



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

Third Sunday in Lent

SUNDAY, MARCH 8, 2026

10:30 A.M.

Choral Eucharist | In-Person & Livestream

The Rev. Matthew Senf, *Presider*
The Rev. Areta Bridgemohan, *Preacher*
The Rev. Kevin de la Mare, *Deacon*
Dr. Neil Cockburn, *Organist & Director of Music*

A message to children and their grown-ups

We're glad you're here! Here are a few things we would like you to know about our 10:30 a.m. worship service:

- Playmats and an activity cart with books, puzzles and colouring are available at the front of the church;
- Parents are invited to drop off children aged 2.5+ downstairs in the Park Room for Sunday school.

Sunday school starts at 10:30 a.m. and children will return to sit with their parents for communion. The nursery is also downstairs as a quiet space for you and your children. The service is live streamed so you can follow the worship.



Connect with us!

We invite you to tell us more about yourself by completing our short connection form. You may find this form at tinyurl.com/CathedralConnection or by scanning the QR code on the left.

Need to reach us?

Visit us at www.thecathedral.ca/pages/our-team or scan the QR code on the right to access our clergy and staff contact information.

We're here to support you — feel free to reach out anytime!



MAILING ADDRESS: 690 Burrard Street, Vancouver, BC V6C 2L1
WEBSITE: www.thecathedral.ca | PHONE: (604) 682-3848 | E-MAIL: reception@thecathedral.ca

Cathedral parish announcements will commence shortly before 10:30 a.m.
The Gathering of the Community

Processional Hymn

Let My People Seek Their Freedom

(CP 471)

Presider Blessed be the Holy One, who forgives all our sins and whose mercy endures for ever.
Amen.

Presider Creator of all, we acknowledge that we gather on the unceded ancestral lands of the x^wməθk^wəyəm (Musqueam), Sk̓wxwú7mesh (Squamish), and Səlilwətaʔł (Tseil-Waututh) nations: lead us on pathways of reconciliation and peace.

Presider We have wilfully misused your gifts of creation: Kyrie eleison. **Christe eleison.** Kyrie eleison.

Presider We have seen the ill-treatment of others and have not gone to their aid: Kyrie eleison. **Christe eleison.** Kyrie eleison.

Presider We have condoned evil and dishonesty and failed to strive for justice: Kyrie eleison. **Christe eleison.** Kyrie eleison.

Presider We have heard the good news of Christ, but have failed to share it with others: Kyrie eleison. **Christe eleison.** Kyrie eleison.

Presider We have not loved you with all our heart, nor our neighbours as ourselves: Holy God, holy and mighty, holy immortal one, have mercy upon us. Kyrie eleison. **Christe eleison.** Kyrie eleison.

Kyrie

Missalocus Iste

Stephanie Martin (1962-)

Presider May the God of love and power forgive you and free you from your sins, heal and strengthen you by the Holy Spirit, and raise you to new life in Christ our Saviour and Friend. **Amen.**

The Collect of the Day

Presider Let us pray.

Silence is kept

Almighty God,
whose Son Jesus Christ gives the water of eternal life,

All may we always thirst for you,
the spring of life and source of goodness;
through him who lives and reigns with you
and the Holy Spirit,
one God, now and for ever. **Amen.**

The Proclamation of the Word

The First Reading

Exodus 17:1-7

At the conclusion of the reading:

Reader Word of God, word of life.

All Thanks be to God.

Psalm 95

Refrain text and music: Jacques Berthier (1923-1994), Taizé Community.

We sing the refrain with words at the beginning and end, and between the verses.

We hum softly during the recitation of the verses.

San - ctus san - ctus Do - mi - nus.

The Second Reading

Romans 5:1-11

At the conclusion of the epistle:

Reader Hear what the Spirit is saying to the churches.

All Thanks be to God.

Sequence Hymn

The Hidden Stream

(CP 462)

The Holy Gospel

John 4:5-42

Deacon The Lord be with you.

All And also with you.

Deacon The Holy Gospel of our Lord Jesus Christ according to John.

All Glory to you, Lord Jesus Christ.

At the conclusion of the Gospel, the Deacon says,
The Gospel of Christ.

All Praise to you, Lord Jesus Christ.

The Sermon

The Rev. Aareta Bridgemohan

A period of silent reflection follows the sermon.

The Apostles' Creed

Deacon Let us confess the faith of our baptism, as we say,

All I believe in God, the Father almighty,
creator of heaven and earth.

I believe in Jesus Christ, God's only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended to the dead.
On the third day he rose again;
he ascended into heaven,
he is seated at the right hand of the Father,
and he will come to judge the living and the dead.

I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.

The Prayers of the People

The Peace

Presider The peace of the Lord be always with you.

All And also with you.

All may exchange a sign of peace.

The Celebration of the Eucharist

The Offertory

Offertory Hymn

Tree of Life and Awesome Mystery
(Verses 1-5, and 6d - Third Sunday)

(CP 179)

The Prayer over the Gifts

Presider Spring of life and Source of goodness,

All receive all we offer you this day,
and bring us to the living water,
Jesus Christ, your Son our Lord. Amen.

The Great Thanksgiving

Eucharistic Prayer 5

BAS p.204

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 [...] By your power you sustain the universe.

All

Glo - ry to you for ev - er and ev - er.

The musical notation consists of two staves, a treble clef on top and a bass clef on the bottom. The key signature is one sharp (F#). The melody is written on the treble staff, and the bass line is on the bass staff. The lyrics are placed below the notes.

Presider You created us to love you with all our heart, and to love each other as ourselves [...] we praise your wonderful name, as we sing.

Sanctus

Holy, Holy, Holy Lord

(CP 726)

Music: Byzantine; arr. George Black (1931-2003).

Presider We give you thanks and praise, loving Father [...] By raising him from the dead you show us the power of your love to bring new life to all your people.

All (sung) Glory to you for ever and ever.

Presider On the night before he gave up his life for us, Jesus, at supper with his friends [...] Do this in memory of me.

All (sung) Glory to you for ever and ever.

Presider Gracious God, with this bread and wine [...] and share in the life of the family of your children.

All (sung) Glory to you for ever and ever.

Presider Father, you call us to be your servants [...] in the power of the Holy Spirit, now and for ever.

All

Glo - ry to you for ev - er and ev - er. A - - men.

The musical notation consists of two staves, a treble clef on top and a bass clef on the bottom. The key signature is one sharp (F#). The melody is written on the treble staff, and the bass line is on the bass staff. The lyrics are placed below the notes. The word 'Amen' is written with a long dash between the 'A' and 'men'.

Ringing of the bell. (x3)

The Lord's Prayer

Setting: McNeil Robinson (1943-2015)
Found in BAS p.918.

The Breaking of the Bread

Presider We break this bread.

All **Communion in Christ's body once broken.**

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

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

Presider The gifts of God for the People of God.

All **Thanks be to God.**

Fraction Anthem

Agnus Dei (from Missa Locus Iste)

Stephanie Martin

The Communion

During Communion

Nolo mortem peccatoris

Thomas Morley (c.1557-1602)

Nolo mortem peccatoris; haec sunt verba Salvatoris.

("I do not wish the death of a sinner:" these are the words of the Saviour.)

Father, I am thine only Son, sent down from heav'n mankind to save.

Father, all things fulfilled and done, according to thy will, I have.

Father, my will now all is this: *Nolo mortem peccatoris.*

Father, behold my painful smart, taken for man on ev'ry side.

Ev'n from my birth to death most tart, no kind of pain I have denied,
but suffer'd all, and all for this: *Nolo mortem peccatoris.*

O Christ Was a Good Guest

(CP 58)

The Prayer after Communion

Presider Let us pray.
God of our pilgrimage,
we have found the living water.

All **Refresh and sustain us
as we go forth on our journey,
in the name of Jesus Christ the Lord. Amen.**

The Doxology

Presider Glory to God,

All **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.**

[Commissioning for lay ministers who will be taking communion to those not able to participate in the Eucharist at the church:

Presider In the name of this congregation, I send you forth bearing Holy gifts, that those to whom you go may share with us in the body and blood of Christ.

All We who are many are one body, because we share one bread, one cup.]

Birthdays

May the Love of the Lord

(SNC 172)

Text: Maria Ling, 1990.

Music: Lim Swee Hong, 1990.

May the love of the Lord rest up-on your soul.
May God's love dwell in you, through-out ev - ery_ day.
May God's coun - te-nance shine up-on you and be gra-cious to you.
May God's Spir - it be_ up-on you as you leave this_ place.

The Solemn Prayer

Deacon Bow down before the Lord.

The people kneel

Presider Look mercifully on this your family, Almighty God, that by your great goodness they may be governed and preserved evermore; through Christ our Lord. **Amen.**

Closing Hymn

Glorious Things of Thee Are Spoken

(CP 388)

The Dismissal

Deacon Go forth into the world rejoicing in the power of the spirit.

All Thanks be to God.

Postlude

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

Clara Schumann (1819-1896)

The Chronicle Newsletter

Scan the QR code for the latest Chronicle newsletter.



The Prayers of the People

Scan the QR code for the prayer cycles.



The Ministers of the Liturgy

Presider	The Rev. Matthew Senf	Preacher Station	David McMillan
Preacher	The Rev. Areeta Bridgemohan	Presider Station	Holly McMillan
Deacon	The Rev. Kevin de la Mare	Regimental Alcove	The Rev. Stuart Mennigke
Subdeacon	Esther Aneke	Regimental Alcove	Carol Cook
MC	The Very Rev. Christopher A. Pappas	ASL Interpreter	Lisz Keallen
Asst. MC	Ezra Eby	Music	The Cathedral Choir
Servers	Nura Mohammed, Emi van Deursen, Michael Rahuel	SoundLivestream	Dr. Neil Cockburn (Organist & Director of Music)
Readers	Lorna Grant, Bill Orr	Duty Trustee	Cathedral Staff
Intercessor	Jane Hope	Welcoming Team	Mark Halyk
Breadmaker	Keith Seyers and Cami Iacovone	Altar Guild	Mark Halyk, Maline Lee
Gospel Station	The Very Rev. Christopher A. Pappas	Healing Prayer Team	Hannah Lupton, Robin Tavender
Gospel Station	Peter Schouls		Cynthia Turley, Kevin Besspflug

Today

Godly Play | March 8 | 10:30 a.m.
Unpacking our Faith | March 8 | 12:30 p.m.
Sundays @ 4 | March 8 | 4:00 p.m.
French Eucharist | March 8 | 5:30 p.m.
Compline | March 8 | 8:00 p.m.

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 <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>		

This worship takes place on the traditional, ancestral, and unceded territory of the x̱w̱məθḵw̱əy̱əm (Musqueam), Sḵwx̱w̱ú7mesh (Squamish), and Səḻilw̱ətaʔ (Tsleil-Waututh) nations, in the heart of Vancouver.

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