



THE HOLY EUCHARIST

THE EIGHTH SUNDAY AFTER PENTECOST:

PROPER 16

Sunday, July 19, 2026, 8 and 10.30 am

Welcome to the Cathedral Church of the Anglican Diocese of British Columbia.

*We respectfully acknowledge that we gather to worship on the ancestral lands
of the Esquimalt and Songhees Nations, with whom we are in relationship to seek reconciliation.*

This service is being broadcast live on the internet.

By attending, you acknowledge and consent to the fact that video images of you may appear there.

Today's service ("the liturgy") is the work of the whole People of God, and all are encouraged to speak the responses in **bold** and sing the hymns, found in the blue *Common Praise* hymnal.

The Gathering

PRELUDE *Kyrie from Messe des Paroisses*

François Couperin (d. 1733)

LAND ACKNOWLEDGEMENT AND WELCOME

The people stand as the procession enters.

HYMN 343

St. Stephen

**When all thy mercies, O my God,
my rising soul surveys,
transported with the view, I'm lost
in wonder, love and praise.**

**Unnumbered comforts to my soul
thy tender care bestowed,
before my infant heart conceived
from whom those comforts flowed.**

**Ten thousand thousand precious gifts
my daily thanks employ;
nor is the least a cheerful heart
that tastes those gifts with joy.**

**Through every period of my life
thy goodness I'll pursue;
and after death, in distant worlds
the glorious theme renew.**

**Through all eternity to thee
a joyful song I'll raise;**

**for, O, eternity's too short
to utter all thy praise!**

Text: Joseph Addison, (1672-1719). Music: William Jones (1726-1800).

DOMINICAL GREETING

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

And also with you.

GLORIA IN EXCELSIS

English Language Liturgical Consultation

**Glory to God in the highest,
and peace to God's 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

Let us hold this moment open to God's grace.

Almighty God, your Son has opened for us a new and living way into your presence. Give us pure hearts and constant wills to worship you in spirit and in truth; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever.

Amen.

or

Let us pray.

Almighty God, the fountain of all wisdom, who knowest our necessities before we ask and our ignorance in asking: Have compassion, we beseech thee, upon our infirmities, and those things which for our unworthiness we dare not, and for our blindness we cannot ask, mercifully give us for the worthiness of thy Son Jesus Christ our Lord; who liveth and reigneth with thee and the Holy Spirit, one God, now and for ever.

Amen.

The people sit.

The Proclamation of the Word

THE FIRST READING

Wisdom of Solomon 12.13, 16-19

A reading from the Song of Solomon.

For neither is there any god besides you whose care is for all people, to whom you should prove that you have not judged unjustly. For your strength is the source of righteousness, and your sovereignty over all causes you to spare all. For you show your strength when people doubt the completeness of your power, and you rebuke any insolence among those who know it. Although you are sovereign in strength, you judge fairly, and with great forbearance you govern us, for you have power to act whenever you choose. Through such works you have taught your people that the righteous must be kind, and you have filled your children with good hope, because you give repentance for sins.

The Word of the Lord.

Thanks be to God.

PSALM 86.11-17

The psalm is spoken, alternating by whole verse between a vested minister and the congregation, with a brief breath at the asterisk.

Teach me your way, O Lord, and I will walk in your truth; *
knit my heart to you that I may fear your name.

**I will thank you, O Lord my God, with all my heart, *
and glorify your name for evermore.**

For great is your love toward me; *
you have delivered me from the nethermost Pit

**The arrogant rise up against me, O God,
and the violent seek my life; *
they have not set you before their eyes.**

But you, O Lord, are gracious and full of compassion, *
slow to anger, and full of kindness and truth.

**Turn to me and have mercy upon me; *
give your strength to your servant;
and save the child of your handmaid.**

Show me a sign of your favour,
so that those who hate me may see it and be ashamed; *
because you, O Lord, have helped me and comforted me.

THE SECOND READING

Romans 8.12-25

A reading from the Letter of Paul to the Romans.

So then, brothers and sisters, we are obligated, not to the flesh, to live according to the flesh—for if you live according to the flesh, you will die, but if by the Spirit you put to death the deeds of the body, you will live. For all who are led by the Spirit of God are children of God. For you did not receive a spirit of slavery to fall back into fear, but you received a spirit of adoption. When we cry, “Abba Father!” it is that very Spirit bearing witness with our spirit that we are children of God, and if children, then heirs: heirs of God and joint heirs with Christ, if we in fact suffer with him so that we may also be glorified with him.

I consider that the sufferings of this present time are not worth comparing with the glory about to be revealed to us. For the creation waits with eager longing for the revealing of the children of God, for the creation was subjected to futility, not of its own will, but by the will of the one who subjected it, in hope that the creation itself will be set free from its enslavement to decay and will

obtain the freedom of the glory of the children of God. We know that the whole creation has been groaning together as it suffers together the pains of labour, and not only the creation, but we ourselves, who have the first fruits of the Spirit, groan inwardly while we wait for adoption, the redemption of our bodies. For in hope we were saved. Now hope that is seen is not hope, for who hopes for what one already sees? But if we hope for what we do not see, we wait for it with patience. The Word of the Lord.

Thanks be to God.

HYMN 644

Eisenach

**Come, gracious Spirit, heavenly dove,
with light and comfort from above;
be thou our guardian, thou our guide;
o'er every thought and step preside.**

**The light of truth to us display
and make us know and choose thy way;
plant holy fear in every heart,
that we from God may ne'er depart.**

**Lead us to Christ, the living way,
nor let us from his pastures stray;
lead us to holiness, the road
that we must take to dwell with God.**

**Lead us to heaven, that we may share
fullness of joy forever there;
lead us to God, our final rest,
to be with him forever blest.**

Text: Simon Browne (1680-1732), alt. Music: Melody Das ander Theil, 1605; adapt. Johann Hermann Schein (1586-1630), alt.

THE HOLY GOSPEL

Matthew 13.24-30, 36-43

The people stand and turn to face the Gospel as it is processed into the center aisle.

The gospel is announced

The Lord be with you.

And also with you.

The Holy Gospel of our Lord Jesus Christ, according to Matthew.

Glory to you, Lord Jesus Christ.

Jesus put before them another parable: "The kingdom of heaven may be compared to someone who sowed good seed in his field, but while everybody was asleep an enemy came and sowed weeds among the wheat and then went away. So when the plants came up and bore grain, then the weeds appeared as well. And the slaves of the householder came and said to him, 'Master, did you not sow good seed in your field? Where, then, did these weeds come from?' He answered, 'An enemy has done this.' The slaves said to him, 'Then do you want us to go and gather them?' But he replied, 'No, for in gathering the weeds you would uproot the wheat along with them. Let both of them grow together until the harvest, and at harvest time I will tell the reapers, Collect the weeds first and bind them in bundles to be burned, but gather the wheat into my barn.' " Then he left the crowds and went into the house. And his disciples approached him, saying, "Explain to us the parable of the weeds of the field." He answered, "The one who sows the good seed is the Son of Man; the field is the world, and the good seed are the children of the kingdom; the weeds are the children of the evil one, and the enemy who sowed them is the devil; the harvest is the end of the age, and the reapers are angels. Just as the weeds are collected and burned up with fire, so will it be at the end of the

age. The Son of Man will send his angels, and they will collect out of his kingdom all causes of sin and all evildoers, and they will throw them into the furnace of fire, where there will be weeping and gnashing of teeth. Then the righteous will shine like the sun in the kingdom of their Father. Let anyone with ears listen!

The Gospel of Christ.

Praise to you, Lord Jesus Christ.

The people sit.

HOMILY

The Reverend Canon Ian Powell

The people stand.

THE NICENE CREED

English Language Liturgical Consultation

**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,
was incarnate of the Holy Spirit and the Virgin Mary
and became truly human.
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,
who with the Father and the Son is worshiped and glorified,
who 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 PRAYERS OF THE PEOPLE

The intercessor begins

In peace, we pray to you, Lord God.

For all people in their daily life and work;

**For our families, friends, and neighbours,
and for all who are isolated.**

For this community, our country, and the world;
For all who work for justice, freedom, and peace.

For the just and proper use of your creation;
For all who suffer hunger, fear, injustice, and oppression.

For those who are in danger, sorrow, or any kind of trouble;
For all who minister to the sick, the friendless, and the needy.

For the peace and unity of the Church of God;
For all who proclaim the gospel, and all who seek the truth.

For Anna our bishop, and for all bishops and other ministers;
For all who serve God in the Church.

For our own needs and those of others.

A brief silence is observed.

Hear us, Lord;
For your mercy is great.

In thanksgiving for the blessings of this life.

A brief silence is observed.

We will exalt you, O, God Most High
And praise your name for ever and ever.

For [...] and] all those who have died in the peace of Christ,
and for those whose faith is known to you alone.

A brief silence is observed.

Lord, let your loving kindness be upon them;
Who put their trust in you.

THE CONFESSION AND ABSOLUTION

The presider bids the confession

We pray to you also for the forgiveness of our sins.

A brief silence is observed.

**Have mercy upon us, most merciful Father;
in your compassion, forgive us our sins,
known and unknown, things done and left undone;
and so uphold us by your Spirit
that we may live and serve you in newness of life,
to the honour and glory of your name;
through Jesus Christ our Lord. Amen.**

The presider, or bishop when present, pronounces God's forgiveness

Almighty God have mercy on you, forgive you all your sins through the grace of Jesus Christ,
strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life.
Amen.

The people stand.

THE PEACE

The peace of Christ be always with you.
And also with you.

The people greet one another with a gesture of Christ's peace, then take their seats for the announcements.

ANNOUNCEMENTS

The Celebration of the Eucharist

OFFERTORY SENTENCE

Walk in love, as Christ loved us and gave himself for us, an offering and sacrifice to God.

Ephesians 5:2



The people stand.

The people's gifts of bread, wine and money are offered at the altar. All are invited to give by placing money in the offering basket as it circulates, visiting a Tap machine, located at the Quadra Street and Burdett Avenue doors, or scanning the QR code found in this service leaflet.

HYMN 538

Excelsior

Nearer, my God, to thee, nearer to thee!
Even though it be a cross that raiseth me,
still all my song would be: "Nearer, my God, to thee,
nearer, my God, to thee, nearer to thee!"

Though like the wanderer, the sun gone down,
darkness be over me, my rest a stone;
yet in my dreams I'd be nearer, my God, to thee,
nearer, my God, to thee, nearer to thee.

There let the way appear, steps unto heaven;
all that thou sendest me, in mercy given;
angels to beckon me nearer, my God, to thee,
nearer, my God, to thee, nearer to thee.

Then with my waking thoughts bright with thy praise,
out of my stony griefs Bethel I'll raise,
so by my woes to be nearer, my God, to thee,
nearer, my God, to thee, nearer to thee.

Or if on joyful wing cleaving the sky,
sun, moon, and stars forgot, upwards I fly,
still all my song shall be, "Nearer, my God, to thee,
nearer, my God, to thee, nearer to thee!"

Text: Sarah Flower Adams (1805-1848). Music: Lowell Mason (1792-1872).

THE PRAYER OVER THE GIFTS

Evangelical Lutheran Worship (2006) alt

Merciful God, as grains of wheat scattered upon the hill were gathered together to become one bread, so let your church be gathered together from the ends of the earth into your kingdom for yours is the glory through Jesus Christ, now and for ever.
Amen.

THE GREAT THANKSGIVING

Eucharistic Prayer 2

The Lord be with you.

And also with you.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

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.

Land of Rest

Ho - ly, ho - ly ho - ly Lord, God of power and might,
heav'n and earth are full of your glo - ry. Ho - san - na in the high - est,
Bless - ed is he who comes in the name of the Lord. Ho -
san - na in the high - est. Ho - san - na in the high - est.

The presider continues

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.

Amen.

THE LORD'S PRAYER

As our Saviour taught us, let us pray,

**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 the glory are yours,
now and for ever. Amen.**

FRACTION SENTENCE

Bread is broken. Silence may be kept.

We break this bread to share in the body of Christ.

We, being many, are one body, for we all share in the one bread.

THE COMMUNION

The gifts of God for the People of God.

Thanks be to God.

All are invited to receive communion around the altar rails. Gluten-free wafers are available upon request. If you prefer not to receive the Bread or Wine, simply cross your arms and a blessing will be offered. Communion ministers will come to the pews to serve any who cannot access the altar rails.

PRAYERS FOR HEALING

During the distribution of communion, prayers for healing with the laying-on-of-hands and anointing may be sought in the Lady Chapel, to the left of the high altar. Prayers may be requested for yourself or for others, and the content of prayers is held in confidence.

PRAYER AFTER COMMUNION

Evangelical Lutheran Worship (2006) alt.

Let us pray.

Gracious God, in this meal you have drawn us to your heart, and nourished us at your table with food and drink, the body and blood of Christ. Now send us forth to be your people in the world, and to proclaim your truth this day and evermore, through Jesus Christ, our Saviour and Lord.

Amen.

DOXOLOGY

Glory to God,

**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 Sending Forth

THE BLESSING

The presider, or bishop when present, pronounces God's blessing.
Amen.

HYMN 505

Slane

**Be thou my vision, O Lord of my heart;
naught be all else to me, save that thou art —
thou my best thought, by day or by night,
waking or sleeping, thy presence my light.**

**Be thou my wisdom, and thou my true Word;
I ever with thee and thou with me, Lord;
thou my great Father; thine own may I be,
thou in me dwelling, and I one with thee.**

**Riches I heed not, nor the world's empty praise;
thou mine inheritance, now and always:
thou and thou only, first in my heart,
high King of heaven, my treasure thou art.**

**High King of heaven, when victory is won,
may I reach heaven's joys, bright heaven's Sun!
Heart of my own heart, whatever befall,
still be my vision, O Ruler of all.**

Text: Irish hymn (8th cent.); tr. Mary Elizabeth Byrne (1880-1931); vers. Eleanor H. Hull (1860- 1935), alt. Vers. © courtesy of the estate of Eleanor H. Hull and Chatto & Windus Ltd. Music: Melody Irish trad.; arr. Martin Shaw (1875-1958), alt. Arr. © Oxford University Press.

THE DISMISSAL

**Go in peace to love and serve the Lord.
Thanks be to God.**

VOLUNTARY *Quodlibet on Slane*

Christa Rakich (b. 1950)

*All are warmly invited to coffee hour located in the Chapter Room,
located directly behind the nave and accessible from both side aisles.*

Flowers in the cathedral are given to the glory of God.



SERVING IN TODAY'S LITURGY

At 8 a.m.

Presider	The Reverend Canon Ian Powell
Verger	Bob Fearnley

At 10:30 a.m.

Presider	The Reverend Anna E. Rossi, <i>Vicar</i>
Homilist	The Reverend Canon Ian Powell
Deacon	The Reverend Canon Nancy Ford
Verger	Bob Fearnley
Readers	Elizabeth Pulker
Intercessor	Elsie Hepburn
Musicians	The Christ Church Cathedral Guild of Bellringers The Parish Choir Christan Hutten, <i>organist</i>
Eucharistic Ministers	Ian MacDonald, Sue MacRae, Jen Purkis
Healing Ministry	Judith Kelsey, Susanna Longridge
Sidespersons	Donna White, Heather Murphy, Leah Ibbitson, Gwyneth Evans <i>The Chancel Guild, Sue Black, President</i> <i>The Cathedral Technical Team</i>

This represents all known participants at the timing of printing. We regret any omissions and warmly encourage participation in liturgical ministries.

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A House of Prayer (THROUGH SEPTEMBER 6)

WEEKDAYS

Morning Prayer (Lady Chapel)

8.45 a.m. | Monday-Friday

Midweek Eucharist (St. Christopher Chapel)

12.15 p.m. | Wednesdays, excepting holidays

Evening Prayer (Lady Chapel)

5.00 p.m. | Monday-Friday

SUNDAYS

BCP Holy Eucharist

8.00 a.m. | Lady Chapel

Combined Eucharist

10.30 a.m. | Nave and Livestream

Evening Office

4.00 p.m. | Nave

Outreach to Rainbow Haven

Last year, the Cathedral opened a safe house in Kenya for vulnerable LGBTQ refugees from Kakuma, the third largest refugee camp in the world. The Cathedral's safe house now provides stability and the necessities of life to nine residents registered with the UNHRC as they await permanent settlement in a third country. This month's outreach will empower the residents to generate income through home-based micro-businesses including tailoring, soap making and roadside food sales. These activities will help restore dignity and hope to the residents who have experienced trauma, hardship and displacement. Donations to the Cathedral's safe house will be matched up to \$1,500, so your contribution this month will have an even greater impact. Please keep the residents in your prayers. Thank you for your support.

Happening this Week



Detailed information is found online.

Walking Group

Wed 22 July & Sat 25 July |
10.00 a.m.

Summer Recital Series

Every Sunday in July &
August | 2.00 p.m.