



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



Proper 22

SUNDAY, AUGUST 31, 2025

10:30 A.M.

Choral Eucharist | In-Person & Livestream

The Very Reverend Christopher Pappas, *Presider*
The Reverend Christian Okeke, *Preacher*
The Reverend Claude St-Denis, *Deacon*
Dr. Neil Cockburn, *Organist & Director of Music*

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Welcome to the Cathedral

Whether today is your first time with us, or if this is your spiritual home, we welcome you to the Cathedral. We're glad that you're here today.

We envision a radically inclusive, restlessly inquisitive, intentional, and inspired Cathedral. This is a place that is called to lead and to serve, in communion and community, with healing, reconciliation, and love, living out the Christian mission. Together, we look to the power of Christ for the transformation of each person, this city of Vancouver, and the world.

We recognize our history and traditions while seeking renewal and growth in spiritual depth and size. Curious and adaptable, this chorus has room for every voice — especially yours.

To learn more about the many ministries and opportunities for service in this community, please visit our website: www.thecathedral.ca. Following our worship service, please join us for coffee hour on the plaza right outside the Burrard St. doors, weather permitting.

Thank you for joining us today. Your presence enriches our life together.

Faithfully yours in Christ,



The Very Rev. Christopher A. Pappas, Ph.D., D.Min.
Dean & Rector



Connect with us!

We invite you to tell us more about yourself by completing our short connection form. You may find this form at tinyurl.com/CathedralConnection or by scanning the QR code on the left.

A message to children and their grown-ups

We're glad you're here! Here are a few things we would like you to know about our 10:30 a.m. worship service:

- Playmats and an activity cart with books, puzzles and colouring are available at the front of the church;
- Our Sunday school is on a summer break. Our first day back will be September 7th, 2025. We look forward to seeing you then!

The nursery is available downstairs to settle your children. The service is livestreamed so you can follow the worship.

Need to reach us?

Visit us at www.thecathedral.ca/pages/our-team or scan the QR code on the right to access our clergy and staff contact information.

We're here to support you — feel free to reach out anytime!



Cathedral parish announcements will commence shortly before 10:30 a.m.
The Gathering of the Community

Processional Hymn ***Mambo Sawa Sawa (Things are Already Better)***

Ruth Wamuyu

Mambo sawa sawa, mambo sawa sawa,
Yesu akiwa enzini,
mambo sawa sawa, mambo sawa sawa,
mambo sawa sawa.

Ihe adiwo mma, ihe adiwo mma,
ebe Jesus no n'ocheze,
ihe adiwo mma, ihe adiwo mma,
ihe adiwo mma.

Things are already better, things are already better,
for the Lord is on the throne,
things are already better, things are already better,
things are already better.

Presider In this time and place, we gather on the unceded ancestral lands of the x^wməθk^wəyəm
(Musqueam), Sk̓wxwú7mesh (Squamish), and Səl̓ilwətaʔɬ (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 Creator who is the source of all that is, seen and unseen.**

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

All **Our Companion who walks with us
and with all peoples on the path of reconciliation.**

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

All **The Divine Wisdom who transforms us and all life.**

Presider In this time and place, together, people of God from every language, culture and nation.

All **We are being made new by the holy and life-giving Trinity, one God.**

Hymn of Praise

Thank You, Lord

Don Moen (1950-)

2004 Integrity's Hosanna! Music (Admin. by Integrity Music).

Leadworship Songs (Admin. by Integrity Music).

Ninth Avenue Music (Admin. by Integrity Music).

With a grateful heart, with a song of praise,
with an outstretched arm I will bless your name,
thank you Lord, I just wanna thank you Lord,
thank you Lord, I just wanna thank you Lord, thank you Lord.

The Collect of the Day

Presider Let us pray. (*Silence is kept*). Author and Giver of all good things,

All **graft in our hearts the love of your name, increase in us true religion, nourish us
in all goodness, and of your great mercy keep us in the same; 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 First Reading

Jeremiah 2:4-13

At the conclusion of the reading:

Reader Word of God, word of life.

All Thanks be to God.

Psalm 81:1, 10-16

Refrain text: Ps. 117:1; Eng. para. Taizé Community (France).

Music: Jacques Berthier (1923-1994).

The choir sings the refrain once first, then all repeat (in Latin)



Lau - da - te om - nes gen - tes, lau - da - te Do - mi - num.

Sing prais - es, all you peo - ples, sing prais - es to the Lord.



Lau - da - te om - nes gen - tes, lau - da - te Do - mi - num!

Sing prais - es, all you peo - ples, sing prais - es to the Lord!

1 Sing with joy to God our strength
and raise a loud shout to the God of Jacob.
10 I am the Lord your God,
who brought you out of the land of Egypt and said,
“Open your mouth wide, and I will fill it.”
11 And yet my people did not hear my voice,
and Israel would not obey me.
12 So I gave them over to the stubbornness of their hearts,
to follow their own devices. **Refrain (in English)**

13 Oh, that my people would listen to me!
that Israel would walk in my ways!
14 I should soon subdue their enemies
and turn my hand against their foes.
15 Those who hate the Lord would cringe before him,
and their punishment would last for ever.
16 But Israel would I feed with the finest wheat
and satisfy them with honey from the rock. **Refrain (in Latin)**

The Second Reading

Hebrews 13:1-8, 15-16

At the conclusion of the epistle:

Reader Hear what the Spirit is saying to the churches. Thanks be to God.

Sequence Hymn

African Alleluia
(sung by the choir)

Jay Althouse (1951-)

The Holy Gospel

Luke 14:1, 7-14

Deacon The Lord be with you. **And also with you.**

Deacon The Holy Gospel of our Saviour Jesus Christ according to Luke.

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

After the Gospel, the Deacon says:

The Gospel of Christ. **Praise to you, Lord Jesus Christ.**

The Sermon

The Reverend Christian Okeke

A period of silent reflection follows the sermon.

The Nicene Creed

Deacon Let us confess our faith, as we say,

All **We believe in one God, the Father, the Almighty,
maker of heaven and earth, of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ, the only Son of God,
eternally begotten of the Father,
God from God, Light from Light, true God from true God,
begotten, not made, of one being with the Father.
Through him all things were made.
For us and for our salvation he came down from heaven:
was incarnate of the Holy Spirit and the Virgin Mary,
and became truly human.**

**For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.
On the third day he rose again in accordance with the scriptures;
he ascended into heaven and is seated at the right hand of the Father.
He will come again in glory to judge the living and the dead,
and his kingdom will have no end.**

**We believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father.
Who with the Father and the Son is worshipped and glorified.
Who has spoken through the prophets.
We believe in one holy, catholic, and apostolic Church.
We acknowledge one baptism for the forgiveness of sins.
We look for the resurrection of the dead,
and the life of the world to come. Amen.**

The Prayers of the People

Please scan the QR code at the back of the bulletin.

The Confession and Absolution

Deacon Let us confess our sins.

Silence may be kept.

All We confess that we have sinned against you and against one another, in thought, and word, and deed. We are truly sorry for our pride, and for our lack of faith, of understanding and of love. We repent of our narrow-mindedness, of our bitterness and our prejudices. Pardon and forgive us, save us and renew us, that we may delight in your will and walk in your ways; through Jesus Christ our Lord. 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. Amen.

The Peace

Presider The peace of the Lord be always with you.

All And also with you.

All may exchange a sign of peace.

The Celebration of the Eucharist

The Offertory

Thank you for your prayerful stewardship of the ministries of the Cathedral. Your generous gift of any amount matters, because your stewardship empowers our mission to advance the Good News of God's infinite love and mercy through our worship, ministries, formation, and service. You may make a gift using the offering plate being passed around at this time or refer to the back page of this bulletin to see other methods. Together with the gifts of bread and wine, we present our gifts at the altar as a sign of thanksgiving to God, from whom all good things come.

Offertory Hymn

Goodness of God

Authors: Ben Fielding, Brian Johnson, Ed Cash, Jason Ingram, Jenn Johnson
© 2018 Capitol CMG Paragon (Admin. by Capitol CMG Publishing). Bethel Music Publishing.

Refrain: All my life you have been faithful,
all my life you have been so so good;
with every breath that I am able
I will sing of the goodness of God.

The Prayer over the Gifts

Presider Merciful God,

All receive all we offer you this day. Give us grace to love one another that your love may be made perfect in us. We ask this in the name of Jesus Christ our Lord. Amen.

The Great Thanksgiving

Eucharistic Prayer 1 (From Enriching Our Worship)

Presider The Lord be with you. And also with you.

Lift up your hearts. We lift them to the Lord.

Let us give thanks to the Lord our God. It is right to give our thanks and praise.

Presider It is truly right, and good and joyful, to give you thanks, all-holy God, source of life and fountain of mercy [...] And so, with all your creatures in heaven and on earth, with angels and archangels, with drummers and dancers, prophets and saints, we lift our voices to join the eternal hymn:

Sanctus

You are Holy

(SNC 86)

Text and music: DU ÅR HELIG, Per Harling (1948-).
© 1990 Tom Vis Production AB, admin. Augsburg Fortress.

The musical score is written on ten staves in a single system. The key signature has one flat (B-flat), and the time signature is 4/4. The melody is primarily in the soprano range. The lyrics are written below the notes, with some words hyphenated across lines. The score concludes with a double bar line.

You are ho - ly, you are whole, You are al - ways ev - er - more
— than we ev - er un - der - stand. — You are al - ways at hand.
— Bless - ed are you com - ing near. — Bless - ed are you com - ing here
— to your church in wine and bread, — raised from
soil, raised from dead. — You are ho - ly, — you are
whole - ness, you are pres - ent. — Let the
cos - mos praise you, Lord! — Sing ho - san - na — in the
high - est! — Sing ho - san - na! —
Sing ho - san - na to our God!

Presider

Blessed are you, gracious God, creator of the universe and giver of life. You formed us in your own image and called us to dwell in your infinite love[...] Yet you never ceased to care for us, and prepared the way of salvation for all people.

Lord, we remember your love.

All

We remember, we rejoice, we give you thanks!

Presider

You sent your only Son, born of Mary, to live as one of us, to heal, to preach good news, to eat with sinners, to break the chains of injustice, to proclaim your kingdom. He offered himself freely to death on the cross, and by your mighty power you raised him from the grave, breaking the bonds of death and opening the way to eternal life.

Christ has died. **Christ is risen!**

Christ will come again. **Glory to God!**

On the night before he died for us, our Saviour Jesus Christ took bread, [...] Whenever you drink it, do this for the remembrance of me.”

Acclamation

Christ Has Died

(CP 720)

Music: LAND OF REST; American trad.; adapt. Richard Proulx (1937-2010); harm. John Campbell (1950-2020).



Presider Now gathered at your table, O God of all creation, and remembering Christ,[...] Breathe your Spirit over the whole earth and make us your new creation, the Body of Christ given for the world you have made.

All **Make us one, Lord. Make us whole.**

Presider In the fullness of time bring us, with Mary, Joseph, the prophets and apostles, with the saints of Nigeria and Canada,[...] Through Christ and with Christ and in Christ, in the unity of the Holy Spirit, to you be honour, glory, and praise, now and forever.



Text: *Amen. Praise the name of the Lord.* South African trad.

Music: attr. to S.C. Molefe as taught by George Mxadana; arr. John L. Bell (1949-).

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Ringing of the bell. (x3)

The Lord's Prayer

Setting: McNeil Robinson (1943-2015)



All Our Fa-ther in heav-en, hal-lowed be your name, your king-dom come,
 your will be done, on earth as in heav-en. Give us to-day our dai-ly bread,
 For-give us our sins as we for-give those who sin a-against us.
 Save us from the time of trial, and de-liv-er us from e - vil. For the king-dom,
 the pow-er, and the glo-ry are yours, now and for ev - er. A - men.

Fraction

Presider 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.

Presider The gifts of God for the people of God. Thanks be to God.

Fraction Anthem

I Am the Bread of Life

Tom Kaczmarek (1962-)

First time choir, second time all.

I am the Bread of Life bro-ken for the world, I am the
 cup poured out for all. Those who be - lieve in me will
 nev - er die I am the life of the world.

The Communion

To receive the consecrated Bread, approach the altar and extend your hands to the minister with palms open. To receive the consecrated Wine, carefully guide the chalice to your lips. For public health, please do not dip the Bread into the Wine. If you do not wish to partake of the common cup, know that you receive the full efficacy of communion with only the Bread. If you do not wish to receive communion, you are invited to receive a blessing by approaching the altar and crossing your arms over your chest. You may also remain in your seat as you feel comfortable. If you are interested in learning about baptism, please contact a member of our clergy. During communion, Healing Prayer is offered for all people in the west alcove. **Please respect the confidentiality of the people praying by not entering the alcove during prayer time.**

Ukuthula kulomhlabawezono, alleluia
igazi lika Jesu linyenyez' ukuthula
Usindiso ...
Ukubonga ...
Ukukholwa ...
Ukunqoba ...
Induduzo ...

Peace in this world of sin, alleluia;
the blood of Jesus brings peace.
Redemption ...
Praise ...
Faith ...
Victory ...
Comfort ...

The Prayer after Communion

Presider Let us pray.

Almighty God,

All you renew us at your table with the bread of life. May your holy food strengthen us in love and help us to serve you in each other. We ask this in the name of Jesus Christ our Lord. Amen.

The 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.

[Commissioning for lay ministers who will be taking communion to those not able to participate in the Eucharist at the church:]

Presider In the name of this congregation, I send you forth bearing Holy gifts, that those to whom you go may share with us in the body and blood of Christ.

All We who are many are one body, because we share one bread, one cup.]

Blessing and Laying On of Hands for the Curate

(After Communion, the curate is invited to kneel or stand on the chancel steps. The Dean and others—clergy, wardens, lay leaders, family, or representatives—gather around and lay hands. The community may extend hands in blessing.)

The Dean says:

Dear friends in Christ,
today we give thanks for the ministry of our brother, the Reverend Christian Okeke, who has walked with us in faith, served among us in love, and proclaimed the Gospel with joy. As he prepares to go forth to new ministry, we send him with our blessing and prayers.
Let us pray.

All may pray in silence for a moment. Then the Dean continues:

Holy and gracious God, you have blessed us through the life and witness of your servant Christian. Thank you for the gifts he has shared among us: for word and sacrament, for wisdom and laughter, for prayer and presence.

Now send your Spirit upon him anew. Give courage in the unknown, joy in the journey, strength in every trial, and grace to walk in your light.
 Let his heart be set on fire with love for you, and may he continue to be a bearer of hope, a companion in Christ, and a servant of your Kingdom.
 And the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be upon you and remain with you always. **Amen.**

The Blessing

Closing Hymn

O God, Our Help in Ages Past

(CP 528)

Text: Ps. 90; para. Isaac Watts (1674-1748), alt.

Music: ST. ANNE, William Croft (1678-1727); desc. Alan Gray (1855-1935).

1 O God, our help in ages past,
 our hope for years to come,
 our shelter from the stormy blast,
 and our eternal home:

4 A thousand ages in thy sight
 are like an evening gone,
 short as the watch that ends the night
 before the rising sun.

2 under the shadow of thy throne
 thy saints have dwelt secure;
 sufficient is thine arm alone,
 and our defence is sure.

5 Time like an ever-rolling stream
 bears all our years away;
 they fly forgotten, as a dream
 dies at the opening day.

3 Before the hills in order stood,
 or earth received its frame,
 from everlasting thou art God,
 to endless years the same.

6 O God, our help in ages past,
 our hope for years to come,
 be thou our guard while troubles last,
 and our eternal home.

Dismissal

Deacon Go out into the world in peace, rejoicing in the power of the Spirit.
 Proclaim the good news with boldness, walk in the rhythm of God's grace,
 and let your life sing with the joy of Christ!

All Thanks be to God! Hallelujah! Hallelujah!

Postlude

Toccata on "Great Day," from Four Spirituals

Adolphus Hailstork (1941-)

Eucharistic Prayer 1 (EOW)

Today's Eucharistic Prayer is adapted from *Enriching Our Worship*, a liturgical supplement of the Episcopal Church that offers expansive, inclusive language and a global vision of God's redeeming work. Chosen to honour our Father Christian's last Sunday and the rich diversity of the Church, the prayer reflects themes of justice, joy, creation, and community. Its rhythmic style and responsive elements complement the African musical tradition we celebrate today.

The Chronicle Newsletter

Scan the QR code for the latest Chronicle newsletter.



The Prayers of the People

Scan the QR code for the prayers.



The Ministers of the Liturgy

Presider

The Very Reverend Christopher Pappas

Preacher

The Reverend Christian Okeke

Deacon

The Reverend Claude St-Denis

Subdeacon

Terry Love

MC

Megan Otton

Servers

Nura Mohammed, Esther Aneke,
Junoh Bede

Readers

Douglas Yee, Jennifer Hiebert

Intercessor

Bill Orr

Breadmaker

Lorna Grant & Bill Orr

Gospel Station

Heather Davies

Gospel Station

The Reverend Margaret Marquardt

Preacher Station

Hadani Ditmars

Presider Station

Ron Jobe

Regimental Alcove

Ian Birtwell

Regimental Alcove

The Reverend Stuart Mennigke

ASL Interpreter

Lisz Keallen

Music

Debby Chukwu Okeke (Vocals)

Simangele Mabena (Vocals)

Nick Apivor (Drums)

The Cathedral Choir

Dr. Neil Cockburn (Org. & Dir. of Music)

Building Staff

Sound/Livestream

Duty Trustee

Welcoming Team

Jane Dittrich, Marilyn Campbell,

Kayoko Wear & Linda Moore

Hannah Lupton, Robin Tavender

Altar Guild

Healing Prayer Team

Jim Riva, Joan Seidl

Today

St. Brigid's Eucharist | *August 31* | **1:30 p.m.**

Sundays @ 4 | *August 31* | **4:00 p.m.**

Compline | *August 31* | **8:00 p.m.**



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Sk̓wxwú7mesh (Squamish), and Səlilwətaʔ (Tsleil-Waututh) nations, in the heart of Vancouver.

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