

THE HOLY EUCHARIST

The First Sunday in Lent



Temptation in the Wilderness, 1898, oil-on-canvas, Briton Rivière, Guildhall Art Gallery, London

The Cathedral Church of Saint George

22 February 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, this Cathedral is a house of prayer for all people, and you are always welcome! Please join us for a time of fellowship in the entryway following the service. We are thrilled that you have decided to worship with us.

The flowers on the Nave Altar are given to the Glory of God in memory of Ross and Sue Kilpatrick for their dedication and service to St. George's Cathedral.

The Gathering of the Community

Prelude

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

Introit | Sung by the choir.

If thou, O Lord, wilt be extreme to mark iniquities, Lord, who may abide it?
For unto thee belongeth mercy, O God of Israel.
Out of the deep have I called unto thee, O Lord: Lord, hear my voice.

*From a complete set of Introits written for use in this Cathedral by Healey Willan in 1950.
"To Dr Maybee and his singers, this work is affectionately inscribed."*

The people stand for the Land Acknowledgment and are seated for the Notices.

Welcome & Land Acknowledgment

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 who 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.

The Collect for the Day

Celebrant 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.

People **Amen.**

The people are seated.

The Proclamation of the Word

The First Lesson | Genesis 2:15-17, 3:1-7

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.

Reader The word of the Lord.

People Thanks be to God.

Psalm 32 | Sung by the choir.

BLESSED are they whose unrighteousness is forgiven, / and whose sin is covered.

2 Blessed is the one unto whom the LORD imputeth no sin, / and in whose spirit there is no guile.

3 For while I held my tongue, / my bones consumed away through my daily complaining.

4 For thy hand was heavy upon me day and night, / and my moisture was changed as with the drought of summer.

5 I acknowledged my sin unto thee; / and mine unrighteousness have I not hid.

6 I said, 'I will confess my sins unto the LORD'; / and so thou forgavest the wickedness of my sin.

7 For this shall every one that is godly make his prayer unto thee, in a time when thou mayest be found; / when the great waters overflow, they shall not come nigh him.

8 Thou art a place to hide me in; thou shalt preserve me from trouble; / thou shalt compass me about with songs of deliverance.

9 I WILL inform thee, and teach thee in the way wherein thou shalt go; / and I will guide thee with mine eye upon thee.

10 Be ye not like to horse and mule, which have no understanding; / whose mouths must be held with bit and bridle, else they will not come nigh thee.

11 Great plagues remain for the ungodly; / but whoso putteth his trust in the LORD, mercy embraceth him on every side.

12 Be glad, O ye righteous, and rejoice in the LORD; / and be joyful, all ye that are true of heart.

The Second Lesson | Romans 5:12-19

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.

Reader The word of the Lord.

***People* Thanks be to God.**

Gradual Hymn | Sung by all, standing as able



Forty days and forty nights
Thou wast fasting in the wild,
Forty days and forty nights
Tempted and yet undefiled.

4 And if Satan, vexing sore,
Flesh or spirit should assail,
Thou, his vanquisher before,
Grant we may not faint nor fail.

2 Sunbeams scorching all the day,
Chilly dewdrops nightly shed,
Prowling beasts about thy way,
Stones thy pillow, earth thy bed.

5 So shall we have peace divine,
Holier gladness ours shall be,
Round us too shall angels shine,
Such as ministered to thee.

3 Let us thine endurance share,
And awhile from joys abstain,
With thee watching unto prayer,
Strong with thee to suffer pain.

6 Keep, O keep us, Saviour dear,
Ever constant by thy side,
That with thee we may appear
At the eternal Eastertide.

Heinlein
Martin Herbst, 1654-81

George Hunt Smyttan 1822-70
and Francis Pott 1832-1909

The Holy Gospel | Matthew 4:1-11

Gospeller The Lord be with you.

People **And with thy spirit.**

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

People **Glory be to thee, O Lord.**

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.

Gospeller The Gospel of Christ.

People **Praise be to thee, O Christ.**

The people are seated at the invitation of the Preacher

The Sermon | Embracing Your Destiny – Eric Friesen

Silence may be kept. The people stand as able.

The Nicene Creed

Celebrant Let us confess our faith, as we say,

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 may stand, sit, or kneel as preferred.

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

Silence may be kept.

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 / donate to give securely online.

The Holy Communion

Offertory Hymn | Sung by all, standing as able.



Jesu, Lover of my soul,
Let me to thy bosom fly,
While the nearer waters roll,
While the tempest still is high:
Hide me, O my Saviour, hide
Till the storm of life is past;
Safe into the haven guide,
O receive my soul at last.

3 Thou, O Christ, art all I want,
More than all in thee I find:
Raise the fallen, cheer the faint,
Heal the sick, and lead the blind.
Just and holy is thy name,
I am all unrighteousness;
False and full of sin I am,
Thou art full of truth and grace.

2 Other refuge have I none,
Hangs my helpless soul on thee;
Leave, ah, leave me not alone,
Still support and comfort me.
All my trust on thee is stayed,
All my help from thee I bring;
Cover my defenceless head
With the shadow of thy wing.

4 Plenteous grace with thee is found,
Grace to cover all my sin;
Let the healing streams abound,
Make and keep me pure within.
Thou of life the fountain art,
Freely let me take of thee,
Spring thou up within my heart,
Rise to all eternity.

Aberystwyth
Joseph Parry 1841-1903

Charles Wesley 1707-88

Prayer Over the Gifts

Celebrant God our refuge and our strength, receive all we offer you this day,
and through the death and resurrection of your Son transform us to his likeness.
We ask this in his name.

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 God.

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. Who hast bidden us thy faithful people to cleanse our hearts and to prepare with joy for the paschal feast; that reborn through the waters of baptism, and renewed in the eucharistic mystery, we may be more fervent in prayer and more generous in works of love. 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.

The people are seated as the celebrant continues:

Celebrant

All glory be to thee, O Lord our God, who didst make us in thine own image; and, 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. He made there a full and perfect sacrifice for the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memory of that his precious death and sacrifice, until his coming again; who, in the same night that he was betrayed, took bread; and when he had given thanks to thee, he broke 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 this, all of you; 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 Lord and heavenly Father, we thy people do celebrate and make, with these thy holy gifts which we now offer unto thee, the memorial thy Son hath commanded us to make; having in remembrance his blessed passion and precious death, his mighty resurrection and glorious ascension; and looking for his coming again with power and great glory.

And we most humbly beseech thee, O merciful Father, to hear us, and, with thy Word and Holy Spirit, to bless and sanctify these gifts of bread and wine, that they may be unto us the body and blood of thy dearly-beloved Son Jesus Christ.

People

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

Celebrant

And we earnestly desire thy fatherly goodness to accept this our sacrifice of praise and thanksgiving, whereby we offer and present unto thee, O Lord, ourselves, our souls and bodies. Grant, we beseech thee, that all who partake of this holy communion may worthily receive the most precious body and blood of thy Son Jesus Christ, and be filled with thy grace and heavenly benediction; and also that we

and all thy whole Church may be made one body with him, that he may dwell in us, and we in him; through the same Jesus Christ our Lord;

By whom, and with whom, and in 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 And now, as our Saviour Christ hath taught us, we are bold to pray,

People 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.

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 not to 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 choir sings the Agnus Dei.

The Motet | *Hear My Prayer*, Felix Mendelssohn (1809-47)

The Prayer after Communion

Celebrant Faithful God, in this holy bread you increase our faith and hope and love.
Lead us in the path of Christ who is your Word of life. We ask this in his name.
Amen.

The people stand as able.

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.

People

Amen.

The Dismissal

Celebrant

Go in peace to love and serve the Lord.

People

Thanks be to God.

Recessional Hymn | Sung by all, standing as able



Lead us, heavenly Father, lead us
o'er the world's tempestuous sea;
guard us, guide us, keep us, feed us,
for we have no help but thee;
yet possessing every blessing,
if our God our Father be.

3 Spirit of our God, descending,
fill our hearts with heavenly joy,
love with every passion blending,
pleasure that can never cloy:
thus provided, pardoned, guided,
nothing can our peace destroy.

2 Saviour, breathe forgiveness o'er us:
all our weakness thou dost know;
thou didst tread this earth before us,
thou didst feel its keenest woe;
lone and dreary, faint and weary,
through the desert thou didst go.

Mannheim

Friedrich Filitz 1804-1876

James Edmeston 1791-1867

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

PREACHER Eric Friesen
PRESIDER The Very Rev. Douglas Michael, *dean*
MUSICIANS Brad Barbeau, *director of music*
The Cathedral Choir

ASSISTING WITH THE SERVICE

READER	Harley Smyth	INTERCESSOR	Vanessa Michael
SERVER	Derek Falkner & Gerald Courage	VERGER	Jane K. & Nancy Legacey
LAY MINSTERS	Jim Anderson & Eric Friesen	SIDESPEOPLE	Geoff & Graham Hinch
LIVESTREAM	Derek Falkner & Peter McCubbin		

SERVICE MUSIC: *Short Communion Service in the Phrygian Mode*, Charles Wood 1866-1926

Next Week's Service Schedule

Midweek Eucharist | Wednesday, 12:15pm
Coventry Litany of Reconciliation | Friday, 12:00pm

The Second Sunday in Lent | Sunday, March 1st

8am Said Eucharist | 10:30am Choral Eucharist

Canon Peter Case, *presider*

The Very Rev Douglas Michael, *preacher*

GENESIS 12:1-4A; PSALM 121; ROMANS 4:1-5, 13-17; JOHN 3:1-17 OR MATTHEW 17:1-9

Support the Cathedral

The work of this Cathedral is made possible entirely through the support of individuals like you. If you are able, please consider donating as the plate is passed, by visiting www.stgeorgescathedral.ca, or by using the debit/credit card 'tap' machine in the narthex. Thank you for your generosity.

The Cathedral Church of St George

270 King Street East at Johnson Street
P.O. Box 475, Kingston, ON K7L 4W5
Phone: 613-548-4617 Email: office@stgeorgescathedral.ca
Web: www.stgeorgescathedral.ca Facebook: [@stgeorgeskingston](https://www.facebook.com/stgeorgeskingston)

