

# THE HOLY EUCHARIST

The Fifth Sunday after the Epiphany



**The Cathedral Church of Saint George**

February 8, 2026 • 10:30 a.m.

*We acknowledge that in Kingston we are situated on traditional territory of the Anishinaabe, Haudenosaunee, and Huron Wendat peoples.  
We seek a new relationship with the original peoples of this land, one rooted in and based upon honour and deep respect.*

## WELCOME TO ST. GEORGE'S CATHEDRAL

Welcome to worship at St George's Cathedral. Wherever you are on your spiritual journey, and whether you are joining in the nave or via the livestream, you are welcome here! Please join us in the entryway for a time of fellowship following the service. We are thrilled you have decided to worship with us.

*The flowers on the high altar are given to the Glory of God and in loving memory of our parents,  
George and Madeline Leaman and David and Helen McCready from Bill and Valerie.*

# The Gathering of the Community

*The people's stand as the procession enters the Cathedral.*

**Processional Hymn** | Sung by all



All creatures of our God and King,  
lift up your voice and with us sing,  
Alleluia, alleluia!

Thou burning sun with golden beam,  
thou silver moon with softer gleam:

*O praise him, O praise him,  
Alleluia, alleluia, alleluia!*

2 Thou rushing wind that art so strong,  
ye clouds that sail in heaven along,  
O praise him, alleluia!

Thou rising morn, in praise rejoice;  
ye lights of evening, find a voice:

3 Thou flowing water, pure and clear,  
make music for thy Lord to hear,  
Alleluia, alleluia!

Thou fire, so masterful and bright,  
that givest us both warmth and light:

4 Dear mother earth, who day by day  
unfoldest blessings on our way,  
O praise him, alleluia!  
The flowers and fruits that in thee grow,  
let them his glory also show:

5 Let all things their creator bless,  
and worship him in humbleness;  
O praise him, alleluia!  
Praise, praise the Father, praise the Son,  
and praise the Spirit, Three in One:

*Laast uns erfruen  
Geistliche Kirchengesang Cologne 1623*

*The people are seated.*

**Welcome & Land Acknowledgement**

St Francis of Assisi 1181-1226  
Para. William H. Draper 1855-1933

*The people stand as able at the invitation of the Celebrant*

## The Opening Acclamation

*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 with thy spirit.**

*Celebrant* Almighty God,

***People* unto whom all hearts be open, all desires known, and from whom no secrets are hid: cleanse the thoughts of our hearts by the inspiration of thy Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy name; through Christ our Lord. Amen.**

**Kyrie Eleison** | Sung by the choir in Greek. .

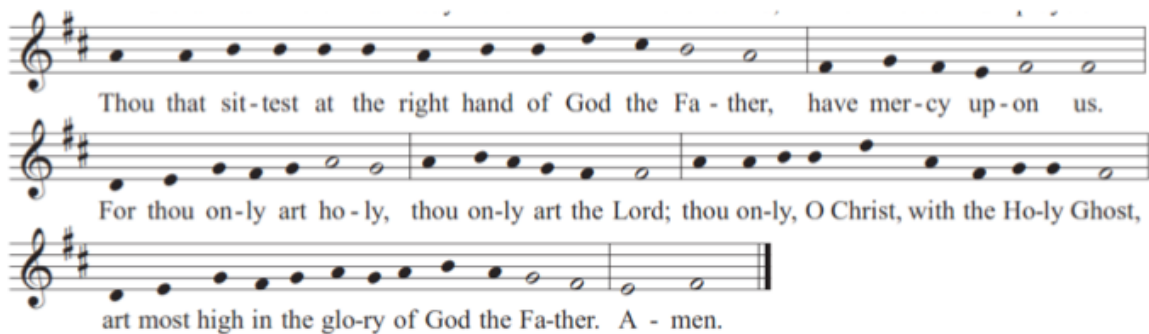
Lord have mercy, Christ have mercy, Lord have mercy.

**Gloria in Excelsis** | Sung by all.

*Presider* *Merbecke*



Glo-ry be to God on high, and in earth peace, good will to-wards all. We praise thee,  
we bless thee, we wor-ship thee, we glo-ri-fy thee, we give thanks to thee  
for thy great glo-ry. O Lord God, heav-en-ly King, God the Fa-ther al-migh-ty,  
O Lord, the on-ly be-got-ten Son, Je-sus Christ; O Lord God, Lamb of God,  
Son of the Fa-ther, that tak-est a-way the sin of the world, have mer-cy up-on us.  
Thou that tak-est a-way the sin of the world, re-ceive our prayer.



## The Collect for the Day

*Celebrant*

Merciful Lord, 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.

*People*

Amen

*The people are seated*

## The Proclamation of the Word

### The First Lesson | Isaiah 58:1-9A (9B-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*

The word of the Lord.

***People***

**Thanks be to God.**

### **Psalm 112:1-10** | Sung by the choir.

Hallelujah! Happy are they who fear the Lord and have great delight in his commandments!

Their descendants will be mighty in the land; the generation of the upright will be blessed.

Wealth and riches will be in their house, and their righteousness will last for ever.

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.

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.

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.

The wicked will see it and be angry; they will gnash their teeth and pine away; the desires of the wicked will perish.

### **The Second Lesson** | 1 Corinthians 2:1-12 (13-16)

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.

<i>Reader</i>	The word of the Lord.
<b><i>People</i></b>	<b>Thanks be to God.</b>

**Gradual Hymn** | Sung by all, standing as able.



Rise and hear! The Lord is speaking,  
as the gospel words unfold;  
we, in all our age-long seeking,  
find no firmer truth to hold.

3 Word of God's forgiveness granted  
to the wild or guilty soul,  
word of love that works undaunted,  
changes, heals, and makes us whole.

2 Word of goodness, truth, and beauty,  
heard by simple folk and wise,  
word of freedom, word of duty,  
word of life beyond our eyes.

4 Speak to us, O Lord, believing,  
as we hear, the sower sows;  
may our hearts, your word receiving,  
be the good ground where it grow.

*Sussex*  
English Traditional Melody

Howard Gaunt 1902-83  
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**The Holy Gospel** | Matthew 5:13-20

<i>Gospeller</i>	The Lord be with you.
<b><i>People</i></b>	<b>And with thy spirit.</b>

<i>Gospeller</i>	The Holy Gospel of our Lord Jesus Christ according to Matthew.
<b><i>People</i></b>	<b>Glory be to thee, O Lord.</b>

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."

<i>Gospeller</i>	The Gospel of Christ
<b><i>People</i></b>	<b>Praise be to thee, O Christ.</b>

*The people are seated at the invitation of the Preacher.*

**The Sermon** | The Rev. Dr. Reagan Gale

*Silence may be kept. The people stand as able.*

## **The Nicene Creed**

*People*

**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.**

*The people sit or kneel as they wish.*

## **The Prayers of the People**

### **Confession & Absolution**

*Celebrant*

Hear what comfortable words our Saviour Christ saith unto all that truly turn to  
him. Come unto me all that labour and are heavy laden, and I will refresh you.

*Matthew 1.28*

God so loved the world, that he gave his only- begotten Son, to the end that all that  
believe in him should not perish, but have eternal life.

*John 3.16*

Hear also what Saint Paul saith. This is a true saying, and worthy of all to be  
received, that Christ Jesus came into the world to save sinners. *1 Timothy 1.15*

Hear also what Saint John saith. If anyone sin, we have an Advocate with the  
Father, Jesus Christ the righteous; and he is the propitiation for our sins: and not for  
ours only, but also for the sins of the whole world. *1 John 2.1,2*

Let us humbly confess our sins to almighty God.

*People*

Almighty God, Father of our Lord Jesus Christ, Maker of all things and judge of all people: We acknowledge and confess our manifold sins and wickedness, Which we from time to time most grievously have committed, By thought, word and deed, Against thy divine majesty. We do earnestly repent, and are heartily sorry for these our misdoings. Have mercy upon us, most merciful Father; For thy Son our Lord Jesus Christ's sake, Forgive us all that is past; And grant that we may ever hereafter Serve and please thee In newness of life, To the honour and glory of thy name; Through Jesus Christ our Lord. **Amen.**

*Celebrant*

Almighty God, our heavenly Father, who of his great mercy hath promised forgiveness of sins to all them that with hearty repentance and true faith turn unto him: have mercy upon you; pardon and deliver you from all your sins; confirm and strengthen you in all goodness; and bring you to everlasting life; through Jesus Christ our Lord. **Amen.**

*The people stand as able.*

**The Peace**

*Celebrant*

The peace of the Lord be always with you.

*People*

**And with thy spirit.**

*The people greet one another with a sign of God's peace.*

*An offering is received to support the mission and ministry of the Cathedral. All are invited to make a gift as the plate is passed, or by visiting [www.stgeorgescathedral.ca/give](http://www.stgeorgescathedral.ca/give) to donate securely online.*



# The Holy Communion

**Offertory Hymn** | Sung by all, standing as able.



Lord of beauty, thine the splendour  
Shown in earth and sky and sea,  
Burning sun and moonlight tender,  
Hill and river, flower and tree:  
Lest we fail our praise to render  
Touch our eyes that they may see.

2 Lord of wisdom, whom obeying  
Mighty waters ebb and flow,  
While unhesitating, undelaying,  
Planets on their courses go:  
In thy laws thyself displaying,  
Teach our minds thyself to know.

3 Lord of life, alone sustaining  
All below and all above,  
Lord of love, by whose ordaining  
Sun and stars sublimely move:  
In our earthly spirits reigning,  
Lift our hearts that we may love.

4 Lord of beauty, bid us own thee,  
Lord of truth, our footsteps guide,  
Till as love our hearts enthrone thee,  
And, with vision purified,  
Lord of all, when all have known thee,  
Thou in all art glorified.

*Grafton*  
*Chants ordinaires de l'Office Divin, Paris, 1881*

Cyril Argentine Alington 1872-1955

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

***People* Amen.**

## The Great Thanksgiving

*Celebrant* The Lord be with you.

***People* And with thy spirit.**

*Celebrant* Lift up your hearts.

***People* We lift them up unto the Lord.**

*Celebrant* Let us give thanks unto our Lord.

***People* It is meet and right so to do.**

*Celebrant* It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, holy Father, almighty, everlasting God, creator and preserver of all things. For thou art the fountain of light and life for all thy creation: thou hast made us in thine own image, and dost raise us to new life in Jesus Christ our Saviour. Therefore, with angels and archangels, and with all the company of heaven, we laud and magnify thy glorious name; evermore praising thee and saying:

*Choir*      *Holy, holy, holy, Lord God of Hosts, heaven and earth are full of thy glory. Glory be to thee, O Lord most high. Blessed is he that cometh in the name of the Lord: Hosanna in the highest.*

*Celebrant*      Blessing and glory and thanksgiving be unto thee, almighty God, our heavenly Father, who of thy tender mercy didst give thine only Son Jesus Christ to take our nature upon him, and to suffer death upon the cross for our redemption; who made there, by his one oblation of himself once offered, a full, perfect, and sufficient sacrifice, oblation, and satisfaction, for the sins of the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memorial of that his precious death, until his coming again.

Hear us, O merciful Father, we most humbly beseech thee; and grant that we receiving these thy creatures of bread and wine, according to thy Son our Saviour Jesus Christ's holy institution, in remembrance of his death and passion, may be partakers of his most blessed body and blood;

who, in the same night that he was betrayed, took bread; and, when he had given thanks, he brake it; and gave it to his disciples, saying, "Take, eat; this is my body which is given for you: Do this in remembrance of me."

Likewise after supper he took the cup; and when he had given thanks, he gave it to them, saying, "Drink ye all, of this; for this is my blood of the new covenant, which is shed for you and for many for the remission of sins: Do this, as oft as ye shall drink it, in remembrance of me."

Wherefore, O Father, Lord of heaven and earth, we thy humble servants, with all thy holy Church, remembering the precious death of thy beloved Son, his mighty resurrection, and glorious ascension, and looking for his coming again in glory, do make before thee, in this sacrament of the holy bread of eternal life and the cup of everlasting salvation, the memorial which he hath commanded:

*People*      **We praise thee, we bless thee, we thank thee,  
and we pray to thee, Lord our God.**

*Celebrant*      And we entirely desire thy fatherly goodness mercifully to accept this our sacrifice of praise and thanksgiving, most humbly beseeching thee to grant, that by the merits and death of thy Son Jesus Christ, and through faith in his blood, we and all thy whole Church may obtain remission of our sins, and all other benefits of his passion; And we pray that by the power of thy Holy Spirit, all we who are partakers of this holy communion may be fulfilled with thy grace and heavenly benediction; through Jesus Christ our Lord, by whom and with whom, in the unity of the Holy Spirit, all honour and glory be unto thee, O Father Almighty, world without end.

*People*      **Amen.**

**The Lord's Prayer**

*Celebrant*  
*People*

And now, as our Saviour Christ hath taught us, we are bold to pray:  
**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 those who trespass against us. And lead us not into temptation,  
but deliver us from evil. For thine is the kingdom, the power,  
and the glory, for ever and ever. Amen.**

## **The Breaking of the Bread**

*People*

**We do not presume to come to this thy table, O merciful Lord, Trusting in  
our own righteousness, But in thy manifold and great mercies. We are not  
worthy So much as to gather up the crumbs under thy table. But thou art the  
same Lord, Whose property is always to have mercy: Grant us therefore,  
gracious Lord, So to eat the flesh of thy dear Son Jesus Christ, And to drink  
his blood, That we may evermore dwell in him, And he in us. Amen.**

**Agnus Dei** | Sung by the choir.

*O Lamb of God, that takest away the sin of the world: have mercy upon us.  
O Lamb of God, that takest away the sin of the world: have mercy upon us.  
O Lamb of God, that takest away the sin of the world: grant us thy peace.*

*All baptized Christians are welcome to receive communion in this Church. Please move to the rail at the direction of the ushers. You may receive the bread in open and outstretched hands, responding: "Amen." Gluten-free wafers are available; please make your need known to the minister. If you prefer to not receive wine from the common cup, you may simply touch the base of the chalice, again responding: "Amen." Should you wish to receive a blessing, please indicate that to the priest by crossing your arms over your chest.*

**The Motet:** *Thou Visitest the Earth*, Maurice Greene

*The people stand as able.*

## **The Prayer after Communion**

*Celebrant*

Eternal God, 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.

*People*

**Amen.**

*Celebrant*

Glory to God,

*People*

**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**

*Celebrant*

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. **Amen.**

**The Dismissal**

*Celebrant*      Go forth into the world, rejoicing in the power of the Spirit.  
*People*      **Thanks be to God.**

**Closing Hymn** | Sung by all, standing as able.



Immortal, invisible, God only wise, in light inaccessible hid from our eyes, most blessed, most glorious, the Ancient of Days, almighty, victorious, thy great name we praise.	3 To all life thou givest, to both great and small; in all life thou livest, the true life of all; we blossom and flourish as leaves on the tree, and wither and perish; but naught changeth thee.
2 Unresting, unhasting, and silent as light, nor wanting, nor wasting, thou rulest in might; thy justice like mountains high soaring above thy clouds which are fountains of goodness and love.	4 Great Father of glory, pure Father of light, thine angels adore thee, all veiling their sight; all laud we would render: O help us to see 'tis only the splendour of light hideth thee.

<i>St Denio</i> Welsh hymn melody, in J. Robert's <i>Caniadau y Cyssegr</i> , 1839	Walter C. Smith 1824-1908
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**Postlude**

*The postlude concludes our worship service, sending us forth into the week ahead. You may choose to remain seated for the duration or depart following the closing hymn.*

**LEADING THE SERVICE**

PRESIDER      The Venerable Bob Hales, *honourary associate priest*  
PREACHER      The Rev. Dr. Reagan Gale  
ORGANIST      Brad Barbeau, *director of music*

**ASSISTING WITH THE SERVICE**

READER	Lucy McIlquham	LIVESTREAM	Derek F. & Peter M.
SERVER	Derek Falkner & Gerald Courage	INTERCESSOR	Sarah Earl
LAY MINSTER	Sarah Earl	VERGERS	Jane Kirkpatrick &
SIDESPEOPLE	Larry Norman & Brian Hinchey		Nancy Legacy

**EUCCHARISTIC PRAYER:** Eucharistic Prayer A, Book of Alternative Services  
**SERVICE MUSIC:** *Communion Service in F*, William Harris