

**February 11, 2025  
9:30 am Wednesday Eucharist**

## **THE GATHERING OF THE COMMUNITY**

Presider: The grace of our Lord Jesus Christ, and the love of God, and the communion of the Holy Spirit be with you all.

**All: And also with you.**

Presider: We gather here from many places on land that is the traditional and unsurrendered territory of the Halq'emeylem-speaking Coast Salish peoples.

**All: May Christ lead us on right pathways as we seek truth and reconciliation in action.**

Presider: Let us pray,

**All: O God of light,  
your Spirit reveals and illuminates  
your presence in creation.  
Shine your radiant holiness into our lives,  
so that we may offer our hands and hearts to your work:  
to heal and shelter, to feed and clothe,  
to break every yoke and silence evil tongues. Amen.**

## **THE PROCLAMATION OF THE WORD**

### ***The First Reading: 1 Kings 10:1-10***

Reader: A reading from the First Book of Kings,

When the queen of Sheba heard of the fame of Solomon, (fame due to the name of the LORD), she came to test him with hard questions.<sup>2</sup> She came to Jerusalem with a very great retinue, with camels bearing spices, and very much gold, and precious stones; and when she came to Solomon, she told him all that was on her mind.<sup>3</sup> Solomon answered all her questions; there was nothing hidden from the king that he could not explain to her.<sup>4</sup> When the queen of Sheba had observed all the wisdom

of Solomon, the house that he had built,<sup>5</sup> the food of his table, the seating of his officials, and the attendance of his servants, their clothing, his valets, and his burnt-offerings that he offered at the house of the LORD, there was no more spirit in her.

<sup>6</sup> So she said to the king, ‘The report was true that I heard in my own land of your accomplishments and of your wisdom,<sup>7</sup> but I did not believe the reports until I came and my own eyes had seen it. Not even half had been told me; your wisdom and prosperity far surpass the report that I had heard.<sup>8</sup> Happy are your wives! Happy are these your servants, who continually attend you and hear your wisdom!<sup>9</sup> Blessed be the LORD your God, who has delighted in you and set you on the throne of Israel! Because the LORD loved Israel for ever, he has made you king to execute justice and righteousness.’<sup>10</sup> Then she gave the king one hundred and twenty talents of gold, a great quantity of spices, and precious stones; never again did spices come in such quantity as that which the queen of Sheba gave to King Solomon.

Holy Word, Holy Wisdom.

**All:      Thanks be to God.**

### ***Psalm 37:1-7***

<sup>1</sup> Do not fret yourself because of evildoers; \*  
**do not be jealous of those who do wrong.**

<sup>2</sup> For they shall soon wither like the grass, \*  
**and like the green grass fade away.**

<sup>3</sup> Put your trust in the Lord and do good; \*  
**dwell in the land and feed on its riches.**

<sup>4</sup> Take delight in the Lord, \*  
**who shall give you your heart’s desire.**

<sup>5</sup> Commit your way to the Lord and put your trust in the Holy One \*  
**who will bring it to pass.**

<sup>6</sup> God will make your righteousness as clear as the light \*  
**and your just dealing as the noonday.**

<sup>7</sup> Be still before the Lord and wait patiently for God. \*  
**Do not fret yourself over the one who prospers,  
the one who succeeds in evil schemes.**

### ***The Gospel: Mark 7:14-23***

Reader: The Lord be with you.

All: **And also with you.**

Reader: The Gospel of our Lord Jesus Christ according to Mark.

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

<sup>14</sup> Then Jesus called the crowd again and said to them, ‘Listen to me, all of you, and understand: <sup>15</sup> there is nothing outside a person that by going in can defile, but the things that come out are what defile.’

<sup>17</sup> When he had left the crowd and entered the house, his disciples asked him about the parable. <sup>18</sup> He said to them, ‘Then do you also fail to understand? Do you not see that whatever goes into a person from outside cannot defile, <sup>19</sup> since it enters, not the heart but the stomach, and goes out into the sewer?’ (Thus he declared all foods clean.) <sup>20</sup> And he said, ‘It is what comes out of a person that defiles. <sup>21</sup> For it is from within, from the human heart, that evil intentions come: fornication, theft, murder, <sup>22</sup> adultery, avarice, wickedness, deceit, licentiousness, envy, slander, pride, folly. <sup>23</sup> All these evil things come from within, and they defile a person.’

The Gospel of Christ.

All: **Praise to you, Lord Jesus Christ.**

### ***Reflection***

## THE PRAYERS OF THE COMMUNITY

*A member of the community leads us in offering our concerns and thanksgivings to God.*

### ***The Exchange of the Peace***

Presider: May the peace of the Lord be always with you.

**All: And also with you.**

*You are invited to share a sign of God's peace with your neighbours, respecting their comfort with touch.*

## THE HOLY COMMUNION

### *Prayer over the Gifts*

Presider: Let us pray.

**All: Gracious God, accept the offering of your Church, the hearts of your people joined in praise and thanksgiving, In the name of Jesus Christ the Lord. Amen.**

### *the Great Thanksgiving*

*EP 2*

Presider: The Lord be with you.

**All: And also with you.**

Presider: Lift up your hearts.

**All: We lift them to the Lord.**

Presider: Let us give thanks to the Lord our God.

**All: It is right to give our thanks and praise.**

Presider: We give you thanks and praise, almighty God, through your beloved Son, Jesus Christ, our Saviour and Redeemer. He is your living Word, through whom you have created all things. By the power of the Holy Spirit he took flesh of the Virgin Mary

and shared our human nature. He lived and died as one of us, to reconcile us to you, God, the Father and Mother of all. In fulfilment of your will he stretched out his hands in suffering, to bring release to those who place their hope in you; and so he won for you a holy people. He chose to bear our griefs and sorrows, and to give up his life on the cross, that he might shatter the chains of evil and death, and banish the darkness of sin and despair. By his resurrection he brings us into the light of your presence. Now with all creation we 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 the One who comes in the name of the Lord.**  
**Hosanna in the highest.**

Presider: Holy and gracious God, accept our praise, through your Son our Saviour Jesus Christ; who on the night he was handed over to suffering and death, took bread and gave you thanks, saying, “Take, and eat: this is my body which is broken for you.” In the same way he took the cup, saying, “This is my blood which is shed for you. When you do this, you do it in memory of me.” Remembering, therefore, his death and resurrection, we offer you this bread and this cup, giving thanks that you have made us worthy to stand in your presence and serve you. We ask you to send your Holy Spirit upon the offering of your holy Church. Gather into one all who share in these sacred mysteries, filling them with the Holy Spirit and confirming their faith in the truth, that together we may praise you and give you glory through your Servant, Jesus Christ. All glory and honour are yours, Father and Son, with the Holy Spirit in the holy Church, now and forever.

**All:** **Amen.**

## ***The Lord's Prayer***

In the language closest to your heart, let us pray as Jesus taught us:  
(please use the traditional version or another language  
you use for prayer if you desire)

**All: 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 glory are yours  
now and for ever. Amen.**

## ***The Breaking of the Bread***

Presider: Dear friends in Christ, God bids you welcome to this table.  
Here we are strengthened for the journey. Here strangers  
become friends and the seeker finds God's wisdom speaking  
to them. See who you are and become what you see.  
These are the gifts of God for the people of God.

**People: Thanks be to God.**

*All who are drawn to Christ are welcome at this table. Bread and wine  
are shared, but receiving in one kind carries the fullness of Christ's  
presence. You may also come forward for a blessing instead.*

## ***Prayer after Communion***

Presider: Let us pray,

**All: 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, now and forever. Amen.**

## ***The Dismissal***

Presider: Go in peace to love and serve the Lord.

**All:           Thanks be to God.**

**Sunday's Readings for Transfiguration, February 15, 2026**

Exodus 24:12-18; Psalm 2; 2 Peter 1:16-21; Matthew 17:1-9





## THIS WEEK AT HOLY TRINITY CATHEDRAL

### **Thursday February 12**

Vespers 5:30-6 pm online by Zoom+

### **Saturday February 14**

Community Brunch, 11 am-noon

### **Sunday February 15**

BCP Eucharist, 8-9 am. \*

Choral Eucharist, 10-11:15 am\*

### **Ash Wednesday February 18**

Ash Wed. Midweek Eucharist 9:30-10 am

Followed by Bible Study 10:30-11:30 am in Lounge

Ash Wed Evening Eucharist 7:30-8:30 pm

*+ link available by signing up for the weekly newsletter on  
[www.holytrinitycathedral.ca](http://www.holytrinitycathedral.ca)*

*\*live-streamed over Facebook. You can also find the service feed through the event heading at [www.holytrinitycathedral.ca](http://www.holytrinitycathedral.ca)*

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