



CHRIST CHURCH CATHEDRAL
Vancouver, BC · *Open Doors, Open Hearts, Open Minds*

✝ Choral Evensong

The Third Sunday in Lent

Christ Church Cathedral

March 8, 2026

4:00 PM

Sung by the Cathedral Choir on

International Women's Day

International Women's Day (March 8) is a global day to recognize the social, economic, cultural, and political achievements of women and girls, and to reflect on the work needed to achieve gender equality.

The first International Women's Day was marked on March 8, 1911, when over a million people across Europe came together to support women's rights, including the right to work, vote, hold public office and live free of discrimination.

In Canada, it's a time to celebrate progress on women's rights and to recognize the ongoing work underway to support women and girls' fully participation in all areas of society.

International Women's Day reminds us that meaningful change takes time, commitment, and action. Everyone has a role to play.

Did you know?

Over 50 years ago, Canadian women and civil society groups called for action to advance gender equality, which led to the creation of Status of Women Canada in 1976, now the Department for Women and Gender Equality. This 50-year milestone marks progress and highlights the ongoing work to build a future where everyone can reach their full potential.

On International Women's Day we are pleased to highlight music and texts by women creators:

Preces and Responses by Joanna Forbes L'Estrange (b. 1971)

Evening Canticles (Magnificat and Nunc Dimittis) by Tamsin Jones (b. 1972)

Anthem text by Hildegard of Bingen (1098-1179)

Hymn text by Mary Louise Bringle (2003): "As Tender As a Mother Hen"

Prelude and Fugue by Clara Schumann (1819-96)

- 1 I will bless the Lord at all times; the praise of God shall ever be in my mouth.
 - 2 I will glory in the Lord; let the humble hear and rejoice.
 - 3 Proclaim with me the greatness of the Lord; let us exalt the name of God together.
 - 4 I sought the Lord, who answered me and delivered me out of all my terror.
 - 5 Look upon God and be radiant, and let not your faces be ashamed.
 - 6 I called in my affliction and the Lord heard me and saved me from all my troubles.
 - 7 The angel of the Lord encompasses those who fear God and will deliver them.
 - 8 Taste and see that the Lord is good; happy are they who trust in God!
 - 9 Fear the Lord, you holy ones of God, for those who fear God lack nothing.
 - 10 The young lions lack and suffer hunger, but those who seek the Lord lack nothing that is good.
 - 11 Come, children, and listen to me; I will teach you the fear of the Lord.
 - 12 Who among you loves life and desires long life to enjoy prosperity?
 - 13 Keep your tongue from evil-speaking and your lips from lying words.
 - 14 Turn from evil and do good; seek peace and pursue it.
 - 15 The eyes of the Lord are upon the righteous, and the ears of God are open to their cry.
 - 16 The face of the Lord is against those who do evil,
to root out the remembrance of them from the earth.
 - 17 The righteous cry, and the Lord hears them and delivers them from all their troubles.
 - 18 The Lord is near to the brokenhearted and will save those whose spirits are crushed.
 - 19 Many are the troubles of the righteous, but the Lord will deliver them out of them all.
 - 20 The Lord will keep safe all their bones; not one of them shall be broken.
 - 21 Evil shall slay the wicked, and those who hate the righteous will be punished.
 - 22 O Lord, you redeem the life of your servants, and none will be punished who trust in you.
- Glory to God, Source of all being, Eternal Word and Holy Spirit;
As it was in the beginning, is now and shall be for ever. Amen.

Office Hymn

Now is the Healing Time

[JENA (Das Neugeborne Kindelein)]

Later form of melody from Melchior Vulpus (1570-1615) *Gesangbuch*, 1609
Text: Latin, before 12th cent. Translated Thomas Alexander Lacey (1853-1931)

1 Now is the heal - ing time de - creed
 2 Who, al - ways mer - ci - ful and good,
 3 There - fore with fast - ing and with prayer,
 4 Cleanse us, O Lord, from ev - ery stain,
 5 We pray thee, Ho - ly Trin - i - ty,
 for sins of heart and word and deed,
 has borne so long our way - ward mood,
 our sec - ret sor - row we de - clare,
 help us the gifts of grace to gain,
 One God, un - chang - ing u - ni - ty,
 when we in hum - ble fear re - cord
 nor cut us off un - spar - ing - ly
 with all good striv - ing seek his face,
 till with the an - gels, linked in love,
 that we from this our ab - sti - nence
 the wrong that we have done the Lord.
 in our so great in - i - qui - ty.
 and low - ly - heart - ed plead for grace.
 joy - ful we tread thy courts a - bove.
 may reap the fruits of pen - i - tence. A - men.

Canticle

Magnificat (*Evening Canticles in the Dorian Mode*)

Tamsin Jones (b. 1972)

The congregation may stand for the Magnificat.

My soul doth magnify the Lord, and my spirit hath rejoiced in God my Saviour.
 For he hath regarded the lowliness of his handmaiden.
 For behold, from henceforth all generations shall call me blessed.
 For he that is mighty hath magnified me; and holy is his Name.
 And his mercy is on them that fear him throughout all generations.
 He hath showed strength with his arm; he hath scattered the proud in the imagination of their hearts.
 He hath put down the mighty from their seat, and hath exalted the humble and meek.
 He hath filled the hungry with good things; and the rich he hath sent empty away.
 He remembering his mercy hath holpen his servant Israel;
 as he promised to our forefathers, Abraham and his seed, for ever. *Gloria Patri.*

The Second Lesson John 5: 25-29

Canticle

Nunc Dimittis (*Evening Canticles in the Dorian Mode*)
The congregation may stand for the Nunc Dimittis.

Tamsin Jones (b. 1972)

Lord, now lettest thou thy servant depart in peace, according to thy word.
For mine eyes have seen thy salvation, which thou hast prepared before the face of all people;
To be a light to lighten the Gentiles, and to be the glory of thy people Israel. *Gloria Patri.*

The Apostles' Creed

Minister

I believe in God,

All

**the Father Almighty,
Maker of heaven and earth:
and in Jesus Christ his only Son our Lord,
who was conceived by the Holy Ghost,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, dead, and buried:
he descended into hell;
the third day he rose again from the dead;
he ascended into heaven,
and sitteth on the right hand of God the Father Almighty;
from thence he shall come to judge the quick and the dead.
I believe in the Holy Ghost;
the holy Catholic Church;
the Communion of Saints;
the Forgiveness of sins;
the Resurrection of the body,
and the life everlasting. Amen.**

Please be seated or kneel.

Responses [Minister/Choir]

Joanna Forbes L'Estrange (b. 1971)

*The Lord be with you
Let us pray*

And with thy spirit
Lord, have mercy upon us.
Christ, have mercy upon us.
Lord, have mercy upon us.

Minister
All

Our Father,
**which art in heav'n,
hallow'd be thy name;
thy kingdom come;
thy will be done; on earth as it is in heav'n.
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. Amen.**

Choir

O Lord, shew thy mercy upon us.
And grant us thy salvation.
O Lord, save the King;
and mercifully hear us when we call upon thee.
Endue thy Ministers with righteousness;
and make thy chosen people joyful.
O Lord, save thy people;
and bless thine inheritance.
Give peace in our time, O Lord;
because there is none other that fighteth for us, but only thou, O God.
O God, make clean our hearts within us;
and take not thy Holy Spirit from us.

Collect of the Day

Almighty God,
whose Son Jesus Christ gives the water of eternal life,
may we always thirst for thee,
the spring of life and source of goodness;
through him who lives and reigns with thee
and the Holy Ghost,
one God, now and for ever. [*CHOIR: Amen*]

Collect for Ash Wednesday (Said daily throughout Lent)

Almighty and everlasting God, who hatest nothing that thou hast made,
and dost forgive the sins of all them that are penitent:

Create and make in us new and contrite hearts, that we worthily lamenting our sins,
and acknowledging our wretchedness, may obtain of thee, the God of all mercy,
perfect remission and forgiveness; through Jesus Christ our Lord. [CHOIR: Amen]

A Collect For Peace O God, from whom all holy desires, all good counsels, and all just works do proceed;
give unto thy servants that peace which the world cannot give;
that our hearts may be set to obey thy commandments,
and also that by thee, we, being defended from the fear of our enemies,
may pass our time in rest and quietness;
through the merits of Jesus Christ our Saviour. [CHOIR: Amen]

A Collect For Aid Against Perils

Lighten our darkness, we beseech thee, O Lord;
and by thy great mercy defend us from all perils and dangers of this night;
for the love of thy only Son, our Saviour Jesus Christ. [CHOIR: Amen]

Anthem

Ave Generosa

Ola Gjeilo (1978-)

Text by Hildegard of Bingen (1098-1179)

*Hail, girl of a noble house, shimmering and unpolluted,
you pupil in the eye of chastity, you essence of sanctity, which was pleasing to God.*

Minister

Prayers

Ending with the Prayer of St. Chrysostom:

God, who hast given us grace at this time with one accord to make our common
supplications unto thee; and dost promise that when two or three are gathered together
in thy Name thou wilt grant their requests: fulfil now, O Lord, the desires and petitions
of thy servants, as may be most expedient for them; granting us in this world knowledge
of thy truth, and in the world to come life everlasting.

All

Amen.

Hymn

SNC 148 As Tender as a Mother Hen

[MARVEL]

Text: Mary Louise Bringle (2003)
Music: Carl. F. Schalk (1929-2021)

1 As ten - der as a moth - er hen who spreads her
 2 Cou - ra - geous as a moth - er bear who guards her
 3 A phoe - nix ris - ing from the flames, a moth - er

wings to shield her brood, Christ Je - sus stretch - es out his
 young from dan - ger's path, Christ Je - sus wields his zeal - ous
 ea - gle, soar - ing high, Christ Je - sus lifts the wear - y

arms and sheds his life as ho - ly food. We seek his
 love and shows the gift of right - ful wrath. We heed his
 world and con - quers death for all who die. In him, we

pat - tern in our hearts a - mazed by such un - self - ish
 call, op - pos - ing pow'rs that thwart the cause of life and
 find our strength re - newed and, mount - ing up on fledg - ling

grace, and tend the chil - dren of the world
 health, and strive to reach the proph - ets' dreams
 wings, we rise to share the gos - pel hope

— in whom we see God's face.
 — to build God's Com - mon - wealth.
 — that res - ur - rec - tion brings!

Minister

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Ghost, be with us all evermore. **Amen.**

Postlude

Prelude and Fugue in D minor, Op. 16, No. 3

Clara Schumann (1819-1896)

Sundays@4

Sundays@4 features a different music-centered worship each Sunday at 4 p.m. based on the service of Evening Prayer, following the Revised Common Lectionary.

Please join us in-person for Sundays@4. These services are not livestreamed.

Sunday March 15 - Broadway Vespers

Evening Prayer with solo songs from musicals to enhance and highlight the readings and prayers

Sunday March 22 - Organ Vespers

Evening Prayer with solo organ music to enhance and highlight the readings and prayers

Sunday March 29 - Palm Sunday

Sung to the setting by Marty Haugen - "Holden Evening Prayer"

Sunday April 5 - Easter Day - there will be no Sundays@4 service

See the next page for a full list of Holy Week services at the Cathedral

Sunday April 12 - Remembrance: Opioid Crisis

A service of prayer and remembrance for victims and families affected by the Opioid Crisis.

With music from the Taizé Community.

Sunday April 19 - Choral Evensong

With the Cathedral Choir

Sunday April 26 - Holden Evening Prayer

Sung to the setting by Marty Haugen

Holy Week

Sunday March 29 - Palm Sunday

8:00 a.m. Holy Communion, 10:30 a.m. Choral Eucharist, 4:00 p.m. Holden Evening Prayer, 5:30 p.m. French Eucharist, 8:00 p.m. Compline

Monday March 30

12:15 p.m. Eucharist Service, 7:00 p.m. Teillard de Chardin

Tuesday March 31

12:15 p.m. Eucharist Service, 7:00 p.m. Holden Evening Prayer

Wednesday April 1

12:15 p.m. Eucharist Service, 7:00 p.m. Tenebrae

Thursday April 2 - Maundy Thursday

7:30 a.m. Morning Prayer, 7:00 p.m. Maundy Thursday service

Friday April 3 - Good Friday

3:00 p.m. Good Friday service

Saturday April 4 - Holy Saturday

8:00 p.m. Easter Vigil

Sunday April 4 - Easter Day

8:00 a.m. Holy Communion, 10:30 a.m. Choral Eucharist, *No Sundays@4 service*, 5:30 p.m. French Eucharist, 8:00 p.m. Compline

Participants

Clergy The Rev. Fr. Matt Koovisk
 (Rector, St. John-the-Baptist Anglican Church, Sardis, and Regional Dean of Yale)

Reader Allan Morgan

Music Christ Church Cathedral Choir, Dr. Neil Cockburn *(Organist & Director of Music)*

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 <p>E-transfer your donation to ar@thecathedral.ca. Please provide your name and address in the Memo Field for tax receipt purposes.</p>	 <p>SCAN TO DONATE</p>	
 <p>An envelope is enclosed for your convenience to give cash or cheque. If you cannot find it, ask a greeter for one. Please also provide your name and address for tax receipt purposes.</p>	<p>Make a gift through our secure website at www.thecathedral.ca/give, accessible via the QR code above.</p>	<p>Tip Tap donations are non-receiptable.</p>

This worship takes place on the traditional, ancestral, and unceded territory of the x^wməθk^wəy̓əm (Musqueam), Sḵw̓x̓wú7mesh (Squamish), and Səlilwətaʔt (Tsleil-Waututh) nations, in the heart of Vancouver.

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