



WE ACKNOWLEDGE THAT AS A PARISH OF THE DIOCESE OF NEW WESTMINSTER,
WE GATHER ON THE TRADITIONAL AND UNSURRENDERED TERRITORY OF THE
HALQ'EMELYN-SPEAKING COAST SALISH PEOPLES, INCLUDING BUT NOT LIMITED TO
THE q̓w̓a:ńłəń (KWANTLEN), QAYQAYT, k̓wik̓wəłəm (KWIKWETLEM), x̓wməθk̓wəyəm
(MUSQUEAM), səliłwətał (TSEIL-WAUTUTH), AND sts'əwaθən məstejəx̓w (TSAWWASSEN).
WE SEEK TO WALK A PATH OF RECONCILIATION AND HEALING.

**10 am Eucharist
Pentecost 10
2 August 2026**

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*Whether you have been a lifelong Anglican or are new to our tradition, we welcome you this morning! If you are not familiar with Anglican worship, simply allow the words, music and symbols to speak to you. Participate as fully as you feel comfortable in doing. We stand to sing and sit to listen. Some people kneel for prayer, some sit and some stand. Please do what is comfortable for you. You are invited to join in the words in **bold type**. Music for the songs is found in the blue Common Praise or green Songs for a Gospel People hymnbooks in the pews.*

Prelude

Welcome

THE GATHERING OF THE COMMUNITY

Gathering Hymn

*'Lord Jesus, Of You I Will Sing'
Songs for a Gospel People #20*

**Lord Jesus, of you I will sing as I journey.
I'll tell all my neighbours about you wherever I go.
You alone give us life, give us peace, give us love.
Lord Jesus, of you I will sing as I journey.**

**Lord Jesus, I'll praise you as long as I journey.
May all of my joy be a faithful reflection of you.
May the earth and the sea and the sky join my song.
Lord Jesus, I'll praise you as long as I journey.**

**As long as I live Jesus, make me your servant,
To carry your cross and to share all your burdens and tears;
For you save us by giving your body and blood.
As long as I live, Jesus, make me your servant.**

**I fear in the dark and the doubt of my journey,
But courage will come with the sound of your steps by my side,
And with all of the people you saved by your love,
We'll sing to the dawn at the end of our journey.**

Greeting

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

People: **And also with you.**

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

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

The Gloria (sung 3 times)
Common Praise 376 (tune Taizé)

Gloria, gloria, in excelsis Deo!
Gloria, gloria, alleluia, alleluia!

Young People's Time

The Collect of the Day

Presider: Let us pray,

**All: God beyond all seeing and knowing,
we meet you in the night of change and crisis
and wrestle with you in darkness and doubt.
Give us the will and spirit to live faithfully
and to love as we are loved,
through Jesus Christ, your Son. Amen.**

THE PROCLAMATION OF THE WORD

The First Reading: Genesis 32:22-31

Reader: A reading from the Book of Genesis,

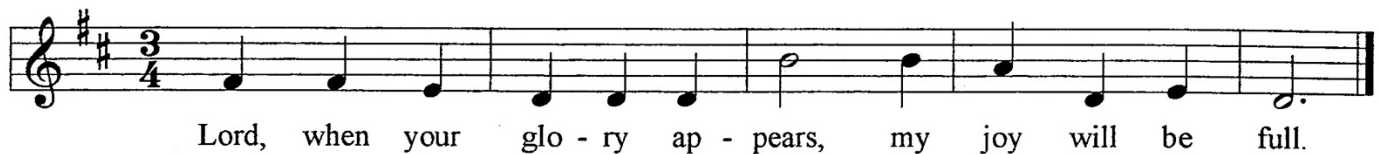
²² The same night Jacob got up and took his two wives, his two maids, and his eleven children, and crossed the ford of the Jabbok. ²³ He took them and sent them across the stream, and likewise everything that he had. ²⁴ Jacob was left alone; and a man wrestled with him until daybreak. ²⁵ When the man saw that he did not prevail against Jacob, he struck him on the hip socket; and Jacob's hip was put out of joint as he wrestled with him. ²⁶ Then he said,

‘Let me go, for the day is breaking.’ But Jacob said, ‘I will not let you go, unless you bless me.’ ²⁷ So he said to him, ‘What is your name?’ And he said, ‘Jacob.’ ²⁸ Then the man said, ‘You shall no longer be called Jacob, but Israel, for you have striven with God and with humans, and have prevailed.’ ²⁹ Then Jacob asked him, ‘Please tell me your name.’ But he said, ‘Why is it that you ask my name?’ And there he blessed him. ³⁰ So Jacob called the place Peniel, saying, ‘For I have seen God face to face, and yet my life is preserved.’ ³¹ The sun rose upon him as he passed Penuel, limping because of his hip.

Reader: Holy Word, Holy Wisdom.

All: Thanks be to God.

The Psalm: 17:1-7 & 16 (verses sung by the choir)



Refrain: Lord, when your glory appears, my joy will be full.

The Second Reading: Romans 9:1-5

Reader: A reading from Paul’s Letter to the Romans,

I am speaking the truth in Christ—I am not lying; my conscience confirms it by the Holy Spirit—² I have great sorrow and unceasing anguish in my heart. ³ For I could wish that I myself were accursed and cut off from Christ for the sake of my own people, my kindred according to the flesh. ⁴ They are Israelites, and to them belong the adoption, the glory, the covenants, the giving of the law, the worship, and the promises; ⁵ to them belong the patriarchs, and from them, according to the flesh, comes the Messiah, who is over all, God blessed for ever. Amen.

Reader: Holy Word, Holy Wisdom.

All: Thanks be to God.

Gospel Hymn
'Break Now the Bread of Life'
Songs for a Gospel People #86

**Break now the bread of life, dear Lord, to me,
As once you broke the loaves beside the sea.
Beyond the sacred page I seek you, Lord:
My spirit waits for you, O living Word.**

**Bless your own truth, dear Lord, to me, to me,
As when you blest the bread by Galilee;
Then shall all bondage cease, all fetters fall,
And I shall find my peace, my All in all.**

The Gospel: Matthew 14:13-21

Reader: The Lord be with you.

All: And also with you.

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

All: Glory to you, Lord Jesus Christ.

¹³ Now when Jesus heard this, he withdrew from there in a boat to a deserted place by himself. But when the crowds heard it, they followed him on foot from the towns. ¹⁴ When he went ashore, he saw a great crowd; and he had compassion for them and cured their sick. ¹⁵ When it was evening, the disciples came to him and said, 'This is a deserted place, and the hour is now late; send the crowds away so that they may go into the villages and buy food for themselves.' ¹⁶ Jesus said to them, 'They need not go away; you give them something to eat.' ¹⁷ They replied, 'We have nothing here but five loaves and two fish.' ¹⁸ And he said, 'Bring them here to me.' ¹⁹ Then he ordered the crowds to sit down on the grass. Taking the five loaves and the two fish, he looked up to heaven, and blessed and broke the loaves, and gave them to the disciples, and the disciples gave them to the crowds. ²⁰ And all ate and were filled; and they took up what was left over of the broken pieces, twelve baskets full. ²¹ And those who ate were about five thousand men, besides women and children.

Reader: The Gospel of Christ.

All: Praise to you, Lord Jesus Christ.

Gospel Hymn continued

**You are the bread of life, O Lord, to me,
Your holy Word the truth that sets me free.
Give me to eat and live with you above:
Teach me to love your truth, for you are love.**

Teaching

The Rev. Stephanie Shepard

The Apostles' Creed

Presider: Let us confess the faith of our baptism as we say,

**All: I believe in God, the Father Almighty,
Creator of heaven and earth.
I believe in Jesus Christ, his only Son, our Lord,
He was conceived by the Holy Spirit,
born of the virgin Mary,
was crucified, died, and was buried.
He descended to the dead.
On the third day he rose again.
He ascended into heaven,
and is seated at the right hand of God the Father.
He will come again 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

Leader: Let us offer our prayers to God, who supplies our daily bread. To the bidding, 'Generous God', please respond 'You give us what we need'. Grant that the Church may have grace to feed all who are hungry for the word of salvation. We pray for bishops, priests, and deacons who care for the flock, administer the sacraments, and seek out the lost. Through the divine feeding of the Eucharist, keep your people faithful in obedience and untiring in works of mercy. Generous God,

All: You give us what we need.

Leader: Come to the aid of the multitudes who wander in the wilderness places of the world, unsatisfied but not knowing what they seek. Give those in authority hearts of compassion so as not to turn away those who need their care. We lift up situations of concern in our world, where there is disaster, war, oppression, and displacement....

Thank you for this fragile planet, which we are called to share.
Generous God,

All: You give us what we need.

Leader: Make us more hospitable in our homes and places of worship, ready to meet the bodily and emotional needs of those who come into our lives. Bless the helpers in this community who feed the hungry and bring food to those who do not have the means to grow, store, or prepare healthy meals. Generous God,

All: You give us what we need.

Leader: Have mercy on the hungry, the ill, and the lonely. May your healing flow into their bodies, minds, and spirits. We lift up the names of those who have asked for our prayers, either silently or aloud... Give us power to assist in their relief. Generous God,

All: You give us what we need.

Leader: We ask forgiveness for the ways in which we have not reflected your generous love. We have failed to see the needs of others, and sometimes even our own. Have mercy on us and make us hunger for righteousness and reconciliation. Generous God,

All: You give us what we need.

Leader: We give thanks for all who were sustained in their earthly pilgrimage and now taste the fullness of God's bounty. We remember especially those we name now...

May we rejoice with the great multitude of the faithful departed and one day join them at the heavenly banquet. Generous God,

All: You give us what we need.

Leader: May our prayers be heard through the compassion of Christ.

All: Amen.

The Absolution

Presider: 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.

All: Amen.

The Exchange of the Peace

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

All: And also with you.

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

THE HOLY COMMUNION

Offering Hymn

'Let Us Talents and Tongues Employ'

Songs for a Gospel People #63

**Let us talents and tongues employ,
reaching out with a shout of joy:
Bread is broken, the wine is poured,
Christ is spoken and seen and heard.**

***Refrain: Jesus lives again, earth can breathe again,
Pass the Word around: loaves abound!
Jesus lives again, earth can breathe again,
Pass the Word around: loaves abound!***

**Christ is able to make us one,
at the table he sets the tone,
Teaching people to live to bless,
love in word and in deed express.**

Refrain

**Jesus calls us in, sends us out,
bearing fruit in a world of doubt,
Gives us love to tell, bread to share:
God (Immanuel) everywhere!**

Refrain

The Prayer over the Gifts

Presider: Let us pray,

**All: God our sustainer,
Accept all we offer you this day,
And feed us continually with that bread
Which satisfies all hunger,
Your Son our Saviour Jesus Christ. Amen.**

The Great Thanksgiving

Presider: The Lord be with you.

People: And also with you.

Presider: Lift up your hearts.

People: We lift them to the Lord.

Presider: Let us give thanks to the Lord our God.

People: It is right to give our thanks and praise.

Presider: It is indeed right that we should praise you, gracious God, for you created all things. You formed us in your own image: male and female you created us. When we turned away from you in sin, you did not cease to care for us, but opened a path of salvation for all people. You made a covenant with Israel, and through your servants Abraham and Sarah gave the promise of a blessing to all nations. Through Moses you led your people from bondage into freedom; through the prophets you renewed your promise of salvation. Therefore, with them, and with all your saints who have served you in every age, we give thanks and raise our voices to proclaim the glory of your name:

Sanctus

Songs for a Gospel People 117 (Land of Rest)

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

Presider: Holy God, source of life and goodness, all creation rightly gives you praise. In the fullness of time, you sent your Son Jesus Christ, to share our human nature, to live and die as one of us, to reconcile us to you, God, the Mother and Father of all. He healed the sick and ate and drank with outcasts and sinners; he opened the eyes of the blind and proclaimed the good news of your kingdom to the poor and to those in need. In all things he fulfilled your gracious will.

On the night he freely gave himself to death, our Lord Jesus Christ took bread, and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: this is my body which is given for you. Do this for the remembrance of me."

After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: this is my blood of the new covenant, which is shed for you for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me." Gracious God, his perfect sacrifice destroys the power of sin and death; by raising him to life you give us life for evermore. Therefore we proclaim the mystery of faith.

All: Christ has died. Christ is risen. Christ will come again.

Presider: Recalling his death, proclaiming his resurrection, and looking for his coming again in glory, we offer you, Father, this bread and this cup. Send your Holy Spirit upon us and upon these gifts, that all who eat and drink at this table may be one body and one holy people, a living sacrifice in Jesus Christ, our Lord. Through Christ, with Christ, and in Christ, in the unity of the Holy Spirit, all glory is yours, almighty Father, now and forever.

All: Amen.

The Lord's Prayer

Presider: In the language closest to your heart,
let us pray as Jesus taught us:

You are invited to use either the traditional or contemporary version in English or the language you find most helpful for prayer.

**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 today our daily bread.
Forgive us our trespasses
as we forgive those who
trespass against us.
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.**

**Our Father in heaven,
Hallowed be your name.
Your kingdom come,
Your will be done
on earth as in heaven.
Give us this day 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 forever. Amen**

Fraction Hymn *Common Praise 63 (Eat this Bread)*

**Eat this bread, drink this cup:
Come to me and never be hungry.
Eat this bread, drink this cup:
Trust in me and you will not thirst.**

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

People: Thanks be to God.

The Communion

You are invited to come forward to receive bread and wine. Low gluten wafers are available. You receive the fullness of Christ's love if you prefer to take one kind (just the bread or the wine). If you would prefer to have a blessing, please let the priest know.

During Communion

'O Love That Will Not Let Me Go'
Songs for a Gospel People #110

**O Love that wilt not let me go,
I rest my weary soul in thee;
I give thee back the life I owe,
that in thine ocean depths its flow
may richer, fuller be.**

**O Light that followest all my way,
I yield my flick'ring torch to thee;
My heart restores its borrowed ray,
that in thy sunshine's blaze its day
may brighter, fairer be.**

**O Joy that seekest me thro' pain,
cannot close my heart to thee;
I trace the rainbow thro' the rain
and feel the promise is not vain
that morn shall tearless be.**

**O Cross that liftest up my head,
I dare not ask to fly from thee;
I lay in dust life's glory dead
and from the ground there blossoms red
life that shall endless be.**

Anthem- HTC Choir

THE SENDING FORTH OF THE COMMUNITY

The Prayers after Communion

Presider: Let us pray:

**All: God of grace,
We have shared in the mystery
Of the body and blood of Christ.
May we who have tasted the bread of life
help feed your hungry world,
In the name of Jesus our Lord. Amen.**

Presider: Glory to God,

**All: 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, now and forever. Amen.**

Announcements

Sending Hymn
‘Great is Thy Faithfulness’
Songs for a Gospel People #95

**Great is thy faithfulness, O God our Father!
There is no shadow of turning with thee;
Thou changest not, thy compassions they fail not;
As thou hast been thou forever will be.**

***Refrain: Great is thy faithfulness, great is thy faithfulness.
Morning by morning new mercies I see;
All I have needed thy hand hath provided-
Great is thy faithfulness, Lord, unto me.***

**Summer and winter and springtime and harvest,
Sun, moon and stars in their courses above,
Join with all nature in manifold witness
To thy great faithfulness, mercy, and love.** ***Refrain***

**Pardon for sin and a peace that endureth,
Thine own dear presence to cheer and to guide,
Strength for today and bright hope for tomorrow-
Wondrous the portion thy blessings provide.** ***Refrain***

The Dismissal

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

All: **Thanks be to God.**

Postlude

*The flowers at the high altar are offered to the glory of God and in loving memory
of Norman Daniel by his niece Stephanie Shepard.*

*The Collects and Prayers of the People are from “Hear Our Prayer: Gospel-based
intercessions” by Raymond Chapman, c2003.*



Liturgical Ministers today

Greeter & worship assistant, 8:00 am:	Joyce Harwood
Greeters, 10 am:	Gerry Rowse & Kate Abel
Reader:	Anne Parker
Chalice Administrators:	Robert Rothwell & Jackie Lewis
Presider & Preacher:	The Rev. Stephanie Shepard
Server:	Greg Kennelly
Crucifer:	Linda Gravlin
Music Director:	Nathan Badue
	<i>& the Holy Trinity Cathedral Choir</i>



THIS WEEK AT HOLY TRINITY CATHEDRAL

Wednesday Midweek Eucharist, 9:30-10 am*

Wednesday Fellowship Time, 10-10:30 am in the Lounge

Wednesday Bible Study, 10:30-11:30 am in the Lounge

Thursday Vespers, 5:30-6 pm online by Zoom+

Saturday Community Brunch, 11 am- noon in the Hall

Sunday BCP Eucharist, 8-9 am.*

Sunday Choral Eucharist, 10-11:15 am.*

**live-streamed over Facebook.*

+ link through the weekly newsletter. Sign up on the website.

Go to <https://www.holytrinitycathedral.ca/events>.

Click on the photo of the service. This will take you to Facebook. A box will come up asking for your Facebook login. Click the X on the right upper corner of the box. If you do not have Facebook you should be able to watch from the HTC site.

Next Sunday's Readings for Pentecost 11, August 9, 2026:

Genesis 37:1-4 & 12-28; Psalm 105; Romans 10:5-15;
Matthew 14:22-33