



CHRIST CHURCH CATHEDRAL
Vancouver, BC • Open Doors, Open Hearts, Open Minds



Emancipation Sunday

[Proper 17]

SUNDAY, JULY 26, 2026

10:30 A.M.

Choral Eucharist | In-Person & Livestream

The Rev. Areeta Bridgemohan, *Presider*

The Rev. Clare Morgan, *Preacher*

The Rev. Kevin de la Mare, *Deacon*

Dr. Neil Cockburn, *Organist & Director of Music*

MAILING ADDRESS: 690 Burrard Street, Vancouver, BC V6C 2L1

WEBSITE: www.thecathedral.ca | PHONE: (604) 682-3848 | E-MAIL: reception@thecathedral.ca

Welcome to the Cathedral

Whether today is your first time with us, or if this is your spiritual home, we welcome you to the Cathedral. We're glad that you're here today.

We envision a radically inclusive, restlessly inquisitive, intentional, and inspired Cathedral. This is a place that is called to lead and to serve, in communion and community, with healing, reconciliation, and love, living out the Christian mission. Together, we look to the power of Christ for the transformation of each person, this city of Vancouver, and the world.

We recognize our history and traditions while seeking renewal and growth in spiritual depth and size. Curious and adaptable, this chorus has room for every voice — especially yours.

To learn more about the many ministries and opportunities for service in this community, please visit our website: www.thecathedral.ca. Following our worship service, please join us for coffee hour outside if the weather permits.

Thank you for joining us today. Your presence enriches our life together.

Faithfully yours in Christ,



The Very Rev. Christopher A. Pappas, Ph.D., D.Min.
Dean & Rector



Connect with us!

We invite you to tell us more about yourself by completing our short connection form. You may find this form at tinyurl.com/CathedralConnection or by scanning the QR code on the left.

A message to children and their grown-ups

We're glad you're here! Here are a few things we would like you to know about our worship service today:

- Playmats and an activity cart with books, puzzles and colouring are available at the front of the church;
- Sunday school has closed for the summer and will resume September 13, 2026.
The nursery is available downstairs as a quiet space for you and your children.
The service is live streamed so you can follow the worship.

Need to reach us?

Visit us at www.thecathedral.ca/pages/our-team or scan the QR code on the right to access our clergy and staff contact information.

We're here to support you — feel free to reach out anytime!



The Gathering of the Community

Processional Hymn

In Christ There Is No East or West

(CP 484)

Text: John Oxenham (1852-1941), alt.

Music: MCKEE, melody African-American spiritual; adapt. Henry Thacker Burleigh (1866-1949).

1 In Christ there is no east or west,
in Christ no south or north,
but one great fellowship of love
throughout the whole wide earth.

3 Join hands, disciples of the faith,
whate'er your race may be;
who serves my God in truth and love
is surely kin to me.

2 In Christ shall true hearts everywhere
their high communion find,
whose service is the golden cord
close-binding humankind.

4 In Christ now meet both east and west,
in Christ meet south and north;
all faithful souls are joined in one
throughout the whole wide earth.

Presider

We acknowledge that from the 17th century until the 19th century, adults and children were forcefully kidnapped and displaced from their homes in Western Africa and brought across the Atlantic Ocean to the Caribbean and the Americas, where they were forced into chattel slavery. We also acknowledge that even after the abolition of slavery in 1834, the descendants of the enslaved and other members of the African Diaspora and the Black community have and continue to face discrimination based on the colour of their skin. Today we take time to acknowledge, reflect, and honour the significant resilience and contributions of people of African descent to the church and society as a whole. As we celebrate Emancipation Day, let us commit ourselves to creating a more inclusive and equitable church and society for all.

All

We commit to continuing to educate ourselves and others about the contributions and experiences of the Black community. Let us work together, emboldened by the Holy Spirit, to create a world where everyone is embraced regardless of their race, as beloved children of God.

Presider

Blessed are you, holy and living God.

All

You come to your people and set them free.

Gloria

Glory to God

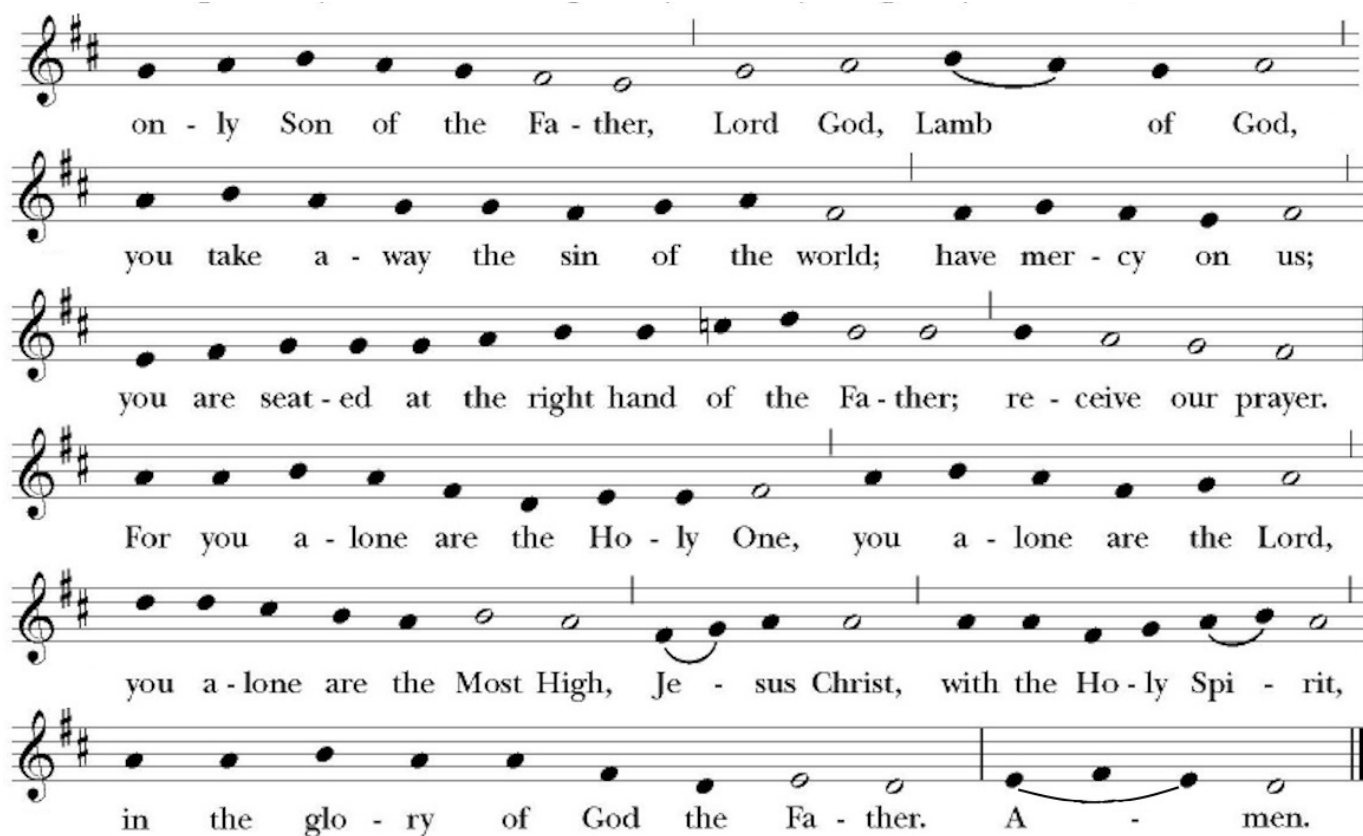
(CP 686)

Music: *New Plainsong*, David Hurd (1950-).

Glo - ry to God in the high-est, and peace to his peo - ple on earth.

Lord God, hea-ven-ly King, al-might-y God and Fa-ther, we wor-ship you,

we give you thanks, we praise you for your glo - ry. Lord Je - sus Christ,



The Collect of the Day

Presider Let us pray.

Silence is kept.

O God, the protector of all who trust in you, without whom nothing is strong, nothing is holy, increase and multiply upon us your mercy, that with you as our ruler and guide,

All

we may so pass through things temporal, that we lose not the things eternal; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

The Proclamation of the Word

The First Reading

Genesis 29:15-28

At the conclusion of the reading

Reader Word of God, word of life. Thanks be to God.

Psalm 105:1-11, 45c

Refrain

Text: *Lectionary for Mass*, © 1969, 1981, 1997, ICEL Music: Leon Roberts, © 1987, GIA Publications, Inc.



1 Give thanks to the Lord and call upon his name;
make known his deeds among the peoples.
2 Sing to him, sing praises to him, and speak of all his marvellous works.
3 Glory in his holy name; let the hearts of those who seek the Lord rejoice.
4 Search for the Lord and his strength; continually seek his face. *Refrain*

5 Remember the marvels he has done, his wonders and the judgements of his mouth,
6 O offspring of Abraham his servant, O children of Jacob his chosen.
7 He is the Lord our God; his judgements prevail in all the world. *Refrain*

8 He has always been mindful of his covenant,
the promise he made for a thousand generations:
9 The covenant he made with Abraham, the oath that he swore to Isaac,
10 Which he established as a statute for Jacob, an everlasting covenant for Israel,
11 Saying, "To you will I give the land of Canaan to be your allotted inheritance."
45c Hallelujah! *Refrain*

The Second Reading

Romans 8:26-39

At the conclusion of the epistle.

Reader Hear what the Spirit is saying to the churches. **Thanks be to God.**

Sequence Hymn

More Than We Know, God Works Within Us

Text: Shirley Erena Murray (1931-2020).

Music: MOLL, Per Harling (1948-).

© 2000 Hope Publishing Co.

1 More than we know, God works with - in us, more than we
2 He is God's eye, chang - ing our fo - cus, he is the
3 He is God's face, smile of the rain - bow, col - ours of
4 He is God's heart, tuned to our heart-beat, he is the
trust, mus - tard seeds grow, more than we dream, God's pos - si -
light, flood - ing our mind, he is the fire, Spir - it and
peace, blend - ing us all, he is the coin, God's new e -
air, lift - ing our wings, his are the arms stretched out to
bil - i - ty, this is the Gos - pel of love: _____
en - er - gy spark - ing our spir - it to shine, _____
con - o - my, spend - ing to feed and to save, _____
chal - lenge us, he is our cour - age to fly. _____
for Christ has come, bring - ing us life, life in its full - ness and joy! _____

The Holy Gospel

Matthew 13:31-33, 44-52

Deacon The Lord be with you. **And also with you.**

Deacon The Holy Gospel of our Saviour Jesus Christ according to Matthew.

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

After the Gospel, the Deacon says:

The Gospel of Christ. **Praise to you, Lord Jesus Christ.**

The Sermon

The Reverend Clare Morgan

A period of silent reflection follows the sermon.

The Apostles' Creed

Deacon Let us confess our faith, as we say,

All I believe in God, the Father almighty, creator of heaven and earth. I believe in Jesus Christ, God's only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried; he descended to the dead. On the third day he rose again; he ascended into heaven, he is seated at the right hand of the Father, and he will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. **Amen.**

The Prayers of the People

Please scan the QR code on the back of the bulletin for prayer cycles.

The Confession and Absolution

Deacon Beloved in Christ, God our creator made us all in the Divine Image, and calls us to love one another as God loves us. Let us confess our sins against God and one another.

Silence may be kept.

Almighty God, we confess that we have failed to honour you in the great diversity of the human family. We desire to live in the freedom of your grace, but build walls between ourselves and others. We long to be known and accepted for who we are, but make judgements of others based on the colour of skin, the shape of features, and the varieties of human experience. We try to love our neighbours but fail to address the injustices of systems that benefit some and continue to enslave others. For the sake of Jesus who brought freedom to all, have mercy on us and free us by your forgiveness, giving us new eyes to see your glory in all people. **Amen.**

Presider Almighty God have mercy upon you, pardon and deliver you from all your sins, restore you in God's own image, and strengthen you as beloved community for the ministry of reconciliation, united in God's own glorious created diversity, as you are one with Christ and the Spirit, now and forever. **Amen.**

The Peace

Presider The peace of the Lord be always with you. **And also with you.**

All may exchange a sign of peace.

The Celebration of the Eucharist

The Offertory

Thank you for your prayerful stewardship of the ministries of the Cathedral. Thank you for your generosity at any amount, because your stewardship empowers our mission to advance the Good News of God's infinite love and mercy through our worship, ministries, formation, and service. You may make a gift using the offering plate being passed around at this time or refer to the back page of this bulletin to see other methods. Together with the gifts of bread and wine, we present our gifts at the altar as a sign of thanksgiving to God, from whom all good things come.

Offertory Hymn

God, My Hope on You Is Founded

(CP 529)

Text: Joachim Neander (1650-1680); tr. Robert Seymour Bridges (1844-1930), alt.

Music: MICHAEL, Herbert Howells (1892-1983).

1 God, my hope on you is founded;
you my faith and trust renew:
through all change and chance you guide me,
only good and only true.
God unknown, you alone
call my heart to be your own.

3 Daily does the almighty Giver
bounteous gifts on us bestow;
God's desire for us delights us,
pleasure leads us where we go.
Here at hand, love takes stand,
joy awaits God's sure command.

2 Human pride and earthly glory,
sword and crown, betray our trust;
though with care and toil we build them,
tower and temple fall to dust.
But your power, hour by hour,
is my temple and my tower.

4 God's great goodness lasts forever,
deepest wisdom, passing thought:
splendour, light, and life attending,
beauty springing out of naught.
Evermore from God's store
new-born worlds rise and adore.

5 Still from earth to God eternal
sacrifice of praise be done,
high above all praises praising
for the gift of Christ the Son.
Christ, you call one and all;
those who follow shall not fall.

The Prayer over the Gifts

Presider God of grace, accept all we offer you this day, as we look toward the glory you have promised. This we ask in the name of Jesus Christ our Lord. Amen.

The Great Thanksgiving

Eucharistic Prayer 3

Enriching Our Worship

Presider The Lord be with you. **And also with you.**

Presider Lift up your hearts. **We lift them to the Lord.**

Presider Let us give thanks to the Lord our God. **It is right to give our thanks and praise.**

Presider All thanks and praise are yours at all times and in all places [...] And so as the morning stars sing your praises we join the heavenly beings and all creation as we shout with joy:

Sanctus and Benedictus

Holy, Holy, Holy Lord

Music: *Eucharist of the Soul*, Lena McLin (1928-2023).

Ho - ly, ho - ly, ho - ly Lord, God of power and might, hea-ven 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.

The musical score is written on four staves. The first staff begins with a treble clef and a key signature of one flat (B-flat). It contains the lyrics 'Ho - ly, ho - ly, ho - ly Lord,' with a triplet of eighth notes under 'ly'. The second staff continues with 'God of power and might, hea-ven and earth are full of your glo - ry' and ends with a triplet of eighth notes. The third staff has the lyrics 'Ho - san na in the high - est. Bless - ed is he who'. The fourth staff concludes with 'comes in the name of the Lord. Ho - san-na in the high - est.' and ends with a double bar line.

Presider Glory and honour are yours, Creator of all, your Word has never been silent [...] And so, remembering all that was done for us: the cross, the tomb, the resurrection and ascension, longing for Christ's coming in glory, and presenting to you these gifts your earth has formed and human hands have made, we acclaim you, O Christ:

Dy-ing you des-troyed our death. Ris-ing, you re-stored our life. Christ Je - sus, come in glo - ry!

The musical score is written on two staves. The first staff begins with a treble clef and a key signature of one flat (B-flat). It contains the lyrics 'Dy-ing you des-troyed our death. Ris-ing, you re-stored our'. The second staff continues with 'life. Christ Je - sus, come in glo - ry!' and ends with a double bar line.

Presider Send your Holy Spirit upon us and upon these gifts of bread and wine [...] Through Christ and with Christ and in Christ, by the inspiration of your Holy Spirit, we worship you our God and Creator in voices of unending praise. Blessed are you now and for ever.

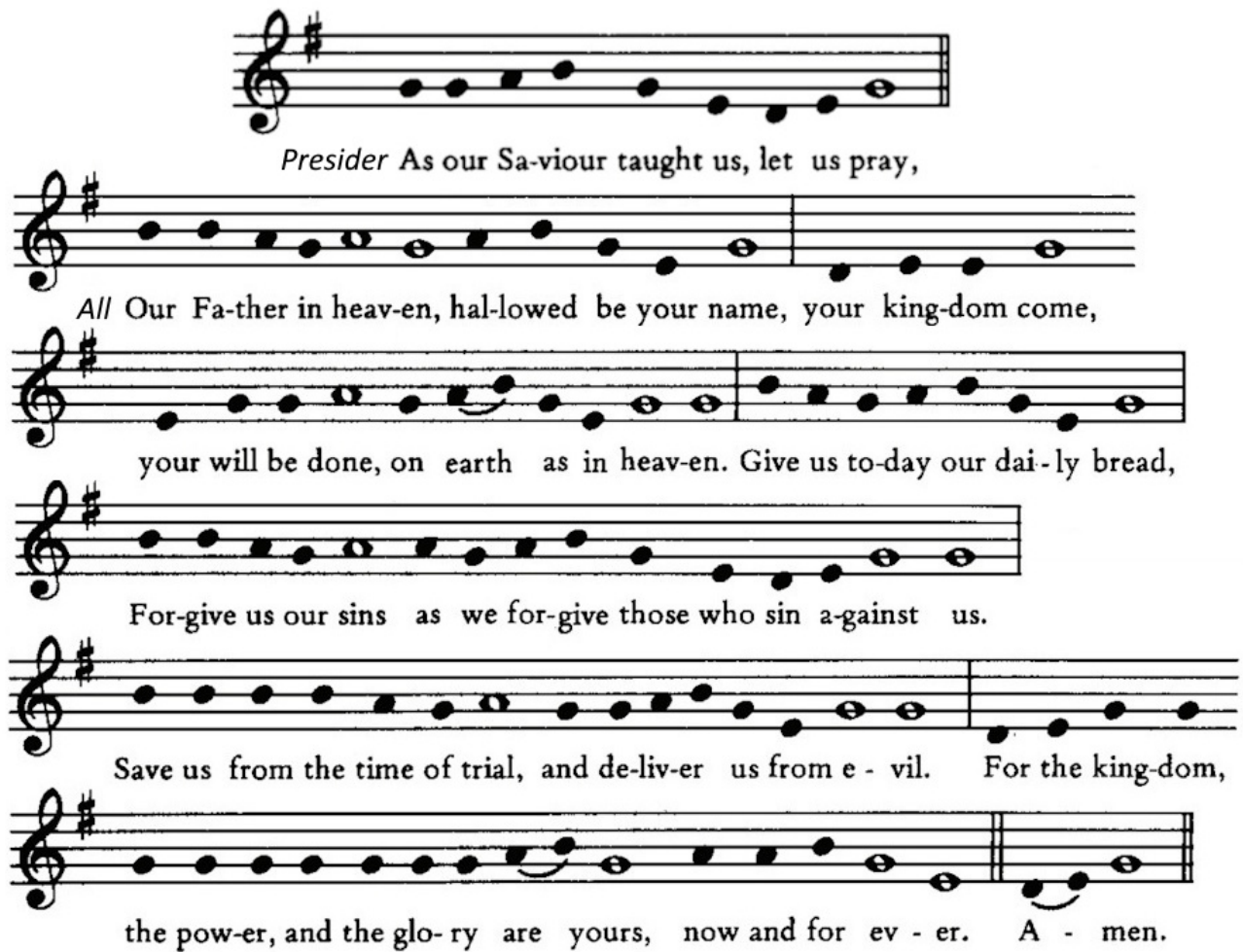
A - men, a - men, A - men, a - men, A - men, a - men.

The musical score is written on two staves. The first staff begins with a treble clef and a key signature of two sharps (D major). It contains the lyrics 'A - men, a - men, A - men, a -'. The second staff continues with 'men, A - men, a - men.' and ends with a double bar line.

Ring of the bell. (x3)

The Lord's Prayer

Setting: McNeil Robinson (1943-2015)



The musical score for 'The Lord's Prayer' is written on six staves in G major (one sharp). The melody is simple and hymn-like, using mostly quarter and eighth notes. The lyrics are written below each staff.

Presider As our Sa-viour taught us, let us pray,
All Our Fa-ther in heav-en, hal-lowed be your name, your king-dom come,
your will be done, on earth as in heav-en. Give us to-day our dai-ly bread,
For-give us our sins as we for-give those who sin a-gainst us.
Save us from the time of trial, and de-liv-er us from e - vil. For the king-dom,
the pow-er, and the glo-ry are yours, now and for ev - er. A - men.

Presider Behold the mystery of your salvation laid out before you.
Behold who you are; become what you receive. **Thanks be to God.**
Presider The gifts of God for the people of God. **Thanks be to God.**

Fraction Anthem

Lamb of God

Music: *Eucharist of the Soul*, Lena McLin (1928-2023).



The musical score for the 'Fraction Anthem' is written on three staves in B-flat major (two flats). The melody is more complex than the Lord's Prayer, featuring triplets and a repeat sign. The lyrics are written below each staff.

Lamb of God, you take a-way the sin of the world:
have mer-cy on us. Lamb of God, you
take a-way the sin of the world: grant us peace.

The Communion

To receive the consecrated Bread, approach the altar and extend your hands to the minister with palms open. To receive the consecrated Wine, carefully guide the chalice to your lips. For public health, please do not dip the Bread into the Wine. If you do not wish to partake of the common cup, know that you receive the full efficacy of communion with only the Bread. If you do not wish to receive communion, you are invited to receive a blessing by approaching the altar and crossing your arms over your chest. You may also remain in your seat as you feel comfortable. If you are interested in learning about baptism, please contact a member of our clergy. During communion, Healing Prayer is offered for all people in the west alcove. Please respect the confidentiality of the people praying by not entering the alcove during prayer time.

During Communion

Lamb of God

Twila Paris (1958-)

Ave Maria

R. Nathaniel Dett (1882-1943)

Communion Hymn

Let Us Break Bread Together

Text: African-American spiritual.

Music: LET US BREAK BREAD, melody African-American spiritual.

1 Let us break bread together on our knees; (x2)

*Refrain: When I fall down on my knees, with my face to the rising sun,
O Lord, have mercy on me.*

2 Let us drink wine together on our knees; (x2) *Refrain*

3 Let us praise God together on our knees; (x2) *Refrain*

The Prayer after Communion

Presider Let us pray.
God of grace, we have received the memorial of the death and resurrection of your Son.
All May your love, poured into us, bring us to your promises.
We ask this in the name of our Redeemer Jesus Christ. Amen.

The Doxology

Presider 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.

[Commissioning for lay ministers who will be taking communion to those not able to participate in the Eucharist at the church:

Presider In the name of this congregation, I send you forth bearing Holy gifts, that those to whom you go may share with us in the body and blood of Christ.

All We who are many are one body, because we share one bread, one cup.]

The Blessing

Presider

May God bless you with a restless discomfort about easy answers, half-truths and superficial relationships, so that you may seek truth boldly and love deep within your heart. **Amen.** May God bless you with holy anger at injustice, oppression, and exploitation of people, so that you may tirelessly work for justice, freedom, and peace among all people. **Amen.** May God bless you with the gift of tears to shed with those who suffer from pain, rejection, starvation, or the loss of all that they cherish, so that you may reach out your hand to comfort them and transform their pain into joy. **Amen.** May God bless you with enough foolishness to believe that you really can make a difference in this world, so that you are able, with God's grace, to do what others claim cannot be done. **Amen.** And the blessing of God almighty, Father, Son, and Holy Spirit, be upon you and remain with you always.

All

Amen. Alleluia!

Closing Hymn

Let Streams of Living Justice

(CP 575)

Text: William Whitla (1934-).

Music: THAXTED, Gustav Theodore Holst (1874-1934), *The Planets*; harm. adapt. *Hymns for Church and School*, 1964.

1 Let streams of living justice flow down upon the earth;
give freedom's light to captives, let all the poor have worth.
The hungry's hands are pleading, the workers claim their rights,
the mourners long for laughter, the blinded seek for sight.
Make liberty a beacon, strike down the iron power;
abolish ancient vengeance: proclaim your people's hour.

2 For healing of the nations, for peace that will not end,
for love that makes us lovers, God grant us grace to mend.
Weave our varied gifts together; knit our lives as they are spun;
on your loom of time enroll us till our thread of life is run.
O great Weaver of our fabric, bind church and world in one;
dye our texture with your radiance, light our colours with your sun.

3 Your city's built to music; we are the stones you seek;
your harmony is language: we are the words you speak.
Our faith we find in service, our hope in other's dreams,
our love in hand of neighbour: our homeland brightly gleams.
Inscribe our hearts with justice; your way— the path untried;
your truth— the heart of stranger; your life— the Crucified.

The Dismissal

Deacon

Go forth to break the chains of oppression
and overturn the tables of injustice in the name of Christ.

All

Thanks be to our liberating God! Amen.

Postlude

Toccata on "McKee,"

Yasmin Nadiyah Phillip (2024)

The Chronicle Newsletter

Scan the QR code for the latest Chronicle newsletter.



The Prayers of the People

Scan the QR code for the prayer cycles.



The Ministers of the Liturgy

Presider

The Rev. Areeta Bridgemohan

Preacher

The Rev. Clare Morgan

Deacon

The Rev. Kevin de la Mare

Subdeacon

Dana Osborne

Servers

Esther Aneke, Michael Rahuel,

Nick Rezaeizadeh,

Nafiseh Pirasteh

Readers

Carol Cook, Kevin Smith

Intercessor

Byron Jang

Breadmaker

Carol Cook

Gospel Station

The Rev. Matthew Senf

Gospel Station

Felix Funk

Preacher Station

Penny Zhou

Presider Station

Andrea Gailus

Regimental Alcove

Regimental Alcove

ASL Interpreter

Music

Sound/Livestream

Duty Trustee

Welcoming Team

Altar Guild

Healing Prayer Team

The Very Rev. Christopher A. Pappas

Naman Oaul

Lisz Keallen

The Cathedral Quartet

Dr. Neil Cockburn

(Organist & Director of Music)

Cathedral Staff

Douglas Yee

Jane Ditrach, Jennifer Chen,

Howard Teasley, Nafiseh Pirasteh

and Marilyn Campbell

Sarah Nation, Renya Corona,

Nafiseh Pirasteh

Colin Miles, Cynthia Turley

Today

Sundays @ 4 | July 26 | 4:00 p.m.

French Eucharist | July 26 | 5:30 p.m.

Compline | July 26 | 8:00 p.m.



E-transfer your donation to

ar@thecathedral.ca.

Please provide your name and address
in the Memo Field for tax receipt purposes.



An envelope is enclosed for your convenience
to give cash or cheque.

If you cannot find it, ask a greeter for one.

Please also provide your name and address
for tax receipt purposes.



SCAN TO DONATE

Make a gift through our
secure website at

www.thecathedral.ca/give,

accessible via the
QR code above.



Tip Tap
donations are
non-receiptable.

This worship takes place on the traditional, ancestral, and unceded territory of the x̱məθkʷəy̓əm (Musqueam),
Skwxwú7mesh (Squamish), and Səlilwətaʔ (Tsleil-Waututh) nations, in the heart of Vancouver.

All music is printed with permission: License #705, Licensing – Copyright Cleared Music for Churches.
OneLicense.net #A-729001. All rights reserved. Cover image by Br. Martin Erspamer, OSB.