



CHRIST CHURCH CATHEDRAL

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



The Third Sunday
After Epiphany
JANUARY 26, 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 for worship during the *Third Sunday After Epiphany*. You are welcome to this historic Anglican Cathedral Church on the traditional, ancestral, and unceded territory of the Musqueam, Squamish, and Tsleil-Waututh Nations located in the heart of Vancouver.

If you have any questions about the Cathedral, its ministries or congregations, please speak with a member of the Greeting Team, someone wearing a Cathedral name badge, or a member of the clergy. If you enjoyed the sermon this week, audio versions and sermon texts are available at www.thecathedral.ca or can be delivered to your email inbox through the Cathedral's weekly email newsletter.

Please help us to be stewards of our resources by returning unused connection cards, bulletins and envelopes to the front desk for re-use or recycling. Thank you!

CATHEDRAL SERVICES & DAILY READINGS

MONDAY, JANUARY 27

12:10PM Eucharist—*John Chrysostom, Bishop of Constantinople, Teacher of the Faith, 407*
Daily Reading • Luke 21:12-15

TUESDAY, JANUARY 28

12:10PM Eucharist—*Thomas Aquinas, Priest & Friar, Teacher of the Faith, 1274*
6:30PM Centering Prayer (*see page 15*)
Daily Readings • John 17:19-23

WEDNESDAY, JANUARY 29

12:10PM Eucharist—*Feria*
Daily Reading • Mark 4:1-20

THURSDAY, JANUARY 30

7:30AM Eucharist & Community Breakfast
12:10PM Eucharist—*Charles Stuart, King of England & Scotland, 1649*
Daily Reading • Matthew 10:16-22

FRIDAY, JANUARY 31

12:10PM Eucharist—*Feria*
Daily Reading • Mark 4:26-34

SATURDAY, FEBRUARY 1

9:10AM Eucharist—*Feria*
Daily Reading • Psalm 51:11-18

SUNDAY, FEBRUARY 2

Candlemas

Presentation of our Lord (transferred)

8AM Holy Communion
Preacher: The Rev. André Stephany

9:30AM BTT | Bible, Tea & Toast (*see page 15*)

10:30AM Choral Eucharist
Preacher: Children & Youth Led
Music: Cathedral Choir with
Rupert Lang, *Organist & Director of Music*

3PM Choral Evensong (*see page 15*)

5:30PM St. Brigids Eucharist
Preacher: Archbishop Melissa Skelton

8PM Gregorian Chant: The Service of Compline
Officiant: Archbishop Melissa Skelton
Schola: Quartet

Daily Reading • Malachi 3:1-4
Psalm 84:1-7 or 24:7-10
Hebrews 2:14-18
Luke 2:22-40

Gregorian Chant: The Service of Compline is currently on hiatus and will return at 8pm on February 2, 2020.

8am Holy Communion

THE BOOK of COMMON PRAYER

Welcome

Collect for Purity page 67

Summary of the Law page 69

Collect of the Day
Prisider

Let us pray.

All

Almighty God,
by grace alone you call us
and accept us in your service.
Strengthen us by your Spirit,
and make us worthy of your call;
through Jesus Christ our Lord,
who lives and reigns with you and the Holy Spirit,
one God, now and for ever. Amen.

First Reading

Isaiah 9:1-4

Response

Thanks be to God!

Psalm 27:1, 5-13

page 360

Gospel Reading

Matthew 4:12-23

Homily

The Rev. Helen Dunn

Nicene Creed

page 71

Offertory Sentence

Intercession

Confession & Absolution page 76

Thanksgiving & Consecration page 78

The Communion

The Lord's Prayer page 85

Prayer after Communion page 85

Blessing & Dismissal page 86

Response Thanks be to God!

Please join us at coffee hour after the morning service

10:30am Sung Eucharist

THE BOOK of ALTERNATIVE SERVICES

Gathering of the Community

Cathedral Parish Announcements

Welcome

2-minutes for Stewardship

Ian Birtwell

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 give thanks for the light of God that shines in the darkness.

All **A light no darkness can quench.**

Presider

In this time and place,
We give thanks for the light and peace of Jesus Christ the Word made flesh.

All **The light of all people.**

Presider

In this time and place,
We pray that the Spirit of God will be renewed in our hearts and minds.

All **That we might be the light of God in the world.**

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.**

Opening Hymn

The People That in Darkness Sat (CP 156)

Text: John Morison (1750–1798);
Music: Scottish Psalter, 1615; DUNDEE

The image shows two staves of musical notation for the hymn. The first staff begins with a treble clef, a key signature of one sharp (F#), and a common time signature (C). The melody consists of a series of eighth and quarter notes. The second staff continues the melody, ending with a double bar line and repeat dots. The lyrics are printed below the first staff.

1 The peo - ple that in dark - ness sat a glo - rious light have seen;
2 To hail thee, Sun of Right - eous - ness, the gath - ering na - tions come;
3 For thou their bur - den dost re - move, and break the ty - rant's rod,

the Light has shined on them who long in shades of death have been.
they joy as when the reap - ers bear their har - vest trea - sures home.
as in the day when Mi - dian fell be - fore the sword of God.

4 Lord Jesus, reign in us we pray,
and make us thine alone,
who with the Father ever art
and Holy Spirit one.

Collect
Presider

Let us pray (*silence*)

All

Almighty God,
by grace alone you call us and accept us in your service.
Strengthen us by your Spirit, and make us worthy of your call;
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

After each reading the reader will say:

Reader Hear what the Spirit is saying to the church.

All Thanks be to God.

First Reading Isaiah 9:1-4

Canticle The Storm Is Passing Over

Charles A. Tindley

Second Reading 1 Corinthians 1:10-18

Please stand & join in the singing of the Hymn

Sequence Hymn Jesus Calls Us! O'er the Tumult (CP 432)

Text: Cecil Frances Alexander (1818–1895);
Music: John Bacchus Dykes (1823–1876); St. OSWALD



1 Je - sus calls us! O'er the tu - mult of our
2 As of old Saint An - drew heard it by the
3 Je - sus calls us from the wor - ship of the
4 In our joys and in our sor - rows, days of
5 Je - sus calls us! By thy mer - cies, Sav - iour,



life's wild rest - less sea, day by day his
Gal - i - le - an lake, turned from home and
vain world's gold - en store, from each i - dol
toil and hours of ease, still he calls, in
may we hear thy call, give our hearts to



sweet voice sound - eth, say - ing, "Chris - tian, fol - low me!"
toil and kin - dred, leav - ing all for his dear sake.
that would keep us, say - ing, "Chris - tian, love me more."
cares and plea - sures, "Chris - tian, love me more than these."
thine o - be - dience, serve and love thee best of all.

Reader

The Lord be with you.

All

And also with you.

Reader

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

Before the Gospel

Glory to you, Lord Jesus Christ.

Gospel

Matthew 4:12-23

After the Gospel

Praise to you, Lord Jesus Christ.

Sermon

The Rev. Helen Dunn


Silence for Reflection

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 Igreja Episcopal Anglicana do Brasil. In the *Diocesan Cycle of Prayer* we pray for Melissa Skelton our Archbishop and Metropolitan; 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 the Ecclesiastical Province of British Columbia and the Yukon (The Diocese of British Columbia, The Diocese of Caledonia, The Diocese of Kootenay, The Territory of the People, The Diocese of New Westminster & Metropolitan, and The Diocese of the Yukon). In our Parish we pray for the 127 Housing Society.

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.

2-minutes for the Lunar New Year

David Van Blarcom & Irene Pang

The Peace

You are invited to greet those around you in the name of Christ.

Celebration of the Eucharist

The Offertory

During the singing of the hymn you are invited to make a financial offering to further God's mission through the work of the church using the enclosed envelope or by texting "Give" to 639.739.0843 and following the instructions; tax receipts are issued annually for gifts totalling \$20 or more. Your financial gifts together with the bread and wine are brought forward and presented at the Altar as a sign of thanksgiving to God from whom all blessings flow.

Offertory Hymn

The Love of Jesus Calls Us (CP 434)

Text: Herbert O'Driscoll (1928-);
Music: Samuel Sebastian Wesley (1810-1876); AURELIA



1 The love of Je - sus calls us our joy - ous praise to sing;
2 The love of Je - sus calls us, that we may al - ways be
3 The love of Je - sus calls us to go where he would go,
4 The love of Je - sus calls us in swift - ly chang - ing days,



our deep - ly felt thanks - giv - ings we now to - geth - er bring,
com - pan - ions on a jour - ney, where all the world may see
to chal - lenge all that lim - its, to change, to learn, to grow,
to be God's co - cre - a - tors in new and won - drous ways;



for all God's man - y bless - ings, un - asked yet still re - ceived,
that serv - ing Christ is free - dom which time does not des - troy;
to know that Christ has freed us, that pris - ons are no more;
that God with men and wom - en may so trans - form the earth,



and for the gen - er - a - tions who faith - ful - ly be - lieved.
where Christ's com - mand is du - ty, and ev - ery du - ty joy.
for those who seek his king - dom, Christ o - pens ev - ery door.
that love and peace and jus - tice may give God's king - dom birth.

Prayer over the Gifts

Presider

All

Loving God,
before the world began you called us.
Make holy all we offer you this day,
and strengthen us in that calling.
We ask this in the name of Jesus Christ the Lord. Amen.

The Great Thanksgiving

Presider The Lord be with you.

All And also with you.

Presider Lift up your hearts.

All We lift them to the Lord.

Presider Let us give thanks to the Lord our God.

All It is right to give our thanks and praise.

Presider It is indeed right, our duty and our joy, that we should at all times and in all places give thanks and praise to you, almighty and merciful God, through our Saviour Jesus Christ. By the leading of a star he was shown forth to all nations; in the waters of the Jordan you proclaimed him your beloved Son, and in the miracle of water turned to wine he revealed your glory. And so, with all the choirs of angels, with the church on earth and the hosts of heaven, we praise your name and join their unending hymn:

Sanctus

Holy, Holy, Holy Lord (CP 719)

Music: LAND OF REST; American trad.;
adapt. Marcia Pruner; 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

Holy God, holy and mighty, holy and immortal:
you we praise and glorify, you we worship and adore.
You formed the earth from chaos; you encircled the globe with air;
you created fire for warmth and light; you nourish the lands with water.
You moulded us in your image, and with mercy higher than the mountains,
with grace deeper than the seas, you blessed the Israelites
and cherished them as your own.

Presider

That also we, estranged and dying, might be adopted to live in your Spirit,
you called to us through the life and death of Jesus

In the night in which he was betrayed, our Lord Jesus took bread,
and gave thanks; broke it, and gave it to his disciples, saying: Take and eat;
this is my body, given for you. Do this for the remembrance of me.

Again, after supper, he took the cup, gave thanks, and gave it for all to drink, saying:
This cup is the new covenant in my blood, shed for you and for all people
for the forgiveness of sin. Do this for the remembrance of me.

All

Together as the body of Christ, we proclaim the Lord's death until he comes.

Christ has died.

Christ is risen.

Christ will come again.

Presider

With this bread and cup we remember your Son, the first-born of your new creation.
We remember his life lived for others, and his death and resurrection,
which renews the face of the earth. We await his coming, when,
with the world made perfect through your wisdom,
all our sins and sorrows will be no more.

All

Amen. Come, Lord Jesus.

Presider

Holy God, holy and merciful, holy and compassionate,
send upon us and this meal your Holy Spirit,
whose breath revives us for life, whose fire rouses us to love.
Enfold in your arms all who share this holy food.
Nurture in us the fruits of the Spirit, so that we may be a living tree,
sharing your bounty with all the world.

All

Amen. Come, Holy Spirit.

Presider

Holy and benevolent God, receive our praise and petitions,
as Jesus received the cry of the needy, and fill us with your blessing,
until, needy no longer and bound to you in love,
we feast forever in the triumph of the Lamb:
through whom all glory and honour is yours,
O God, O Living One, with the Holy Spirit,
in your holy church, now and 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.

Breaking of the Bread

Presider

We break the bread of life,
and that life is the light of the world.

All

**God here among us,
light in the midst of us,
bring us to light and life.**

Presider

The gifts of God for the people of God.

All

Thanks be to God.

During Communion

His Eye is on the Sparrow

C.D. Martin/C.H. Gabriel; Soloists: Adrienne Sweat & Timothy Fuller

People Get Ready

Curtis Mayfield; Soloist: Gail Suderman



Share the Gifts

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 the breaking of bread. If you desire to know the love of God that overcomes indifference and despair, if you desire the reconciliation that overcomes estrangement and alienation then you are invited to share the cup of the new covenant. The bread is received in the open palm. It is usual Anglican practice to drink the wine from the common cup. If you wish to dip bread in the wine, extend one hand for a wafer. Both wine and unfermented grape juice are served, grape juice is administered from the copper chalice. Gluten-free wafers are available upon request in the East alcove.



Prayer and Laying-on of Hands for Healing

We invite those wishing particular prayer for themselves or on behalf of someone else, or to share in a prayer of thanksgiving for blessings received, to come to the front of the line to receive the bread and wine. Immediately after receiving, go to the prayer station. Give your first name and in a low voice briefly state your prayer need. The prayer team will lay hands gently on your shoulders and after a short silence, they will pray quietly for you.

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

Gracious God,

All

**our hands have taken holy things;
our lives have been nourished by the body of your Son.
May we who have eaten at this holy table
be strengthened for service in your world.
We ask this 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

Closing Hymn

I Shall Not Be Moved

Spiritual

I shall not, I shall not be moved.
I shall not, I shall not be moved.
Just like a tree planted by the water,
I shall not be moved. *Repeat Chorus*

Climbing Jacob's ladder, I shall not be moved.
Climbing Jacob's ladder, I shall not be moved.
Just like a tree planted by the water,
I shall not be moved.

On my way to Heaven, I shall not be moved.
On my way to Heaven, I shall not be moved.
Just like a tree planted by the water,
I shall not be moved.

Standing up for freedom, I shall not be moved.
Standing up for freedom, I shall not be moved.
Just like a tree planted by the water,
I shall not be moved.

I shall not, I shall not be moved.
I shall not, I shall not be moved.
Just like a tree planted by the water,
I shall not be moved.

Just like a tree planted by the water,
I shall not be moved.

Dismissal

Let us go forth in the name of Christ.

All

Thanks be to God.

Postlude

This Little Light of Mine

Traditional Spiritual; arr. G. Suderman

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

Please join us in the Parish Hall following the service for coffee & tea.

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Cathedral CHRONICLE

Please make your Chronicle submissions online at www.thecathedral.ca/chronicle-submissions.
If you have any questions please contact Jennifer at communication@thecathedral.ca or 604.682.3848, ext. 26.

IF YOU ARE VISITING TODAY... and are interested in becoming either a *Member* or a *Friend of the Cathedral*, you are invited to fill in the Cathedral connection card, add it to the collection plate or hand it to a greeter. Find out how you can participate by speaking to a member of the welcoming team.

ASSISTANCE: ASL INTERPRETER for the deaf community communicates the 10:30am service from in front of the ambo.

LOOP SYSTEM in the nave and chancel, simply adjust the settings of your personal hearing device.

LARGE-PRINT BOOKS & BULLETINS are available from greeters prior to the 10:30am service.

KNEELER CUSHIONS are available in the Narthex for those who wish to kneel in prayer.

CHILDREN & YOUTH: Activities for children of all ages are available during the 10:30am service. Details can be found on the Youth Page.

TODAY AT THE CATHEDRAL

At the 10:30am Choral Eucharist we welcome the Good Noise Vancouver Gospel Choir with Gail Suderman, *Director/Piano*, Elliot Polsky, *Drums*, and Laurence Mollerup, *Bass*. At 5:30pm at St. Brigid's we welcome Ben Dobyns on piano. *Gregorian Chant: The Service of Compline* is on hiatus and will return on February 2, 2020.

Music Notes from Rupert Lang

At the beginning of this new year (new decade!) I thought it a good time to give thanks for the amazing diversity of the Cathedral's music program: this includes three choirs. To have these three choirs as part of the Cathedral music program is extremely important to me, as it completes the circle—not only in terms of diversity of styles of expression in worship and in concert—but also the education, appreciation and inclusion of young voices.

We have one full time choir (also known as the *Archbishop's Choir*) who sings—almost weekly—a huge variety of styles and periods of music; plus two choirs *In Residence*: The Vancouver Children's Choir—educating young voices since 1983, at the Cathedral since 1986; and our beloved Gospel Choir, led by Gail Suderman. In 2004 (15 years ago), I invited Gail and Marcus Mosely to bring their newly formed Good Noise

CHRIST CHURCH CATHEDRAL

Vancouver Gospel Choir to the Cathedral as choir in residence. This has been their home ever since.

“In Residence” simply means that these two choirs were invited to make our Cathedral their home, both for rehearsals as well as concerts. Like other user groups, they pay a modest rental fee. But I know that both groups continuously express to me how grateful they are to call this historic and beautiful space “home.” This gratitude is translated into offering their voices to the Cathedral community in two liturgies a year.

Occasionally all three choirs sing together, in worship and in concert. As an example—for Vancouver's 125th anniversary, we received a grant from the city to commission world renowned composer Paul Halley to compose a special piece just for the three choirs. We literally *Raised the Roof* on that occasion!

Lunar New Year Celebration Today!

恭喜恭喜 新年快樂

Today there will be a celebration of the Lunar New Year—the *Year of the Rat* according to the Chinese Zodiac—after the 10:30am service. Come enjoy a variety of delicious foods that volunteers have prepared for the happy event. This year the Lunar New Year Celebration will include a *Silent Auction* for some interesting items from China, the display and auction bidding will be held in the Park Room. The Lunar

New Year celebration at the Cathedral is a fundraiser for the 127 Society for Housing. The 127 Society for Housing was established 40 years ago to provide safe, affordable homes for low income seniors and those dealing with ill-health in Vancouver. Donations will be collected during the event to support the work of 127 Society for Housing. Suggested donation is \$10.

CANCELLED | Sundays @ 3 |

Spotlight: Winter's Nightingale

Due to illness, today's *Sundays @ 3* concert *Spotlight: Winter's Nightingale* is cancelled but there are plans for it to be rescheduled in the early spring.

TRC Calls to Action

In the young days of 2020, it's probably appropriate to consider some *Calls to Action* issued by the Truth and Reconciliation Commission that centre on children, youth and their families. These are Actions aimed at trying to heal the harm done to Indigenous children and youth and their families by the government, particularly through the Residential Schools system.

This week (*Call to Action #11*): We call upon the federal, provincial, territorial and Aboriginal governments to develop culturally appropriate early childhood education programs for Aboriginal families.

CATHEDRAL NEWS & NOTES

Gregorian Chant: The Service of Compline

How do you end your Sunday and start a new week? Compline is a short, sung, evening prayer service that is meant to signal the end to the day. The practice of saying or praying this final prayer of the day can be tracked to the 6th century when St. Benedict laid out the rules about how monks should live, work, and pray. Compline is a traditional prayer in several Christian churches.

At Christ Church Cathedral, Compline is celebrated/prayed at 8pm on Sunday evenings. The Women's and Men's Scholae of the Cathedral Choir alternately lead the singing of this office of prayer. Compline returns on Sunday, February 2, all are welcome.

Collection of Old Palm Crosses

It's hard to believe, but the Cathedral is already preparing for Ash Wednesday. We need any Palm Crosses

which you received on Palm Sunday last year. These old palms will be burned on Sunday, February 23 to make the ashes that will be used for the Imposition of the Ashes on Ash Wednesday. Please drop off your old Palm Crosses in the baskets that will be set up in the Narthex and Parish Office. Palm Crosses will be collected until 5:30pm on February 23.

Socks for Maundy Café Guests

So many people are coming through the Cathedral's Maundy Café this winter with wet feet that we're running low on socks. If you're able to donate *NEW* socks to the Cathedral—preference for long socks in men's and women's sizes—or you can donate towards us purchasing some, that would be AMAZING! Please bring your donations to the Cathedral Office or Maundy Café. Thank you for being part of this Cathedral community and helping in this way!

Prayer Shawl Wool Donations Needed

The Prayer Shawl Ministry is in need of bulky/chunky yarn donations for our Prayer Shawl knitters to carry on knitting dearly needed and loved prayer shawls for people in physical, emotional, and spiritual need. If you don't have spare yarn but you would like to support this ministry please make a donation to the Cathedral Parish Ministry Fund. Please see Bonny Amor for more information. All are welcome.

West Georgia Road Work

On Monday, January 6 the City of Vancouver began work to replace water mains along West Georgia Street (between Thurlow and Howe). The work is expected to continue until April 2020. There will be lane closures along West Georgia which will affect commute times.

While this work is happening, expect to hear some noise inside the Cathedral during the day, especially in the narthex. If you drive to the Cathedral, expect a longer than usual commute and some street parking restrictions.

CHRISTIAN EDUCATION EVENTS!

CANCELLED | Contemplative Prayer & Song

The Thursday, January 30 St. Brigid's community Contemplative Prayer & Song at St. Margaret's Cedar

Cottage is cancelled but will return on Thursday, February 27. Contemplative Prayer & Song is an hour-long experience of prayer using the ancient prayer practices of *lectio divina*, and Taizé-inspired chant.

This experience is for those seeking intimate connection with God as we dwell in and focus on the presence of God's spirit with and amongst us as we listen, pray and sing. This gathering offers an opportunity to enter more deeply into connection with the divine.

BTT | Bible, Tea & Toast | Young Adult Bible Study

On Sundays in 2020, join in reading each Sunday's Gospel over a light breakfast from 9:30am–10:20am. Bible study will follow the lectionary and is led by the Rev. André Stephany (mostly) and is intended for those who consider themselves young adults (under 35ish). Coffee, tea and a light breakfast of toast, jam and peanut butter is included. No registration required. Please contact André at andre@thecathedral.ca for more information.

Centering Prayer

Centering Prayer is a silent prayer practice aimed at settling one's attention upon the presence of Christ within. All are welcome to participate on Tuesday evenings—January 28 is next—in this simple healing practice reaching back to the early years of Christian faith. Join us from 6:30pm–7:30pm in Room B. 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.

CATHEDRAL EVENTS

What's Happening in January!

- Early Music Vancouver film screening:
The Passion of Joan of Arc
Friday, January 31 | 7:30pm
pre-film talk at 6:45pm
TICKETS & INFO • earlymusic.bc.ca

Family Retreat Day

There will be a Family Retreat Day on Saturday, February 1 from 9:30am–1pm. Family Retreats are an opportunity for kids and parents to engage in faith practices as a family, to get to know other Cathedral kids

and parents better, and to deepen our faith. Lunch is included. The retreat is free, but donations toward the cost of the lunch are always appreciated. If you have any questions, please contact Anne Kessler at youth@thecathedral.ca

Marcus Mosley Chorale | Stayed on Freedom

On Saturday, February 1 the Marcus Mosley Chorale and the City Soul Choir present *Stayed on Freedom: A Musical Celebration of Black History Month*. The two choirs are joined by several guests artists, including the Homegoing Brass Band. The program builds up to the choirs singing traditional, rousing, Mass choir songs. There are two performances: 2:30pm and 7:30pm. Tickets are all \$35 and available by phone at 604.770.1088.

Choral Evensong

If you're looking for a spiritual lift on a Sunday afternoon or just love to hear choral music in a beautiful sacred space, Christ Church Cathedral presents *Choral Evensong*. This traditional, mid-afternoon, sung prayer service relies on music to carry us beyond human words toward things we cannot articulate.

Next Sunday, February 2 at 3pm will be the first Choral Evensong of 2020, honouring the Presentation of Jesus Christ in the Temple and Candlemas. The music features contemporary composer Arvo Pärt. "His work opens a door in the inner world of one of the most spiritually intense composers of our time," says Dorian Supin. Pärt himself is quoted as saying: "Love each sound! This is how a composer must understand music. This knowledge opens an entirely new world. How to reach that understanding is probably a secret and requires much work..." All are welcome.

St. Brigid's Day

February 2 is the feast day of St. Brigid, and the day known as *Candlemas* in the Church calendar. To mark this special day, Archbishop Melissa Skelton will preside at the 5:30pm St. Brigid's Eucharist and there will be a potluck afterwards. All are welcome! Contact Marnie for more information at marnie@thecathedral.ca.

CATHEDRAL VOLUNTEERING

A Big Thank You to All Our Volunteers!

Thank you to all our volunteers for their dedication and generous gift of time to the Cathedral Community, which makes it possible for the Cathedral to function daily. Please know that we appreciate each and every one of you and that you are a blessing to us all. Thank you!

If you are interested in volunteering at the Cathedral please contact Nicky Seppala on Thursdays at reception (604.682.3848) or by email at volunteer@thecathedral.ca.

CONNECTING AT THE CATHEDRAL

Giving Was Never Easier!

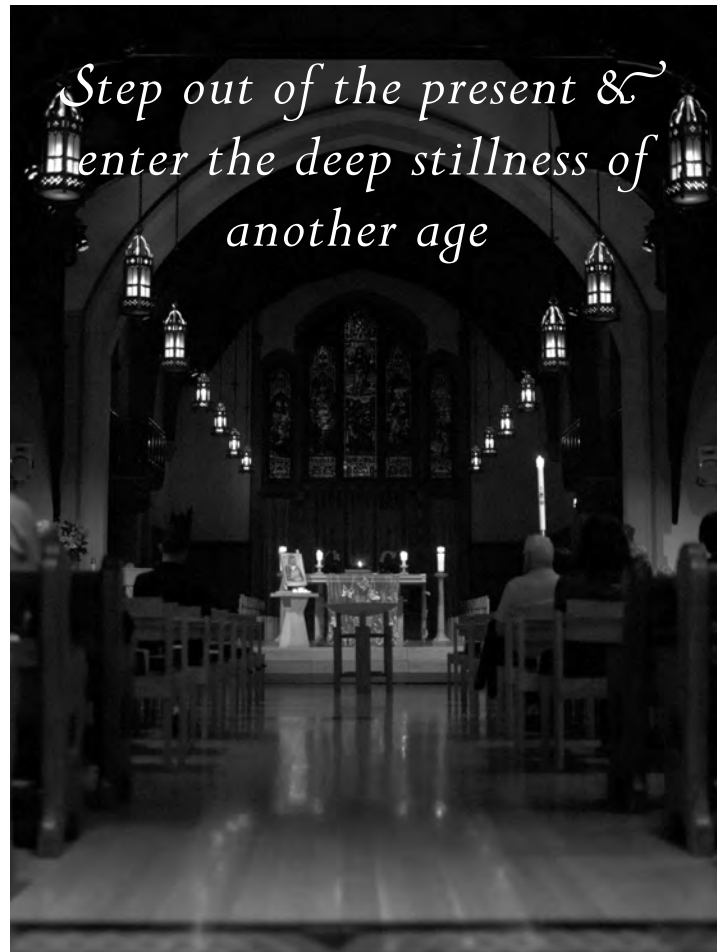
You can make a gift to support the ministries of Christ Church Cathedral on your smart phone! Just go to the App Store, choose the app “tithe.ly” — from the store, download, enter your information and voilà—you can connect directly to the Cathedral and make your gift in whatever amount.

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!

eNewsletters! Sign Up Today!

Are you signed up for the Cathedral’s two weekly eNewsletters? Sign up online at thecathedral.ca and just click on the button on the bottom of the page. On Tuesdays you’ll receive *In Between Sundays*, which contains Sunday sermons, listings of upcoming events and things of interest. On Fridays you’ll receive *The Spirit of the Time*, which contains reflective words of wisdom from your Cathedral Clergy.

If you used to receive the weekly email newsletters and find you are no longer getting them, you can easily sign up again at thecathedral.ca! The Cathedral has followed the anti-spam legislation in place from the Canadian government and removed any users who had not given us confirmation of their wish to remain on our email lists. Please email Alicia at communication@thecathedral.ca if you have any questions.



Gregorian Chant
The Service of
Compline

RETURNS
SUNDAY, FEBRUARY 2
AT 8PM



CHRIST CHURCH CATHEDRAL CHILDREN, YOUTH AND FAMILIES MINISTRY

Anne Kessler, *Children, Youth & Family Ministries Coordinator* (youth@thecathedral.ca)

Children's Church happens Sunday mornings for children ages 1 – 4, grades K – 3 and grades 4 – 7 (see below for today's details). We begin downstairs at 10:30am, and rejoin parents and the whole community for the Eucharist. All children, including visitors and guests, are welcome to join us. The youngest group (aged 1 – 4) meets in the Lounge for Nursery with our nursery staff. The K – 3 and 4 – 7 groups meet for Godly Play.

Godly Play is a Montessori-based faith formation program that engages children in Biblical and liturgical stories, making-meaning, creativity and prayer while immersed in a supportive community of peers and adults.

Children's Church Today!

The Nursery is open in the Lounge for those aged 1 – 4.

Today the **grades K–3** group meets in the Godly Play Room and hears the story of the Circle of the Holy Eucharist. The **grades 4–7** group will meet in the Park Room hearing story of Mary Magdalene.

Youth Group

Junior Youth Group (grades 4–7) is now scheduled on a few dates a year. We are meeting TODAY! Join us in the lounge from 12 noon–3pm, lunch included. We will be planning parts of the February 2 children and youth led service.

Senior Youth Group (grades 8–12) meets every second Friday from 6pm–9pm. We meet next on Friday, February 7.

The space to the right of the Altar is open with carpets, books and toys for parents who want to stay in the service with their children. This is an unsupervised space so please keep an eye on them. Kids are welcome to take books, items for colouring, or toys back to their seats – just make sure to return them afterwards! Activity packs are available at the entrance.

Join the **Weekly eNewsletter** by sending an email Anne at youth@thecathedral.ca for more children's and youth info, straight to your email.

Family Retreat Day

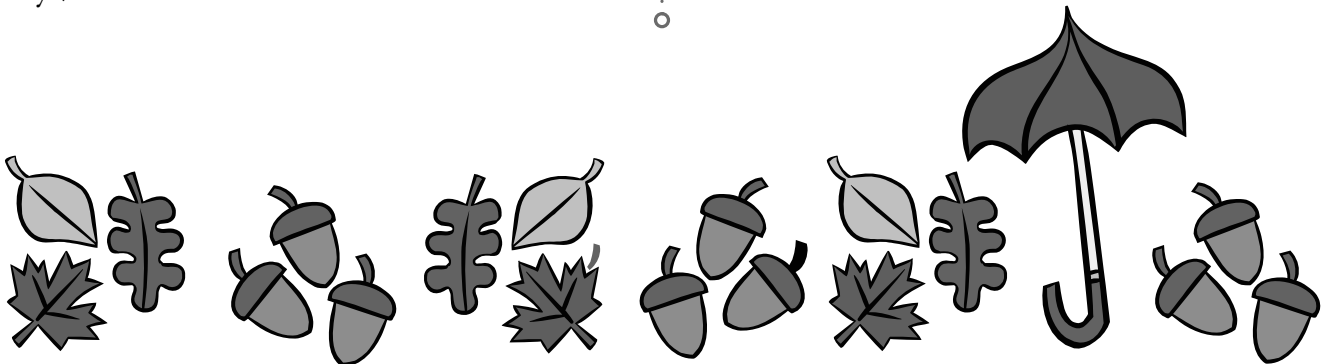
Join us Saturday, February 1 from 9:30am–1pm for a family retreat day here at the Cathedral. Lunch is included. Please email Anne to register.

Children & Youth Led Service

On Sunday, February 2, children and youth will be leading many of the parts of the 10:30am service. It's a service you and your kids won't want to miss!

Family Lunch

Family Lunches are open to all Cathedral families and happen after the 10:30am Sunday service about once a month. Our next Family Lunch is February 9. Lunch is provided, just bring yourself!



Notes from Anne Kessler

JANUARY 26, 2020

Perhaps my biggest goal as the coordinator for children, youth and family ministries at the Cathedral is to continue to challenge us to be more inclusive and empowering of children and youth in our community, and in particular, our worship.

I have been thinking about this goal a lot as we lead up to our next children and youth led service on February 2, when we will be marking Candlemas, which celebrates the presentation of the baby Jesus in the temple, when Simeon and Anna recognize Jesus as messiah. When planning these services, I always strive not just to have young people be the servers, readers or intercessors—roles which they take on at other services during the year—but also to lead us in some of the roles often held by our clergy and other senior liturgical leaders: offering the sermon or reflection, leading music, and giving them an opportunity to gather around the altar during the Eucharist. We entrust them with exceptional tasks.

For me, this radical inclusion doesn't look like "you are allowed to be here" (which often has an unspoken "as long as you act like adults" caveat added), but rather holding the children at the very centre of our community and saying, "you are the most important part of our community." Not because they will be the church one day (though this is true), but because they have not yet been fully formed, their Christian formation is still ongoing, and their Christian identity is not yet solidified as their own.

Among the gifts of being here for three years now are the relationships I have built with families, youth and children. At the Baptism of Our Lord service a few weeks ago, two kids raised deep and important questions. They were whispered questions during the service, questions which I'm sure they wouldn't deign to ask their parents. But as a trusted adult, I get asked. One asked about what happens if you are baptized twice and what we think about other traditions baptizing people—he seemed concerned about the validity of his own baptism. Another commented that he didn't believe in all the parts of the creed, and I told him that that's okay, I don't either.

Children are unlikely to grow up to be Christian adults if they don't have experiences as a child of what Christian worship is. The Sundays where kids stay upstairs—whether for a children and youth-led Sunday, a baptism or a feast day like Easter or Pentecost—are important times for their Christian formation. So, at these times, we seek to offer experiences to children where they are held as important, where they get to feel part of the action, where they get to do the important things, and see it all happen up close.



CATHEDRAL DIRECTORY

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On Call Pastoral Emergencies — ext. 54

Lily Groves, Rosemond Cooper — Nursery Attendants

**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, David Smith — Associate Treasurers

Members of Christ Church Cathedral



New to the Cathedral? Thinking about making this your home parish? To be a member here 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.

You may request a membership form 2 ways:

- speak to the Receptionist in the Parish Office
- or email our 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 attend services regularly. Many of us are visitors or belong to another parish. We receive a subscription to *Contact Magazine*.

How do we help? 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 Kathy Irwin if you have any questions or would like to arrange to make a donation: kathy@thecathedral.ca or 604.682.3848.

8AM | HOLY COMMUNION | MINISTERING THROUGH LITURGY

Presider & Preacher The Rev. Helen Dunn
Reader Fred Fromm
Server Susan Russell
Lay Administrator Fred Fromm

Offering Vaughn Pridmore,
 Marilyn Anderson
Welcoming Team Marilyn Anderson,
 Gavin Oliver

10:30AM | CHORAL EUCHARIST | MINISTERING THROUGH LITURGY

Presider Canon Dr. Richard LeSueur
Preacher The Rev. Helen Dunn
Announcements Ian Birtwell (Honorary)
Godly Play Monte Tugwete, Alysha Creighton,
 Christy den Haan-Veltman,
 Anne Kessler
Readers Margaret Vickers, Barrie Vickers
Intercessor Bob Worcester
Deacon The Rev. Jeffrey Preiss
Sacristan Ann Kowalchuk
Servers Terry Love, Mary Jane Carroll,
 Kely Banadyga
MC Megan Otton
Music Good Noise Vancouver
 Gospel Choir with
 Gail Suderman, *Director/Piano*,
 Elliot Polsky, *Drums &*
 Laurence Mollerup, *Bass*
Interpreter Lisz Keallen

Ministers of Communion
 The Ven. John Bailey,
 The Rev. Helen Dunn,
 Canon Dr. Richard LeSueur,
 The Rev. Dr. Linda St. Clair,
 The Rev. Helen Worley,
 The Rev. Jessica Schaap
Lay Administration Sue Cruickshank, Jim Nesbitt,
 Alysha Creighton, Kate Walker,
 Mavis Holm, Kathy Irwin,
 Panos Pappas, Sarah Nation,
 Dorothy Watts, Jean Mickelson
Healing Team Donelda Parker, Dean Powers,
 Jane Hope, Cynthia Turley
Breadmaker Ginger Shaw
Altar Guild Carol Longman, Almaz Ketema,
 Mary Lewis
Welcoming Team David Barbour, Ken Dunion,
 Charlotte Forseth, Ed Friesen,
 Jae Bun Henry, Jon Paul Henry,
 Darlene Leigh, Pamela Mehmi,
 Howard Teasley

5:30PM | ST. BRIGID'S

Presider & Preacher The Rev. Marnie Peterson
Greeters Karen Webber, Richard Douglas
Servers Paul Mabee, Charlie Demers
Music Ben Dobyms, *pianist*



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

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