

**March 18, 2026**  
**9:30 am Wednesday Eucharist**  
**St. Patrick (translated from March 17)**

*Today we honour Patrick, the patron saint of Ireland who brought Christianity to the northern tribes in the early 5<sup>th</sup> century. Patrick was born in either Cornwall, Devon, or Wales, but the sources agree he was kidnapped as a youth by Irish pirates and enslaved. When he escaped his captors and made his way across Eire to Britain, he heard God's call to ordained ministry. After he was priested, he had a vision that impelled him to return to the land of his captivity, this time to teach the way of Christ to his former enemies. He was made bishop and given charge over the mission to the Irish. He encouraged the growth of Irish monasticism and a Celtic vibrancy that has enriched the Church as a whole.*

**THE GATHERING OF THE COMMUNITY**

Presider: The grace of our Lord Jesus Christ, and the love of God, and the communion of the Holy Spirit be with you all.

**All: And also with you.**

Presider: We gather here from many places on land that is the traditional and unsundered territory of the Halq'emeyn-speaking Coast Salish peoples.

**All: May Christ lead us on right pathways as we seek truth and reconciliation in action.**

Presider: Let us pray,

**All: O God, we thank you for Patrick, whom you took into your service, to bring within the freedom of your household those who once enslaved him. Encourage us through his example, that we may know your power made perfect in our weakness, and delight in serving others for the sake of him who became servant of all, your Son Jesus Christ our Lord. Amen.**

## THE PROCLAMATION OF THE WORD

### ***The First Reading: 2 Corinthians 12:14-16 & 19***

Reader: A reading from Paul's Second Letter to the Corinthians,

<sup>14</sup> Here I am, ready to come to you this third time. And I will not be a burden, because I do not want what is yours but you; for children ought not to lay up for their parents, but parents for their children. <sup>15</sup> I will most gladly spend and be spent for you. If I love you more, am I to be loved less? <sup>16</sup> Let it be assumed that I did not burden you. Nevertheless (you say) since I was crafty, I took you in by deceit. <sup>19</sup> Have you been thinking all along that we have been defending ourselves before you? We are speaking in Christ before God. Everything we do, beloved, is for the sake of building you up.

Holy Word, Holy Wisdom.

**All: Thanks be to God.**

### ***The Prayer of St. Patrick's Breastplate***

I arise today through a mighty strength, the invocation of the Trinity,  
Through belief in the Threeness, through confession of the Oneness  
of the Creator of creation.

I arise today through the strength of Christ's birth with His baptism,  
Through the strength of His crucifixion with His burial,  
Through the strength of His resurrection with His ascension,  
Through the strength of His descent for the judgment of doom.

I arise today through the strength of the love of cherubim,  
In the obedience of angels, in the service of archangels,  
In the hope of resurrection to meet with reward,  
In the prayers of patriarchs, in the predictions of prophets,  
In the preaching of apostles, in the faith of confessors,  
In the innocence of holy virgins, in the deeds of righteous men.

I arise today, through the strength of heaven,  
The light of the sun, the radiance of the moon,  
The splendor of fire, the speed of lightning,  
The swiftness of wind, the depth of the sea,  
The stability of the earth, the firmness of rock.

I arise today, through God's strength to pilot me,  
God's might to uphold me, God's wisdom to guide me,  
God's eye to look before me, God's ear to hear me,  
God's word to speak for me, God's hand to guard me,  
God's shield to protect me, God's host to save me  
From snares of devils, from temptation of vices,  
From everyone who shall wish me ill, afar and near.

I summon today all these powers between me and those evils,  
Against every cruel and merciless power that may oppose my body and  
soul,  
Against incantations of false prophets, against black laws of pagandom,  
Against false laws of heretics, against craft of idolatry,  
Against spells of witches and smiths and wizards,  
Against every knowledge that corrupts man's body and soul;  
Christ to shield me today against poison, against burning,  
Against drowning, against wounding,  
So that there may come to me an abundance of reward.

Christ with me, Christ before me,  
Christ behind me, Christ in me,  
Christ beneath me, Christ above me,  
Christ on my right, Christ on my left,  
Christ when I lie down, Christ when I sit down, Christ when I arise,  
Christ in the heart of every man who thinks of me,  
Christ in the mouth of everyone who speaks of me,  
Christ in every eye that sees me, Christ in every ear that hears me.

I arise today through a mighty strength, the invocation of the Trinity,  
Through belief in the Threeness, through confession of the Oneness  
of the Creator of creation.

## ***The Gospel: Matthew 5:43-48***

Reader: The Lord be with you.

**All: And also with you.**

Reader: The Gospel of our Lord Jesus Christ according to

**All: Glory to you Lord, Jesus Christ.**

<sup>43</sup> ‘You have heard that it was said, “You shall love your neighbour and hate your enemy.” <sup>44</sup> But I say to you, Love your enemies and pray for those who persecute you, <sup>45</sup> so that you may be children of your Father in heaven; for he makes his sun rise on the evil and on the good, and sends rain on the righteous and on the unrighteous. <sup>46</sup> For if you love those who love you, what reward do you have? Do not even the tax-collectors do the same? <sup>47</sup> And if you greet only your brothers and sisters, what more are you doing than others? Do not even the Gentiles do the same? <sup>48</sup> Be perfect, therefore, as your heavenly Father is perfect.

The Gospel of Christ.

**All: Praise to you, Lord Jesus Christ.**

## ***Reflection***

### **THE PRAYERS OF THE COMMUNITY**

*A member of the community leads us in offering our concerns and thanksgivings to God.*

## ***The Exchange of the Peace***

Presider: May the peace of the Lord be always with you.

**All: And also with you.**

*You are invited to share a sign of God’s peace with your neighbours, respecting their comfort with touch.*

## THE HOLY COMMUNION

### *Prayer over the Gifts*

Presider: Let us pray.

**All: Heavenly Father, who surrounded your servant Patrick with the life and power of Christ, grant that our offering this day may be cleansed by your mercy and crowned with your love; for the sake of Jesus Christ our Lord. Amen.**

### *the Great Thanksgiving*

*EP 3*

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: Blessed are you, gracious God, Creator of heaven and earth; we give you thanks and praise through Jesus Christ our Lord, because in the fellowship of your saints you have given us a glorious pledge of the hope of our calling. Therefore we join our voices with theirs as earth and heaven unite to proclaim the glory of your name:

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

Presider: We give thanks to you, Lord our God, for the goodness and love you have made known to us in creation; in calling Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Saviour and Redeemer of the world. In him, you have delivered

us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night he was handed over to suffering and death, a death he freely accepted, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: this is my body which is given for you. Do this for the remembrance of me." After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: this is my blood of the new covenant, which is shed for you for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me." Therefore, Father, according to his command,

**All: we remember his death,  
we proclaim his resurrection,  
we await his coming in glory;**

Presider: and we offer our sacrifice of praise and thanksgiving to you, Lord of all; presenting to you, from your creation, this bread and this wine. We pray you, gracious God, to send your Holy Spirit upon these gifts, that they may be the sacrament of the body of Christ and his blood of the new covenant. Unite us to your Son in his sacrifice, that we, made acceptable in him, may be sanctified by the Holy Spirit. In the fullness of time, reconcile all things in Christ, and make them new, and bring us to that city of light where you dwell with all your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation; by whom, and with whom, and in whom, in the unity of the Holy Spirit, all honour and glory are yours, almighty Father, now and for ever.

**All: Amen.**

## ***The Lord's Prayer***

In the language closest to your heart, let us pray as Jesus taught us:  
*(please use the traditional version or another language  
you use for prayer if you desire)*

**All:**        **Our Father in heaven, hallowed be your name.  
Your kingdom come, your will be done,  
on earth as in heaven.  
Give us today our daily bread. Forgive us our sins,  
as we forgive those who sin against us.  
Save us from the time of trial, and deliver us from evil.  
For the kingdom, the power and glory are yours  
now and for ever. Amen.**

## ***The Breaking of the Bread***

Presider: Dear friends in Christ, God bids you welcome to this table.  
Here we are strengthened for the journey. Here strangers  
become friends and the seeker finds God's wisdom speaking  
to them. See who you are and become what you see.  
These are the gifts of God for the people of God.

**People: Thanks be to God.**

*All who are drawn to Christ are welcome at this table. Bread and wine  
are shared, but receiving in one kind carries the fullness of Christ's  
presence. You may also come forward for a blessing instead.*

## ***Prayer after Communion***

Presider: Let us pray,

**All:**        **O God, who gave your servant Patrick to proclaim your  
glory to the people of Ireland, grant us by these holy  
mysteries so to glory in the name of Christian, that we  
may continually proclaim to all people the wonders of  
your salvation, through Jesus Christ our Lord. Amen.**

## ***The Dismissal***

Presider: Go in peace to love and serve the Lord.

**All: Thanks be to God.**

**Sunday's Readings for Lent 5, March 22, 2026**  
Ezekiel 37:1-14; Psalm 1130; Romans 8:6-11; John 11:1-48



### **THIS WEEK AT HOLY TRINITY CATHEDRAL**

#### **Thursday March 19**

Vespers 5:30-6 pm online by Zoom+

#### **Saturday March 21**

Community Brunch, 11 am-noon  
Crafternoon, 2-4 pm in the Lounge

#### **Sunday March 22**

BCP Eucharist, 8-9 am. \*  
Choral Eucharist, 10-11:15 am\*

#### **Tuesday March 24**

Trinity Tuesdays 'Walking the Way', 4-5 pm in the Lounge

#### **Wednesday March 25**

Midweek Eucharist 9:30-10 am\*  
Followed by Bible Study 10:30-11:30 am in Lounge

+ *link available by signing up for the weekly newsletter on*  
[www.holytrinitycathedral.ca](http://www.holytrinitycathedral.ca)

*\*live-streamed over Facebook. You can also find the service feed through the event heading at [www.holytrinitycathedral.ca](http://www.holytrinitycathedral.ca)*

#### **TO CONTACT THE PARISH OFFICE:**

email [administrator@holytrinitycathedral.ca](mailto:administrator@holytrinitycathedral.ca)

514 Carnarvon, New Westminster or phone 604-521-2511

email the Rev. Stephanie Shepard [stephanie@holytrinitycathedral.ca](mailto:stephanie@holytrinitycathedral.ca)