

Welcome to the Cathedral Church of All Saints

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



January 28, 2024

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

Fourth Sunday after the Epiphany

January 28, 2024

The Holy Eucharist

Preacher: The Reverend Dr. Heather McCance

Celebrant: The Very Reverend Paul Smith

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 Arise, Shine, For Thy Light Is Come (*Surge Illuminare*)

Tone VIII.2

Arise, shine, for thy light is come, and the glory of the Lord is risen upon thee.
For behold, the darkness shall cover the earth; and gross darkness the people:
But the Lord shall arise upon thee, and his glory shall be seen upon thee.
And the Gentiles shall come to thy light, and kings to the brightness of thy rising.

Thy gates shall be open continually; they shall not be shut day nor night.
The sons also of them that afflicted thee shall come bending unto thee;
and all they that despised thee shall bow themselves down at the soles of thy feet.

They shall call thee, The City of the Lord, the Zion of the Holy One of Israel.
Violence shall no more be heard in thy land, wasting nor destruction within thy borders.

But thou shalt call thy walls, Salvation, and thy gates Praise.

The sun shall no more be thy light by day; neither for brightness shall the moon give light unto thee; but the Lord shall be unto thee an everlasting light, and thy God thy glory.

Opening Hymn

393 Immortal, Invisible, God Only Wise

ST. DENIO

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.

Glory to God A Community Mass (*Sung by all*) R. Proulx (1937-2010)

(Organ)

The musical score is written on five staves of music. The first staff begins with a treble clef, a key signature of one sharp (F#), and a time signature of 4/4. It contains the first line of the melody. The second staff continues the melody. The third staff continues the melody. The fourth staff continues the melody. The fifth staff continues the melody. The lyrics are written below the staves, aligned with the notes.

Glo - ry to God in the
high-est, and peace to his peo - ple on earth. Lord God, heav-en-ly
King, al - migh - ty God and fa - ther. We wor - ship you, we
give you thanks, we praise you for your glo - ry.
Lord Je - sus Christ, on - ly Son of the Fa-ther, Lord God,

Lamb of God, you take a - way the sin of the world: have
mer - cy on us: You are seat - ed at the
right hand of the Fa - ther: re - ceive our prayer, re -
ceive, re - ceive our prayer. (Organ) For you a - lone are the
Ho - ly One, you a - lone are the Lord, you a - lone are the Most
High, Je - sus Christ with the Ho - ly Spi - rit in the glo - ry of God the
Fa - ther. A - - - men. A - - - men.

The Collect of the Day

Celebrant

All

Let us pray.
God of liberation,
who comes not to destroy
but to set us free,
bring wholeness to all that is broken
and speak truth to us in our confusion;
through Jesus Christ, our Saviour and Lord. Amen.
Propers Working Group (2015)

The Proclamation of the Word

The First Reading

Reader

A reading from 1 Corinthians 8:1013

Now concerning food sacrificed to idols: we know that "all of us possess knowledge." Knowledge puffs up, but love builds up. Anyone who claims to know something does not yet have the necessary knowledge; but anyone who loves God is known by him. Hence, as to the eating of food offered to idols, we know that "no idol in the world really exists," and that "there is no God but one." Indeed, even though there may be so-called gods in heaven or on earth - as in fact there are many gods and many lords - yet for us there is one God, the Father, from whom are all things and for whom we exist, and one Lord, Jesus Christ, through whom are all things and through whom we exist. It is not everyone, however, who has this knowledge. Since some have become so accustomed to idols until now, they still think of the food they eat as food offered to an idol; and their conscience, being weak, is defiled. "Food will not bring us close to God." We are no worse off if we do not eat, and no better off if we do. But take care that this liberty of yours does not somehow become a stumbling block to the weak. For if others see you, who possess knowledge, eating in the temple of an idol, might they not, since their conscience is weak, be encouraged to the point of eating food sacrificed to idols? So by your knowledge those weak believers for whom Christ died are destroyed. But when you thus sin against members of your family, and wound their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of their falling, I will never eat meat, so that I may not cause one of them to fall.

Reader

The word of the Lord.

People

Thanks be to God.

Psalm 111 (*read responsively*)

1 Hallelujah!

I will give thanks to the Lord with my whole heart, *
in the assembly of the upright, in the congregation.

2 Great are the deeds of the Lord! *

they are studied by all who delight in them.

3 His work is full of majesty and splendor, *
and his righteousness endures for ever.
**4 He makes his marvelous works to be remembered; *
the Lord is gracious and full of compassion.**

5 He gives food to those who fear him; *
he is ever mindful of his covenant.

**6 He has shown his people the power of his works *
in giving them the lands of the nations.**

7 The works of his hands are faithfulness and justice; *
all his commandments are sure.

**8 They stand fast for ever and ever, *
because they are done in truth and equity.**

9 He sent redemption to his people;
he commanded his covenant for ever; *
holy and awesome is his Name.

**10 The fear of the Lord is the beginning of wisdom; *
those who act accordingly have a good understanding;
his praise endures for ever.**

Gradual Hymn

Praise the One Who Breaks the Darkness

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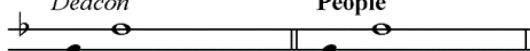
NETTLETON


Gospel Processional vv. 1 & 2

The Gospel

All stand for the Gospel.

Responses before the Gospel

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

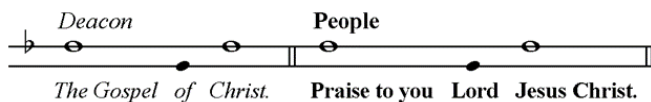
Deacon

The Holy Gospel of our Lord Jesus Christ according to Mark.

People

Glory to you Lord Jesus Christ.

They went to Capernaum; and when the sabbath came, Jesus entered the synagogue and taught. They were astounded at his teaching, for he taught them as one having authority, and not as the scribes. Just then there was in their synagogue a man with an unclean spirit, and he cried out, "What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One of God." But Jesus rebuked him, saying, "Be silent, and come out of him!" And the unclean spirit, convulsing him and crying with a loud voice, came out of him. They were all amazed, and they kept on asking one another, "What is this? A new teaching - with authority! He commands even the unclean spirits, and they obey him." At once his fame began to spread throughout the surrounding region of Galilee. -Mark 1:21-28

Responses after the Gospel



Gospel Recessional v. 3

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

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.

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

Praise to the Lord, the Almighty

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LOBE DEN HERREN

The Celebration of the Eucharist

The Prayer over the Gifts

When the gifts have been prepared,

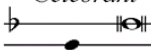
All God of steadfast love,
may our offering this day,
by the power of your Holy Spirit,
renew us for your service.
We ask this in the name of Jesus Christ the Lord.


The Great Thanksgiving

Eucharistic Prayer 2

Celebrant

People







The Lord be with you. And also with you.

Celebrant


People





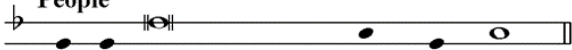
Lift up your hearts. We lift them to the Lord.

Celebrant



Let us give thanks to the Lord our God.

People



It is right to give our thanks and praise.

Celebrant We give you thanks and praise, almighty God,
through your beloved Son, Jesus Christ,
our Saviour and Redeemer.

He is your living Word,
through whom you have created all things.

By the power of the Holy Spirit
he took flesh of the Virgin Mary
and shared our human nature.

He lived and died as one of us,
to reconcile us to you,
the God and Father of all.

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

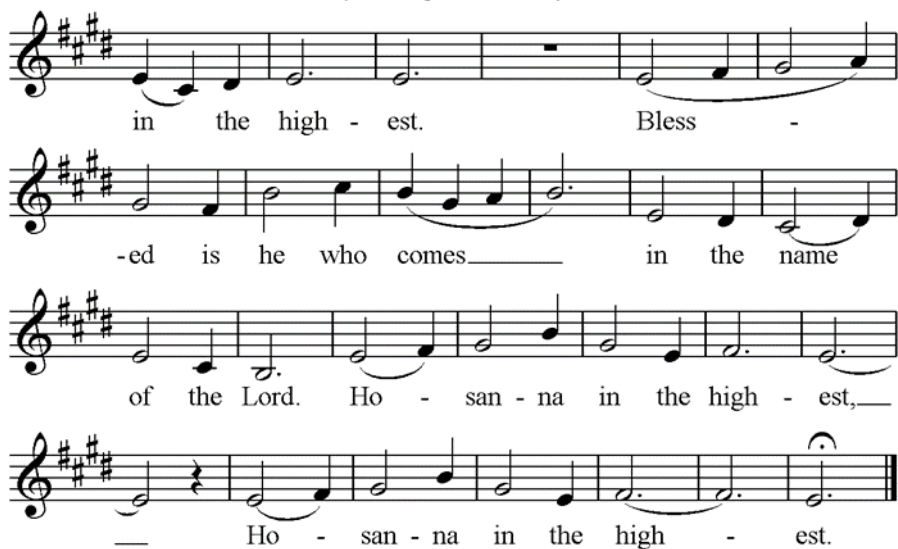
Divinum Mysterium (*Sung by all*)

arr. P. Halley

Ho - ly, ho - ly, ho - ly, _____

Lord God of pow'r and might, heav'n and

earth are full of your glo - ry. Ho - san - na



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
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.**

Agnus Dei Missa Brevis (*Sung by the choir*)

T. Tallis (1505-1585)

**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)*

Communion Motet Ecce Advenit Dominator

W. Byrd (c.1539-1623)

Ecce advenit Dominator Dominus:

et regnum in manu ejus, et potestas, et imperium.

Deus, judicium tuum regi da: et justitiam tuam Filio regis.

Gloria Patri, et Filio, et Spiritui Sancto:

Sicut erat in principio, et nunc, et semper, et in sæcula sæculorum. Amen.

Behold the Lord the Ruler is come:

and the Kingdom is in his Hand, and power, and dominion.

Give to the king thy judgment, O God: and to the king's Son thy justice.

Glory be to the Father, and to the Son: and to the Holy Ghost;

As it was in the beginning, is now, and ever shall be: world without end. Amen.

Communion Hymn

65

Here, Lord, We Take the Broken Bread

ST. COLUMBA

Prayer after Communion

Celebrant Source of all goodness,
in this eucharist
we are nourished by the bread of heaven
and invigorated with new wine.
May these gifts renew our lives,
that we may show your glory to all the world,
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

God, Whose Almighty Word

560

Moscow

Choral Benediction The Lord lift up his countenance upon you and
give you peace.
Convertat Dominus vultum suum ad te et det tibi pacem.

Dismissal *By the Deacon*

Postlude Fugue in C Minor J. S. Bach (BWV 582)

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.

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:



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Anglican Church of Canada

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