

Christ Church Cathedral, Vancouver
Hymns for Lent 3: March 8, 2026 at 10.30am

Our Common Praise Hymnal is available online here:

<https://hymnary.org/hymnal/CP1998>

Opening Hymn:

CP 471: Let My People Seek Their Freedom

<https://hymnary.org/hymn/CP1998/471>

Text: Herbert O'Driscoll (1928-2024), © 1971 The United Methodist Publishing House.

1 From the slave pens of the Delta
From the ghettos on the Nile
Let my people seek their freedom
In the wilderness awhile
So God spoke from out of Sinai
So God spoke and it was done
And a people crossed the waters
Toward the rising of the sun

3 When we murmur on the mountains
For the old Egyptian plains
When we miss our ancient bondage
And the hope the promise wanes
Then the rock shall yield its water
And the manna fall by night
And with visions of a future
Shall we march toward the light

2 From the aging shrines and structures
From the cloister and the aisle
Let my people seek their freedom
In the wilderness awhile
So the Son of God has spoken
And the storm clouds are unfurled
For God's people must be scattered
To be servants in the world

4 In the maelstrom of the nations
In the journeying into space
In the clash of generations
In the hungering for grace
In our agony and glory
We are called to newer ways
By the Lord of our tomorrows
And the God of earth's todays

Sequence Hymn:

CP 462: The Hidden Stream

<https://hymnary.org/hymn/CP1998/462>

Text: Thomas H. Troeger (1945-2022)

1 The hidden stream that feeds our daily acts of care
springs forth in worship when Christ leads
the church in song and prayer.
Lord, through our lives may others hear
your living waters drawing near.

Communion:

CP 58: O Christ Was a Good Guest

<https://hymnary.org/hymn/CP1998/58>

Text © Ian Sowton (1929-2021)

1 O Christ was a good guest to have at the feast
to pledge all glad lovers in mirth,
to charm water jars with God's cheerful yeast,
leaving friends with a full wedding's worth.

2 O Christ was a guest at Samaria's well,
where outcast and chosen at strife
were offered God's drink – grace in a dry spell
sweet water still running deep as life.

3 O Christ be our guest and true host at this rite,
and bless what you bring to our feast:
bread broken for us, shared wine of delight,
and the flow of love's wellspring released.

Closing:

CP 388: Glorious Things of Thee are Spoken

<https://hymnary.org/hymn/CP1998/388>

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