

Seventh Sunday after Pentecost

The Book of Alternative Services



11 July, 2021

10:00am



St. George's Cathedral, Kingston

Gathering Hymn

Lead us, heavenly Father, lead us
o'er the world's tempestuous sea;
guard us, guide us, keep us, feed us,
for we have no help but thee;
yet possessing every blessing,
if our God our Father be.

3 Spirit of our God, descending,
fill our hearts with heavenly joy,
love with every passion blending,
pleasure that can never cloy:
thus provided, pardoned, guided,
nothing can our peace destroy.

2 Saviour, breathe forgiveness o'er us:
all our weakness thou dost know;
thou didst tread this earth before us,
thou didst feel its keenest woe;
lone and dreary, faint and weary,
through the desert thou didst go.

Mannheim
Friedrich Filitz (1804-76)

James Edmeston (1791-1867)

The Gathering of the Community

Celebrant The grace of our Lord Jesus Christ,
and the love of God,
and the fellowship of the Holy Spirit, be with you all.

People **And also with you.**

Then may be said by the celebrant with the people,

**Almighty God,
to you all hearts be open, all desires known,
and from you no secrets are hidden. Cleanse the
thoughts of our hearts by the inspiration of your Holy
Spirit, that we may perfectly love you, and worthily
magnify your holy name; through Christ our Lord.
Amen.**

Kyrie

Chorister Kyrie Eleison, Christe Eleison, Kyrie Eleison
(Lord have mercy, Christ have mercy, Lord have mercy)

The Collect of the Day

Almighty God, you have made us for yourself, and our hearts are restless until they find their rest in you. May we find peace in your service, and in the world to come, see you face to face; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

The Proclamation of the Word

The Readings *(Chris Bruce)*

A reading from the Second Book of Samuel *(2 Samuel 6:1-5, 12b-19)*

David again gathered all the chosen men of Israel, thirty thousand. David and all the people with him set out and went from Baale-judah, to bring up from there the ark of God, which is called by the name of the Lord of hosts who is enthroned on the cherubim. They carried the ark of God on a new cart, and brought it out of the house of Abinadab, which was on the hill. Uzzah and Ahio, the sons of Abinadab, were driving the new cart with the ark of God; and Ahio went in front of the ark. David and all the house of Israel were dancing before the Lord with all their might, with songs and lyres and harps and tambourines and castanets and cymbals. So David went and brought up the ark of God from the house of Obed-edom to the city of David with rejoicing; and when those who bore the ark of the Lord had gone six paces, he sacrificed an ox and a fatling. David danced before the Lord with all his might; David was girded with a linen ephod. So David and all the house of Israel brought up the ark of the Lord with shouting, and with the sound of the trumpet. As the ark of the Lord came into the city of David, Michal daughter of Saul looked out of the window, and saw King David leaping and dancing before the Lord; and she despised him in her heart. They brought in the ark of the Lord, and set it in its place, inside the tent that David had pitched for it; and David offered burnt offerings and offerings of well-being before the Lord. When David had finished offering the burnt offerings and the offerings of well-being, he blessed the people in the name of the Lord of hosts, and distributed food among all the people, the whole multitude of Israel, both men and women, to each a cake of bread, a portion of meat, and a cake of raisins. Then all the people went back to their homes.

Hear what the Spirit is saying to the Church.

Thanks be to God.

Psalm 85:8-13

⁸ I will hearken what the Lord God will say: / for he shall speak peace unto his people and to his saints, / and unto them that turn their heart to him.

⁹ Surely his salvation is nigh them that fear him, / that glory may dwell in our land.

¹⁰ Mercy and truth are met together: / righteousness and peace have kissed each other.

¹¹ Truth springeth out of the earth; / and righteousness hath looked down from heaven.

¹² Yea, the Lord shall give what is good; / and our land shall yield her increase.

¹³ Righteousness shall go before him, / and shall direct his going in the way.

A reading from the Book of Ephesians 1:3-14

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, just as he chose us in Christ before the foundation of the world to be holy and blameless before him in love. He destined us for adoption as his children through Jesus Christ, according to the good pleasure of his will, to the praise of his glorious grace that he freely bestowed on us in the Beloved. In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace that he lavished on us. With all wisdom and insight he has made known to us the mystery of his will, according to his good pleasure that he set forth in Christ, 10 as a plan for the fullness of time, to gather up all things in him, things in heaven and things on earth. In Christ we have also obtained an inheritance, having been destined according to the purpose of him who accomplishes all things according to his counsel and will, so that we, who were the first to set our hope on Christ, might live for the praise of his glory. In him you also, when you had heard the word of truth, the gospel of your salvation, and had believed in him, were marked with the seal of the promised Holy Spirit; this is the pledge of our inheritance toward redemption as God's own people, to the praise of his glory.

Hear what the Spirit is saying to the Church.

Thanks be to God.

Gradual Hymn

King of glory, King of peace,
I will love thee;
and, that love may never cease,
I will move thee.
Thou hast granted my request,
thou hast heard me;
thou didst note my working breast,
thou hast spared me.

2 Wherefore with my utmost art
I will sing thee,
and the cream of all my heart
I will bring thee.
Though my sins against me cried,
thou didst clear me,
and alone, when they replied,
thou didst hear me.

3 Seven whole days, not one in seven,
I will praise thee;
in my heart, though not in heaven,
I can raise thee.
Small it is, in this poor sort
to enrol thee:
e'en eternity's too short
to extol thee.

Gwalchmai
J. D. Jones (1827-70)

George Herbert (1593-1633)

The Gospel

Reader The Lord be with you.

People **And also with you.**

Reader The Holy Gospel of our Lord Jesus Christ according to Mark

People **Glory to you, Lord Jesus Christ.**

King Herod heard of it, for Jesus' name had become known. Some were saying, "John the baptizer has been raised from the dead; and for this reason these powers are at work in him." But others said, "It is Elijah." And others said, "It is a prophet, like one of the prophets of old." But when Herod heard of it, he said, "John, whom I beheaded, has been raised." For Herod himself had sent men who arrested John, bound him, and put him in prison on account of Herodias, his brother Philip's wife, because Herod had married her. For John had been telling Herod, "It is not lawful for you to have your brother's wife." And Herodias had a grudge against him, and wanted to kill him. But she could not, for Herod feared John, knowing that he was a righteous and holy man, and he protected him. When he heard him, he was greatly perplexed; and yet he liked to listen to him. But an opportunity came when Herod on his birthday gave a banquet for his courtiers and officers and for the leaders of Galilee. When his daughter Herodias came in and danced, she pleased Herod and his guests; and the king said to the girl, "Ask me for whatever you wish, and I will give it." And he solemnly swore to her, "Whatever you ask me, I will give you, even half of my kingdom." She went out and said to her mother, "What should I ask for?" She replied, "The head of John the baptizer." Immediately she rushed back to the king and requested, "I want you to give me at once the head of John the Baptist on a platter." The king was deeply grieved; yet out of regard for his oaths and for the guests, he did not want to refuse her. Immediately the king sent a soldier of the guard with orders to bring John's head. He went and beheaded him in the prison, brought his head on a platter, and gave it to the girl. Then the girl gave it to her mother. When his disciples heard about it, they came and took his body, and laid it in a tomb.

(Mark 6:14-29)

Reader The Gospel of Christ

People **Praise to you, Lord Jesus Christ.**

Loving God's Story – The Rev. Canon Barbara Stewart

Sermon – The Rev. Canon Barbara Stewart

The Apostles' Creed

**I believe in God, the Father almighty,
creator of heaven and earth.**

**I believe in Jesus Christ, his only Son, our Lord.
He was conceived by the power of the Holy Spirit
and born of the Virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried.**

**He descended to the dead.
On the third day he rose again.
He ascended into heaven,
and is seated at the right hand of the Father.
He will come again
to judge the living and the dead.**

**I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.**

The Prayers of the People *(Ruth Oliver)*

Confession and Absolution

Celebrant Dear friends in Christ,
God is steadfast in love and infinite in mercy;
he welcomes sinners
and invites them to his table.
Let us confess our sins, confident in God's forgiveness.

Celebrant 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.**

Celebrant Almighty God have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and keep you in eternal life; through Jesus Christ our Lord. **Amen.**

The Peace

The presiding celebrant addresses the people.

People The peace of the Lord be always with you.
And also with you.

Offertory Hymn

Alleluia! Alleluia!
Hearts to heav'n and voices raise;
sing to God a hymn of gladness,
sing to God a hymn of praise:
he who on the cross a victim
for the world's salvation bled,
Jesus Christ, the King of Glory,
now is risen from the dead.

2 Christ is risen, Christ the first-fruits
of the holy harvest field,
which will all its full abundance
at his second coming yield:
then the golden ears of harvest
will their heads before him wave,
ripened by his glorious sunshine
from the furrows of the grave.

3 Christ is risen, we are risen;
shed upon us heavenly grace,
rain, and dew, and gleams of glory
from the brightness of thy face;
that we, with our hearts in heaven,
here on earth may fruitful be,
and by angel-hands be gathered,
and be ever, Lord, with thee.

4 Alleluia! Alleluia!
Glory be to God on high;
Alleluia to the Saviour,
who has gained the victory;
Alleluia to the Spirit,
fount of love and sanctity;
Alleluia! Alleluia!
to the Triune Majesty.

Hyfrydol
Rowland H. Prichard (1811-87)

Christopher Wordsworth (1807-85)

The Prayer over the Gifts

Father, your word creates in us a yearning for your kingdom. Receive all we offer you this day, and keep us in your peace; for the sake of Jesus Christ the Lord. **Amen.**

The Celebration of the Eucharist

Eucharistic Prayer 1

Celebrant The Lord be with you.

People **And also with you.**

Celebrant Lift up your hearts.

People **We lift them to the Lord.**

Celebrant Let us give thanks to the Lord our God.

People **It is right to give our thanks and praise.**

Celebrant It is indeed right that we should praise you, gracious God, for you created all things. You formed us in your own image: male and female you created us. When we turned away from you in sin, you did not cease to care for us, but opened a path of salvation for all people. You made a covenant with Israel, and through your servants Abraham and Sarah gave the promise of a blessing to all nations. Through Moses you led your people from bondage into freedom; through the prophets you renewed your promise of salvation. Therefore, with them, and with all your saints who have served you in every age, we give thanks and raise our voices to proclaim the glory of your name.

All **Holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory. Hosanna in the highest.**

Blessed is he who comes in the name of the Lord. Hosanna in the highest.

Celebrant Holy God, source of life and goodness, all creation rightly gives you praise. In the fullness of time, you sent your Son Jesus Christ, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all. He healed the sick and ate and drank with outcasts and sinners; he opened the eyes of the blind and proclaimed the good news of your kingdom to the poor and to those in need. In all things he fulfilled your gracious will.

On the night he freely gave himself to death, our Lord Jesus Christ took bread, and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: this is my body which is given for you. Do this for the remembrance of me."

After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: this is my blood of the new covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Gracious God, his perfect sacrifice destroys the power of sin and death; by raising him to life you give us life for evermore. Therefore we proclaim the mystery of faith.

All **Christ has died.
Christ is risen.
Christ will come again.**

Celebrant Recalling his death, proclaiming his resurrection, and looking for his coming again in glory, we offer you, Father, this bread and this cup. Send your Holy Spirit upon us and upon these gifts, that all who eat and drink at this table may be one body and one holy people, a living sacrifice in Jesus Christ, our Lord. Through Christ, with Christ, and in Christ, in the unity of the Holy Spirit, all glory is yours, almighty Father, now and for ever.

People **Amen.**

The Lord's Prayer

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 for ever. Amen.**

Silence

The Breaking of the Bread

Then the celebrant breaks the consecrated bread. Then may be said,

Celebrant We break this bread to share in the body of Christ.

All **We, being many, are one body, for we all share in the one bread.**

The Communion

The celebrant and people receive the communion in one kind only.

Prayer after Communion

Living God, in this sacrament we have shared in your eternal kingdom. May we who taste this mystery forever serve you in faith, hope, and love. We ask this in the name of Jesus Christ the Lord.

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.

Blessing

Life is short, and we do not have much time to gladden the hearts of those who journey with us. And so make haste to love, and be swift to be kind; And may the God who travels with us, the God of pilgrimage, the God of Hope, bless, care and keep you, Father, Son and Holy Spirit, now and always.

Closing Hymn

Now let us from this table rise
Renewed in body, mind, and soul;
With Christ we die and live again,
His selfless love has made us whole.

2 With minds alert, upheld by grace,
To spread the word in speech and deed,
We follow in the steps of Christ,
At one with all in hope and need.

3 To fill each human house with love,
It is the sacrament of care;
The work that Christ began to do
We humbly pledge ourselves to share.

4 Then grant us grace, Companion God,
To choose again the pilgrim way
And help us to accept with joy
The challenge of tomorrow's day.

Solothurn

Swish Traditional Melody

Fred Kaan (1929-2009)

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Dismissal

Go forth in the name of Christ.
Thanks be to God.

Preacher: The Rev. Canon Barbara Stewart
Interim Dean: The Ven. David Selzer
Interim Director of Music: Brad Barbeau

Prayer List: The Very Rev Sharon Murdoch, The Rev Don Goodwin, John Bate, Dee Padfield, Sandy, Jason, Allie, Dev Kauenhofen, Paul Robertson, Danielle Clarke, Sean Lovett, Ralph Brose, Diana Davis Duerkop, Gill Cleghorn, Elspeth Stevenson, Rosalind Walton, Jean Robinson, Todd Coles, Michael Caswell, Leann/Ella/Avalea, Bonnie Tett. We pray for all those known to us, and those whose needs are only known to God.

Parish Cycle of Prayer: Pray for our Projects Group, MaryAnn Steen and Jean Wilson. On our Parish List we pray for Patricia O'Meara-Thompson, Diana Padfield, Carol Page, David Parker, Andrew and Valerie Paul, and their families.

We are delighted that you are with us for worship today.

Every person who is baptized is invited to the Lord's Table to receive Holy Communion with us. Gluten-free wafers are available. All people are welcome to come forward at the time of Communion. Please cross your arms to indicate a prayer of blessing if you do not wish to receive Communion.

Receiving Communion during pandemic: To receive Communion, please line up in single file down the centre aisle while practicing social distancing. Approach the Clergy with your mask on and arms fully outstretched hands together. You will receive a wafer nly. Immediately step aside, move your mask, consume the wafer and return to your pew using a side aisle.

UPCOMING WORSHIP

Wednesday, 14 July, 12:15 - The Little Flock, Holy Eucharist, Lady Chapel, The Rev. Gerald Moore
Thursday, 15 July, 10:30am - Eucharist with Prayers for Healing (Lady Chapel),
The Ven. John M. Robertson, *Henry, Missionary Bishop in Finland, 1156 Commemoration*
Friday, 16 July, 12:15pm Coventry Litany of Reconciliation with Bishop Michael Oulton,
Front Steps of the Cathedral

Readings for Sunday, 18 July – Eighth Sunday after Pentecost

2 Samuel 7:1-14a, Psalm 89:20-37, Ephesians 2:11-22, Mark 6:30-34, 53-56

In-person worship starts at 8:00am and 10:00am. Please register through the Cathedral website at www.stgeorgescathedral.ca. If you do not have internet access, please call the parish office at 613-548-4617 to reserve a space for the coming Sunday. *Please make every effort to register by Thursday each week.*

NOTE: You are also welcome to watch a **Livestream** of the 10:00am Sunday Service at: <https://www.stgeorgescathedral.ca/live>

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