



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.



## THECATHEDRAL.CA 604.682.3848

### Please do not leave valuables unattended

#### WELCOME!

Thank you for joining the Christ Church Cathedral community in-person 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 <u>thecathedral.ca</u>.

#### CATHEDRAL SERVICES & DAILY READINGS

MONDAY, SEPTEMBER 7 | CLOSED SUNDAY, SEPTEMBER 13 CATHEDRAL CLOSED FOR LABOUR DAY The Fifteenth Sunday after Pentecost Daily Readings • 1 Corinthians 5:1-8; Pre-Registration via Eventbrite Psalm 5: Luke 6:6-11 for all In-Person services. Please go to the Worship this Sunday page TUESDAY, SEPTEMBER 8 on the Cathedral's website for the links. Nativity of the Blessed Virgin Mary Holy Communion | In-Person 8am Daily Readings • Isaiah 61:9-11; Officiant & Preacher: Psalm 132:6-8, 14-18; Luke 1:26-33 The Rev. Helen Dunn WEDNESDAY, SEPTEMBER 9 Choral Eucharist | In-Person & Livestream IO:30AM Feria Presider: Dean Christopher A. Pappas Preacher: The Rev. Helen Dunn Daily Readings • 1 Corinthians 7:25-31; Music: Quartet & Rupert Lang, organist Psalm 45:11-18; Luke 6:20-26 ASL interpretation provided 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

5:30PM St. Brigid's Eucharist | In-Person

Presider: The Rev. Marnie Peterson

Preacher: Dean Christopher A. Pappas

Music: Ben Dobyns, pianist

FRIDAY, SEPTEMBER 11

Feria

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

Daily Readings • Numbers 21:4b-9;
Daily Readings • Numbers 21:4b-9;
Psalm 84; Luke 6:39-42

SATURDAY, SEPTEMBER 12

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

Feria
Daily Readings • 1 Corinthians 10:14-22;

Psalm 116:10-17; Luke 6:43-49

# 8am Holy Communion

#### THE BOOK of COMMON PRAYER

## Gathering of the Community

Welcome

Collect for Purity

Presider Almighty God,

All unto whom all hearts be open, all desires known,

and from whom no secrets are hid:

Cleanse the thoughts of our hearts by the inspiration of thy Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy Name;

through Christ our Lord. Amen.

Summary of the Law

Presider Our Lord Jesus Christ said: Hear O Israel, The Lord our God is one Lord;

and thou shalt love the Lord thy God with all thy heart, and with all thy soul,

and with all thy mind, and with all thy strength.

This is the first and great commandment.

And the second is like unto it: Thou shalt love thy neighbour as thyself.

On these two commandments hang all the Law and the Prophets.

All Lord, have mercy upon us,

and write all these thy laws in ours hearts, we beseech thee.

Presider Lord, have mercy upon us.

All Christ, have mercy upon us.

Presider Lord, have mercy upon us.

Presider The Lord be with you; All And with thy spirit.

Collect of the Day

Presider Let us pray.

Stir up, O Lord,

All 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.

First Reading Exodus 12:1-14
Response Exodus 12:1-14
Thanks be to God!

Psalm 149

O Sing unto the Lord a new song:

let the congregation of saints praise him.

Let Israel rejoice in him that made him:

and let the children of Sion be joyful in their King.

Let them praise his Name in the dance:

let them sing praises unto him with timbrel and harp.

For the Lord hath pleasure in his people, and adorneth the humble with salvation.

Let the saints be joyful with glory:

let them sing for joy upon their couches.

Let the praises of God be in their mouth, and a two-edged sword in their hands;

To be avenged of the nations, and to rebuke the peoples; To bind their kings in chains,

and their nobles with links of iron;

To execute upon them the judgement that is written.

Such honour have all his saints.

Presider

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

Before the Gospel

Glory be to thee, O Lord.

Gospel Reading

Matthew 18:15-20

Presider

The Gospel of Christ.

After the Gospel

Praise be to thee, O Christ.

Homily

The Rev. Dr. Christopher A. Pappas

Nicene Creed

All

I believe in one God the Father Almighty,

Maker of heaven and earth, And of all things visible and invisible:

And in one Lord Jesus Christ, the only-begotten Son of God,

Begotten of the Father before all worlds; God, of God;

Light, of Light; Very God, of very God; Begotten, not made;

Being of one substance with the Father; Through whom all things were made:

Who for us men and for our salvation came down from heaven,

And was incarnate by the Holy Ghost of the Virgin Mary, And was made man, And was crucified also for us under Pontius Pilate. He suffered and was buried,

And the third day he rose again according to the Scriptures,

And ascended into heaven, And sitteth on the right hand of the Father. And he shall come again with glory to judge both the quick and the dead:

Whose kingdom shall have no end.

And I believe in the Holy Ghost, The Lord, The Giver of Life,

Who proceedeth from the Father and the Son,

Who with the Father and the Son together is worshipped and glorified,

Who spake by the Prophets. And I believe One, Holy, Catholic, and Apostolic Church.

I acknowledge one Baptism for the remission of sins. And I look for the Resurrection of the dead, And the Life of the world to come. Amen.

Offertory Sentence

Give unto the Lord the honour due unto his Name; bring an offering and come into his courts. *Psalm 96:8* 

Intercession

Confession

All

Presider Ye that do truly and earnestly repent you of your sins,

and are in love and charity with your neighbours, and intend to lead the new life, following the commandments of God, and walking from henceforth in his holy ways:

Draw near with faith, and take this holy Sacrament to your comfort;

and make your humble confession to Almighty God, meekly kneeling upon your knees. Almighty God, Father of our Lord Jesus Christ, Maker of all things, Judge of all men:

We acknowledge and confess our manifold sins and wickedness, Which we from time to time most grievously have committed, By thought, word, and deed, Against thy Divine Majesty.

We do earnestly repent, And are heartily sorry for these our misdoings.

Have mercy upon us, most merciful Father; For thy Son our Lord Jesus Christ's sake, Forgive us all that is past; And grant that we may ever hereafter Serve and please thee

In newness of life, To the honour and glory of thy Name;

Through Jesus Christ our Lord. Amen.

Absolution Presider

Almighty God, our heavenly Father, who of his great mercy hath promised

forgiveness of sins to all them that with hearty repentance and true faith turn unto him:

Have mercy upon you; pardon and deliver you from all your sins;

confirm and strengthen you in all goodness; and bring you to everlasting life;

through Jesus Christ our Lord.

All Amen.

Presider Hear what comfortable words our Saviour Christ saith unto all that truly turn to him.

Come unto me all that labour and are heavy laden,

and I will refresh you. St. Matthew 11:28

God so loved the world, that he gave his only-begotten Son, to the end

that all that believe in him should not perish, but have eternal life. St. John 3:16

Hear also what Saint Paul saith.

This is a true saying, and worthy of all people to be received,

that Christ Jesus came into the world to save sinners. 1 Timothy 1:15

Hear also what Saint John saith.

If any person sin, we have an Advocate with the Father, Jesus Christ the righteous;

and he is the propitiation for our sins. 1 St. John 2:1, 2

Thanksgiving & Consecration

Presider The Lord be with you;
All And with thy spirit.

Presider Lift up your hearts;

All We lift them up unto the Lord.

Presider Let us give thanks unto our Lord God;

All It is meet and right so to do.

Presider It is very meet, right, and our bounden duty, that we should at all times,

and in all places, give thanks unto thee, O Lord, Holy Father, Almighty,

Everlasting God, Creator and Preserver of all things.

Here shall follow the Proper Preface,

if there be any specially appointed, or else immediately shall be said or sung:

Presider Therefore with Angels and Archangels, and with all the company of heaven,

we laud and magnify thy glorious Name; evermore praising thee and saying:

All Holy, Holy, Holy, Lord God of hosts,

Heaven and earth are full of thy glory. Glory be to thee, O Lord Most High.

Then shall the Priest proceed with the Prayer of Consecration and the Breaking of the Bread before the people.

Presider The peace of the Lord be always with you;

All And with thy spirit.

We do not presume to come to this thy Table, O merciful Lord,

Trusting in our own righteousness, But in thy manifold and great mercies. We are not worthy So much as to gather up the crumbs under thy Table. But thou art the same Lord, Whose property is always to have mercy:

Grant us therefore, gracious Lord, So to eat the Flesh of thy dear Son Jesus Christ, And to drink his Blood, That our sinful bodies may be made clean by his Body,

And our souls washed through his most precious Blood,

And that we may evermore dwell in him, And he in us. Amen.

#### The Communion



## 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.

Presider O Lamb of God, that takest away the sin of the world, have mercy upon us.

O Lamb of God, that takest away the sin of the world, have mercy upon us.

O Lamb of God, that takest away the sin of the world, grant us thy peace.

The Lord's Prayer

Presider Let us 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 them that 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.

#### Prayer after Communion

Presider Almighty and everliving God,

we most heartily thank thee that thou dost graciously feed us,

in these holy mysteries, with the spiritual food

of the most precious Body and Blood of thy Son our Saviour Jesus Christ;

assuring us thereby of thy favour and goodness towards us; and that we are living members of his mystical body, which is the blessed company of all faithful people;

and are also heirs through hope of thy everlasting kingdom.

And here we offer and present unto thee, O Lord, ourselves,

our souls and bodies, to be a reasonable, holy, and living sacrifice unto thee.

And although we are unworthy, yet we beseech thee to accept this

our bounden duty and service, not weighing our merits, but pardoning our offences;

through Jesus Christ our Lord, to whom, with thee and the Holy Ghost,

be all honour and glory, world without end.

All Amen

Presider Glory be to God on high, and in earth peace, good will towards men.

We praise thee, we bless thee, we worship thee, we glorify thee,

we give thanks to thee for thy great glory,

O Lord God, heavenly King, God the Father Almighty.

O Lord, the only-begotten Son, Jesu Christ; O Lord God, Lamb of God, Son of the Father, that takest away the sin of the world, have mercy upon us.

Thou that takest away the sin of the world, receive our prayer.

Thou that sittest at the right hand of God the Father, have mercy upon us.

For thou only art holy; thou only art the Lord; thou only, O Christ, with the Holy Ghost, art most high in the glory of God the Father.

All Amen.

Blessing & Dismissal

Response Thanks be to God!

### 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

#### **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 <a href="mailto:thecathedral.ca/communications-requests">thecathedral.ca/communications-requests</a> 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 <a href="stbrigid.ca">stbrigid.ca</a> 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 <u>Christ Church Cathedral Vancouver</u>, as well as special video updates and much more. To explore all of the Cathedral videos, <u>click here</u>. 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 <a href="mailto:thecathedral.ca/donate">thecathedral.ca/donate</a> 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."

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."

o.....o

<sup>&</sup>lt;sup>1</sup> 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

The Most Rev. Melissa M. Skelton,

Archbishop of New Westminster & Metropolitan of the Ecclesiastical Province of British Columbia & Yukon — archbishop@vancouver.anglican.ca

The Rev. Dr. Christopher A. Pappas, Rector — ext. 29, chris@thecathedral.ca

The Rev. Helen Dunn, Cathedral Vicar — ext. 25, helen@thecathedral.ca

The Rev. André Stephany, Cathedral Curate — ext. 30, andre@thecathedral.ca

The Rev. Marnie Peterson, Pastor, St. Brigid's & The Maundy Café — ext. 27, marnie@thecathedral.ca

The Rev. Alisdair Smith, Deacon & Business Chaplain — ext. 32, alisdair@thecathedral.ca

The Rev. Dixie Black, Deacon
— 604.605.0833, dixie@thecathedral.ca

The Rev. Jeffrey Preiss, Deacon — jeffrey@thecathedral.ca

Rupert Lang, Organist & Director of Music — ext. 31, rupert@thecathedral.ca

Vanessa Ho, Finance Administrator — ext. 21, vanessa@thecathedral.ca

Vincent Carey, Director of Parish Administration — ext. 34, vincent@thecathedral.ca

Andrew Stephens-Rennie, Director of Ministry Innovation — ext. 27, andrew@thecathedral.ca

Anne Kessler, Children, Youth & Family Ministries Coordinator — ext. 24, youth@thecathedral.ca

Alberto Jaramillo, Hospitality & Food Coordinator — 236.886.3154, alberto@thecathedral.ca

Jennifer Ewing, Communications Designer — ext. 26, communication@thecathedral.ca

Alicia Ambrosio, Communications Specialist — ext. 26, communication@thecathedral.ca

Donna Wong-Juliani, Artistic Associate — dwj@thecathedral.ca

Christie Maxson, Events Manager — bookings@thecathedral.ca

Monte Tugwete, Building Services Manager — ext. 22, building@thecathedral.ca

**Shawn Warmington, Ronald Tam, Anna Wall** — Custodial Team

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

Prayerlink — ext. 54

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

## 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.

O
---

#### 8AM | HOLY COMMUNION | MINISTERING THROUGH LITURGY

Presider & Preacher
Reader & Intercessor
Welcoming Team
The Rev. Dr. Christopher A. Pappas
Carol Mundt
Frank Uy, Peter DeGroot

0

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 — <a href="mailto:thecathedral.ca/donate">thecathedral.ca/donate</a> — to donate now.

Thank you!

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

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!

