

TENTH SUNDAY AFTER PENTECOST



August 2, 2026
10:00 am

“Those who sow with tears shall reap with songs of joy.”
-Psalm 126:5

Note: We are a Scent-Free Facility for the health and comfort of those with allergies. Thank you for helping us care for one another.

All are warmly welcomed to our worship,
visitors are especially welcome and hope
you will introduce yourselves to one of the
team after the service.

The Presider welcomes the congregation

Invitation to Silence

Presider Let us be still and know that God is here.

A brief silence is kept.

Welcome and Territorial Acknowledgement

Presider St Laurence Anglican Church is located on the traditional, ancestral, and unceded lands of the k^wik^wə^ˈləm (Kwikwetlem) First Nation, shared historically with the q̓ic̓əy̓ (Katzie) and other Coast Salish Peoples. We thank the Kwikwetlem people, who continue to live on these lands and care for them, along with the waters and all that is above and below.

Opening Acclamation

Presider Blessed be the one, holy, and living God.

All Glory to God for ever and ever.

Collect for Purity

Presider Almighty God, to you all hearts are open, all desires known,
and from you no secrets are hid:
cleanse the thoughts of our hearts
by the inspiration of your Holy Spirit,
that we may love you fully and praise your holy Name;
through Christ our Lord. **Amen.**

Gathering Hymn - *Come, O Fount of Every Blessing* (VU 559)

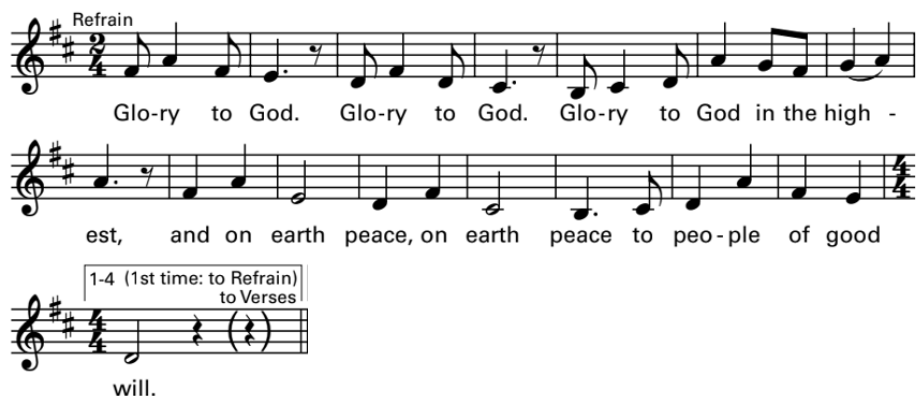
1. Come, O Fount of every blessing,
tune my heart to sing your grace;
streams of mercy, never ceasing
call for songs of endless praise.
Teach me some melodious sonnet,
sung by flaming tongues above.
Praise the mount, I'm fixed upon it,
mount of God's unfailing love.
2. Here I pause in my sojourning,
giving thanks for having come,
come to trust, at every turning,
God will guide me safely home.
Jesus sought me when a stranger,
wandering from the fold of God,
came to rescue me from danger,
precious presence, precious blood.
3. O, to grace how great a debtor
daily I am drawn anew!
Let that grace now, like a fetter,
bind my wandering heart to you.
Prone to wander, I can feel it,
wander from the love I've known:
here's my heart, O, take and seal it,
seal it for your very own.

Words: Robert Robinson, Music: John Wyeth,
Repository of Sacred Music, copyright 1993 The Pilgrim Press

Collect of the Day

Presider God of steadfast love,
when we are burdened and do not know the way,
hold us in your mercy.
Give us courage to trust your promise,
and grace to receive the bread you place before us,
that we may follow Christ
with quiet faith and open hands. **Amen.**

Gloria - *Glory to God - Mass of Christ the Saviour*



Refrain

Glo-ry to God. Glo-ry to God. Glo-ry to God in the high -

est, and on earth peace, on earth peace to peo-ple of good

1-4 (1st time: to Refrain) to Verses

will.

Proclamation of the Word

The Readings

Presider Let us open ourselves to the Word of God
spoken in scripture and among us.

All **Our hearts and minds are open.**

First Reading - *Genesis 32:22-31*

Reader Hear what the Spirit is saying to the church.

All **Thanks be to God.**

Psalm - 17:1-7, 15

- 1 Hear my plea of innocence, O Lord;
give heed to my cry;
listen to my prayer,
which does not come from lying lips.
- 2 Let my vindication come forth from your presence;
let your eyes be fixed on justice.
- 3 Weigh my heart, summon me by night,
melt me down; you will find no impurity in me.
- 4 I give no offence with my mouth as others do;
I have heeded the words of your lips.
- 5 My footsteps hold fast to the ways of your law;
in your paths my feet shall not stumble.
- 6 I call upon you, O God, for you will answer me;
incline your ear to me and hear my words.
- 7 Show me your marvellous loving-kindness,
O Saviour of those who take refuge at your side
from those who rise up against them.
- 15 But at my vindication I shall see your face;
when I awake, I shall be satisfied, beholding your likeness.

Second Reading - *Romans 9:1-5*

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

Please stand as you are able for the Gospel Reading

Gospel Acclamation



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

All Glory to you, Lord Jesus Christ.

Gospel - *Matthew 14:13-21*

Deacon The Gospel of Christ.

All Praise to you, Lord Jesus Christ.

Homily - *Reverend Philip Cochrane*

Affirming Our Faith

Presider With the Church in every time and place, and with all whose faith is still finding its voice, let us affirm our faith.

**All We believe in God, the Source of Life,
by whom every being in heaven and earth
is created, named, and sustained.**

**We believe in God, the Living Word,
who restores us to relationship
and speaks to us through faith.**

**We believe in God, the Holy Spirit,
who comforts, guides, and strengthens us
to share the good news of grace.**

**We believe in God, one, holy, undivided Trinity:
Source of Life, Living Word,
Comforter: Mystery. Amen.**

Prayers of the People

Confession and Absolution

Presider In the presence of the God who feeds the hungry
and meets us in our need,
let us confess our sin and our need for mercy.

A moment of quiet is kept.

Presider: God of mercy,

**All 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 sorry, and we turn back to you.
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.**

Presider 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.

Sharing of the Peace

Presider Christ binds us together in love.
The peace of Christ be always with you.

All And also with you.

The Peace is shared in the community, respecting personal boundaries.

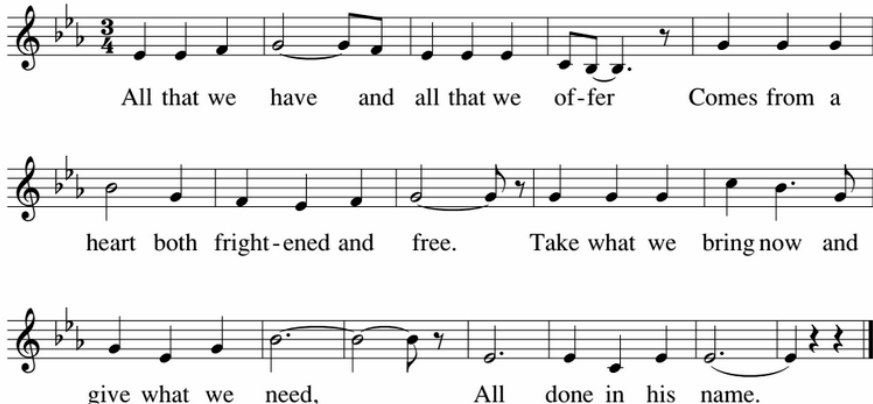
Offertory

*In gratitude for all we've received, we offer of ourselves back to God.
Bread, wine, and money symbolize the fruits of our labour. If you give through
Pre-Authorized Donations or e-transfer (office@saintlaurence.ca), you're
welcome to use a blue card to represent your offering to the glory of God.*



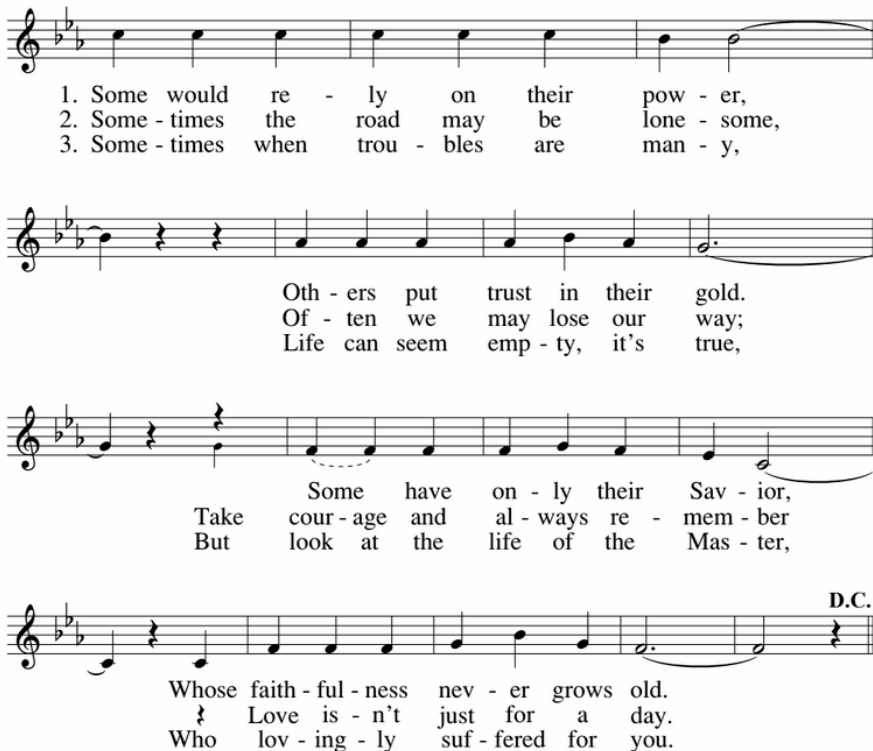
Offertory Hymn - *All That We Have* (GC 601)

Refrain



All that we have and all that we of-fer Comes from a
heart both fright-ened and free. Take what we bring now and
give what we need, All done in his name.

Verses



1. Some would re - ly on their pow - er,
2. Some - times the road may be lone - some,
3. Some - times when trou - bles are man - y,
Oth - ers put trust in their gold.
Of - ten we may lose our way;
Life can seem emp - ty, it's true,
Some have on - ly their Sav - ior,
Take cour - age and al - ways re - mem - ber
But look at the life of the Mas - ter,
D.C.
Whose faith - ful - ness nev - er grows old.
Love is - n't just for a day.
Who lov - ing - ly suf - fered for you.

Text: Gary Ault, b.1944
Tune: Gary Ault b.1944; acc. by Gary Daigle, b.1957, alt.
© 1969, 1979, Damean Music. Distributed by GIA Publications, Inc.

Prayer over the Gifts

Presider God of all creation,

All everything we have comes from you.

**Receive these gifts and by your Spirit make them holy,
that they may nourish us for your service,
through Jesus Christ our Lord. Amen.**

Celebration of our Sacred Meal

The Great Thanksgiving

Presider May God be with you.

All And also with you.

Presider Lift up your hearts.

All We lift them up.

Presider Let us give thanks to God our Creator.

All It is right to give our thanks and praise.

Presider Creator, you made our world beautiful and good.
You made us to live in right relationship with you
and all creation.
You sent Jesus to live among us
and show us what you are like.

We give all thanks and praise to you,
our true and loving God.
You laid the foundations of the earth and enclosed the seas.
You brought forth all creatures
and gave breath to humankind.

Wondrous are you, Holy One.
All you create is a sign of hope for our journey.
And so, we join with the heavenly beings
and all of creation as we sing:

Sanctus - Holy - Mass of Christ the Saviour

Ho - ly, Ho - ly, Ho - ly Lord God of hosts. Heav-en and
earth are full, are full of your glo - ry. Ho - san - na! Ho -
san - na! Ho - san - na in the high - est. Blest is
the one who comes, who comes in the name of the Lord. Ho -

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Presider Glory and honour are yours, Creator of all,
your Word has never been silent.
Of your grace, you sent Jesus
to be human, to share our life,
to proclaim the coming of your holy reign,
and to give himself for us.

Through Jesus Christ you have reconciled us to you
and restored the glory you intended for us.

On the night before he died,
Jesus ate supper with his friends.
He took bread, gave thanks, broke it,
and gave it to them, saying:

*Take and eat. This is my very self given for you.
Do this for the remembrance of me.*

Then he took the cup of wine, again he gave thanks,
and gave it to them, saying:

*Drink it, all of you. This cup is a new covenant
poured out for you and all people.
Do this for the remembrance of me.*

And so, we remember:
the cross, the tomb, the resurrection and ascension,
and, longing for Christ's coming again in glory,
we present these gifts to you.

Send your Holy Spirit upon us and upon these gifts,
so that we who share this bread and wine
may be a people of hope, justice and love.

Draw us together in Christ,
and, in the fullness of time,
gather us with all your people
into the joy of your eternal home.

Through Christ and with Christ and in Christ,
by the inspiration of your Holy Spirit,
we worship you, our God and Creator,
and give you our unending praise. **Amen.**

Lord's Prayer

Our Fa - ther, who art in heav-en, hal - lowed be thy
name; thy king-dom come, thy will be done on earth as it
is in heav-en. Give us this day our dai - ly bread, and for-
give us our tres - pass - es, as we for-give those who
tres-pass a-gainst us; and lead us not in - to temp -
ta-tion, but 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, now and for ev-er, now and for ev - er.

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The Breaking of the Bread

The celebrant breaks the consecrated bread.

Presider The Spirit draws us together
in the breaking of the bread.

All **Thanks be to God.**

Lamb of God



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The Invitation

Presider This is the table of God's grace. All are welcome here.
Come as you are.

The gifts of God for you, the people of God.
All Thanks be to God.

The Distribution

At St. Laurence, everyone is invited to the table. You may receive only the bread or both bread and wine. Non-fermented grape juice is available in the ceramic chalice, and gluten-free wafers are offered; just ask at the distribution. If you prefer a blessing, simply cross your arms across your chest.

Before or after receiving Communion, you are welcome to light a candle in prayer on the left side of the sanctuary, remembering a person or intention. Prayer ministers are also available on the right side of the sanctuary if you would like someone to pray with you.

Communion Hymn - *Take, O Take Me As I Am* (MV 85)

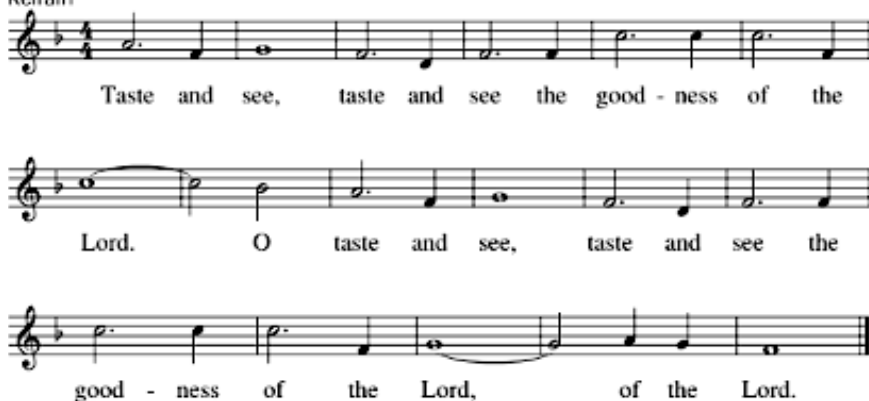
The image shows a musical score for a communion hymn. It consists of two staves of music in G major (one sharp) and 4/4 time. The melody is simple and hymn-like. The lyrics are written below the notes.

Take, O take me as I am; sum - mon out what I shall
be; set your seal up-on my heart and live in me.

Text: John L. Bell, b.1949
Tune: John L. Bell, b.1949
© 1995, Iona Community, GIA Publications, Inc., agent

Communion Hymn - *Taste and See* (OCP 519)

Refrain



Taste and see, taste and see the good - ness of the
 Lord. O taste and see, taste and see the
 good - ness of the Lord, of the Lord.

Verses



1. I will bless the Lord at all times.
 2. Glo - ri - fy the Lord with me.
 3. Wor - ship the Lord, all you peo - ple.

Praise shall al - ways be on my lips;
 To - geth - er let us all praise God's name.
 You'll want for noth - ing if you ask.

my soul shall glo - ry in the Lord
 I called the Lord who an - swered me;
 Taste and see that the Lord is good;

for God has been so good to me.
 from all my trou - bles I was set free.
 in God we need put all our trust.

D.C.

Text: Psalm 34; James E. Moore, Jr., b.1951
 Tune: James E. Moore, Jr., b.1951
 © 1983, GIA Publications, Inc.

Moment of Silence

Take a moment to be still and know God. Let the world's noise fade as you listen for the deep stillness beneath it all. The silence begins and ends with the ringing of a bell.

Prayer after Communion

Presider Generous God,

All you have fed us at this table.

**Send us from it ready to welcome, ready to serve,
ready to offer what we have. Through Jesus Christ,
who gave himself for us all. 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

for ever and ever. Amen.

Announcements

Blessing

Presider May the God who stays near in struggle and in mercy,
bless you and keep you;

may Christ walk with you

and the Holy Spirit strengthen you;

and the blessing of God, Source of Life,

Living Word, and Comforter,

be among you and remain with you always. **Amen.**

Closing Hymn - *Will You Come and Follow Me (CP 430)*

1. Will you come and follow me if I but call your name?
Will you go where you don't know and never be the same?
Will you let my love be shown, will you let my name be known,
Will you let my life be grown in you and you in me?
2. Will you leave yourself behind if I but call your name?
Will you care for cruel and kind and never be the same?
Will you risk the hostile stare should your life attract or scare?
Will you let me answer prayer in you and you in me?
3. Will you let the blinded see if I but call your name?
Will you set the prisoners free and never be the same?
Will you kiss the leper clean and do such as this unseen,
And admit to what I mean in you and you in me?
4. Will you love the “you” you hide if I but call your name?
Will you quell the fear inside and never be the same?
Will you use the faith you've found to reshape the world around,
Through my sight and touch and sound in you and you in me
5. Lord, your summons echoes true when you but call my name.
Let me turn and follow you and never be the same.
In your company I'll go where your love and footsteps show.
Thus I'll move and live and grow in you and you in me.

Text: John Bell © 1987, GIA/Iona Community / WGRG.

Deacon Go in peace to love and serve God.
All **Thanks be to God.**

Acknowledgements

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Rector: The Reverend Philip Cochrane

Deacon: The Reverend Patricia Ratcliffe

Honorary: The Reverend Carla McGhie

Music Director: Emilia Boronco

Wardens & Trustees: Lei De Santis (w), Rick Barr (w),

Heather Esposito (w), Anne Dennis, Susanne Stockdill

St. Laurence Kids: *presently vacant*

Treasurer: *presently vacant*

Envelope Secretary: Erin Barr

Privacy Officer: Allison Walker

Operations Manager: Curt Bruniski

Office Hours:

10:00am-3:00pm (drop-in)

Monday - Friday

www.saintlaurence.ca ▪ 604-936-5423 ▪ office@saintlaurence.ca

825 St. Laurence St. Coquitlam, BC V3J 6G7

Hearing Assistance Available - see Sound Technician

Church Office Closed

The church office will be closed until Thursday, Aug. 6, 2026.

Curt will reply back to phone and e-mail messages as quickly as he is able.

If you have an emergency, please contact Rev. Philip at philip.cochrane@saintlaurence.ca

NEWS & NOTES

Wednesday Morning Service - 9:00 am

From silence to laughter, scripture to table:

wrestling with faith, in good company.

Join us midweek for Communion, scripture, and honest conversation, a safe space to ask real questions and deepen fellowship. Come and be nourished. Wednesdays at 9:00 am. All welcome.

Summer Refreshments in the Narthex

Stay after the service for a cold drink and good company in the Large Narthex. Catch up with friends, welcome newcomers, and carry the morning's conversation a little further. All summer long.

After the Word

Sundays in July and August • 11:45 am • up to one hour

Want to go deeper into the sermon? Join Philip in the sanctuary straight after the service for an informal, guided conversation. Bring your lingering questions, your honest pushback, or simply your curiosity. No preparation needed. Just pull up a chair.

Rector's Rounds

LIMITED SPACE

Meet new people, and spend time with Philip

The social gatherings we have had so far have been great fun. We still have availability on some dates and we would love these to all be full, so please sign up.

To claim a place, call 604-936-5423 or email office@saintlaurence.ca.

Volunteers Needed • VBS 2026

Rainforest Falls • August 24 to 28 • 9:00 am to 12:00 pm • Ages 4 to 11

We cannot run Vacation Bible School without you. There is a role to suit every schedule and skill.

- **Registration Desk:** sign children in and out (8:45 to 9:30 am, and 11:30 am to 12:00 pm)
- **Group Leaders:** guide a small group of six through the stations
- **Kitchen and Station Help:** prepare snacks, or help with crafts, science, and games
- **Preparation:** help paint and decorate

To join, speak to Heather Esposito or Sharn Hightower, or call the office.

Good Shepherd Lutheran Church, 1504 Spruce Avenue

