



Christ Church
Cathedral
Ottawa

First Sunday in Lent

Sunday | February 22nd | 2026

8.30 am | Holy Eucharist | BCP

Welcome

Children are welcome to fully participate in the service and activity sheets are available at the entrance to the Cathedral.

Please turn off or set mobile devices to silent mode.

*Our diocese was founded on the homeland of the Anishinaabe Algonquins.
May we dwell on this land with respect and peace.*

Order of Service

Greeting

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with you.

And also with you.

Announcements

Collect for Purity

Let us pray.

Almighty God,

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.

Collect for the Episcopal Election

Almighty God, giver of all good gifts: look on your Church with grace and guide the minds of those who shall choose a bishop for our diocese, that we may receive a faithful servant who will care for your people and equip us for our ministries; through Jesus Christ our Lord. **Amen.**

Collect of the Day

Almighty God, whose Son fasted forty days in the wilderness, and was tempted as we are but did not sin, give us grace to discipline ourselves in submission to your Spirit, that as you know our weakness, so we may know your power to save; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

First Reading | *Genesis 2:15-17; 3:1-7*

A reading from the book of Genesis.

The Lord God took the man and put him in the garden of Eden to till it and keep it. And the Lord God commanded the man, "You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die." Now the serpent was more crafty than any other wild animal that the Lord God had made. He said to the woman, "Did God say, 'You shall not eat from any tree in the garden?'" The woman said to the serpent, "We may eat of the fruit of the trees in the garden; but God said, 'You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die.'" But the serpent said to the woman, "You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

Holy Word. Holy Wisdom.

Thanks be to God.

Psalm | 32

**Happy are they whose transgressions are forgiven,
and whose sin is put away!**

**Happy are they to whom the Lord imputes no guilt,
and in whose spirit there is no guile!**

**While I held my tongue, my bones withered away,
because of my groaning all day long.**

**For your hand was heavy upon me day and night;
my moisture was dried up as in the heat of summer.**

**Then I acknowledged my sin to you,
and did not conceal my guilt.**

**I said, "I will confess my transgressions to the Lord."
Then you forgave me the guilt of my sin.**

**Therefore all the faithful will make their prayers to you in time of trouble;
when the great waters overflow, they shall not reach them.**

**You are my hiding-place; you preserve me from trouble;
you surround me with shouts of deliverance.**

**"I will instruct you and teach you in the way that you should go;
I will guide you with my eye.**

**Do not be like horse or mule, which have no understanding;
who must be fitted with bit and bridle, or else they will not stay near you."**

**Great are the tribulations of the wicked;
but mercy embraces those who trust in the Lord.**

**Be glad, you righteous, and rejoice in the Lord;
shout for joy, all who are true of heart.**

Glory be to the Father, and to the Son, and to the Holy Spirit.

As it was in the beginning, is now, and ever shall be, world without end. Amen.

Second Reading | *Romans 5:12-19*

A reading from the letter of Paul to the Romans.

Therefore, just as sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned; sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come. But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. And the free gift is not like the effect of the one man's sin. For the judgement following one trespass brought condemnation, but the free gift following many trespasses brings justification. If, because of the one man's trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ. Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

Holy Word. Holy Wisdom.

Thanks be to God.

Holy Gospel | *Matthew 4:1-11*

The Lord be with you.

And also with you.

The Holy Gospel of our Lord Jesus Christ according to Matthew.

Glory to you, Lord Jesus Christ.

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted forty days and forty nights, and afterwards he was famished. The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written, 'One does not live by bread alone, but by every word that comes from the mouth of God.'" Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down; for it is written, 'He will command his angels concerning you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'" Jesus said to him, "Again it is written, 'Do not put the Lord your God to the test.'" Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour; and he said to him, "All these I will give you, if you will fall down and worship me." Jesus said to him, "Away with you, Satan! for it is written, 'Worship the Lord your God, and serve only him.'" Then the devil left him, and suddenly angels came and waited on him.

The Gospel of Christ.

Praise to you, Lord Jesus Christ.

Nicene Creed

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.

Sermon

Offertory | *Psalms 41:1*

Blessed is the one that considereth the poor and needy: the Lord shall deliver them in the time of trouble.



Thank you for donating to the ministry of our Cathedral! You may also make an offering via the collection plate or tip-tap machine in the foyer, by e-transfer to info@ottawacathedral.ca or by going to <https://www.canadahelps.org/en/dn/5519>.

Blessed be thou, LORD God of Israel, for ever and ever. All that is in the heaven and in the earth is thine.

All things come of thee, and of thine own have we given thee.

Intercession

Let us pray.

Almighty and everliving God, who by thy holy Apostle hast taught us to make prayers and supplications, and to give thanks, for all: We humbly beseech thee most mercifully to accept our alms and oblations, and to receive these our prayers, which we offer unto thy Divine Majesty; beseeching thee to inspire continually the universal Church with the spirit of truth, unity, and concord: And grant that all they that do confess thy holy Name may agree in the truth of thy holy Word, and live in unity and godly love.

We beseech thee also to lead all nations in the way of righteousness; and so to guide and direct their governors and rulers, that thy people may enjoy the blessings of freedom and peace: And grant unto thy servant Charles our King, and to all that are put in authority under him, that they may truly and impartially administer justice, to the maintenance of thy true religion and virtue.

Give grace, O heavenly Father, to all Bishops, Priests, and Deacons, that they may both by their life and doctrine set forth thy true and living Word, and rightly and duly administer thy holy Sacraments: Prosper, we pray thee, all those who proclaim the Gospel of thy kingdom among the nations: And to all thy people give thy heavenly grace, and specially to this congregation here present, that, with meek heart and due reverence, they may hear and receive thy holy Word; truly serving thee in holiness and righteousness all the days of their life.

And we most humbly beseech thee of thy goodness, O Lord, to comfort and succour all them, who in this transitory life are in trouble, sorrow, need, sickness, or any other adversity, especially those for whom our prayers are desired.

Silence.

We remember before thee, O Lord, all thy servants departed this life in thy faith and fear: and we bless thy holy Name for all who in life and death have glorified thee; beseeching thee to give us grace that, rejoicing in their fellowship, we may follow their good examples, and with them be partakers of thy heavenly kingdom. Grant this, O Father, for Jesus Christ's sake, our only Mediator and Advocate, to whom, with thee and the Holy Ghost, be all honour and glory, world without end. **Amen.**

Confession and Absolution

Ye that do truly and earnestly repent you of your sins, and are in love and charity with your neighbours, and intend to lead the new life, following the commandments of God, and walking from henceforth in his holy ways: Draw near with faith, and take this holy Sacrament to your comfort; and make your humble confession to Almighty God.

Silence.

Almighty God,

Father of our Lord Jesus Christ, Maker of all things, Judge of all: 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.

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.**

Comfortable Words

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.

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.

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.

Hear also what Saint John saith. If any one sin, we have an Advocate with the Father, Jesus Christ the righteous; and he is the propitiation for our sins.

Thanksgiving and Consecration

The Lord be with you;

And with thy spirit.

Lift up your hearts;

We lift them up unto the Lord.

Let us give thanks unto our Lord God;

It is meet and right so to do.

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.

Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee and saying: **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.**

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 Cup of everlasting salvation, the memorial which he hath commanded;

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. **Amen.**

The peace of the Lord be always with you.

And with thy spirit.

Prayer of Humble Access

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 our sinful bodies may be made clean by his Body, And our souls washed through his most precious Blood, And that we may evermore dwell in him, And he in us. Amen.

Agnus Dei

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.

Communion

All are welcome to come to the altar rail. If you wish prayers for healing before receiving Communion, please carry an Order of Service with you; to receive a blessing, cross your hands over your chest; for a gluten-free wafer, hold out one hand; for a regular wafer, hold out two hands. Please do not dip the bread in the wine.

The Lord's Prayer

Let us 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 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, For ever and ever. Amen.

Prayer after Communion

Almighty and everliving God, we most heartily thank thee that thou dost graciously feed us, in these holy mysteries, with the spiritual food of the most precious Body and Blood of thy Son our Saviour Jesus Christ; assuring us thereby of thy favour and goodness towards us; and that we are living members of his mystical body, which is the blessed company of all faithful people; and are also heirs through hope of thy everlasting kingdom.

And here we offer and present unto thee, O Lord, ourselves, our souls and bodies, to be a reasonable, holy, and living sacrifice unto thee. And although we are unworthy, yet we beseech thee to accept this our bounden duty and service, not weighing our merits, but pardoning our offences; through Jesus Christ our Lord, to whom, with thee and the Holy Ghost, be all honour and glory, world without end. Amen.

Blessing

May the God of mercy transform you by grace; And the blessing of God Almighty, the Father, the Son, and the Holy Ghost, be amongst you and remain with you always. **Amen.**

Celebrant | The Very Reverend Beth Bretzlaff
Preacher | The Reverend Canon Doug Richards

Reader | Sophie Mündel
Duty Warden | Till Heyde

Liturgy: *The Book of Common Prayer* ©1962; *The Psalter of The Book of Alternative Services Emended for Contemporary Liturgical Use* ©2016 by the General Synod of the Anglican Church of Canada. Readings: *New Revised Standard Version Bible (NRSV) Anglicized Edition* ©1989, 1995, Division of Christian Education of the National Council of the Churches of Christ in the United States of America.

Readings Next Sunday | March 1st

Second Sunday in Lent

Genesis 12:1-4a; Psalm 121; Romans 4:1-5, 13-17; John 3:1-17

Christ Church Cathedral Ottawa

Anishinaabe aking ate awaso kikinawadjichigan | A place of prayer on Algonquin territory
The Anglican Cathedral in the Nation's Capital
Cathedral of the Canadian Forces Anglican Military Ordinariate

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LCol (ret'd) The Venerable Michelle Staples | Lt (N) The Reverend Katherine Walker

Lay Readers | Daniel Jerusalemiec | Ted Livingstone

Director of Music and Organist | James Calkin (ext. 201)

Associate Director of Music | Andrew McAnerney (ext. 121)

Music Associate | Nick Veltmeyer

Algonquin Teacher in Residence | Albert Dumont (Oshki Nodin)

Church Wardens | Jane Morris | Katherine Spencer-Ross

Director of Operations and Development | Nicholas Galambos (ext. 171)
