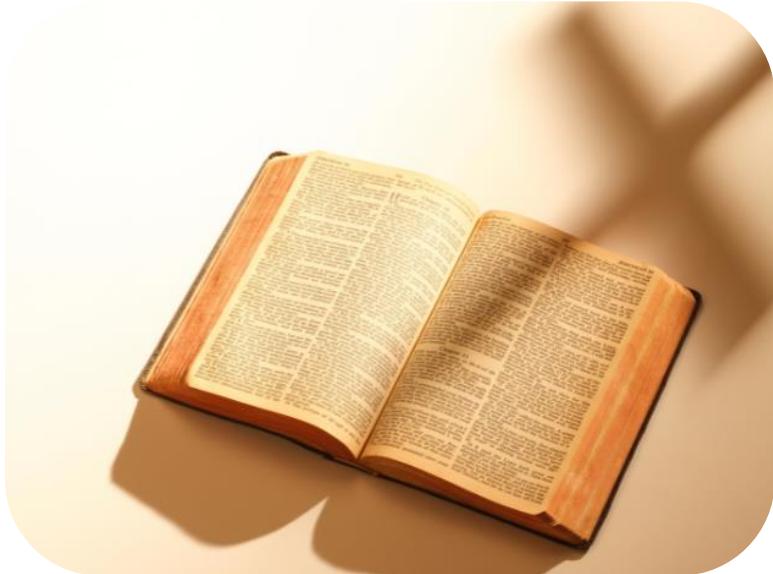


# All Saints' Cathedral Choral Eucharist



**Fifth Sunday after Epiphany  
8 February 2026 at 10:30am**

*Welcome to All Saints' Cathedral as we journey together  
through the season of Epiphany.*

*We acknowledge that the land on which we worship is the traditional gathering place of the Cree, Nakoda Sioux, Blackfoot, Dene, Sarcee, Saulteaux, Mohawk and Métis Nations. We commit in both prayer and action to be faithful Treaty 6 partners.*

## Welcome and Announcements

### Hymn of Praise 10 We, the Lord's People

#### The Greeting and Collect for Purity

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.

Celebrant Almighty God,

All to you all hearts are 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.

Gloria in Excelsis Common Praise 679

John Merbecke

Glory be to God on high, and in earth peace, good will towards all. We praise thee, we bless thee, we worship thee, we glorify thee, we give thanks to thee for thy great glory, O Lord God, heavenly King, God the Father almighty. O Lord, the only begotten Son, Jesus Christ; O Lord God, Lamb of God, Son of the Father, That takest away the sin of the world, have mercy upon us. Thou that takest away the sin of the world, receive our prayer. Thou that sittest at the right hand of God the Father, have mercy upon us. For thou only art holy; thou only art the Lord; Thou only, O Christ, with the Holy Ghost, art most high in the glory of God the Father. Amen.

#### Collect for the Day

Celebrant Merciful Lord,

All grant to your faithful people pardon and peace, that we may be cleansed from all our sins and serve you with a quiet mind; through Jesus Christ our Lord, who is alive and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

## The First Reading: Isaiah 58:1-12

Shout out, do not hold back! Lift up your voice like a trumpet! Announce to my people their rebellion, to the house of Jacob their sins. Yet day after day they seek me and delight to know my ways, as if they were a nation that practised righteousness and did not forsake the ordinance of their God; they ask of me righteous judgements, they delight to draw near to God. "Why do we fast, but you do not see? Why humble ourselves, but you do not notice?" Look, you serve your own interest on your fast day, and oppress all your workers. Look, you fast only to quarrel and to fight and to strike with a wicked fist. Such fasting as you do today will not make your voice heard on high. Is such the fast that I choose, a day to humble oneself? Is it to bow down the head like a bulrush, and to lie in sackcloth and ashes? Will you call this a fast, a day acceptable to the Lord? Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin? Then your light shall break forth like the dawn, and your healing shall spring up quickly; your vindicator shall go before you, the glory of the Lord shall be your rear guard. Then you shall call, and the Lord will answer; you shall cry for help, and he will say, Here I am. If you remove the yoke from among you, the pointing of the finger, the speaking of evil, if you offer your food to the hungry and satisfy the needs of the afflicted, then your light shall rise in the darkness and your gloom be like the noonday. The Lord will guide you continually, and satisfy your needs in parched places, and make your bones strong; and you shall be like a watered garden, like a spring of water, whose waters never fail. Your ancient ruins shall be rebuilt; you shall raise up the foundations of many generations; you shall be called the repairer of the breach, the restorer of streets to live in.

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

## The Gradual Psalm 112:4-9

Chant: Conrad Eden



**THE RIGHTEOUS ARE MER-CI-FUL AND FULL OF COM-PASSION.**

Light shines in the darkness for the upright;  
The righteous are merciful and full of compassion.  
It is good for them to be generous in lending  
And to manage their affairs with justice. **Antiphon**

For they will never be shaken;  
The righteous will be kept in everlasting remembrance.  
They will not be afraid of any evil rumours;  
Their heart is right; they put their trust in the Lord. **Antiphon**

Their heart is established and will not shrink,  
Until they see their desire upon their enemies.  
They have given freely to the poor, and their righteousness stands fast for ever;  
They will hold up their head with honour. **Antiphon**

## The Second Reading: 1 Corinthians 2:1-16

When I came to you, brothers and sisters, I did not come proclaiming the mystery of God to you in lofty words or wisdom. For I decided to know nothing among you except Jesus Christ, and him crucified. And I came to you in weakness and in fear and in much trembling. My speech and my proclamation were not with plausible words of wisdom, but with a demonstration of the Spirit and of power, so that your faith might rest not on human wisdom but on the power of God. Yet among the mature we do speak wisdom, though it is not a wisdom of this age or of the rulers of this age, who are doomed to perish. But we speak God's wisdom, secret and hidden, which God decreed before the ages for our glory. None of the rulers of this age understood this; for if they had, they would not have crucified the Lord of glory. But, as it is written, "What no eye has seen, nor ear heard, nor the human heart conceived, what God has prepared for those who love him" - these things God has revealed to us through the Spirit; for the Spirit searches everything, even the depths of God.

For what human being knows what is truly human except the human spirit that is within? So also no one comprehends what is truly God's except the Spirit of God. Now we have received not the spirit of the world, but the Spirit that is from God, so that we may understand the gifts bestowed on us by God. And we speak of these things in words not taught by human wisdom but taught by the Spirit, interpreting spiritual things to those who are spiritual. Those who are unspiritual do not receive the gifts of God's Spirit, for they are foolishness to them, and they are unable to understand them because they are spiritually discerned. Those who are spiritual discern all things, and they are themselves subject to no one else's scrutiny. "For who has known the mind of the Lord so as to instruct him?" But we have the mind of Christ.

Reader      Hear what the Spirit is saying to the Church.  
All            **Thanks be to God.**

### Sequence Hymn 393   Immortal, Invisible, God Only Wise

#### The Holy Gospel

Gospeller    The Lord be with you.  
People        **And also with you.**  
Gospeller    The Holy Gospel of our Lord Jesus Christ  
                  according to Matthew (5:13-20).  
People        **Glory to you, Lord Jesus Christ.**

Jesus said, "You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot. You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven. Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfil. For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be

called great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven."

Gospeller The Gospel of Christ.

People Praise to you, Lord Jesus Christ.

Alleluia

Stuart Beatch

**REFRAIN**



Al - le - lu - ia,  
al - le - lu - ia, al - le - lu - ia, al - le - lu - ia!

*The word of the Lord is pure, His word is true and mighty  
We believe in Him and His Son, Jesus Christ. Refrain*

*The Lord is our life and light, He rules over all creation.  
Let us hear His holy word and praise His name! Refrain*

The Homily

The Very Reverend Alexandra Meek

The Nicene Creed Common Praise 681

John Merbecke

All I believe in one God, the Father Almighty, maker of heaven and earth and of all things visible and invisible;

And in one Lord Jesus Christ, the only begotten Son of God, begotten of the Father before all worlds, God of God; Light, of Light, very God, of very God; begotten, not made; being of one substance with the Father, through whom all things were made: who for us and for our salvation came down from heaven, and was incarnate by the Holy Ghost of the Virgin Mary, and was made man, and was crucified also for us under Pontius Pilate. He

suffered and was buried, and the third day he rose again according to the scriptures and ascended into heaven and sitteth on the right hand of the Father. And he shall come again with glory to judge both the quick and the dead: whose kingdom shall have no end.

And I believe in the Holy Ghost, the Lord, the giver of life, who proceedeth from the Father and the Son, who with the Father and the Son together is worshipped and glorified, who spake by the prophets. And I believe one, holy, catholic and apostolic Church. I acknowledge one baptism for the remission of sins. And I look for the resurrection of the dead, and the life of the world to come. Amen.

Kyrie Eleison

Franz Schubert

The musical score consists of four staves of music in G major (indicated by a G clef) and common time (indicated by a 'C'). The first three staves are in 2/4 time, while the fourth staff is in 3/4 time. The music is written for a single voice part. The lyrics are as follows:

Lord, have mer - cy. Lord, have mer - cy.  
Christ, have mer - cy. Christ, have mer - cy. Lord, have  
mer - cy. Lord, have mer - cy. Lord, have  
mer - cy, have mer - cy.

The score includes dynamic markings: *p* (piano) at the beginning of the first staff, *mf* (mezzo-forte) at the beginning of the third staff, and a '2' at the end of the fourth staff, indicating a repeat.

## Prayers of the People

If you would like a name (you or someone else) added to the parish prayer list, please contact the office. If a name should be removed, please let us know.

Intercessor Creating God, you have made us in your image that we might reflect your glory. Hear us now as we say: Lord in your mercy, "hear our prayer."

We lift up all of those for whom prayer has been requested: Rob and Ritu, Brian, Leah, Mavis, Vivian, John, James, Joe and Shelly, Carol, Shawne, Jayson, Tyler, Chris, Diane, Kay, Lynn, Linda, Benjamin, Seth and Lucy, Pio, Bonnie, Mel, Lois, Bob, Janet, Mary, June, JC, Mark, Paul, Laura, Selina, Kenneth, and those known only unto you, Lord. Lord in your mercy,

All hear our prayer.

Intercessor For the Church of the living God throughout the world, we pray for Primate Shane Parker and National Indigenous Archbishop Chris Harper of the *Anglican Church of Canada*. We also lift up the leadership of the Diocese of Huron and Bishop Todd Townshend. We pray for our own *Diocese of Edmonton* and Stephen, our Bishop. We pray for St. George, Edmonton and Rector Madeleine Urion and Deacon Mark Vigrass.

In the *Diocese of Buyé*, we pray for the Kumana Parish and Gerard Citegetse, Rector.

In the *Indigenous Community*, we lift up the Kehewin Cree Nation. Lord in your mercy,

All hear our prayer.

Intercessor Be present in and guide your church that it might always stand for the way that leads to life and light. Lord in your mercy,

All hear our prayer.

Intercessor Grant your wisdom and mercy to all who hold authority in our lives that their leadership might benefit all people and bring about a just and equitable world. Lord in your mercy,

All hear our prayer.

Intercessor We offer to you the deepest needs and longings of our own hearts. Help us to grow into the people you created us to be and to take up the work you have given us to do. Lord in your mercy,  
**All** **hear our prayer.**

Intercessor Open our eyes to behold the glory of your creation that we might take up our responsibilities to preserve and protect it with joy.  
**All** Lord in your mercy,  
**hear our prayer.**

Intercessor Extend your healing presence to all who suffer and restore them to a sense of wholeness. Lord in your mercy,  
**All** **hear our prayer.**

Intercessor Welcome all who have died into your loving presence and bring us also into that new kingdom in your new age. Lord in your mercy,  
**All** **hear our prayer.**

Intercessor You have offered us the gift of grace and reconciliation through the life, death, and resurrection of Christ. Let us live into your Son's example that we might also know abundant life in your presence. All we ask, we ask through our Lord and intercessor, who with you and Holy Spirit lives reigns eternally.  
**All** **Amen.**

### The Fragrance of Christ

David Haas

Choir I will thank you, Lord, with all of my heart, you have heard the words of my mouth. In the presence of the angels I will bless you, I will adore before your holy temple.

**Refrain**

All

Lord, may our prayer rise like incense in your sight, may this place be filled with the fragrance of Christ.

## Confession and Absolution

Celebrant Dear friends in Christ, God is steadfast in love and infinite in mercy; welcoming sinners and inviting us to God's table. Therefore, let us confess our sins, confident in God's forgiveness.

*Silence is kept.*

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.

People Amen.

## The Peace

Celebrant The peace of the Lord be always with you.

People And also with you.

## The Offertory

*You may place your offering in the plate as the sidespeople make their way down the centre aisle. Offering may also be placed in the offering box set in the middle aisle of the cathedral. To donate to the work of the Cathedral online, please go to our website.*



**Offertory Motet** Tantum Ergo                      Trad. Welsh Melody, arr. Colin Mawby  
*We revere the great Sacrament of the Eucharist,  
Our vision enlightened by faith. Amen.*

## The Offertory Hymn 560 God, Whose Almighty Word

### The Celebration of the Eucharist

#### Prayer over the Gifts

Celebrant God of compassion and forgiveness,  
All receive our offering this day, and make us one with him who is our  
peace, Jesus Christ our Saviour. Amen.

#### The Great Thanksgiving

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 Blessed are you, gracious God, creator of heaven and earth; you are the source of light and life for all your creation, you made us in your own image, and call us to new life in Jesus Christ our Saviour. Therefore we praise you, joining our voices to proclaim the glory of your name.

#### Sanctus and Benedictus Common Praise 735

Franz Schubert

Celebrant We give thanks to you, Lord our God, for the goodness and love you have made known to us in creation; in calling Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Saviour and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night he was handed over to suffering and death, a death he freely accepted, 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."

People      Therefore, Father, according to his command,  
                  we remember his death,  
                  we proclaim his resurrection,  
                  we await his coming in glory;

Celebrant    and we offer our sacrifice of praise and thanksgiving to you, Lord of all; presenting to you, from your creation, this bread and this wine.

We pray you, gracious God, to send your Holy Spirit upon these gifts, that they may be the sacrament of the body of Christ and his blood of the new covenant. Unite us to your Son in his sacrifice, that we, made acceptable in him, may be sanctified by the Holy Spirit.

In the fullness of time, reconcile all things in Christ, and make them new, and bring us to that city of light where you dwell with all your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation;

by whom, and with whom, and in whom, in the unity of the Holy Spirit, all honour and glory are yours, almighty Father, now and for ever.

People      Amen.

Our Father, who art in heaven, hallowed be thy name,  
Thy kingdom come, thy will be done, on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses, as we forgive them that trespass against us.  
And lead us not into temptation, but deliver us from evil.  
For thine is the kingdom, the power, and the glory, forever and ever. Amen.

### The Breaking of the Bread

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

Celebrant These are the gifts of God for the people of God.  
All Thanks be to God.

*Please come forward to receive communion. You may receive both the bread and the wine, or if you prefer, you may receive in one kind only, the bread. Intinction (dipping the bread) is not permitted. The communion bread is gluten, dairy, egg, and yeast free. To receive a blessing in place of communion, please cross your hands over your chest.*

### Music During Communion

*Jesus, Lamb of God, have mercy on us.  
Jesus, Bearer of our sins, have mercy on us.  
Jesus, Redeemer of the world, give us your peace.*

Ave Verum Corpus

Edward Elgar

*Hail, true body, born of the virgin Mary:  
Who suffered and died on the cross for us,  
From whose pierced side came both water and blood.  
Be to us the source of consolation at our last hour.  
O sweet, O holy Jesu, Son of Mary.*

Communion Hymn 585 Lord, Whose Love in Humble Service

Prayer after Communion

Celebrant    Eternal God,  
All            in you we find peace beyond all telling. May we who share in this  
                  heavenly banquet be instruments of your peace on earth, in the  
                  name of Jesus Christ the Lord. Amen.

The Doxology

Celebrant    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

The Benedictory Hymn 341 God of Mercy, God of Grace

Dismissal

Leader        Let us go forth into the world, rejoicing in the Light of Christ!  
People        Thanks be to God!

Organ

Fugue - Allegro Moderato from Sonata No. 2

Felix Mendelssohn

## Announcements

**Kitchen Closure and No Coffee Hour** – The Cathedral Kitchen will be closed on February 8 as we deal with an issue related to that space. This also means that there will not be a coffee time following the services on this Sunday.

**Flowers for February 8** – The flowers in the Cathedral on February 8 are given for the Glory of God and in loving memory of Keith Driver from all the family.

**Interest in Serving on Vestry?** – The Annual Meeting is rapidly approaching, and the Cathedral is looking for some new Vestry members. If you would like to serve in this ministry, please speak with Dean Alex for more information.

**Ash Wednesday Services – February 18** – Please join us for Ash Wednesday. We will have services at 12:10pm and 7:00pm.

**No Thursday Eucharist on February 19** – There will be no Thursday Eucharist service on February 19 as there will be a 12:10pm Eucharist on Wednesday, February 18.

**Just for Kids – “The Bread of Life!” - February 22 at Noon** – On Sunday, February 22, following the 10:30am service, children are invited to join our theological student, Stacey Buffie, as they *lean* into Lent by exploring the wonder of bread! Lunch will be provided. If your child plans to participate and has food allergies, please email [admin@allsaintscathedral.ca](mailto:admin@allsaintscathedral.ca) by noon on February 20th.

**All Saints’ Annual Congregation Meeting – February 22 at Noon** – Following the 10:30am service on Sunday, February 22, we will hold our 2026 Annual Meeting (beginning approximately noon). Please bring a bag lunch as lunch will not be provided. The meeting report package was sent out in this week’s email Newsletter. If you would like a printed copy, please contact the office.

**Being With: Exploring Faith Together – Monday, February 23 at 5:30pm** – This meeting is a regular opportunity for young adults to gather for dinner and conversations around faith. If you are a young adult, please join us.

**Lectionary Bible Study – Mondays at 1:00pm** – This Bible study explores the lectionary readings for the coming Sunday. We meet at the Cathedral at 1:00pm every Monday except for holiday Mondays.

**Lenten Formation Course - Begins February 25** - The Diocese of Algoma is offering a Lenten course on the topic of Anglican Beliefs and Practices. This course is designed to deepen understanding of Anglican faith, tradition, and identity. Meeting Wednesday evenings from February 25 through April 15, this course is led by a variety of scholars and church leaders including former Primate Linda Nicholls and Edmonton's own Scott Sharman. For more information or to register, please visit:

<https://www.dioceseofalgoma.com/2026/01/30/anglican-beliefs-and-practices-lenten-formation-course/>

**Donations Accepted of Winter Clothing** - We are looking for donations of gloves, mitts, neck warmers, long underwear, and long-sleeve t-shirts and anything large size (2XL-5XL). We also accept monetary donations for winter clothing purchases. We *currently have a healthy supply of jackets and socks*.

**New Sunday Morning Parking Permits** - Annual Sunday morning parking permits for the Impark lot South of the Cathedral are available for purchase. If you would like to purchase one, please contact the Office for details.

**Corporation/Lock Up This Week:** Dean Alex

**Readings for Next Sunday:** Exodus 24:12-18, 2 Peter 1:16-21, Matthew 17:1-9

Bishop, The Right Reverend Stephen London  
Dean, The Very Reverend Alexandra Meek  
Deacon, The Reverend John Gee  
Music Director and Organist, Jeremy Spurgeon  
Wardens, Ebenezer Oladokun and Margaret Sisley  
Administrative Assistant, RJ Chambers  
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