



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



Proper 5

SUNDAY, FEBRUARY 8, 2026

10:30 A.M.

Choral Eucharist | In-Person & Livestream

The Reverend Areeta Bridgemohan, *Presider*
The Reverend Stuart Mennigke, *Preacher*
The Reverend Kevin de la Mare, *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 in the parish hall.

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;
- Parents are invited to drop off children aged 2.5+ downstairs in the Park Room for Sunday school.

Sunday school starts at 10:30 a.m. and children will return to sit with their parents for communion. The nursery is available downstairs as a quiet space for you and your children. The service is live streamed 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

Precious Lord, Take My Hand

(CP 509)

Music: PRECIOUS LORD, melody George Nelson Allen (1822-1877); arr. Thomas A. Dorsey (1899-1993).

**3 When the darkness appears and the night draws near,
and the day is past and gone,
at the river I stand; guide my feet, hold my hand:
take my hand, precious Lord, lead me home.**

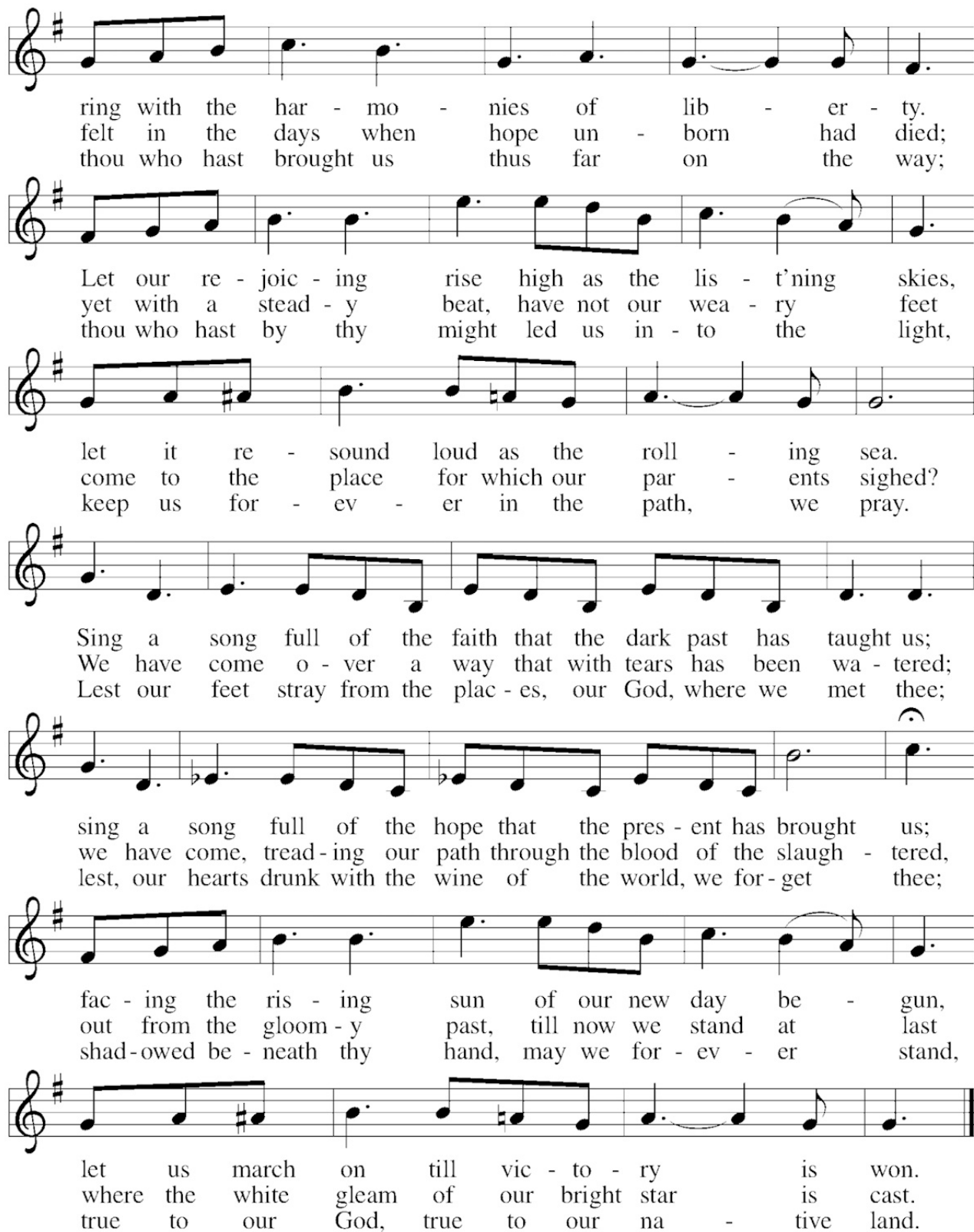
All In the name of God, Source of all being, Eternal Word and Holy Spirit. Amen.

Lift Every Voice and Sing

Music: LIFT EVERY VOICE AND SING, J. Rosamond Johnson (1873-1954).



1 Lift ev - 'ry voice and sing till earth and heav - en ring,
2 Ston - y the road we trod, bit - ter the chas - t'ning rod,
3 God of our wea - ry years, God of our si - lent tears.



ring with the har - mo - nies of lib - er - ty.
felt in the days when hope un - born had died;
thou who hast brought us thus far on the way;

Let our re - joic - ing rise high as the lis - t'ning skies,
yet with a stead - y beat, have not our wea - ry feet
thou who hast by thy might led us in - to the light,

let it re - sound loud as the roll - ing sea.
come to the place for which our par - ents sighed?
keep us for - ev - er in the path, we pray.

Sing a song full of the faith that the dark past has taught us;
We have come o - ver a way that with tears has been wa - tered;
Lest our feet stray from the plac - es, our God, where we met thee;

sing a song full of the hope that the pres - ent has brought us;
we have come, tread - ing our path through the blood of the slaugh - tered,
lest, our hearts drunk with the wine of the world, we for - get thee;

fac - ing the ris - ing sun of our new day be - gun,
out from the gloom - y past, till now we stand at last
shad - owed be - neath thy hand, may we for - ev - er stand,

let us march on till vic - to - ry is won.
where the white gleam of our bright star is cast.
true to our God, true to our na - tive land.

The Collect of the Day

Presider Let us pray. (*Silence is kept.*)

Merciful Lord, grant to your faithful people pardon and peace,

All 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 Proclamation of the Word

The First Reading

Isaiah 58:1-9a

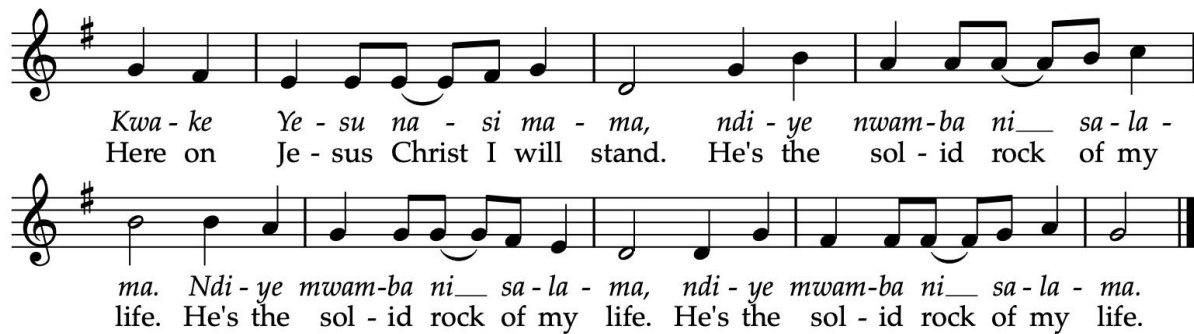
At the conclusion of the reading:

Reader Word of God, word of life. Thanks be to God.

Psalm 112:1-9

Refrain: *Kwake Yesu nasimama/Here on Jesus Christ* (SNC 153)

Text and music: Kenyan hymn, English adapt. Greg Scheer, 2007.



Kwa - ke Ye - su na - si ma - ma, ndi - ye nwam - ba ni sa - la -
Here on Je - sus Christ I will stand. He's the sol - id rock of my
ma. Ndi - ye mwam - ba ni sa - la - ma, ndi - ye mwam - ba ni sa - la - ma.
life. He's the sol - id rock of my life. He's the sol - id rock of my life.

Verses: Plainchant

- 1 Hallelujah! Happy are they who fear the Lord
and have great delight in the divine commandments!
- 2 Their descendants will be mighty in the land;
the generation of the upright will be blessed.
- 3 Wealth and riches will be in their house, and their righteousness will last for ever.

Refrain

- 4 Light shines in the darkness for the upright;
the righteous are merciful and full of compassion.
- 5 It is good for them to be generous in lending and to manage their affairs with justice.
- 6 For they will never be shaken; the righteous will be kept in everlasting remembrance.

Refrain

- 7 They will not be afraid of any evil rumours;
their heart is right; they put their trust in the Lord.
- 8 Their heart is established and will not shrink,
until they see their desire upon their enemies.
- 9 They have given freely to the poor, and their righteousness stands fast for ever;
they will hold up their head with honour. *Refrain*

The Second Reading

1 Corinthians 2:1-12

At the conclusion of the epistle:

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

Solo

Deep River
Dieko Obi Ifediora (bass)

Spiritual, arr. Moses Hogan (1857-2003)

Text and music: Zimbabwean liturgical acclamation.

Cantor

Lis - ten now for the Gos - pel! It is

All Al - le - lu - ia!

God's word that chan - ges us!

Al - le - lu - ia!

Verses: Choir

The Holy Gospel

Matthew 5:13-20

Deacon The Lord be with you. **And also with you.***Deacon* The Holy Gospel of our Saviour Jesus Christ according to Matthew.**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 Stuart Mennigke

*A period of silent reflection follows the sermon.***The Nicene Creed***Deacon* Let us confess our faith, as we say: **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 for the Prayer Cycles.

The Confession and Absolution

Deacon The grace of God has dawned upon the world through our Saviour Jesus Christ, who sacrificed himself for us to purify a people as his own.
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 Christ is our peace. If anyone is in Christ, there is a new creation. The old has passed away: behold, everything has become new. The peace of Christ be always with you. 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. Thank you for your generosity at any amount, 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

He's Got the Whole World in His Hand

Text and music: African-American spiritual.

1 He's got the whole world in his hand, (x3)

Refrain: he's got the whole world in his hand.

2 He's got the sun and the moon in his hand, (x3) *Refrain*

3 He's got the wind and the rain in his hand, (x3) *Refrain*

4 He's got the little bitty baby in his hand, (x3) *Refrain*

5 He's got you and me, brother, in his hand, (x3) *Refrain*

The Prayer over the Gifts

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

The Great Thanksgiving

Eucharistic Prayer 3

Enriching Our Worship

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

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

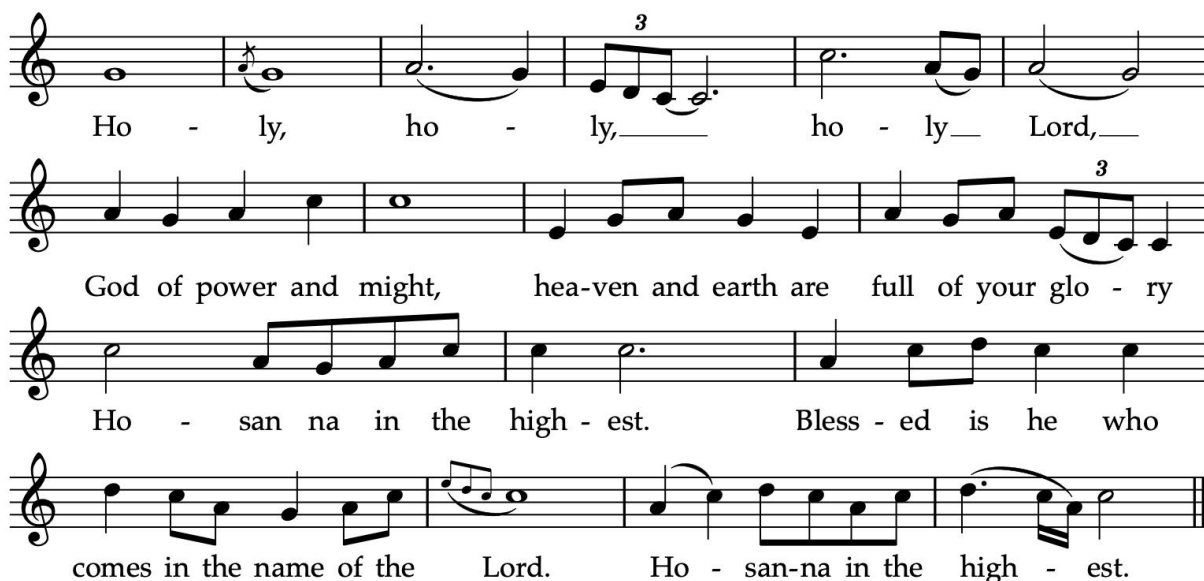
Presider Let us give thanks to the Lord our God. **It is right to give our thanks and praise.**

Presider All thanks and praise are yours at all times and in all places, our true and loving God [...] And so as the morning stars sing your praises we join the heavenly beings and all creation as we shout with joy:

Sanctus

Holy, Holy, Holy Lord

Music: *Eucharist of the Soul*, Lena McLin (1928-2023).



Ho - ly, ho - ly, ho - ly Lord,

God of power and might, hea-ven 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.

Presider Glory and honour are yours, Creator of all, your Word has never been silent [...] And so, remembering all that was done for us: the cross, the tomb, the resurrection and ascension, longing for Christ's coming in glory, and presenting to you these gifts your earth has formed and human hands have made, we acclaim you, O Christ:

Music: Neil Cockburn



All Dy-ing you des-royed our death. Ris-ing, you re-stored our

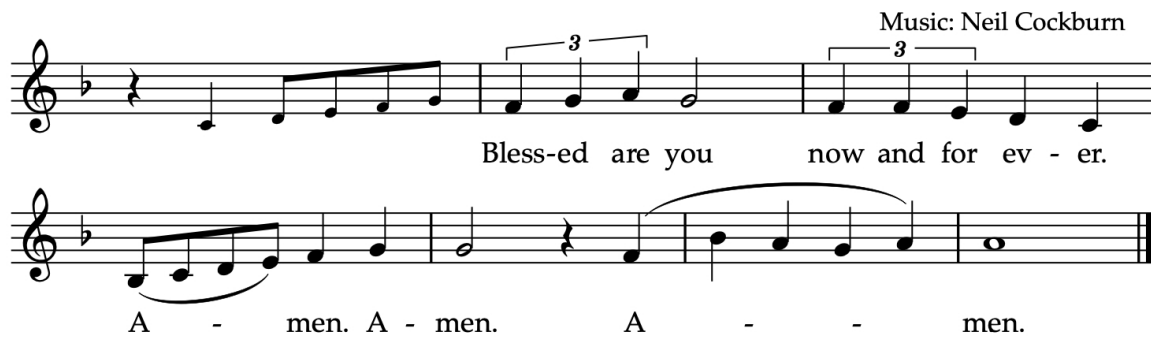
life. Lord Je - sus, come in glo - ry!

Presider

Send your Holy Spirit upon us and upon these gifts of bread and wine that they may be to us the Body and Blood of your Christ [...] Through Christ and with Christ and in Christ, by the inspiration of your Holy Spirit, we worship you our God and Creator in voices of unending praise.

All

Music: Neil Cockburn



Bless-ed are you now and for ev - er.
A - men. A - men. A - men.

Ringing of the bell. (x3)

The Lord's Prayer

Music: Nikolai Rimsky-Korsakov (1844-1908); arr. Neil Cockburn

Presider



As our Sav-iour taught us, let us pray:
Our Fa-ther in heaven, hal- lowed be your name, your king- dom come,
your will be done, on earth as in heaven. Give us to- day our dai- ly bread.
For- give us our sins as we for- give those who sin a- gainst us.
Save us from the time of trial, and de- liv- er us from e- vil.
For the king- dom, the power, and the glo- ry are yours,
now and for - ev - er. A - men.

Fraction

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. **Thanks be to God.**

Lamb of God

Music: *Eucharist of the Soul*, Lena McLin (1928-2023)

Lamb of God, you take a-way the sin of the world:

have mer-cy on us. Lamb of God, you

take a-way the sin_ of the world: grant us_ peace.

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.**

During Communion

Anthem

Draw the Circle Wide

Mark A. Miller (1967-)

Text: Gordon Light (1944-)

Let Us Break Bread Together

Text and music: African-American spiritual.

1 Let us break bread together on our knees; (x2)

*Refrain: When I fall down on my knees, with my face to the rising sun,
O Lord, have mercy on me.*

2 Let us drink wine together on our knees; (x2) *Refrain*

3 Let us praise God together on our knees; (x2) *Refrain*

The Prayer after Communion

Presider Let us pray. Eternal God, in you we find peace beyond all telling.

All 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

Presider 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.

[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.]

February Birthdays

May the Love of the Lord

(SNC 172)

Text: Maria Ling, 1990. Music: Lim Swee Hong, 1990.

May the love of the Lord rest up-on your soul.

May God's love dwell in you, through-out ev - ery_ day.

May God's coun - te-nance shine up-on you and be gra-cious to you.

May God's Spir - it be_ up-on you as you leave this_ place.

The Blessing

Closing Hymn

Hymn to Freedom

Text: Harriette Hamilton (1936-2020).

Music: Oscar Peterson (1925-2007); arr. Paul Read (1948-).

When every heart joins every heart and together yearns for liberty,
that's when we'll be free.
When every hand joins every hand and together molds our destiny,
that's when we'll be free.
Any hour, any day, the time soon will come when we will live in dignity,
that's when we'll be free,
When everyone joins in our song and together singing harmony,
that's when we'll be free.

Dismissal

Deacon Go in peace to bear Christ's light to the world. **Thanks be to God. Amen.**

Postlude

Toccata on "Great Day"

Adolphus Hailstork (1941-)

The Chronicle Newsletter

Scan the QR code for the latest Chronicle newsletter.



The Prayers of the People

Scan the QR code for the prayer cycles.



The Ministers of the Liturgy

Presider

The Rev. Areeta Bridgemohan

Regimental Alcove

The Very Rev. Christopher A. Pappas

Preacher

The Rev. Stuart Mennigke

Regimental Alcove

Donna Marlatte

Deacon

The Rev. Kevin de la Mare

ASL Interpreter

Vanessa Coley Donohue

Subdeacon

Matthew Nichiporuk

Music

The Cathedral Chamber Choir

Servers

Kevin Bessflug, Ava Bessflug,
Diogo Portela, Emi Van Deursen,
Megan Otton

Dieko Obi Ifediora (Soloist)

Dr. Neil Cockburn

(Organist & Director of Music)

Cathedral Staff

Readers

Esther Aneke, Obi Ifediora

Sound/Livestream

Intercessor

Matthew Nichiporuk

Duty Trustee

Breadmaker

Esther Aneke

Welcoming Team

Mark Halyk, Linda Moore &

Gospel Station

The Reverend Claude St-Denis

Mia Lee

Gospel Station

Nura Mohammed

Altar Guild

Robin Tavender

Preacher Station

Andrea Gailus

Healing Prayer Team

Sondra Marshall, Elizabeth Maina

Presider Station

Ron Jobe

Today

Godly Play | February 8 | 10:30 a.m.

Unpacking our faith (The Chosen) | February 8 | 12:30 - 1:30 p.m.

Sundays @ 4 | February 8 | 4:00 p.m.

Compline | February 8 | 8:00 p.m.



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Tip Tap
donations are
non-receiptable.

This worship takes place on the traditional, ancestral, and unceded territory of the x̱məθḵw̱əy̱əm (Musqueam),
Sḵwx̱w̱ú7mesh (Squamish), and Səl̓ilw̓ətaʔ (Tsleil-Waututh) nations, in the heart of Vancouver.

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