

THE HOLY EUCHARIST

The Second Sunday in Lent



The Cathedral Church of Saint George

1 March 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 Gathering of the Community

Prelude

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

A Lent Prose



Hear us, O Lord, have mer-cy up-on us: for we have sin - ned a - gainst thee.

- V** To thee, Redeemer, on thy throne of glory: lift we our weeping eyes in holy pleadings: listen, O Jesu, to our supplications.
- R:** **Hear us, O Lord, have mercy upon us: for we have sinned against thee.**
- V** O thou chief Corner-stone, Right Hand of the Father: Way of Salvation, Gate of Life Celestial: cleanse thou our sinful souls from all defilement.
- R:** **Hear us, O Lord, have mercy upon us: for we have sinned against thee.**
- V** God, we implore thee, in thy glory seated: bow down and hearken to thy weeping children: pity and pardon all our grievous trespasses.
- R:** **Hear us, O Lord, have mercy upon us: for we have sinned against thee.**
- V** Sins oft committed now we lay before thee: with true contrition, now no more we veil them: grant us, Redeemer, loving absolution.
- R:** **Hear us, O Lord, have mercy upon us: for we have sinned against thee.**
- V** Innocent, captive, taken unresisting: falsely accused, and for us sinners sentenced, save us, we pray thee, Jesu our Redeemer.
- R:** **Hear us, O Lord, have mercy upon us: for we have sinned against thee.**

The people are seated.

Welcome & Land Acknowledgement

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 also with you.**
- Celebrant* Almighty God,
- People* **to you all hearts are open, all desires known, and from you no secrets are hidden. Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your 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 of the Day

Celebrant Almighty God, whose Son was revealed in majesty before he suffered death upon the cross, give us faith to perceive his glory, that being strengthened by his grace we may be changed into his likeness, from glory to glory; 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 12:1-4A

Now the Lord said to Abram, "Go from your country and your kindred and your father's house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed." So Abram went, as the Lord had told him; and Lot went with him.

Reader The word of the Lord.

People Thanks be to God.

Psalms 121 | Sung by the choir.

- 1 I will lift up mine eyes unto the hills : from whence cometh my help.
- 2 My help cometh even from the Lord : who hath made heaven and earth.
- 3 He will not suffer thy foot to be moved : and he that keepeth thee will not sleep.
- 4 Behold, he that keepeth Israel : shall neither slumber nor sleep.
- 5 The Lord himself is thy keeper : the Lord is thy defence upon thy right hand;
- 6 So that the sun shall not burn thee by day : neither the moon by night.
- 7 The Lord shall preserve thee from all evil : yea, it is even he that shall keep thy soul.
- 8 The Lord shall preserve thy going out, and thy coming in : from this time forth for evermore.

The Second Lesson | Romans 4:1-5, 13-17

What then are we to say was gained by Abraham, our ancestor according to the flesh? For if Abraham was justified by works, he has something to boast about, but not before God. For what does the scripture say? "Abraham believed God, and it was reckoned to him as righteousness." Now to one who works, wages are not reckoned as a gift but as something due. But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness. For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation. For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham

(for he is the father of all of us, as it is written, "I have made you the father of many nations")-in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

Reader The word of the Lord.
People **Thanks be to God.**

Gradual Hymn | Sung by all, standing as able.



The God of Abraham praise
who reigns enthroned above,
Ancient of everlasting days,
and God of love:
Jehovah, great I AM,
by earth and heaven confest;
we bow and bless the sacred name
for ever blest.

2 Though nature's strength decay,
and earth and hell withstand,
to Canaan's bounds we urge our way
at his command:
the watery deep we pass,
with Jesus in our view;
and through the howling wilderness
our way pursue.

3 The goodly land we see,
with peace and plenty blest:
a land of sacred liberty
and endless rest;
there milk and honey flow,
and oil and wine abound,
and trees of life for ever grow,
with mercy crowned.

4 There dwells the Lord our King,
the Lord our Righteousness,
triumphant o'er the world of sin,
the Prince of peace:
on Sion's sacred height
his kingdom he maintains,
and glorious with his saints in light
for ever reigns.

5 Before the Saviour's face
the ransomed nations bow,
o'erwhelmed at his almighty grace
for ever new;
he shows his prints of love —
they kindle to a flame,
and sound through all the worlds above
the slaughtered Lamb.

6 The whole triumphant host
give thanks to God on high;
'hail, Father, Son, and Holy Ghost,'
they ever cry:
hail, Abraham's God, and mine,
(I join the heavenly lays)
all might and majesty are thine,
and endless praise.

Leoni
Hebrew melody noted by Thomas Olivers 1725-99

Thomas Olivers 1725-99
Based on the Hebrew *Yigdal*

The Holy Gospel | John 3:1-17

Gospeller The Lord be with you.

People **And also with you.**

Gospeller The Holy Gospel of our Lord Jesus Christ according to John

People **Glory to you, Lord Jesus Christ**

Now there was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, "Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God." Jesus answered him, "Very truly, I tell you, no one can see the kingdom of God without being born from above." Nicodemus said to him, "How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?" Jesus answered, "Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, 'You must be born from above.' The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit." Nicodemus said to him, "How can these things be?" Jesus answered him, "Are you a teacher of Israel, and yet you do not understand these things? Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, what whoever believes in him may have eternal life. For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him."

Gospeller The Gospel of the Lord.

People **Praise to you, Lord Jesus Christ.**

The people are seated at the invitation of the preacher.

The Sermon | The Very Rev. Douglas Michael

Silence may be kept. The people stand as able.

The Nicene Creed

Celebrant Let us confess our faith, as we say,

People **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:
by the power of the Holy Spirit he became incarnate from the Virgin Mary,
and was made man. 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. With the Father and the Son he is worshipped and glorified. He 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 people sit or kneel as they wish.

The Prayers of the People

Confession & Absolution

Celebrant Dear friends in Christ, God is steadfast in love and infinite in mercy; he welcomes sinners and invites them to his table. Let us confess our sins, confident in God's forgiveness.

Silence is kept.

Celebrant

People

Most merciful God,
we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbours as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us, that we may delight in your will, and walk in your ways, to the glory of your name. **Amen.**

Celebrant

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.

People

Amen.

A Prayer for William, our Bishop

Adapted from the Collect for St David, on whose feast he was consecrated, this day ten years ago.

Dean

O God, who graciously bestowed on your Bishop Saint David of Wales the virtue of wisdom and the gift of eloquence and made him an example of prayer and pastoral zeal, grant that those same gifts may continue to abound in your servant William, our bishop, that under his care your Church may ever prosper and in thanksgiving render you joyful praise. Through our Lord Jesus Christ, who lives and reigns with you in the unity of the Holy Spirit, one God, now and for ever.

People

Amen.

The people stand as able.

The Peace

Celebrant The peace of the Lord be always with you.

People **And also with you.**

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.

Holy Communion

Offertory Hymn | Sung by all, standing as able.



Before the throne of God above
I have a strong, a perfect plea:
A great High Priest, whose name is Love,
Who ever lives and pleads for me.
My name is graven on his hands,
My name is written on his heart;
I know that while in heaven he stands
No tongue can bid me thence depart.
No tongue can bid me thence depart.

2 When Satan tempts me to despair,
And tells me of the guilt within,
Upward I look, and see him there
Who made an end of all my sin.
Because the sinless Saviour dies,
My sinful soul is counted free;
For God, the Just, is satisfied
To look on him and pardon me.
To look on him and pardon me.

3 Behold him there! The risen Lamb!
My perfect, spotless righteousness,
The great unchangeable I AM,
The King of glory and of grace!
One with my Lord, I cannot die:
My soul is purchased by his blood;
My life is hid with Christ on high,
With Christ, my Saviour and my God.
With Christ, my Saviour and my God.

Before the throne of God
Vikki Cook

Charitie de Chenez 1841-1923

Prayer Over the Gifts

Celebrant God of wisdom, may the light of the eternal Word, our Lord and Saviour Jesus Christ, guide us to your glory. We ask this in his name.

People **Amen.**

The Great Thanksgiving

Celebrant The Lord be with you.

People **And also with you.**

Celebrant Lift up your hearts.

People **We lift them to the Lord.**

Celebrant Let us give thanks to the Lord our God.

People **It is right to give our thanks and praise.**

Celebrant 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, the God and Father 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.

Choir *Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest.*

Celebrant 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 for ever.

People **Amen.**

The Lord's Prayer

Celebrant

And now, as our Saviour Christ has taught us, we are bold to say,

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

Celebrant

We break this bread,

People

Communion in Christ's body once broken.

Celebrant

Let your Church be the wheat which bears its fruits in dying.

People

If we have died with him, we shall live with him; if we hold firm, we shall reign with him.

The Communion

Celebrant

The gifts of God for the People of God.

People

Thanks be to God.

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 Prayer After Communion

Celebrant

Creator of heaven and earth, we thank you for these holy mysteries, which bring us now a share in the life to come, through Jesus Christ our Lord.

People

Amen.

The people stand as able.

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.



Guide me, O thou great Redeemer,
pilgrim through this barren land;
I am weak, but thou art mighty;
hold me with thy powerful hand:
Bread of heaven,
feed me now and evermore.

3 When I tread the verge of Jordan,
bid my anxious fears subside;
death of death, and hell's destruction,
land me safe on Canaan's side:
songs and praises
I will ever give to thee.

2 Open now the crystal fountain
whence the healing stream doth flow;
let the fiery cloudy pillar
lead me all my journey through:
strong deliverer,
be thou still my strength and shield.

Cwm Rhondda
Welsh hymn melody, in J. Robert's *Caniadau y Cyssegr*, 1839

William Williams 1717-1791
tr. Peter Williams 1722-96

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 The Very Rev. Douglas Michael, *dean*
PRESIDER The Right Reverend William Cliff, *bishop*
MUSICIANS Brad Barbeau, *director of music*
The Cathedral Choir

ASSISTING WITH THE SERVICE

READER	Connie Gardner	LIVESTREAM	Derek F. & Peter M.
SERVER	Derek Falkner & Gerald Courage	INTERCESSOR	Irene Courage
LAY MINISTER	Gerald Courage & TBC	VERGERS	Jane Kirkpatrick &
SIDESPEOPLE	Debbie Docherty & Brian Hinchey		Nancy Legacy

EUCCHARISTIC PRAYER: Eucharistic Prayer #2, Book of Alternative Services

SERVICE MUSIC: *Mass of the Holy Trinity*, Tuuk

NEXT SUNDAY

10:00am Choral Eucharist

followed by the Annual Vestry Meeting

The Cathedral Church of St George

www.stgeorgescathedral.ca

The Very Reverend Douglas Michael, *Dean & Rector*
Brad Barbeau, *Director of Music*

