

# THE HOLY EUCHARIST

The Sixth Sunday after Pentecost



**Piero della Francesca | Resurrection of Christ, Museo Civico, Sansepolcro**

**The Cathedral Church of Saint George**

5 July 2026 • 10:30 a.m.

*We acknowledge that in Kingston we are situated on traditional territory of the Anishinaabe, Haudenosannee, 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

We are so glad you're here! Wherever you are on your spiritual journey, and whether you are joining in the nave or via the livestream, you are welcome here! Please join us in the entryway for a time of fellowship after the service. Children and young people are invited to attend Sunday School in the Cathedral Library. We are thrilled you have decided to worship with us!

## Memorial Flowers

## Land Acknowledgement

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.

## Leading the Service

<i>Preacher</i>	Eric Friesen
<i>Presider</i>	The Venerable Bob Hales
<i>Organist</i>	John Siderius

## Assisting with the Service

<i>Reader</i>	Harley Smyth	<i>Intercessor</i>	Aveleigh Kyle
<i>Servers</i>	Derek Falkner & Gerald Courage	<i>Vergers</i>	Jane Kirkpatrick
<i>Lay Ministers</i>	Derek Falkner	<i>Sidespeople</i>	Larry Norman & Jen Carey
<i>Livestream</i>	Derek Falkner & Peter McCubbin		

## Eucharistic Prayer

*The Book of Alternative Services, Eucharistic #2*

# The Gathering of the Community

## Prelude

*The people's stand as the procession enters the Cathedral.*

## Entrance Hymn | Sung by all.

lu - ia, Al - le - lu - ia.  
Al - le - lu - ia, Al - le - lu - ia, Al - le - lu - ia.

All creatures of our God and King,  
lift up your voice and with us sing,  
Alleluia, alleluia!  
Thou burning sun with golden beam,  
thou silver moon with softer gleam:

*O praise him, O praise him,  
Alleluia, alleluia, alleluia!*

2 Thou rushing wind that art so strong,  
ye clouds that sail in heaven along,  
O praise him, alleluia!  
Thou rising morn, in praise rejoice;  
ye lights of evening, find a voice:

3 Thou flowing water, pure and clear,  
make music for thy Lord to hear,  
Alleluia, alleluia!  
Thou fire, so masterful and bright,  
that givest us both warmth and light:

4 Dear mother earth, who day by day  
unfoldest blessings on our way,  
O praise him, alleluia!  
The flowers and fruits that in thee grow,  
let them his glory also show:

5 Let all things their creator bless,  
and worship him in humbleness;  
O praise him, alleluia!  
Praise, praise the Father, praise the Son,  
and praise the Spirit, Three in One:

*Lasst uns erfreuen  
Geistliche Kirchengesang* Cologne 1623

St Francis of Assisi 1181-1226  
Para. William H. Draper 1855-1933

*The people are seated.*

## Words of Welcome

*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 also with you.**

*Celebrant* Almighty God,

*People* **to you all hearts are open, all desires known, and from you no secrets are hidden. Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy name; through Christ our Lord. Amen.**

### Gloria in Excelsis | Sung by all .

*Celebrant* Glory to God in the highest

*People* **and peace to his people on earth.**

**Lord God, heavenly king,  
almighty God and Father,**

**we worship you, we give you thanks,**

**we praise you for your glory.**

**Lord Jesus Christ, only Son of the Father,**

**Lord God, Lamb of God,**

**you take away the sin of the world:**

**have mercy on us;**

**you are seated at the right hand of the Father:**

**receive our prayer.**

**For you alone are the Holy One,**

**you alone are the Lord,**

**you alone are the Most High,**

**Jesus Christ,**

**with the Holy Spirit,**

**in the glory of God the Father. Amen.**

### The Collect of the Day

*Celebrant* Almighty God, your Son Jesus Christ has taught us that what we do for the least of your children we do also for him. Give us the will to serve others as he who was the servant of all, who gave up his life and died for us, but lives and reigns with you and the Holy Spirit, one God, now and for ever.

*People* **Amen.**

*The people are seated.*

# The Proclamation of the Word

## **The First Lesson** | Genesis 24:34-38, 42-49, 58-67

Eliezer said, "I am Abraham's servant. The Lord has greatly blessed my master, and he has become wealthy; he has given him flocks and herds, silver and gold, male and female slaves, camels and donkeys. And Sarah my master's wife bore a son to my master when she was old; and he has given him all that he has. My master made me swear, saying, 'You shall not take a wife for my son from the daughters of the Canaanites, in whose land I live; but you shall go to my father's house, to my kindred, and get a wife for my son.' I came today to the spring, and said, 'O Lord, the God of my master Abraham, if now you will only make successful the way I am going! I am standing here by the spring of water; let the young woman who comes out to draw, to whom I shall say, "Please give me a little water from your jar to drink," and who will say to me, "Drink, and I will draw for your camels also" let her be the woman whom the Lord has appointed for my master's son.' Before I had finished speaking in my heart, there was Rebekah coming out with her water jar on her shoulder; and she went down to the spring, and drew. I said to her, 'Please let me drink.' She quickly let down her jar from her shoulder, and said, 'Drink, and I will also water your camels.' So I drank, and she also watered the camels. Then I asked her, 'Whose daughter are you?' She said, 'The daughter of Bethuel, Nahor's son, whom Milcah bore to him.' So I put the ring on her nose, and the bracelets on her arms. Then I bowed my head and worshipped the Lord, and blessed the Lord, the God of my master Abraham, who had led me by the right way to obtain the daughter of my master's kinsman for his son. Now then, if you will deal loyally and truly with my master, tell me; and if not, tell me, so that I may turn either to the right hand or to the left." And they called Rebekah, and said to her, "Will you go with this man?" She said, "I will." So they sent away their sister Rebekah and her nurse along with Abraham's servant and his men. And they blessed Rebekah and said to her, "May you, our sister, become thousands of myriads; may your offspring gain possession of the gates of their foes." Then Rebekah and her maids rose up, mounted the camels, and followed the man; thus the servant took Rebekah, and went his way. Now Isaac had come from Beer-lahai-roi, and was settled in the Negeb. Isaac went out in the evening to walk in the field; and looking up, he saw camels coming. And Rebekah looked up, and when she saw Isaac, she slipped quickly from the camel, and said to the servant, "Who is the man over there, walking in the field to meet us?" The servant said, "It is my master." So she took her veil and covered herself. And the servant told Isaac all the things that he had done. Then Isaac brought her into his mother Sarah's tent. He took Rebekah, and she became his wife; and he loved her. So Isaac was comforted after his mother's death.

*Reader*

The word of the Lord.

***People***

**Thanks be to God.**

**Psalm 45:11-18** | The people refrain the refrain as indicated.

**REFRAIN**      **Nations shall praise you for ever.**

"Hear, O daughter; consider and listen closely; forget your people and your father's house. The king will have pleasure in your beauty; he is your master; therefore do him honour. The people of Tyre are here with a gift; the rich among the people seek your favour." **Ref.**

All glorious is the princess as she enters; her gown is cloth-of-gold. In embroidered apparel she is brought to the king; after her the bridesmaids follow in procession. With joy and gladness they are brought, and enter into the palace of the king. **Ref.**

"In place of fathers, O king, you shall have sons; you shall make them princes over all the earth. I will make your name to be remembered from one generation to another; therefore nations will praise you for ever and ever." **Ref.**

**The Second Lesson** | Romans 7:15-25A

I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. Now if I do what I do not want, I agree that the law is good. But in fact it is no longer I that do it, but sin that dwells within me. For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. For I do not do the good I want, but the evil I do not want is what I do. Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me. So I find it to be a law that when I want to do what is good, evil lies close at hand. For I delight in the law of God in my inmost self, but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. Wretched man that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord!

*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.

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.

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.

*Kingsfold*  
English Traditional Melody

Horatius Bonar 1808-89

## The Holy Gospel | Matthew 11:16-19, 25-30

*Gospeller*      The Lord be with you.

**People**      **And also with you.**

*Gospeller*      The Holy Gospel of our Lord Jesus Christ according to Matthew

**People**      **Glory to you, Lord Jesus Christ**

Jesus said, "To what will I compare this generation? It is like children sitting in the marketplaces and calling to one another, 'We played the flute for you, and you did not dance; we wailed, and you did not mourn.' For John came neither eating nor drinking, and they say, 'He has a demon'; the Son of Man came eating and drinking, and they say, 'Look, a glutton and a drunkard, a friend of tax collectors and sinners!' Yet wisdom is vindicated by her deeds." At that time Jesus said, "I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke

upon you and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

*Gospeller*

The Gospel of Christ.

**People**

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

*The people are seated at the invitation of the preacher.*

## **The Sermon | A Vision of the Resurrection – Eric Friesen**

*Silence may be kept. The people stand as able.*

### **The Nicene Creed**

*Celebrant*

Let us confess our faith, as we say,

**People**

**We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen. We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one being with the Father. Through him all things were made. For us and for our salvation he came down from heaven: by the power of the Holy Spirit he became incarnate from the Virgin Mary, and was made man. For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again in accordance with the scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end.**

**We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father. With the Father and the Son he is worshipped and glorified. He has spoken through the prophets. We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come Amen.**

*The people sit or kneel as they wish.*

### **The Prayers of the People**

#### **Confession & Absolution**

*Celebrant*

Dear friends in Christ, God is steadfast in love and infinite in mercy; he welcomes sinners and invites them to his table. Let us confess our sins, confident in God's forgiveness.

*Silence is kept.*

*Celebrant*

Most merciful God,

**People**

**we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbours as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have**

**mercy on us and forgive us, that we may delight in your will, and walk in your ways, to the glory of your name. Amen.**

*Celebrant*

Almighty God have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and keep you in eternal life; through Jesus Christ our Lord.

***People***

**Amen.**

*The people stand as able.*

## **The Peace**

*Celebrant*

The peace of the Lord be always with you.

***People***

**And also with you.**

*The people greet one another with a sign of God's peace.*

# Holy Communion

**Offertory Hymn** | Sung by all, standing as able.



I cannot tell why he, whom angels worship,  
should set his love upon women and men,  
or why, as Shepherd, he should seek the wanderers,  
to bring them back, they know not how or when.  
But this I know, that he was born of Mary  
when Beth'lem's manger was his only home,  
and that he lived at Nazareth and laboured,  
and so the Saviour, Saviour of the world, is come.

2 I cannot tell how silently he suffered,  
as with his peace he graced this place of tears,  
or how his heart upon the cross was broken,  
the crown of pain to three and thirty years.  
But this I know, he heals the broken-hearted  
and stays our sin and calms our lurking fear  
and lifts the burden from the heavy laden;  
for still the Saviour, Saviour of the world is here.

3 I cannot tell how he will win the nations,  
how he will claim his earthly heritage,  
how satisfy the needs and aspirations  
of east and west, of sinner and of sage.  
But this I know, all flesh shall see his glory,  
and he shall reap the harvest he has sown,  
and some glad day his sun will shine in splendour  
when he the Saviour, Saviour of the world,  
is known.

4 I cannot tell how all the lands shall worship,  
when at his bidding every storm is stilled,  
or who can say how great the jubilation  
when every heart with love and joy is filled.  
But this I know, the skies will thrill with rapture,  
and myriad myriad human voices sing,  
and earth to heav'n, and heav'n to earth,  
will answer, 'at last the Saviour, Saviour of the  
world, is King!'

## Prayer Over the Gifts

*Celebrant*

God of heaven and earth, receive our sacrifice of praise, and strengthen us for the perfect freedom of your service, through our Saviour Jesus Christ.

*People*

**Amen.**

## The Great Thanksgiving

*Celebrant*

The Lord be with you.

*People*

**And also with you.**

*Celebrant*

Lift up your hearts.

***People***

**We lift them to the Lord.**

*Celebrant*

Let us give thanks to the Lord our God.

***People***

**It is right to give our thanks and praise.**

*Celebrant*

We give you thanks and praise, almighty God, through your beloved Son, Jesus Christ, our Saviour and Redeemer. He is your living Word, through whom you have created all things. By the power of the Holy Spirit he took flesh of the Virgin Mary and shared our human nature. He lived and died as one of us, to reconcile us to you, the God and Father of all. In fulfilment of your will he stretched out his hands in suffering, to bring release to those who place their hope in you; and so he won for you a holy people. He chose to bear our griefs and sorrows, and to give up his life on the cross, that he might shatter the chains of evil and death, and banish the darkness of sin and despair. By his resurrection he brings us into the light of your presence. Now with all creation we raise our voices to proclaim the glory of your name.

***People***

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

*Celebrant*

Holy and gracious God, accept our praise, through your Son our Saviour Jesus Christ; who on the night he was handed over to suffering and death, took bread and gave you thanks, saying, "Take, and eat: this is my body which is broken for you." In the same way he took the cup, saying, "This is my blood which is shed for you. When you do this, you do it in memory of me."

Remembering, therefore, his death and resurrection, we offer you this bread and this cup, giving thanks that you have made us worthy to stand in your presence and serve you. We ask you to send your Holy Spirit upon the offering of your holy Church. Gather into one all who share in these sacred mysteries, filling them with the Holy Spirit and confirming their faith in the truth, that together we may praise you and give you glory through your Servant, Jesus Christ.

All glory and honour are yours, Father and Son, with the Holy Spirit in the holy Church, now and for ever.

***People***

**Amen.**

## The Lord's Prayer

*Celebrant*

And now, as our Saviour Christ has taught us, we are bold to say,

*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

*Celebrant*

"I am the bread of life," says the Lord. "Whoever comes to me will never be hungry; whoever believes in me will never thirst."

*People*

**Taste and see that the Lord is good; happy are they who trust in him!**

*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 Prayer After Communion

*Celebrant*

O God, may we who have shared in holy things never fail to serve you in your world, and so come to the fullness of joy, in the name of Jesus Christ our Lord.

*People*

**Amen.**

*The people stand as able.*

## 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 forth in the name of Christ.

*People*

**Thanks be to God.**

**Closing Hymn** | Sung by all, standing as able.



The image shows a musical score for a hymn. It consists of four staves of music in G major (one sharp). The lyrics are written below the staves. The first staff is a treble clef with a key signature of one sharp. The second staff has a double bar line and then continues. The lyrics are: "Dance, then, wher-ev-er you may be; I am the Lord of the Dance, said he, and I'll lead you all, wher-ev-er you may be, and I'll lead you all in the Dance, said he."

I danced in the morning when the world was begun,  
And I danced in the moon and the stars and the sun,  
And I came down from heaven and I danced on the earth,  
At Bethlehem I had my birth.

*"Dance, then, wherever you may be;  
I am the Lord of the Dance," said he.  
"I'll lead you all wherever you may be,  
I will lead you all in the Dance," said he.*

I danced for the scribe and the Pharisee,  
But they would not dance and they wouldn't follow me;  
I danced for the fishermen, for James and for John;  
They came with me and the dance went on. *Refrain*

I danced on the Sabbath and I cured the lame,  
The holy people, they said it was a shame;  
They whipped and they stripped and they hung me high,  
And they left me there on a cross to die. *Refrain*

I danced on a Friday when the sky turned black;  
It's hard to dance with the devil on your back;  
They buried my body and they thought I'd gone,  
But I am the dance and I still go on. *Refrain*

They cut me down and I leapt up high,  
I am the life that'll never, never die,  
I'll live in you if you'll live in me;  
"I am the Lord of the Dance," said he. *Refrain*

*Simple Gifts*  
Joseph Brackett 1797-1882

Sydney Carter 1915-2004  
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**Postlude** *Postlude on Two Spirituals*, Charles Callahan



# The Cathedral Church *of* St George

[www.stgeorgescathedral.ca](http://www.stgeorgescathedral.ca)

The Very Reverend Douglas Michael, *Dean & Rector*  
Brad Barbeau, *Director of Music*

