

Welcome to the Cathedral Church of All Saints

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



March 9, 2025

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

First Sunday in Lent

March 9, 2025

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 The Goodness of God Leadeth To Repentance.

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. *Ant.*

Opening Hymn

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The Glory of These Forty Days

ERHALT UNS, HERR

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 Short Communion Service (*Sung by the choir*) A. Batten (c.1591-1637)

The Collect of the Day

Celebrant

Let us pray.

All

God of the wilderness,

your Spirit leads us to face the truth,

unprotected and exposed: in our times of trial

help us to resist the worship of empty power,

so that we may find our true food

in Jesus Christ, the broken bread. Amen.

Prayers for an Inclusive Church (2009), alt.

The Proclamation of the Word

The First Reading:

Reader

A reading from **Deuteronomy (26:1-11)**

When you have come into the land that the Lord your God is giving you as an inheritance to possess, and you possess it, and settle in it, you shall take some of the first of all the fruit of the ground, which you harvest from the land that the Lord your God is giving you, and you shall put it in a basket and go to the place that the Lord your God will choose as a dwelling for his name. You shall go to the priest who is in office at that time, and say to him, 'Today I declare to the Lord your God that I have come into the land that the Lord swore to our ancestors to give us.' When the priest takes the basket from your hand and sets it down before the altar of the Lord your God, you shall make this response before the Lord your God: 'A wandering Aramean was my ancestor; he went down into Egypt and lived there as an alien, few in number, and there he became a great nation, mighty and populous. When the Egyptians treated us harshly and afflicted us, by imposing hard labour on us, we cried to the Lord, the God of our ancestors; the Lord heard our voice and saw our affliction, our toil, and our oppression. The Lord brought us out of Egypt with

a mighty hand and an outstretched arm, with a terrifying display of power, and with signs and wonders; and he brought us into this place and gave us this land, a land flowing with milk and honey. So now I bring the first of the fruit of the ground that you, O Lord, have given me.' You shall set it down before the Lord your God and bow down before the Lord your God. Then you, together with the Levites and the aliens who reside among you, shall celebrate with all the bounty that the Lord your God has given to you and to your house.

Reader The word of the Lord.

People **Thanks be to God.**

Psalm 91: 1-2, 9-16 (*Read responsively*)

He who dwells in the shelter of the Most High,
abides under the shadow of the Almighty.

**He shall say to the Lord,
"You are my refuge and my stronghold,
my God in whom I put my trust."**

Because you have made the Lord your refuge,
And the Most High your habitation,

**there shall no evil happen to you,
neither shall any plague come near your dwelling.**

For he shall give his angels charge over you,
to keep you in all your ways.

**They shall bear you in their hands,
lest you dash your foot against a stone.**

You shall tread upon the lion and adder;
you shall trample the young lion
and the serpent under your feet.

**Because he is bound to me in love,
therefore, will I deliver him;
I will protect him because he knows my name.**

He shall call upon me, and I will answer him;
I am with him in trouble;
I will rescue him and bring him to honor.

**With long life will I satisfy him,
and show him my salvation.**

The Second Reading

Reader A reading from **Romans (10:8-13)**

But what does it say? 'The word is near you, on your lips and in your heart' (that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, 'No one who believes in him will be put to shame.' For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, 'Everyone who calls on the name of the Lord shall be saved.'

Reader The word of the Lord.

People **Thanks be to God.**

Gradual The Lent Prose (*Sung by all*)

Refrain

Hear us, O Lord, have mer - cy up - on us:
for we have sin - nèd a - gainst thee.

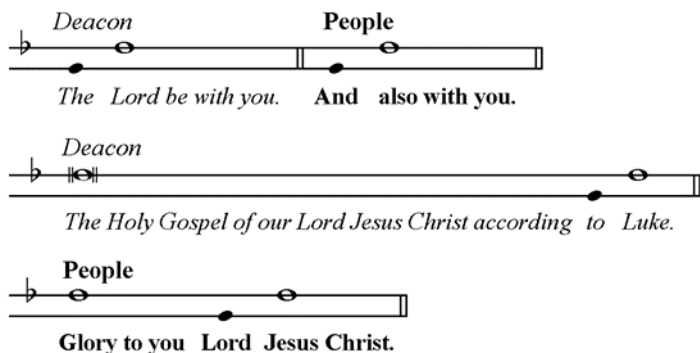
The congregation is invited to sing the refrain after each verse.

1 To thee, Redeemer, on thy throne of glory:
lift we our weeping eyes in holy pleadings:
listen, O Jesu, to our supplications. **R**

2 O thou chief cornerstone, right hand of the Father:
way of salvation, gate of life celestial:
cleans thou our sinful souls from all defilement. **R**

3 God, we implore thee, in thy glory seated:
bow down and hearken to thy weeping children:
pity and pardon all our grievous trespasses. **R**

Responses before the Gospel

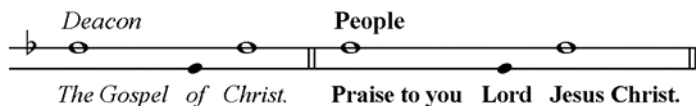


The Gospel

All stand for the Gospel.

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, 'If you are the Son of God, command this stone to become a loaf of bread.' Jesus answered him, 'It is written, "One does not live by bread alone." ' Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, 'To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours.' Jesus answered him, 'It is written, "Worship the Lord your God, and serve only him." ' Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, 'If you are the Son of God, throw yourself down from here, for it is written, "He will command his angels concerning you, to protect you", and "On their hands they will bear you up, so that you will not dash your foot against a stone." ' Jesus answered him, 'It is said, "Do not put the Lord your God to the test." ' When the devil had finished every test, he departed from him until an opportune time. *Luke (2:13-22)*

Responses after the Gospel



The Lent Prose continues:

4 Sins oft committed, now we lay before thee:
with true contrition, now no more we veil them:
grant us, Redeemer, loving absolution. **R**

5 Innocent captive, taken unresisting:
falsely accused, and for us sinners sentenced,
save us, we pray thee, Jesu, our Redeemer. **R**

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

Now Let Us All with One Accord

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BOURBON

The Celebration of the Eucharist

*Today we gratefully acknowledge the bulletin and the Wine and Hosts are offered in
loving memory of **Blair MacEachern** by Tara, Kate, Heather and families*

The Prayer over the Gifts

When the gifts have been prepared,

Celebrant

Thank you, loving God, for forgiveness.

People

**God our refuge and our strength,
receive all we offer you this day,
and through the death and resurrection of your Son
transform us to his likeness.**

We ask this in his name. Amen

The Great Thanksgiving

Eucharistic Prayer 3

The musical notation consists of four staves. The first staff is for the Celebrant and the People, with lyrics: "The Lord be with you. And also with you." The second staff is for the Celebrant and the People, with lyrics: "Lift up your hearts. We lift them to the Lord." The third staff is for the Celebrant, with lyrics: "Let us give thanks to the Lord our God." The fourth staff is for the People, with lyrics: "It is right to give our thanks and praise." Each staff begins with a treble clef and a key signature of one flat. The notation uses various note values and rests to indicate the rhythm of the text.

Celebrant

Blessed are you, gracious God,
creator of heaven and earth,
Because you bid your faithful people
to cleanse their hearts
and to prepare with joy for the paschal feast;
that reborn through the waters of baptism
and renewed in the eucharistic mystery,
we may be more fervent in prayer
and more generous in the works of love.
Therefore we raise our voices to you in praise
to proclaim the glory of your name.

Celebrant

We give thanks to you, Lord our God,
for the goodness and love
you have made known to us in creation;
in calling Israel to be your people;
in your Word spoken through the prophets;
and above all in the Word made flesh,
Jesus your Son.

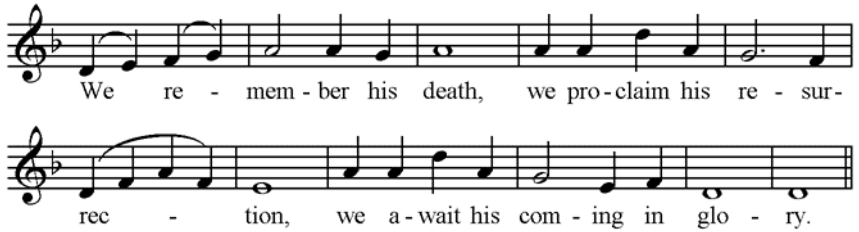
For in these last days you sent him
to be incarnate from the Virgin Mary,
to be the Saviour and Redeemer of the world.
In him, you have delivered us from evil,
and made us worthy to stand before you.
In him, you have brought us
out of error into truth,
out of sin into righteousness,
out of death into life.

On the night he was handed over
to suffering and death,
a death he freely accepted,
our Lord Jesus Christ took bread;
and when he had given thanks to you,
he broke it, and gave it to his disciples,
and said, " Take, 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."

Therefore, Father, according to his command,

All



Two staves of musical notation in G major (one flat) and 4/4 time. The first staff contains the melody for the first line of text, and the second staff contains the melody for the second line. The lyrics are: "We re - mem - ber his death, we pro - claim his re - sur - rec - tion, we a - wait his com - ing in glo - ry."

Celebrant

and we offer our sacrifice
of praise and thanksgiving
to you, Lord of all;
presenting to you, from your creation,
this bread and this wine.

We pray you, gracious God,
to send your Holy Spirit upon these gifts,
that they may be the sacrament
of the body of Christ
and his blood of the new covenant.
Unite us to your Son in his sacrifice,
that we, made acceptable in him,
may be sanctified by the Holy Spirit.

In the fullness of time,
reconcile all things in Christ,
and make them new,
and bring us to that city of light
where you dwell with all your sons and daughters;
through Jesus Christ our Lord,
the firstborn of all creation,
the head of the Church,
and the author of our salvation;

by whom, and with whom, and in whom,
in the unity of the Holy Spirit,
all honour and glory are yours,
almighty Father, now and for ever.

People



A single staff of musical notation in G major (one flat) and 4/4 time. The melody is simple and consists of a few notes. The lyrics are: "A - men, a - men."

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 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 Short Communion Service (*Sung by the choir*) A. Batten

**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 Super Flumina Babylonis G. P. da Palestrina (c.1525-1594)

Super flumina Babylonis illic sedimus
et flevimus dum recordaremur tui, Sion:
in salicibus in medio eius suspendimus organa nostra.

*By the waters of Babylon we sat down
and wept when we remembered you, Sion:
among the willows on its banks we hung our harps.*

Communion Hymn

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For the Bread Which You Have Broken

OMNI DIE DIC MARIA

Prayer after Communion

Celebrant Faithful God,
in this holy bread
you increase our faith and hope and love.
Lead us in the path of Christ
who is your Word of life.
We ask this in his name. **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

Closing Hymn

Forty Days and Forty Nights

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HEINLEIN

Choral Benediction Giver of the Perfect Gift

O. Gibbons (1583-1625)

1 Giver of the perfect gift,
only hope of human race,
hear the prayer our hearts uplift
trembling at thy throne of grace.

2 Oh! may these our Lenten days,
blest by thee, with thee be passed,
that with purer, nobler praise
we may keep thy feast at last.

Dismissal *By the Deacon*

Postlude

Fugue in C Minor

J. S. Bach (BWV 537)

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 for Evensong sung by
the Cathedral Choir*

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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