



CHRIST CHURCH CATHEDRAL

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



The Twelfth Sunday After Pentecost & the Summer Festival of Sacred Music

AUGUST 23, 2020

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.



WELCOME!

Thank you for joining the Cathedral community online for worship during the *Twelfth Sunday After Pentecost & the Summer Festival of Sacred Music*.

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, AUGUST 24

St. Bartholomew the Apostle

Daily Readings • 1 Corinthians 4:9-15;
Psalm 91; Luke 22:24-30

TUESDAY, AUGUST 25

Feria

Daily Readings • 2 Thessalonians 2:1-17;
Psalm 96:7-13; Matthew 23:23-26

WEDNESDAY, AUGUST 26

Feria

Daily Readings • 2 Thessalonians 3:6-10,
16-18; Psalm 128; Matthew 23:27-32

THURSDAY, AUGUST 27

Monnica Mother of Augustine of Hippo, 387

Daily Readings • 1 Samuel 1:10-11, 20;
Psalm 115:12-15; John 16:20-24

FRIDAY, AUGUST 28

*Augustine, Bishop of Hippo,
Teacher of the Faith, 430*

Daily Readings • 1 John 4:7-16;
Psalm 102:19-28; Matthew 6:17-29

SATURDAY, AUGUST 29

The Beheading of St. John the Baptist

Daily Readings • 2 Chronicles 24:17-21;
Psalm 71:1-6, 15-17; Mark 6:17-29

SUNDAY, AUGUST 30

*The Thirteenth Sunday after Pentecost
& the Summer Festival of Sacred Music*

8AM Morning Prayer | In-Person
Officiant & Preacher: The Rev. André Stephany
***Pre-Registration is required**

10:30AM Choral Eucharist | In-Person & Livestream
Presider: The Rev. Christopher A. Pappas
Preacher: The Rev. André Stephany
Music: Guest Musicians with
Jacob Gramit, *Artistic Director*
ASL interpretation provided
***Pre-Registration is required**

5:30PM St. Brigid's Evening Prayer | Zoom
Officiant: The Rev. Marnie Peterson
Preacher: The Rev. Christopher A. Pappas
Music: Ben Dobyns, *pianist*

8PM Night Prayer & Gregorian Chant | In-Person
Officiant: The Rev. Marnie Peterson
***Pre-Registration is required**

Daily Readings • Exodus 3:1-15;
Psalm 105:1-6, 23-26, 45c;
Romans 12:9-21;
Matthew 16:21-28

* Pre-Registration is via Eventbrite.
Please go to the [Worship this Sunday page](#)
on the Cathedral's website for the links.

10:30am Choral Eucharist

THE BOOK of ALTERNATIVE SERVICES

Gathering of the Community

Introit

Der Friede sei mit dir (BWV 158) 1. Recitativo

Johann Sebastian Bach (1685–1750)

Peace be with you, you uneasy conscience!
Your Mediator stands here,
by whom your book of debts and the Law's curse
have been settled and torn up.

Peace be with you:
The prince of this world, who laid snares for your soul,
is through the Lamb's blood overcome and laid low.

My heart, why are you so troubled when God loves you through Christ?
He Himself says to me: Peace be with you!

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

Almighty God,
we are taught by your word
that all our doings without love are worth nothing.
Send your Holy Spirit and pour into our hearts
that most excellent gift of love,
the true bond of peace and of all virtue;
through Jesus Christ our Lord,
who lives and reigns with you and the Holy Spirit,
one God, now and for ever. Amen.

Proclamation of the Word

First Reading

Exodus 1:8 — 2:10

Reader

Hear what the Spirit is saying to the church.

All

Thanks be to God.

Canticle

Mein Freund ist mein
(from *Meine Freundin, du bist Schön*)

Johann Christoph Bach (1642–1703)
(after *Song of Solomon* 2:16, 2:6)

My beloved is mine, and I am his,
He grazes among the roses, and stays with me.
His left hand is under my head, and his right hand embraces me!

Second Reading

Romans 12:1-8

Reader

Hear what the Spirit is saying to the church.

All

Thanks be to God.

Sequence Alleluias

Taizé



Cantor Jesus is the Christ,
the Son of the living God. Alleluia!

Deacon

The Lord be with you.

All

And also with you.

Deacon

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

Before the Gospel

Glory to you, Lord Jesus Christ.

Gospel Matthew 16:13-20

Deacon The Gospel of Christ.

After the Gospel Praise to you, Lord Jesus Christ.

Repeat Alleluias.

Sermon The Rev. Marnie Peterson

Music for Reflection Der Freide sei mit dir (BWV 158) 2. Aria con chorale Johann Sebastian Bach

World, farewell, I am weary of you: Salem's refuge suits me;
World, farewell! I am weary of you: I would go to heaven,
 Where in rest and peace, ever blessed, I can see God.
There will be true peace and eternal, glorious rest.
 There I remain, there I delight to dwell;
World, in you is war and fighting, nothing but pure vanity;
 There I shine forth, adorned with a heavenly crown.
In Heaven there is at all times peace, joy, and salvation.

The Apostles' Creed

Presider

All

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.



Prayers of the People

In the *Anglican Cycle of Prayer* we pray for the Church of the Province of South East Asia. In the joint *Anglican & Evangelical Lutheran Churches in Canada Cycle of Prayer* we pray for Bishops Michael Hawkins and Adam Halkett, the clergy and people of the Diocese of Saskatchewan; and the dean, council, and congregations of the South West Area of the Synod of Alberta and the Territories. 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 St. Augustine, (Marpole). In our Parish we pray for Business Chaplaincy.

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 Most merciful God,
All 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

Rejoice Today with One Accord (CP 318)

Text: Henry William Baker (1821–1877);
Music: Melody Martin Luther (1483–1546), alt.;
harm. composite of settings by Johann Sebastian Bach,
Hymns Ancient & Modern, 1904; EIN' FESTE BURG

1 Re - joice to - day with one ac - cord, sing out with ex - ul -
2 When in dis - tress to him we cried, he heard our sad com -
ta - tion; re - joice and praise our might - y Lord, whose
plain - ing. O trust in him, what - e'er be - tide; his
arm hath brought sal - va - tion. His works of love pro -
love is all - sus - tain - ing. Tri - um - phant songs of
claim the great - ness of his name, for he is God a -
praise to him our hearts shall raise; now ev - ery voice shall
lone who hath his mer - cy shown;
say, "O praise our God al - way";
let all his saints a - dore him!
let all his saints a - dore him!

Prayer over the Gifts

Presider

All

God of glory,
receive all we offer this day as a symbol of our love,
and increase in us that true and perfect gift.
We ask this in the name of Jesus Christ our Lord. Amen.

The Great Thanksgiving

Presider May God be with you.

All **And also with you.**

Presider Lift up your hearts.

All **We lift them up to God.**

Presider Let us give thanks to God our Creator.

All **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

Praetorius, 1646

Holy is God the Father,
Holy is God the Son,
Holy is God the Holy Spirit.
He is the Lord of Hosts.
All the world is full of his Glory.
Hosanna in the Highest.
Blessed be he who comes in the Name of the Lord.
Hosanna in the Highest.

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 Behold what you are, the Body of Christ.

All **May we become what we receive.**

Presider These are the gifts of God for the People of God.

All **Thanks be to God.**

During Communion Der Freide sei mit dir (BWV 158) 3. Recitativo

Johann Sebastian Bach

Now Lord, rule my thoughts,
so that in the world,
as long as it pleases You to leave me here,
I may be a child of peace;

And let me come to You from my suffering,
Like Simeon departing in peace!
There I remain, there I delight to dwell,
There I shine forth, adorned with a heavenly crown.



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.

Those wishing to receive Holy Communion, please stand and remain at your place. The Celebrant will come to you starting with those on the East Side. Please keep your mask on, open your hands, and wait until the Celebrant has moved away to unhook part of your mask to receive. If you prefer to receive a gluten free wafer, please mention this to the Celebrant, keeping your mask on, and remain standing. The Celebrant will return to you with the gold ciborium once they have administered the wheat wafers. 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.

Sending Out of the Disciples

Prayer after Communion

Presider

Living God,

All

increase in us the healing power of your love.

Guide and direct us

that we may please you in all things,

for the sake of Jesus Christ our Lord. Amen.

Doxology

Presider

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.

The Blessing

Closing Hymn

Strengthen for Service, Lord (CP 87)

Text: The Liturgy of Malabar;
tr. Charles W. Humphreys (1840–1921); adapt. Percy Dearmer (1867–1936)
Music: Melody *Neu-Leipziger Gesangbuch*, 1682;
adapt & harm. Johann Sebastian Bach (1685–1750); ACH GOTT UND HERR

1 Strength - en for ser - vice, Lord, the hands that
2 Lord, may the tongues which "Ho - ly" sang keep
3 The feet that tread thy ho - ly courts from
ho - ly things have tak - en; let ears that now have
free from all de - ceiv - ing; the eyes which saw thy
light do thou not ban - ish; the bod - ies by thy
heard thy songs to clam - our nev - er wak - en.
love be bright, thy bless - ed hope per - ceiv - ing.
bod - y fed with thy new life re - plen - ish.

Dismissal

Deacon

All

Let us go forth in the name of Christ.
Thanks be to God.

Postlude

Mein Freund ist mein
(from *Meine Freundin, du bist Schön*)

Johann Christoph Bach (after *Song of Solomon* 2:5,
& *Singen wir aus Herzensgrund* vs. 7)

My beloved is mine, and I am his,
He revives me with flowers; and comforts me with apples.
My beloved is mine, and I am his,
for I am sick with love.

The benediction we sing, Lord God, Father we thank thee
That thou hast abundantly fed us, shown to us thy love and constancy.
Grant us also prosperity, and for our bodies, health and repose:
who desires this, say Amen thereto.

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

Do you miss Coffee Hour after the service?

See page 16 for information on our new Virtual Coffee Hour!

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Summer Festival OF SACRED MUSIC

AT CHRIST CHURCH CATHEDRAL'S 10:30AM
LIVESTREAMED SERVICE ON SUNDAYS THIS SUMMER 2020

JULY 5 EARTH REJOICES

Angelic sounds from members of the Vancouver Children's Choir

12 DIEU, NOUS AVONS VU | GOD, YOUR GLORY WE HAVE SEEN

Featuring the music of Jean Langlais

19 MARCUS MOSELY & FRIENDS

Songs of Freedom

26 ODE TO JOY

A celebration of Beethoven's 250th Birthday

AUGUST 2 BORN THIS WAY

Pride Sunday with soloist Willy Miles-Grenzberg

9 MY JOY, MY LOVE, MY HEART

Sacred art song by Vaughan-Williams and Barber

16 O MARIA, TU DULCIS

Marian music from the 17th century by Chiara Margarita Cozzolani

23 DER FRIEDE SEI MIT DIR

Music for peace and comfort by J.S. Bach and his uncle, J.C. Bach

30 O VIVENS FONS

Music by female composers with a female quartet from the Cathedral Choir



The Summer Festival of Sacred Music

RUPERT LANG, *Director of Music* | JACOB GRAMIT, *Co-Artistic Director of the Summer Festival of Sacred Music*

How shall we sing the Lord's song in a foreign land?

Just like every facet of life inside and outside the Cathedral, things look a little different this year. Every spring we look forward to planning two months of exciting, diverse, and often elaborate music to feature throughout the summer. While this year will be equally exciting and diverse (perhaps even more so!), we have adapted to new guidelines. As a result, the 2020 Festival can be thought of as a study in chamber music!

So, what can we expect from this study in Sacred Chamber Music? Expect music that will continue to resonate with everyone. The Vancouver Children's Choir will be represented by a quartet of soloists, we will hear a 20th century French Mass setting for solo voice, and Marcus Mosely & Friends will present Songs of Freedom. In celebration of Beethoven's 250th birthday, we'll discover sacred arrangements of favourite chamber works, and we'll hear just how much can be accomplished with much sparser writing.

An important and unique feature of this year's Festival is that it will be available via livestream on the [Cathedral's website](#) and [YouTube channel](#). We invite you to continue to join us at the 10:30am livestreamed Sunday services throughout July and August for this marvellous Cathedral tradition. We will experience the joy and the sorrow, and the comfort and the consolation that Sacred Music in this space can bring.

The Summer Festival of Sacred Music continues today, in your home, and ours. This Sunday we celebrate with music for peace and comfort by Johann Sebastian Bach and Johann Christoph Bach.

**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 — www.thecathedral.ca/donate — to donate now.**

Thank you!



Music Notes from Jacob Gramit

AUGUST 23, 2020

As many of us know, **Johann Sebastian Bach** (1685–1750) was responsible for writing a cantata each week during his time at the Thomas-kirche in Leipzig. Most are scored for a choir, soloists, and an instrumental ensemble, but a handful are for solo voices, with obligato instruments, instead of large bands! *BWV 158*, which likely dates from 1726, is one of those—scored for solo bass, with a central aria accompanied by a florid violin part (although scholars wonder if, due to its evasion of the lower range of the instrument, it was originally scored for flute). As I mentioned a few weeks ago, I was drawn during this Summer Festival to music which brought comfort to me in troubled times; this cantata is a remarkable example of that. Throughout the piece, the refrain “Peace be with you” comes back time and time again, and in particular, in the first recitative, Bach sets the words (by an unknown author) “my heart, why are you so troubled, when your God loves you, through Christ?” While the cantata was composed for the Tuesday after Easter and references the Purification—it seems perfect for a global pandemic.

Johann Christoph Bach (1642–1703), the son of J.S. Bach’s first cousin (once removed), and also the uncle of J.S. Bach’s first wife (and second cousin), belongs firmly to the previous generation of German composers. We’ll sing excerpts from his cantata *Meine Freundin, du bist schön* a marriage cantata dating from around 1676, with texts heavily drawn from the *Song of Solomon*. The stunning centrepiece is an aria for soprano and violin—as the singer walks through the garden (over a repeated *chaconne* bass), the violin illustrates the beautiful flowers and sustaining beauties which love can offer us. The cantata closes with elaborate violin flourishes on top of a chorale melody, inviting us to give thanks for all the gifts God has given us.

This is the last week you’ll see my wife, Lucy, and I singing this summer—it is a constant source of joy and comfort for us to be able to make music in this place, and I hope our musical offerings have been able to offer you something in these troubled times. Next week, a quartet of women from the Cathedral Choir will be led by Cathedral Choir soprano Kim Hardy.

Cathedral CHRONICLE

Please make your Chronicle submissions online at thecathedral.ca/communications-requests.

If you have any questions please contact Alicia & Jenn at communication@thecathedral.ca or 604.682.3848, ext. 26.

CATHEDRAL NEWS

The Clergy, Wardens, and Trustees of Christ Church Cathedral are pleased to announce that the Cathedral has moved into Phase Three of re-opening for public worship.

The move into *Phase Three* began August 16 and will take place in stages in order to ensure that the protocols and practices put in place work as intended. Together we will discern the best choices for the health and safety of the Cathedral community.

Please see the calendar on page 2 of this bulletin for a list of services taking place on Sunday, August 30. Or go to the Cathedral's website at <https://thecathedral.ca/worship/this-sunday/> for links, weekly bulletins, and much more. The Cathedral's *Phase Three* approach allows for in-person Eucharist services with some live music. Live Streaming of Sunday's 10:30am Choral Eucharist will continue throughout *Phase Three*.

Please read the full details of the Cathedral's move into *Phase Three* at <https://thecathedral.ca/update/>

Job Posting

| Director of Finance & Operations

Christ Church Cathedral is seeking a *Director of Finance & Operations*. This position has an important role to play in the administration of the Cathedral organization. We are seeking someone with 3+ years of experience in finance, policy and/or program design in a church, social service or non-profit setting. A CPA or equivalent designation would be an asset. This is a full-time position with benefits and you will be part of a fun and professional staff team. For the full job posting and application details please go to <https://thecathedral.ca/careers/>

CATHEDRAL CONNECTIONS

Morning Prayer via Zoom

Monday – Friday | 9:30am

Are you looking for a way to deepen your spiritual life? How about trying out *Morning Prayer* at the Cathedral every weekday morning at 9:30am?

We will follow a very simple liturgy with a Psalm, a Reading, Prayers and Silence. This form of regular, daily prayer is used in several Christian churches. All are welcome to start the day in prayer with us. This is happening online via Zoom. Please contact the Rev. André Stephany at andre@thecathedral.ca for more information and to join the Zoom session.

Godly Play | Children, Youth & Families

Sunday Mornings | 9:30am

The Cathedral's *Godly Play* program continues on Zoom throughout the summer. *Godly Play* is our Montessori-based Sunday School program, aimed at ages 4–12. We have *Godly Play* at 9:30am on Sundays via Zoom. During the week a pre-recorded Godly Play story will be shared via [St. Andrews-Wesley United Church's YouTube](#) so you can watch on your own time with your kids!

To take part in Sunday morning *Godly Play*, or to sign-up for the weekly Children, Youth & Families Ministry eNewsletter, please email Anne Kessler for more information at youth@thecathedral.ca.

BTT | Bible, Tea & Toast via Zoom

Sunday Mornings | 9:30am – 10:20am

Are you between the ages of 18 and 39½? Do the Sunday readings leave you with questions and wonderings? Join the Rev. André Stephany for a bit of *Bible, Tea and Toast* before the 10:30am service. The session will involve reading and reflecting on one of the readings from the lectionary (mostly) as we enjoy our morning

coffee or tea and breakfast. Please contact André at andre@thecathedral.ca for more information and to join the Zoom session.

Virtual Coffee Hour after the 10:30am Service

Sunday Mornings | 11:45am – 12:30pm

One of the elements of gathering in person that we all miss is *Coffee Hour* after the 10:30am Sunday service. Now, every Sunday you can take part in a virtual *Coffee Hour* from 11:45am–12:30pm to catch up with familiar faces and meet new ones too! All are welcome!

Please email the Rev. Helen Dunn to receive the Zoom link at helen@thecathedral.ca.

Centering Prayer Via Zoom

Tuesday Evenings | 6:30pm – 7:30pm

Centering Prayer is a silent prayer practice aimed at settling one's attention upon the presence of Christ within. All are welcome to participate via Zoom on Tuesday evenings in this simple healing practice reaching back to the early years of Christian faith. Join us from 6:30pm–7:30pm. We pray in silence for 30 minutes and there is opportunity afterwards for group reflection. Please contact Luke Primus for more details at lukasprimus@gmail.com. (Zoom session at <https://zoom.us/j/870708945>, password required)



Wondering Wednesdays via Zoom

On Hiatus | Returns Wednesday, September 12

Currently, *Wondering Wednesdays* is on hiatus but will return on Wednesday, September 12. When big things happen in our lives and in the world, many people start asking big—and small—questions about life and faith. The Rev. Alisdair Smith will host the 45 minute, online session to help us all explore these questions. Alisdair will have guests who offer a reflection and there will be time for Q&A and lots of wondering out loud. Please contact Alisdair at alisdair@thecathedral.ca for more information and to join the Zoom session.

Healing Prayer on Zoom

Thursday Afternoon | 12 noon

The Cathedral's Healing Prayer team continues to hold people in prayer during this time of COVID-19. Every Thursday, members of the ministry meet over Zoom.

If you have a friend or family member or someone in the community who you would like the Healing Prayer team to remember, please:

- Ask the person whom you wish to pray for if their name can be added to the Cathedral's prayer list
- Email reception@thecathedral.ca with the name of the person and one or two sentences generally describing the prayer request. For example: *John Smith, prayers for healing after surgery; Healthcare workers at Haro Park, prayers for strength and safety; Janet Jones, prayers for recovery from illness.*

If you are interested in becoming a member of the Cathedral's Healing Prayer ministry, please contact the Rev. Helen Dunn at helen@thecathedral.ca.

St. Brigid's Evening of Contemplative Prayer & Song

Thursday | August 27 | 7pm

On the last Thursday of every month we gather for an hour of *Contemplative Prayer and Song*. We sing Taizé music to help centre ourselves, and use the ancient practice of *Lectio Divina* to create a space to sit in God's presence. This month the gathering is happening online via Zoom. If you want to join in, please go to the link at 7pm on Thursday, August 27 to join the session. (Zoom session at <https://zoom.us/j/193074319>, password required)

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. Alisdair Smith

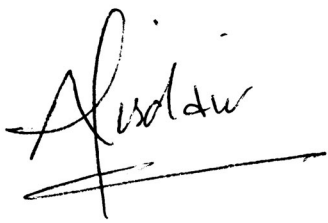
AUGUST 23, 2020

I do hope you are enjoying this spate of warmer weather, even in the midst of these strange times. This Sunday's readings cannot be heard or read without commenting on the women whose ingenuity and guile saved children's lives and particularly, the life of Moses. I'll be preaching about this in greater detail at the 5:30pm St. Brigid's service on Zoom on Sunday, August 23, but there is so much embedded in these verses, I'd like to offer one thought in this week's Notes.

As always, we need to dive into the Hebrew language to get a broader and deeper view. It may be helpful to imagine that reading the Hebrew Bible in English is like looking at a two-dimensional drawing. We might be able to use techniques to perceive a third dimension but learning more about the Hebrew and even knowing Hebrew means we are looking at a three-dimensional sculpture. We move from a painting of David, to Michelangelo's sculpture of David, and the result is likely awe.

One example: in our reading today of Exodus, we are told that a woman gives birth to a son, and in the midst of a genocide, hides him in a "basket" and places him in the reeds on the river. The baby's sister stays to watch over him. That is the two-dimensional, initial view. But watch what happens when we learn that the word Hebrew word *Tevah* translated as "basket" in the Bible we use most often, is also the word used for Ark, as in Noah's Ark.¹ Moses' mother fashioned an Ark for her son. As we look at this three-dimensional perspective, we see links to Noah's Ark, as well as foreshadowing the narrative of Exodus. Just as humanity was saved by an Ark, now the people of Israel will be saved by an Ark and floating among the reeds foretells the liberation of the Hebrew people through the "Sea of Reeds" or what we mistakenly call the Red Sea. I am awestruck!

I wonder what this fresh perspective on this story might change for you and your hearing this story?



¹ I am indebted to Wilda Gafney *Womanist Midrash* found at <https://www.pulpitfiction.com/notes/proper16a/#Exodus1%3A8-2%3A10=>

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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 | CHORAL EUCHARIST | MINISTERING THROUGH LITURGY

Presider The Rev. André Stephany
Preacher The Rev. Marnie Peterson
Reader & Intercessor Jenny Birtwell
Deacon The Rev. Jeffrey Preiss
MC Vincent Carey
Welcoming Team Jane Dittrich, Ed Friesen
ASL Interpreter Lisz Keallen
Music Lucy Smith, *Soprano*;
Jacob Gramit, *Baritone & Artistic Director*
of the Summer Festival of Sacred Music;
Marc Destrubé, *Violin*;
Natalie Mackie, *Viola da gamba*;
Christina Hutten, *Organ*
Sound Tech Max Smeltzer
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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