

THE HOLY EUCHARIST

The Fifth Sunday in Lent



The Cathedral Church of Saint George

22 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 flowers on the Nave Altar are given to the Glory of God in loving memory of George Bruce by Theo and family.

The Gathering of the Community

Prelude

The people stand as the procession enters the Cathedral.

Benedicite, omnia opera Domini | E.W. Naylor 1867-1934

The people join in the refrain: Praise him and magnify him for ever.

- | | |
|---|--|
| 1 O all ye Works of the Lord, bless ye the Lord: | 18 O let the Earth bless the Lord: yea, let it praise him, and magnify him for ever. |
| 2 O ye Angels of the Lord, bless ye the Lord: | 19 O ye Mountains and Hills, bless ye the Lord |
| 3 O ye Heavens, bless ye the Lord: | 20 O all ye Green Things upon the Earth, bless ye the Lord |
| 4 O ye Waters that be above the Firmament, bless ye the Lord: | 21 O ye Wells, bless ye the Lord: |
| 5 O all ye Powers of the Lord, bless ye the Lord: | 22 O ye Seas and Floods, bless ye the Lord: |
| 6 O ye Sun and Moon, bless ye the Lord: | 23 O ye Whales, and all that move in the Waters, bless ye the Lord: |
| 7 O ye Stars of Heaven, bless ye the Lord: | 24 O all ye Fowls of the Air, bless ye the Lord: |
| 8 O ye Showers and Dew, bless ye the Lord: | 25 O all ye Beasts and Cattle, bless ye the Lord |
| 9 O ye Winds of God, bless ye the Lord: | 26 O ye Children of Men, bless ye the Lord: |
| 10 O ye Fire and Heat, bless ye the Lord: | 27 O let Israel bless the Lord: |
| 11 O ye Winter and Summer, bless ye the Lord: | 28 O ye Priests of the Lord, bless ye the Lord: |
| 12 O ye Dews and Frosts, bless ye the Lord: | 29 O ye Servants of the Lord, bless ye the Lord |
| 13 O ye Frost and Cold, bless ye the Lord: | 30 O ye Spirits and Souls of the Righteous, bless ye the Lord: |
| 14 O ye Ice and Snow, bless ye the Lord: | 31 O ye holy and humble Men of heart, bless ye the Lord: |
| 15 O ye Nights and Days, bless ye the Lord: | 32 O Ananias, Azarias and Misael, bless ye the Lord: |
| 16 O ye Light and Darkness, bless ye the Lord: | |
| 17 O ye Lightnings and Clouds, bless ye the Lord: | |

The people remain standing for the Land Acknowledgment and are seated for the Notices.

Welcome & Land Acknowledgment

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 with thy spirit.

Celebrant

Almighty God,

People

unto whom all hearts be open, all desires known, and from who no secrets are hid: cleanse the thoughts of our hearts by the inspiration of thy Holy Spirit, that we may perfectly love thee, and worthily magnify thy 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 for the Day

Celebrant Almighty God, your Son came into the world to free us all from sin and death. Breathe upon us with the power of your Spirit, that we may be raised to new life in Christ, and serve you in holiness and righteousness all our days; through the same Jesus Christ, our Lord.

People **Amen.**

The people are seated.

The Proclamation of the Word

The First Lesson | Ezekiel 37:1-14

The hand of the Lord came upon me, and he brought me out by the spirit of the Lord and set me down in the middle of a valley; it was full of bones. He led me all around them; there were very many lying in the valley, and they were very dry. He said to me, "Mortal, can these bones live?" I answered, "O Lord God, you know." Then he said to me, "Prophesy to these bones, and say to them: O dry bones, hear the word of the Lord. Thus says the Lord God to these bones: I will cause breath to enter you, and you shall live. I will lay sinews on you, and will cause flesh to come upon you, and cover you with skin, and put breath in you, and you shall live; and you shall know that I am the Lord." So I prophesied as I had been commanded; and as I prophesied, suddenly there was a noise, a rattling, and the bones came together, bone to its bone. I looked, and there were sinews on them, and flesh had come upon them, and skin had covered them; but there was no breath in them. Then he said to me, "Prophesy to the breath, prophesy, mortal, and say to the breath: Thus says the Lord God: Come from the four winds, O breath, and breathe upon these slain, that they may live." I prophesied as he commanded me, and the breath came into them, and they lived, and stood on their feet, a vast multitude. Then he said to me, "Mortal, these bones are the whole house of Israel. They say, 'Our bones are dried up, and our hope is lost; we are cut off completely.' Therefore prophesy, and say to them, Thus says the Lord God: I am going to open your graves, and bring you up from your graves, O my people; and I will bring you back to the land of Israel. And you shall know that I am the Lord, when I open your graves, and bring you up from your graves, O my people. I will put my spirit within you, and you shall live, and I will place you on your own soil; then you shall know that I, the Lord, have spoken and will act," says the Lord.

Reader The word of the Lord.

People **Thanks be to God.**

Psalm 130 | Sung by the choir.

OUT of the deep have I called unto thee, O Lord : Lord, hear my voice.

2 O let thine ears consider well : the voice of my complaint.

3 If thou, Lord, wilt be extreme to mark what is done amiss : O Lord, who may abide it?

4 For there is mercy with thee : therefore shalt thou be feared.

5 I look for the Lord; my soul doth wait for him : in his word is my trust.

6 My soul fleeth unto the Lord : before the morning watch, I say, before the morning watch.

7 O Israel, trust in the Lord, for with the Lord there is mercy : and with him is plenteous redemption.

8 And he shall redeem Israel : from all his sins.

The Second Lesson | Romans 8:6-11

To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For this reason the mind that is set on the flesh is hostile to God; it does not submit to God's law indeed it cannot, and those who are in the flesh cannot please God. But you are not in the flesh; you are in the Spirit, since the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, though the body is dead because of sin, the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you.

Reader The word of the Lord.

People **Thanks be to God.**

Gradual Hymn | Sung by all, standing as able



I heard the voice of Jesus say,
'Come unto me and rest;
lay down, thou weary one, lay down
thy head upon my breast':
I came to Jesus as I was,
weary and worn and sad;
I found in him a resting-place,
and he has made me glad.

2 I heard the voice of Jesus say,
'Behold, I freely give
the living water, thirsty one;
stoop down and drink and live':

I came to Jesus, and I drank
of that life-giving stream;
my thirst was quenched, my soul revived,
and now I live in him.

3 I heard the voice of Jesus say,
'I am this dark world's light;
look unto me, thy morn shall rise,
and all thy day be bright':
I looked to Jesus, and I found
in him my star, my sun;
and in that light of life I'll walk
till travelling days are done. in death.

The Holy Gospel | John 11:1-45

Gospeller The Lord be with you.

People **And with thy spirit.**

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

People **Glory be to thee, O Lord.**

Now a certain man was ill, Lazarus of Bethany, the village of Mary and her sister Martha. Mary was the one who anointed the Lord with perfume and wiped his feet with her hair; her brother Lazarus was ill. So the sisters sent a message to Jesus, "Lord, he whom you love is ill." But when Jesus heard it, he said, "This illness does not lead to death; rather it is for God's glory, so that the Son of God may be glorified through it." Accordingly, though Jesus loved Martha and her sister and Lazarus, after having heard that Lazarus was ill, he stayed two days longer in the place where he was. Then after this he said to the disciples, "Let us go to Judea again." The disciples said to him, "Rabbi, the Jews were just now trying to stone you, and are you going there again?" Jesus answered, "Are there not twelve hours of daylight? Those who walk during the day do not stumble, because they see the light of this world. But those who walk at night stumble, because the light is not in them." After saying this, he told them, "Our friend Lazarus has fallen asleep, but I am going there to awaken him." The disciples said to him, "Lord, if he has fallen asleep, he will be all right." Jesus, however, had been speaking about his death, but they thought that he was referring merely to sleep. Then Jesus told them plainly, "Lazarus is dead. For your sake I am glad I was not there, so that you may believe. But let us go to him." Thomas, who was called the Twin, said to his fellow disciples, "Let us also go, that we may die with him." When Jesus arrived, he found that Lazarus had already been in the tomb four days. Now Bethany was near Jerusalem, some two miles away, and many of the Jews had come to Martha and Mary to console them about their brother. When Martha heard that Jesus was coming, she went and met him, while Mary stayed at home. Martha said to Jesus, "Lord, if you had been here, my brother would not have died. But even now I know that God will give you whatever you ask of him." Jesus said to her, "Your brother will rise again." Martha said to him, "I know that he will rise again in the resurrection on the last day." Jesus said to her, "I am the resurrection and the life. Those who believe in me, even though they die, will live, and everyone who lives and believes in me will never die. Do you believe this?" She said to him, "Yes, Lord, I believe that you are the Messiah, the Son of God, the one coming into the world." When she had said this, she went back and called her sister Mary, and told her privately, "The Teacher is here and is calling for you." And when she heard it, she got up quickly and went to him. Now Jesus had not yet come to the village, but was still at the place where Martha had met him. The Jews who were with her in the house, consoling her, saw Mary get up quickly and go out. They followed her because they thought that she was going to the tomb to weep there. When Mary came where Jesus was and saw him, she knelt at his feet and said to him, "Lord, if you had been here, my brother would not have died." When Jesus saw her weeping, and the Jews who came with her also weeping, he was greatly disturbed in spirit and deeply moved. He said, "Where have you laid him?" They said to him, "Lord, come and see." Jesus began to weep. So the Jews said, "See how he loved him!" But some of them said, "Could not he who opened the eyes of the blind man have kept this man from dying?" Then Jesus, again greatly disturbed, came to the tomb. It was a cave, and a stone was lying against it. Jesus said, "Take away the stone." Martha, the sister of the dead man, said to him, "Lord, already there is a stench because he has been dead four days." Jesus said to her, "Did I not tell you that if you believed, you would see the glory of God?" So they took away the stone. And Jesus looked upward and said, "Father, I thank you for having heard

me. I knew that you always hear me, but I have said this for the sake of the crowd standing here, so that they may believe that you sent me." When he had said this, he cried with a loud voice, "Lazarus, come out!" The dead man came out, his hands and feet bound with strips of cloth, and his face wrapped in a cloth. Jesus said to them, "Unbind him, and let him go." Many of the Jews therefore, who had come with Mary and had seen what Jesus did, believed in him.

Gospeller

The Gospel of Christ.

People

Praise be to thee, O Christ.

The people are seated at the invitation of the Preacher

The Sermon | The Rev. Stephen Dunkin

Silence may be kept. The people stand as able.

The Nicene Creed

Celebrant

Let us confess our faith, as we say,

People

I believe in one God, the Father almighty, maker of heaven and earth, and of all things visible and invisible;

And in one Lord Jesus Christ, the only-begotten Son of God, begotten of the Father before all worlds, God, of God; Light, of Light; very God, of very God; begotten, not made; being of one substance with the Father; through whom all things were made: who for us and for our salvation came down from heaven, and was incarnate by the Holy Ghost of the Virgin Mary, and was made man, and was crucified also for us under Pontius Pilate. He suffered and was buried, and the third day he rose again according to the scriptures, and ascended into heaven, and sitteth on the right hand of the Father. And he shall come again with glory to judge both the quick and the dead: whose kingdom shall have no end.

And I believe in the Holy Ghost, the Lord, the giver of life, who proceedeth from the Father and the Son, who with the Father and the Son together is worshipped and glorified, who spake by the prophets. And I believe one, holy, catholic, and apostolic Church. I acknowledge one baptism for the remission of sins. And I look for the resurrection of the dead, and the life of the world to come. Amen.

The people may stand, sit, or kneel as preferred.

The Prayers of the People

Confession & Absolution

Celebrant Hear what comfortable words our Saviour Christ saith unto all that truly turn to him. Come unto me all that labour and are heavy laden, and I will refresh you.

Matthew 1.28

God so loved the world, that he gave his only- begotten Son, to the end that all that believe in him should not perish but have eternal life.

John 3.16

Hear also what Saint Paul saith. This is a true saying, and worthy of all to be received, that Christ Jesus came into the world to save sinners.

1 Timothy 1.15

Hear also what Saint John saith. If anyone sin, we have an Advocate with the Father, Jesus Christ the righteous; and he is the propitiation for our sins: and not for ours only, but also for the sins of the whole world.

1 John 2.1,2

Silence may be kept.

Let us humbly confess our sins to almighty God.

People **Almighty God, Father of our Lord Jesus Christ, Maker of all things and judge of all people: We acknowledge and confess our manifold sins and wickedness, Which we from time to time most grievously have committed, By thought, word and deed, Against thy divine majesty. We do earnestly repent, and are heartily sorry for these our misdoings. Have mercy upon us, most merciful Father; For thy Son our Lord Jesus Christ's sake, Forgive us all that is past; And grant that we may ever hereafter Serve and please thee In newness of life, To the honour and glory of thy name; Through Jesus Christ our Lord. Amen.**

Celebrant Almighty God, our heavenly Father, who of his great mercy hath promised forgiveness of sins to all them that with hearty repentance and true faith turn unto him: have mercy upon you; pardon and deliver you from all your sins; confirm and strengthen you in all goodness; and bring you to everlasting life; through Jesus Christ our Lord. **Amen.**

The people stand as able.

The Peace

Celebrant The peace of the Lord be always with you.

People **And with thy spirit.**

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 to give securely online.

The Holy Communion

Offertory Hymn | Sung by all, standing as able.



There's a wideness in God's mercy
like the wideness of the sea;
there's a kindness in his justice
which is more than liberty.
There is no place where earth's sorrows
are more felt than up in heaven;
there is no place where earth's failings
have such kindly judgement given.

2 For the love of God is broader
than the measure of our mind,
and the heart of the Eternal
is most wonderfully kind.
But we make his love too narrow
by false limits of our own;
and we magnify his strictness
with a zeal he would not own.

3 There is plentiful redemption
through the blood that has been shed;
there is joy for all the members
in the sorrows of the Head.
There is grace enough for thousands
of new worlds as great as this;
there is room for fresh creations
in that upper home of bliss.

4 If our love were but more simple,
we should take him at his word;
and our lives would be all gladness
in the joy of Christ our Lord.

Coverdale
Maurice Bevan 1921-2006

Frederick W. Faber 1814-63

Prayer Over the Gifts

Celebrant

Giver of life, your Son has destroyed the power of death for all those who believe in him. Accept all we offer you this day and strengthen us in faith and hope; through Jesus Christ, the Lord of all the living.

People

Amen.

The Great Thanksgiving

Celebrant The Lord be with you.

People **And with thy spirit.**

Celebrant Lift up your hearts.

People **We lift them up unto the Lord.**

Celebrant Let us give thanks unto our Lord God.

People **It is meet and right so to do.**

Celebrant It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, holy Father, almighty, everlasting God, creator and preserver of all things. Who hast bidden us thy faithful people to cleanse our hearts and to prepare with joy for the paschal feast; that reborn through the waters of baptism, and renewed in the eucharistic mystery, we may be more fervent in prayer and more generous in works of love. Therefore, with angels and archangels, and with all the company of heaven, we laud and magnify thy glorious name; evermore praising thee and saying:

Choir *Holy, holy, holy, Lord God of Hosts, heaven and earth are full of thy glory. Glory be to thee, O Lord most high. Blessed is he that cometh in the name of the Lord: Hosanna in the highest.*

The people are seated as the celebrant continues:

Celebrant All glory be to thee, O Lord our God, who didst make us in thine own image; and, of thy tender mercy, didst give thine only Son Jesus Christ to take our nature upon him, and to suffer death upon the cross for our redemption. He made there a full and perfect sacrifice for the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memory of that his precious death and sacrifice, until his coming again; who, in the same night that he was betrayed, took bread; and when he had given thanks to thee, he broke it, and gave it to his disciples, saying, "Take, eat, this is my body, which is given for you. Do this in remembrance of me."

Likewise, after supper, he took the cup; and when he had given thanks, he gave it to them, saying, "Drink this, all of you; for this is my blood of the new covenant, which is shed for you, and for many, for the remission of sins. Do this, as oft as ye shall drink it, in remembrance of me."

Wherefore, O Lord and heavenly Father, we thy people do celebrate and make, with these thy holy gifts which we now offer unto thee, the memorial thy Son hath commanded us to make; having in remembrance his blessed passion and precious death, his mighty resurrection and glorious ascension; and looking for his coming again with power and great glory.

And we most humbly beseech thee, O merciful Father, to hear us, and, with thy Word and Holy Spirit, to bless and sanctify these gifts of bread and wine, that they may be unto us the body and blood of thy dearly-beloved Son Jesus Christ.

People We praise thee, we bless thee, we thank thee,
and we pray to thee, Lord our God.

Celebrant And we earnestly desire thy fatherly goodness to accept this our sacrifice of praise and thanksgiving, whereby we offer and present unto thee, O Lord, ourselves, our souls and bodies. Grant, we beseech thee, that all who partake of this holy communion may worthily receive the most precious body and blood of thy Son Jesus Christ, and be filled with thy grace and heavenly benediction; and also that we and all thy whole Church may be made one body with him, that he may dwell in us, and we in him; through the same Jesus Christ our Lord;

By whom, and with whom, and in whom, in the unity of the Holy Spirit all honour and glory be unto thee, O Father Almighty, world without end.

People Amen.

The Lord's Prayer

Celebrant And now, as our Saviour Christ hath taught us, we are bold to pray,

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

People We do not presume to come to this thy table, O merciful Lord, Trusting in our own righteousness, But in thy manifold and great mercies. We are not worthy So much as to gather up the crumbs under thy table. But thou art the same Lord, whose property is always to have mercy: Grant us therefore, gracious Lord, So to eat the flesh of thy dear Son Jesus Christ, and to drink his blood, That we may evermore dwell in him, And he in us. Amen.

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 choir sings the Agnus Dei.

The Motet | O Lord increase our faith, Loosemore

The Prayer after Communion

Celebrant God of hope, in this eucharist we have tasted the promise of your heavenly banquet and the richness of eternal life. May we who bear witness to the death of your Son, also proclaim the glory of his resurrection, for he is Lord for ever and ever. **Amen.**

The people stand as able.

Celebrant

Glory to God,

People

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.

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



Christ triumphant, ever reigning,
Saviour, Master, King!
Lord of heaven, our lives sustaining,
hear us as we sing:

*Yours the glory and the crown,
the high renown, the eternal name.*

2 Word incarnate, truth revealing,
Son of Man on earth!
power and majesty concealing
by your humble birth: [Refrain]

3 Suffering servant, scorned, ill-treated,
victim crucified!
death is through the cross defeated,
sinners justified: [Refrain]

4 Priestly king, enthroned for ever
high in heaven above!
sin and death and hell shall never
stifle hymns of love: [Refrain]

5 So, our hearts and voices raising
through the ages long,
ceaselessly upon you gazing,
this shall be our song: [Refrain]

Guiting Power

John Barnard b. 1948

Michael Seward b. 1932

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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 Reverend Stephen Dunkin
PRESIDER The Very Reverend Douglas Michael

ASSISTING WITH THE SERVICE

| | | | |
|--------------|--------------------------------|-------------|-------------------------|
| READER | James McBride | INTERCESSOR | Irene Courage |
| SERVER | Derek Falkner & Gerald Courage | VERGER | Jane K. & Nancy Legacey |
| LAY MINSTERS | Jim Parrish & Gerald Courage | SIDESPEOPLE | Larry Norman & |
| LIVESTREAM | Derek Falkner & Peter McCubbin | | Heather Buchan |

SERVICE MUSIC: *Short Communion Service in the Phrygian Mode*, Charles Wood 1866-1926

Holy Week & Easter

PALM SUNDAY

March 29 • 8am & 10:30am Holy Eucharist

HOLY TUESDAY

March 31 • 12pm Chrism Mass

MAUNDY THURSDAY

April 2 • 7pm Solemn Eucharist

GOOD FRIDAY

April 3 • 11am Solemn Liturgy
April 3 • 3:30pm Concert: John Stainer's *The Crucifixion*

EASTER EVE

April 4 • 8pm The Great Vigil of Easter

EASTER DAY

April 5 • 8am & 10:30am Holy Eucharist

Learn more at www.stgeorgescathedral.ca/lent

The Cathedral Church of St George

www.stgeorgescathedral.ca

