms.

3 For the Lord is a great God, and a great King above all gods.

4 In his hand are all the corners of the earth: and the strength of the hills is his also.

5 The sea is his, and he made it: and his hands prepared the dry land.

6 O come, let us worship, and fall down, and kneel before the Lord our Maker.

7 For he is the Lord our God; and we are the people of his pasture, and the sheep of his hand. *Antiphon.*

### Opening Hymn

#537

In the Cross of Christ I Glory

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 *L’Hora Passa* (*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 **Genesis (12:1-4)**  
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. Abram was seventy-five years old when he departed from Haran.

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

**Psalm 121** (*said*)

1 I lift up my eyes to the hills; \*  
from where is my help to come?

**2 My help comes from the Lord, \*  
the maker of heaven and earth.**

3 He will not let your foot be moved \*  
and he who watches over you will not fall asleep.

**4 Behold, he who keeps watch over Israel \*  
shall neither slumber nor sleep;**

5 The Lord himself watches over you; \*  
the Lord is your shade at your right hand,

**6 So that the sun shall not strike you by day, \*  
nor the moon by night.**

7 The Lord shall preserve you from all evil; \*  
it is he who shall keep you safe.

**8 The Lord shall watch over your going out and  
your coming in, \*  
from this time forth for evermore.**

(All) **Be present, merciful God, and protect us in times of danger, so that  
we who are wearied by the changes and chances of this life may rest in  
your eternal changelessness; through Jesus Christ our Lord. Amen**

**Gradual Hymn**

#456

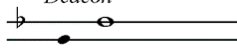
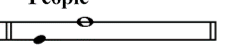
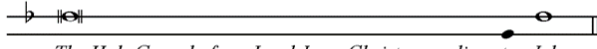
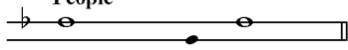
He Comes to Us As One Unknown vv. 1-3

LOBT GOTT, IHR CHRISTEN

**The Gospel**

*All stand for the Gospel.*

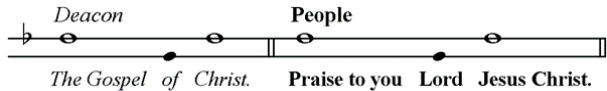
**Responses before the Gospel**

<p><i>Deacon</i></p>  <p><i>The Lord be with you.</i></p>	<p><i>People</i></p>  <p><i>And also with you.</i></p>
<p><i>Deacon</i></p>  <p><i>The Holy Gospel of our Lord Jesus Christ according to John.</i></p>	
<p><i>People</i></p>  <p><i>Glory to you Lord Jesus Christ.</i></p>	

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, that 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. *Matthew 3:1-7*

**Responses after the Gospel**



**Hymn 456 (continued) vv. 4 & 5**

## Sermon

*A silence for reflection may follow.*

## 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*  
*All*

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.  
**Amen.**

*People*

## **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.**

## **Preparation Hymn**

The God of Abraham Praise

**#347**

LEONI

## **The Celebration of the Eucharist**

*Wine and Hosts of Communion are given in Loving Memory of  
James Wood by Joan and Family*

*The Bulletin has been sponsored in Loving Memory of  
James Wood by Joan and Family*



## The Prayer over the Gifts

*When the gifts have been prepared,*

*All*

**God our provider,  
you have not fed us with bread alone,  
but with words of grace and life.  
Bless us and these your gifts,  
which we receive from your bounty,  
through Jesus Christ our Lord. Amen.**

*Evangelical Lutheran Worship (2006)*

## The Great Thanksgiving

### Supplementary Eucharistic Prayer 3

The musical notation consists of four staves. The first staff is for the Celebrant, with a treble clef and a key signature of one flat. It contains a whole note followed by a double bar line and another whole note. The lyrics are "The Lord be with you." The second staff is for the People, with a treble clef and a key signature of one flat. It contains a whole note followed by a double bar line and another whole note. The lyrics are "And also with you." The third staff is for the Celebrant, with a treble clef and a key signature of one flat. It contains a whole note followed by a double bar line and another whole note. The lyrics are "Lift up your hearts." The fourth staff is for the People, with a treble clef and a key signature of one flat. It contains a whole note followed by a double bar line and another whole note. The lyrics are "We lift them to the Lord." The fifth staff is for the Celebrant, with a treble clef and a key signature of one flat. It contains a whole note followed by a double bar line and another whole note. The lyrics are "Let us give thanks to the Lord our God." The sixth staff is for the People, with a treble clef and a key signature of one flat. It contains a whole note followed by a double bar line and another whole note. The lyrics are "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**  
*Celebrant*

Missa *L'Hora Passa* (Sung by the choir)

L. da Viadana

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

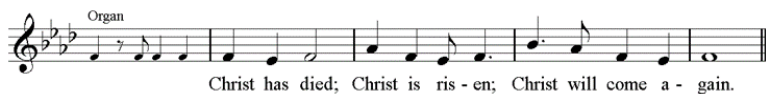
On the night he was betrayed,  
Jesus, at supper with his friends,  
took bread, gave you thanks, broke the bread,  
gave it to them, and said, "Take and eat:  
this is my body which is given for you.  
Do this for the remembrance of me."

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.

## Acclamation



## 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.

## Amen



## 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, to share in the body of Christ.  
*All* We, being many, are one body, for we all share in the one bread.

## 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.**

*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*

## A Prayer for Spiritual Communion (to be prayed by those at home) \*

My Jesus, I believe that you are truly present in the Blessed Sacrament of the altar. I desire to offer you praise and thanksgiving as I proclaim your resurrection. I love you above all things, and long for you in my soul. Since I cannot receive you now in the sacrament of your Body and Blood, come spiritually into my heart. Cleanse and strengthen me with your grace, Lord Jesus and let me never be separated from you. May I live in you, and you in me, in this life and in the life to come. **Amen**

*\*Based on a prayer by St. Alphonsus Liguori (1696-1787) used at the 2020 Easter celebration at The Episcopal Cathedral Church of Saint Peter and Saint Paul (Washington National Cathedral)*

**Agnus Dei** Missa L'Hora Passa (Sung by the choir) L. da Viadana

**Communion Motet** 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** #70  
Jesus, the Joy of Loving Hearts MARYTON

## Prayer after Communion

*Celebrant*            **Compassionate God,  
you have fed us with the bread of heaven.  
Sustain us in our Lenten pilgrimage;  
may our fasting be hunger for justice;  
our alms, a making of peace;  
and our prayer, the song of grateful hearts;  
through Jesus Christ, our Saviour and Lord. Amen.**  
*Evangelical Lutheran Worship (2006)*

*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

God, My Hope on You Is Founded

#529

MICHAEL

**Dismissal**            *Deacon*

**Postlude**            **Fugue in D Minor**                      J. S. Bach (BWV 538)

*The Postlude - You are invited to be seated during the postlude to pray or simply to enjoy the music. Alternatively, you may depart in peace following the Deacon's Dismissal.*

## *Sundays at Four*

*Please join us this afternoon at 4 pm for  
Choral Evensong sung by guests  
Capella Regalis Men and Boys Choir.*

### **Thank you for joining us today!**

Want to learn more about the Cathedral Church of All Saints? Please connect with one of our Greeters or you are welcome to visit [www.cathedralchurchofallsaints.com](http://www.cathedralchurchofallsaints.com).

You may also consider emailing Sarah Underwood, in the Cathedral Office at

[sarahunderwood@anglicancathedralhalifax.ca](mailto:sarahunderwood@anglicancathedralhalifax.ca) or calling Sarah Monday to Friday at (902) 423-6002

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## Lenten Reflection

Yehuda Amichai was an Israeli poet and author. Born in 1924, he was one of the first poets, in modern times, to write in colloquial Hebrew. Amichai was awarded the 1957 Shlonsky Prize, the 1969 Brenner Prize, 1976 Bialik Prize, and 1982 Israel Prize. He also won international poetry prizes, and was nominated several times for the Nobel Prize in Literature.

His poem “The Place Where We Are Right”, speaks to me of the story of Abram and of Nicodemus. Abram sets out, at the age of 75, to leave his homeland, with nothing to trust in but God’s word. Nicodemus, is told by Jesus to be “born again. We like them, are called to take the risk of letting go of what we are firmly rooted in, what we believe to be ‘right’ or absolute. It is risky to leave the known and ‘safe’, and be willing to follow the leading of the Spirit into the unknown. But we might just see life anew, and experience new growth from the hardened soil of our lives.

### **The Place Where We Are Right**

From the place where we are right  
Flowers will never grow  
In the spring.

The place where we are right  
Is hard and trampled  
Like a yard.

But doubts and loves  
Dig up the world  
Like a mole, a plow.  
And a whisper will be heard in the place  
Where the ruined  
House once stood.

# Welcome to the Cathedral Church of All Saints

## New Member Information Form

1. Please list the names of each family member in the space below:

SURNAME(s): \_\_\_\_\_

NAMES: \_\_\_\_\_

2. Please give your mailing address and telephone number:

\_\_\_\_\_

3. Email address \_\_\_\_\_

**check** here for permission to add your e-mail address to our mailing list. You will receive a bi-monthly listing of Cathedral events called **Cathedral Happenings** and weekly **Sundays @ the Cathedral** announcements.

4. Would you like Offering Envelopes or are you interested in Automatic Offering?

Envelopes: Yes  No

Automatic Offering Yes  No

**Please complete and return on the collection plate  
or give to a Greeter. Thank you!**

### Contact Us:

Cathedral Church of All Saints—

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