



CHRIST CHURCH CATHEDRAL

Vancouver, BC • *Open Doors, Open Hearts, Open Minds*



The Fourteenth Sunday After Pentecost

SEPTEMBER 6, 2020 | SUNG EUCHARIST | 10:30AM

CATHEDRAL VISION | We envision a Cathedral which is radically inclusive, restlessly inquisitive, intentional, and inspired. This is a place that is called to lead and to serve, in communion and in community, with healing, reconciliation, and love, living out Christian mission. Together, we look to the power of Christ for the transformation of each person, this city, and the world. We recognize our history and traditions, while seeking renewal and growth. Curious and adaptable, this chorus has room for all voices. Whoever you are, wherever you come from, whomever you love, and regardless of what you may bring or are searching for, you are welcome here.



The Cathedral Church of the
Diocese of New Westminster
ANGELICAN CHURCH OF CANADA

THECATHEDRAL.CA

604.682.3848

WELCOME!

Thank you for joining the Christ Church Cathedral community in-person and online for worship during *The Fourteenth Sunday After Pentecost*.

This service takes place on the traditional, ancestral, and unceded territory of the Musqueam, Squamish, and Tsleil-Waututh Nations in the heart of Vancouver.

If you have any questions about the Cathedral, its ministries or congregations, please visit our website at thecathedral.ca.

CATHEDRAL SERVICES & DAILY READINGS

MONDAY, SEPTEMBER 7 | CLOSED
CATHEDRAL CLOSED FOR LABOUR DAY

Daily Readings • 1 Corinthians 5:1-8;
Psalm 5; Luke 6:6-11

TUESDAY, SEPTEMBER 8
Nativity of the Blessed Virgin Mary

Daily Readings • Isaiah 61:9-11;
Psalm 132:6-8, 14-18; Luke 1:26-33

WEDNESDAY, SEPTEMBER 9
Feria

Daily Readings • 1 Corinthians 7:25-31;
Psalm 45:11-18; Luke 6:20-26

THURSDAY, SEPTEMBER 10
*Edmund James Peck, Priest,
Missionary to the Inuit, 1924*

Daily Readings • 1 John 5:6-12;
Psalm 107:23-32; Matthew 28:16-20

FRIDAY, SEPTEMBER 11
Feria

Daily Readings • 1 Corinthians 9:16-27;
Psalm 84; Luke 6:39-42

SATURDAY, SEPTEMBER 12
Feria

Daily Readings • 1 Corinthians 10:14-22;
Psalm 116:10-17; Luke 6:43-49

SUNDAY, SEPTEMBER 13

The Fifteenth Sunday after Pentecost

Pre-Registration via Eventbrite
for all In-Person services.

Please go to the [Worship this Sunday page](#)
on the Cathedral's website for the links.

8AM Holy Communion | In-Person
Officiant & Preacher:
The Rev. Helen Dunn

10:30AM Choral Eucharist | In-Person & Livestream
Presider: Dean Christopher A. Pappas
Preacher: The Rev. Helen Dunn
Music: Quartet & Rupert Lang, *organist*
ASL interpretation provided

5:30PM St. Brigid's Eucharist | In-Person
Presider: The Rev. Marnie Peterson
Preacher: Dean Christopher A. Pappas
Music: Ben Dobyns, *pianist*

8PM The Service of Compline | In-Person
Officiant: TBD

Daily Readings • Numbers 21:4b-9;
Psalm 98:1-6;
1 Corinthians 1:18-24;
John 3:13-17

10:30am Sung Eucharist

THE BOOK of ALTERNATIVE SERVICES

Gathering of the Community

Introit

Bless the Lord, Oh My Soul

Andrae Crouch

Presider

In this time and place,
we gather on the unceded ancestral lands
of the Musqueam, Squamish and Tsleil-Waututh Nations.

All

From many places and peoples we come to this house of prayer.

Presider

In this time and place,
We meet in the presence of the living God.

All

The living God who creates us and all that is.

Presider

In this time and place,
The risen Christ stands in our midst.

All

The risen Christ who accompanies us and all people.

Presider

In this time and place,
God's Holy Spirit breathes in and through us.

All

The Holy Spirit who transforms us and all life.

Presider

In this time and place,
Together, one people of God.

All

**In the name of God, Source of all being,
Eternal Word and Holy Spirit. Amen.**

Collect

Presider

Let us pray (*silence*)

All

Stir up, O Lord,
the wills of your faithful people,
that richly bearing the fruit of good works,
we may by you be richly rewarded;
through Jesus Christ our Lord,
who is alive and reigns with you and the Holy Spirit,
one God, now and for ever. Amen.

Proclamation of the Word

First Reading

Exodus 12:1-14

Reader

Hear what the Spirit is saying to the church.

All

Thanks be to God.

<i>Canticle</i>	And We Are Glad	Joe Pace II
<i>Second Reading</i>	Romans 13:8-14	
<i>Reader</i>	Hear what the Spirit is saying to the church.	
<i>All</i>	Thanks be to God.	
<i>Deacon</i>	The Lord be with you.	
<i>All</i>	And also with you.	
<i>Deacon</i>	The Holy Gospel of our Lord Jesus Christ according to Matthew.	
<i>Before the Gospel</i>	Glory to you, Lord Jesus Christ.	
<i>Gospel</i>	Matthew 18:15-20	
<i>Deacon</i>	The Gospel of Christ.	
<i>After the Gospel</i>	Praise to you, Lord Jesus Christ.	
<i>Sermon</i>	The Rev. Dr. Christopher A. Pappas	
<i>Music for Reflection</i>	It is Well With my Soul	H. Spafford/P. Bliss
<i>The Apostles' Creed</i>		
<i>Presider</i>	Let us confess the faith of our baptism, as we say,	
<i>All</i>	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.	

Prayers of the People

In the *Anglican Cycle of Prayer* we pray for the Anglican Church of Southern Africa. In the joint *Anglican & Evangelical Lutheran Churches in Canada Cycle of Prayer* we pray for the theological colleges and training programs within the Ecclesiastical Province of Rupert's Land; and the Right to Water and a renewed commitment to the stewardship of creation. In the *Diocesan Cycle of Prayer* we pray for Melissa Skelton our Archbishop and Metropolitan; Linda Nicholls

our Primate; Susan Johnson the National Lutheran Bishop in Canada; Gregory Mohr the Evangelical Lutheran Bishop in British Columbia; our companion diocese, the Episcopal Diocese of Northern Philippines and the Rt. Rev. Brent Alawas; our companion parish, All Saints Cathedral, Bontac, Philippines and the Very Rev. Padi Luc; and Holy Cross Japanese Canadian (Vancouver) and the Synod Office Staff. In our Parish we pray for VST Students.

Presider

Dear friends in Christ,
God is steadfast in love and infinite in mercy;
welcoming sinners and inviting us to this table.
Let us confess our sins, confident in God's forgiveness.

Silence is kept

Presider

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.

Presider

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.

All

Amen.

The Peace

*Please do bow with your hands folded across your heart
and say, "Peace be with you" as a sign of this important greeting.*

Celebration of the Eucharist

The Offertory

You are invited to make a financial offering to further God's mission through the work of the church by texting "Give" to 639.739.0843 and following the instructions; or by clicking on this link www.thecathedral.ca/donate. Tax receipts are issued annually for gifts totalling \$20 or more. Your financial gifts matter and together with the bread and wine they are presented in spirit at the Altar as a sign of thanksgiving to God from whom all blessings flow.

If you are participating in this worship from another church please give generously to your local parish.

Offertory Hymn

Amazing Grace

Text: St. 1–4, John Newton (1725–1807);
St. 5, *A Collection of Sacred Ballads*, Richmond, 1790;
Music: HOUSE OF THE RISING SUN

1. Amazing grace! How sweet the sound
that saved a wretch like me!
I once was lost, but now am found:
was blind, but now I see.
2. 'Twas grace that taught my heart to fear,
and grace my fears relieved;
how precious did that grace appear
the hour I first believed!
3. Through many dangers, toils, and snares
I have already come;
'tis grace that brought me safe thus far,
and grace will lead me home.
4. When we've been there ten thousand years,
bright shining as the sun,
we've no less days to sing God's praise
than when we'd first begun.

Prayer over the Gifts

Presider

All

Great and holy God,
accept our offering of labour and love.
May we bring you true and spiritual worship
and be one with you.
We ask this in the name of Jesus Christ the Lord. Amen.

The Great Thanksgiving

Presider

All

May God be with you.
And also with you.

Presider

All

Lift up your hearts.
We lift them up to God.

Presider

All

Let us give thanks to God our Creator.
It is right to offer thanks and praise.

Presider

Holy God, Lover of creation,
we give you thanks and praise for in the ocean of your steadfast love
you bear us and place the song of your Spirit in our hearts.

When we turn from your love and defile the earth,
 you do not abandon us.
 Your Spirit speaks through Huldah and Micah,
 through prophets, sages, and saints in every age,
 to confront our sin and reveal the vision of your new creation.

Joining in the song of the universe we proclaim your glory singing:

Sanctus

Holy, Holy, Holy Lord (CP 719)

Music: LAND OF REST; American trad.;
 adapt. Marcia Pruner (19??–); harm. John Campbell (1950–)

Ho - ly, ho - ly, ho - ly Lord, God of power and might,
 heaven and earth are full of your glo - ry. Ho - san - na in the high - est.
 Bless - ed is he who comes in the name of the Lord. Ho -
 san - na in the high - est. Ho - san - na in the high - est.

Presider

Gracious God, in the fullness of time
 you sent Jesus the Christ to share our fragile humanity.
 Through Jesus' life, death, and resurrection
 you open the path from brokenness to health,
 from fear to trust, from pride and conceit to reverence for you.

Rejected by a world that could not bear the Gospel of life,
 Jesus knew death was near.
 His head anointed for burial by an unknown woman,
 Jesus gathered together those who loved him.
 He took bread, gave thanks to you, broke it and gave it to his friends,
 saying, "Take and eat: this is my body which is given for you.
 Do this for the remembrance of me."

After supper, Jesus took the cup of wine, 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.
 Whenever you drink it, do this for the remembrance of me."

And now we gather at this table in response to his commandment,
to share the bread and cup of Christ's undying love, and to proclaim our faith.

All

Christ has died.

Christ is risen.

Christ will come again.

Presider

Breathe your Holy Spirit, the wisdom of the universe,
upon these gifts that we bring to you:
this bread, this cup, ourselves, our souls and bodies,
that we may be signs of your love for all the world
and ministers of your transforming purpose.
Through Christ, with Christ, and in Christ,
in the unity of the Holy Spirit, all glory is yours,
Creator of all, and we bless your holy name for ever.

All

Amen.

The Lord's Prayer

Presider

All

As our Saviour taught us, let us pray,
Our Father in heaven, hallowed be your name,
your kingdom come, your will be done, on earth as in heaven.
Give us today our daily bread.
Forgive us our sins as we forgive those who sin against us.
Save us from the time of trial, and deliver us from evil.
For the kingdom, the power, and the glory are yours,
now and forever. Amen.

The Breaking of the Bread

Presider

All

Behold what you are, the Body of Christ.
May we become what we receive.

Presider

All

These are the gifts of God for the People of God.
Thanks be to God.



Share the Gifts (new information, please read)

If you know the brokenness of life, its fractures within and its division without, then you have participated in the broken body of Christ and you are invited to share in Communion.

If you wish to receive Holy Communion, the celebrant will come down and stand in front of the altar. Please keep your mask on and come forward one at a time, maintaining physical distancing with others in the congregation. If you prefer to receive a gluten-free wafer, please mention this to the Celebrant. The Celebrant will place the wafer in your hand. Please keep the wafer in your hand until you have returned to your seat. At your seat you may unhook your mask, consume the wafer, then replace your mask. If you would prefer to receive a contactless blessing, please keep your mask on, and place your hand over your heart.

If you're joining in via the livestream, please place your hand over your heart and say, "Come, Lord Jesus, come."



Prayer & Laying-on of Hands for Healing

Our usual practice of having prayer stations for those who wish to receive healing prayer is temporarily suspended at the request of the Archbishop. If you have a special intention for which you wish to receive prayers, please email your prayer request to reception@thecathedral.ca.

*While the communion is being administered, we respectfully ask that you keep the silence—
this is a time for quiet prayer and meditation.*

During Communion Today I'm Gonna Try and Change the World

Jonny Reid

Sending Out of the Disciples

Prayer after Communion

Presider

Father,

All

your word and sacrament give us food and life.

May we who have shared in holy things

bear fruit to your honour and glory,

in the name of Jesus Christ the Lord. Amen.

Doxology

Presider

All

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.

The Blessing

Dismissal

Deacon

All

Let us go forth in the name of Christ.

Thanks be to God.

Postlude

Walk With Me, Lord

Traditional Spiritual

The service of the Church into the World — begins again this week.



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We hope you enjoyed this morning's service.
It is made possible with help from generous supporters.

If you would like to participate in Christ's work through this Church,
and help us continue to provide quality worship, please consider making a donation.

Please text "Give" to 639.739.0843 and follow the instructions
or go to this link — thecathedral.ca/donate — to donate now.

Thank you!

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You may have noticed that something is missing... the Chronicle!

It has left home, so to speak!

*The Chronicle is now a separate page that is available online and in paper format.
Pick up your copy on your way out of the Cathedral after the service, or read it online
thecathedral.ca/worship/this-sunday*

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Phase 3 Roll-Out at the Cathedral

AUGUST 26, 2020

The Cathedral moved into Phase 3 of reopening for public worship on August 16. Since then, helpful feedback has been received from parishioners and staff and we have been able to improve various elements of the Sunday in-person worship experience.

Phase 3 was originally designed to unfold in two stages. After careful consideration and consultation with the teams involved in Sunday liturgies, it has been decided to add further stages to the roll out of Phase 3.

What will this look like?

ON SEPTEMBER 6,

THE FOLLOWING CHANGES WILL TAKE PLACE:

The 8am Morning Prayer service will become a Holy Communion (BCP) in-person service and the 5:30pm St. Brigid's Eucharist service will return in-person and via livestream. There will be a total of four in-person services to choose from beginning Sunday, September 6 and two services via livestream:

- 8am Holy Communion (BCP) | In-Person
- 10:30am Choral Eucharist | In-Person & Livestream
- 5:30pm St. Brigid's Eucharist | In-Person & Livestream
- 8pm Night Prayer | In-Person

ON SEPTEMBER 13,

THE FOLLOWING CHANGES WILL TAKE PLACE:

As part of Phase 3 of reopening to public worship we are pleased to announce that Compline will return on Sunday, September 13 at 8pm. We look forward to welcoming you for this short, traditional service featuring Gregorian Chant.

ON OCTOBER 4,

THE FOLLOWING CHANGES WILL TAKE PLACE:

A 1pm Choral Eucharist will be added to the schedule. There will be a total of five in-person Eucharist services to choose from on Sundays and two services via livestream:

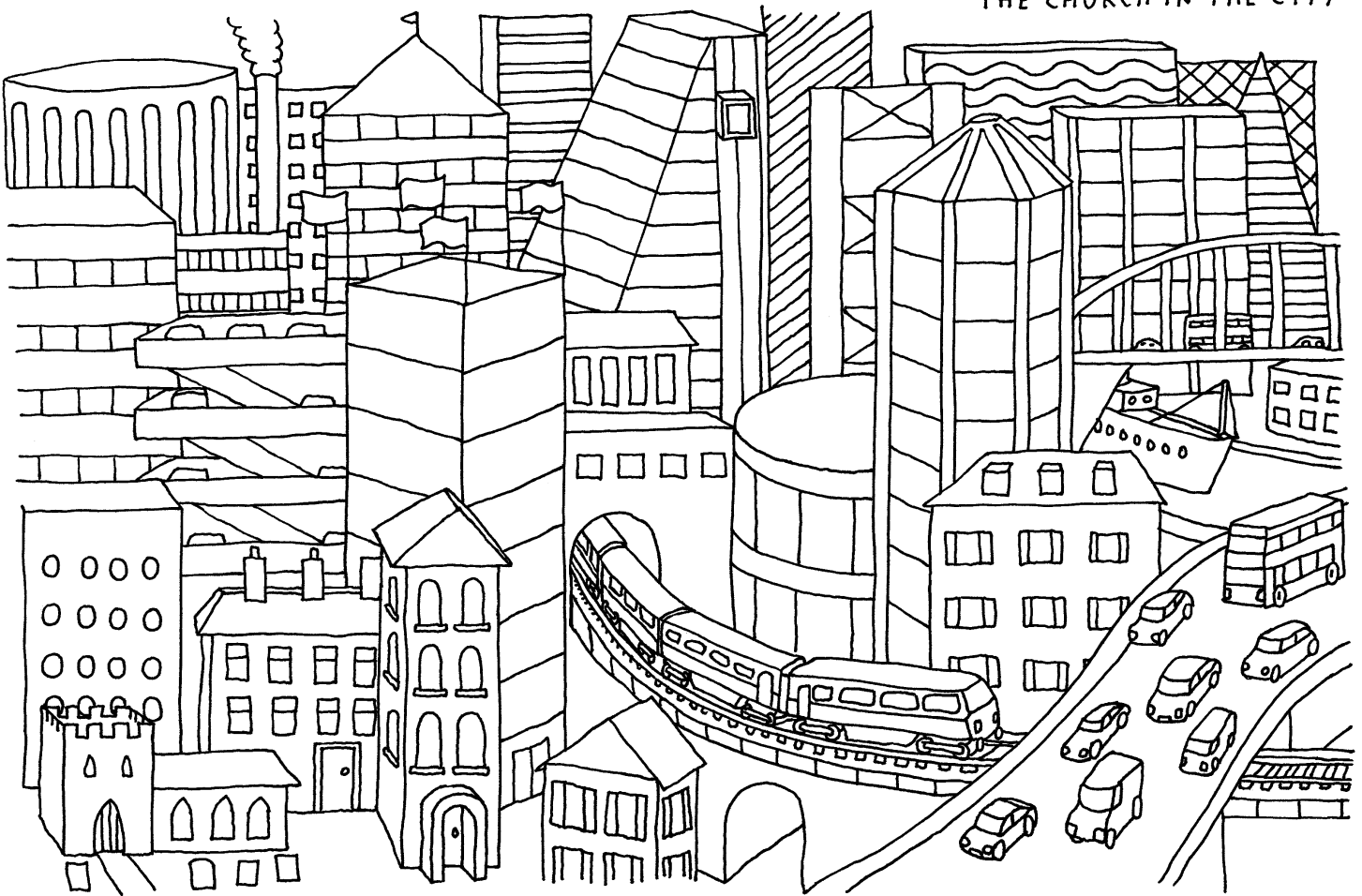
- 8am Holy Communion (BCP) | In-Person
- 10:30am Choral Eucharist | In-Person & Livestream
- 1pm Choral Eucharist | In-Person
- 5:30pm St. Brigid's Eucharist | In-Person & Livestream
- 8pm Compline | In-Person

AS WE MOVE FORWARD WITH PHASE 3,

SOME THINGS WILL NOT CHANGE:

- A maximum of 50 people can attend each in-person service
- Pre-registration is still required. Registration links will be made available each Monday at thecathedral.ca/worship/this-sunday
- Everyone entering the Cathedral is required to wear a mask. If you forget yours, disposable masks will be available at the entrance to the Cathedral
- There is no congregational singing at this time
- If you are feeling at all unwell, you are asked not to attend, and worship via the 10:30am or 5:30pm online Eucharists instead

THE CHURCH IN THE CITY



CartoonChurch.com

Communications Requests Form!

Please use the Cathedral's online Communications Request Form to let the Cathedral community know about upcoming news and events. By filling in the form at thecathedral.ca/communications-requests you will provide the Cathedral's communications team with all of the information needed to share this announcement with relevant audiences.

The Cathedral's Communications Request Form covers publication in the weekly Chronicle, eNewsletter, on the website Events Calendar and social media.

Please don't email us your submissions, as they often get lost or forgotten in our inbox. Contact Jenn and Alicia at communication@thecathedral.ca if you have any questions. Thank you!



eNewsletters! Sign Up Today!

Are you signed up for the Cathedral's eNewsletter? Want to be up to date on what's happening at the Cathedral? Sign up for our weekly eNewsletter, *In Between Sundays*, and you will receive all the latest news from the Cathedral and the latest sermons. Sign up online at thecathedral.ca and just click on the button on the bottom of the page. Or [click here](#) and subscribe.

Are you signed up for St. Brigid's eNewsletter? Sign up online at stbrigid.ca and stay in the loop! A regular email update is sent out to members and friends of our community to let them know what's going on. Just fill out the form in the right-hand sidebar on the St. Brigid's website to find out what's coming up at St. Brigid's, and how you can get involved.

Please email Alicia at communication@thecathedral.ca if you have any questions.

Subscribe to the Cathedral's YouTube Channel!

Did you know the Cathedral has a YouTube Channel? All of the online worship services and video sermons are available on this channel at [Christ Church Cathedral Vancouver](http://ChristChurchCathedralVancouver), as well as special video updates and much more. To explore all of the Cathedral videos, [click here](#). Once you're redirected, click the "subscribe" button and you will be notified whenever we post new videos. Enjoy!

Supporting Cathedral Ministries

While in person gatherings have changed, the Cathedral's ministry has not stopped. New ways continue to be developed to allow ministries to continue their work. Your support is just as vital now as ever before, and there are several easy ways to make a contribution.

If you normally support the Cathedral by leaving a donation in the collection plate, please consider signing up for automated giving if you are able. Sign up at thecathedral.ca/donate or by calling Vanessa Ho, Finance Administrator at 604.682.3848, ext. 21 or email vanessa@thecathedral.ca.

You can also make a gift to support the ministries of Christ Church Cathedral on your smart phone! Just go to the App Store, choose the app "tithe.ly" —from the store, download, enter your information and... voilà—you can connect directly to the Cathedral and make your gift in whatever amount you wish.

Prefer to give by text? You can do that too! Text the word "give" to 639.739.0843 (the Cathedral's tithe.ly text giving phone number) and follow the instructions on the screen.

Thank you for your support!

Notes from the Rev. Dixie Black

SEPTEMBER 6, 2020

Moving Through Loss as a Community

Loss is experienced as a downward pull into the deepest places in our being that we call grief. Author and educator Karla McLaren refers to that place as “the deep river of the soul.” She describes it:

“Grief is a beautiful, languid and powerful emotion that arises when death occurs, be it actual death or the death of profound attachments, ideas or relationships. Grief does not simply bring water to you as sadness does; grief drops you directly into the river of all souls.”¹

Grief is a normal response to a loss and the COVID-19 virus has exposed many layers of loss as we realize that many parts of our lives we have taken for granted have been unavailable to us since mid-March and go on with no predictable end in sight.

One of the most difficult losses has been the gift of gathering together for worship, music, learning and celebrating. From the simple experience of a quick hug in the narthex, a smile as we pass in the hall, to gathering to mourn and celebrate the life of family or friends who have died during this time is lost. We can no longer comfort or encourage each other with touch and closeness.

Our losses as a community are echoed and magnified in human losses in the wider world.

And it's not over.

Losses that go unmourned go underground and get triggered by each new loss. Grief is cumulative. In the work of mourning we must:

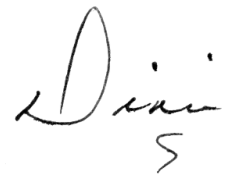
- Accept the reality of the loss
- Feel the painful feelings and express them through tears, voice, physical movement, journaling, music, etc.
- Adjust to the altered environment, acknowledging how life has changed
- Be open to new experiences and new ways to do relationships

We don't “get over it” or “let it go.” We absorb the loss into our lives until it becomes an integrated part of ourselves. Grief is painful, hard work and most of us prefer relief from it rather than doing the emotional and spiritual growth that comes with working through it. There are no “stages”; grief is not linear but tends to swing back and forth between coping with the pain of loss and the effort to create a new life with all of our complex emotions.

Every week we profess to believe (trust) in the presence of God, “in all things seen and unseen.” Can we hold on to that trust in the darkness of separation and isolation and recall that God is indeed present in all that looks like chaos and disorder?

In the enduring words of St. Julian of Norwich during the plague in the late 14th century:

*“All shall be well,
and all shall be well
and all manner of thing shall be well.”*



¹ Karla McLaren, *The Language of Emotions: What Your Feelings Are Trying to Tell You, Sounds True*, 2010, p. 311.

CATHEDRAL DIRECTORY | PHONE 604.682.3848

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Nicky Seppala, Volunteer Lay Ministries Coordinator
— volunteer@thecathedral.ca

Prayerlink — ext. 54

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Emily Pritchard, Liz McCausland, Mike den Haan, Jane Hope — Wardens | **Tegan Smith, Kevin Smith** — Trustees |
John Ross — Secretary to the Corporation | **Cheryl Slusarchuk** — Treasurer | **Gary Kenwood** — Associate Treasurer
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Members of Christ Church Cathedral



Do you live in the Vancouver area and are thinking about making the Cathedral your home parish? Becoming a registered member means that you have a vote at our Annual Vestry Meeting (usually held in February), and you will receive regular Cathedral communications (including *Contact Magazine*). You would also be invited to be part of a Liturgy of Inclusion and a newcomers luncheon.

To request a membership form, email Director of Parish Administration, Vincent Carey, at vincent@thecathedral.ca

Once the form is complete, please forward to Vincent's attention and he will ensure that you are officially added as a new member. Unfortunately, we are not able to automatically make someone a *Parishioner*, this is something which you must request, and you may only be a member of one Parish. We look forward to welcoming you soon!

• *Cathedral Clergy, Staff & Leaders*



Friends of Christ Church Cathedral

Who are we? The Friends of the Cathedral are supporters of Christ Church who are unable to regularly attend services in person. Many of us are visitors or belong to another parish. We receive a subscription to *Contact Magazine*.

What do we do? We foster enthusiasm for Christ Church Cathedral and assist in beautifying it in every sense through our financial support. Significant gifts from Friends have helped to restore and conserve the Cathedral's heritage building and to fund the compassionate care of Vancouver's homeless and hungry population.

Join us! You are invited to sponsor the Cathedral's mission and ministry with an annual donation.

Contact us! Please contact Finance Administrator Vanessa Ho if you have any questions or would like to arrange to make a donation at 604.682.3848, ext. 21 or email vanessa@thecathedral.ca.

10:30AM | SUNG EUCHARIST | MINISTERING THROUGH LITURGY

Presider The Rev. Helen Dunn
Preacher The Rev. Dr. Christopher A. Pappas
Reader & Intercessor Ed Friesen (Intercessions prepared by Anne Christian)
Deacon The Rev. Dixie Black
MC Vincent Carey
Welcoming Team Ed Friesen, Tomoko Ito
ASL Interpreter Lish Keallen
Music Elliot Polsky, *drums*;
Laurence Mollerup, *bass*;
with Gail Suderman,
Artistic Director of Good Noise
Vancouver Gospel Choir
Sound Tech TBD
Video Tech Alicia Ambrosio

Christ Church Cathedral is committed to following all provincial and diocesan health and safety guidelines during worship services.

You may, from time to time, notice some participants standing closer together than 2 metres. Anyone standing or sitting together means that they are members of the same household or “bubble.”

Thank you!



CHRIST CHURCH CATHEDRAL
Vancouver, BC • Open Doors, Open Hearts, Open Minds

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PHONE: 604.682.3848 | EMAIL: office@thecathedral.ca