

August 2nd, 2026

Tenth Sunday after Pentecost

*We do not live by bread alone, but by every word that
comes from the mouth of God. Matthew 4:4*



SUNG EUCHARIST

Book of Alternative Services

Please stand and sing our opening hymn

Opening Hymn Awake, My Soul, and with the Sun

MORNING HYMN
CP 8

François Barthélémon
1741 - 1808

The musical notation is written on a single staff in G major (one sharp) and 4/4 time. It consists of two lines of music. The first line contains the first eight measures, and the second line contains the next eight measures, starting with a measure rest. The lyrics are written below the notes, with hyphens indicating syllables that span across measures.

I. A - wake, my soul, and_ with the sun thy dai - ly stage_ of_ du - ty run;

5
shake_ off dull sloth, and_ joy - ful rise to pay thy mor - ning sac - ri - fice.

- 2 Redeem thy misspent time that's past,
and live this day as if thy last;
improved thy talent with due care;
for the great day thyself prepare.
- 3 Let all thy converse be sincere,
thy conscience as the noonday clear;
think how all-seeing God thy ways
and all thy secret thoughts surveys.
- 4 Wake, and life up thyself, my heart,
and with the angles bear thy part,
who all night long unwearied sing
glory to the eternal King.

The Gathering of the Community

Presider 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.**

Presider In this time and place, we gather on the ancestral beaver hunting grounds of the Algonquin, Haudenosaunee and Attawandaran peoples; the traditional lands of the Anishnaabe Peoples, the Haudenosaunee Confederacy, and the Lenni-Lanape Peoples; and the current communities of the Chippewa of the Thames First Nation, Oneida Nation of the Thames, and Munsee-Delaware Nation.

People From many places and peoples we come to this time of prayer.

Presider We uphold our common stewardship of creation and our common birthplace of God's earth.

People We respect our place on this land and move forward in love and peace.

Presider 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.

Act of Praise

WOODLANDS
CP 362

Walter Greatorex
1877-1949



I. Glo - ry to God, we give you thanks and praise;

5 Of Heav'n - ly joy and earth - ly peace we sing.

10 We wor - ship You, to You our hearts we raise,

14 Lord God, al - migh - ty Fa - ther, heav'n - ly King.

**2 Lord Jesus Christ, the Father's only Son,
You bore for us the load of this world's sin.
O Lamb of God, Your glorious vict'ry won,
Re-ceive our prayer, grant us your peace within.**

**3 Alone, O Christ, You only are the Lord,
At God's right hand in majesty most high:
Who with the Spirit worshiped and adored,
With all the heav'nly host we glorify.**

The Collect of the Day

Presider Let us pray. (silence)
Almighty God, your Son Jesus Christ fed the hungry with the bread of his life
and the word of his kingdom. Renew your people with your heavenly grace, and
in all our weakness sustain us by your true and living bread, who lives and
reigns with you and the Holy Spirit, one God, now and for ever.

People **Amen.**

“Christian Education” – The children are invited to the Assembly Room for the church school.

Please be seated

A Reading from the Book of Genesis:

Reader: Susan Patterson

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. He took them and sent them across the stream, and likewise everything that he had. Jacob was left alone; and a man wrestled with him until daybreak. 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. Then he said, "Let me go, for the day is breaking." But Jacob said, "I will not let you go, unless you bless me." So he said to him, "What is your name?" And he said, "Jacob." 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." 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. So Jacob called the place Peniel, saying, "For I have seen God face to face, and yet my life is preserved." The sun rose upon him as he passed Peniel, limping because of his hip. (Genesis 32:22-31)

Reader The word of the Lord.
People **Thanks be to God.**

Psalm 17

Please remain seated for the Psalm joining with singing of the refrain

Organ:



Show me your mar-ve-lous lo-ving - kind- ness,

5



O Sa- viour, of those who take re- fuge at your right hand.

Hear my plea of innocence, O Lord; give heed to my cry; listen to my prayer, which does not come from lying lips.

Let my vindication come forth from your presence; let your eyes be fixed on justice.

Refrain

Weigh my heart, summon me by night, melt me down; you will find no impurity in me.

I give no offence with my mouth as others do; I have heeded the words of your lips. **Refrain**

My footsteps hold fast to the ways of your law; in your paths my feet shall not stumble.

I call upon you, O God, for you will answer me; incline your ear to me and hear my words.

Refrain

Show me your marvellous loving-kindness, O Saviour of those who take refuge at your right hand from those who rise up against them.

But at my vindication I shall see your face; when I awake, I shall be satisfied, beholding your likeness. **Refrain**

A Reading from the Letter of Paul to the Romans: Reader: Caroline Breedyk-Tanner

I am speaking the truth in Christ - I am not lying; my conscience confirms it by the Holy Spirit - I have great sorrow and unceasing anguish in my heart. 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. They are Israelites, and to them belong the adoption, the glory, the covenants, the giving of the law, the worship, and the promises; to them belong the patriarchs, and

from them, according to the flesh, comes the Messiah, who is over all, God blessed forever. Amen. (*Romans 9:1-5*)

Reader The word of the Lord.
People **Thanks be to God.**

Alleluia



Holy Gospel *Matthew 14:13-21*

Reader The Lord be with you.
People **And also with you.**

Reader The Holy Gospel of our Lord Jesus Christ according to Matthew.
People **Glory to you, Lord Jesus Christ.**

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. When he went ashore, he saw a great crowd; and he had compassion for them and cured their sick. 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." Jesus said to them, "They need not go away; you give them something to eat." They replied, "We have nothing here but five loaves and two fish." And he said, "Bring them here to me." 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. And all ate and were filled; and they took up what was left over of the broken pieces, twelve baskets full. And those who ate were about five thousand men, besides women and children. (*Matthew 14:13-21*)

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

Homily The Venerable Sam Thomas

Please stand

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 power of the Holy Spirit and born of the Virgin Mary. He 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, and is seated at the right hand of 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.

Prayers of Intercession

led by Khristine Ittiavirah

Leader With bold trust in God's unfailing provision, we pray for the church those in need, and all of God's creation. *I invite you to take a comfortable posture: standing or sitting for the Prayers of the People.*

(A brief silence.)

Leader For your church in every place, that satisfies those who hunger for your word. Bless the ministry of readers, translators, Bible study leaders, and writers, that God's word is broken, open and shared with all. Merciful God,
People **receive our prayer.**

Leader For your wondrous creation and all the bounty it provides that your creatures are fed and nourished. Bless the work of farmers, farmworkers, those who fish, and all whose labour brings your abundance to our table. Merciful God,
People **receive our prayer.**

Leader For your children in every nation, that they learn to love justice and live in harmony. As this week we remember the atomic bombings of Hiroshima and Nagasaki, keep us mindful of the horrors of war; draw our hearts instead toward your reign of love, hope, and peace, and particularly we pray for peace in the Middle East. Merciful God,

People **receive our prayer.**
Leader For all who cry out with great sorrow and unceasing anguish, that they are comforted. Feed all who struggle with food insecurity; have mercy on all who

are suffering in body, mind, and spirit especially for Marg, George, Leigh, Ruth, Gwen, Marina, Ernest, Joan, David, Thomas, Alice, Roland, Beavie. Merciful God,

People **receive our prayer.**

Leader For this congregation, that it bears faithful witness to the abundance and joy of life in you. Bless all your faithful people gathered here, that they may become blessings for this community. Merciful God,

People **receive our prayer.**

Leader With thanksgiving for the faithful who now rest in your mercy, that their witness continues to inspire the church. By their example, may we trust your promises in life and in death. Merciful God,

People **receive our prayer.**

Leader Receive our prayers and answer, O God, as you have promised. All this we ask in the name of your Son, Jesus Christ our Lord.

Amen.

Confession and Absolution

Celebrant Dear friends in Christ, God is steadfast in love and infinite in mercy; God welcomes sinners and invites us to God's 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.**

Please stand

The Peace

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

Please offer one another a sign of the peace before we all sing the hymn

We all sing the **Offertory Hymn** Praise, My Soul

PRAISE, MY SOUL
CP 381

John Goss
1800-1880

I. Praise my soul the King of hea - ven, to his feet your tri-bute bring;

10 ran-somed, healed, re - stored, for - gi - ven, ev - er - more his prai - ses sing.

18 Al - le - lu - ia, al - le - lu - ia, praise the e - ver - las - ting King.

- 2 **Praise him for this grace and favour
to our forebears in distress;
praise him, still the same forever,
slow to chide and swift to bless;
alleluia, alleluia,
glorious in this faithfulness.**
- 3 **Fatherlike he tends and spares us;
well our feeble frame he knows;
in his hands he gently bears us,
rescues us from all our foes:
alleluia, alleluia,
widely as his mercy flows.**
- 4 **Angels, help us to adore him;
you behold him face to face;
sun and moon bow down before him,
dwellers all in time and space.
Alleluia, alleluia,
praise with us the God of grace.**

Prayer over the Gifts

Celebrant 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.
People **Amen.**

The Great Thanksgiving

Simple tone

Celebrant: **ALL SING:**
The Lord be with you: And also with you.

Celebrant: **ALL SING:**
Lift up your hearts: We lift them to the Lord.

Celebrant: **ALL SING:**
Let us give thanks to the Lord our God: It is right to give our thanks and praise.

Celebrant Eternal God, Source of all being, we give you thanks and praise for your faithful love. You call us into friendship with you and one another to be your holy people, a sign of your presence in the world.

When those we trust betray us, unfailingly you remain with us. When we injure others, you confront us in your love and call us to the paths of righteousness. You stand with the weak, and those, broken and alone, whom you have always welcomed home, making the first last, and the last first. Therefore we raise our voices with angels and archangels, forever praising you and saying (singing):

We all sing the Sanctus:

Piano: All Sing:

Ho - ly, Ho - ly, Ho - ly Lord, God of power and
might. Ho - ly, Ho - ly, Ho - ly Lord, God of power and might:
Hea - ven and earth are full, Full of your glo - ry. Ho -
san - na in the high - est, ho san - na in the high - est.
Bles - sed is he who comes in the name of the Lord. Ho -
san - na in the high - est, ho san - na in the high - est.

Celebrant Blessed are you, O Holy One: when Hagar was driven into the wilderness you followed her and gave her hope. When Joseph was sold into bondage, you turned malice to your people's good. When you called Israel out of slavery, you brought them through the wilderness into the promised land. When your people were taken into exile you wept with them by the river of Babylon and carried them home.

People **Restore us, O God, let your face shine!**

Celebrant At the right time you sent your Anointed One to stand with the poor, the outcast, and the oppressed. Jesus touched lepers, and the sick, and healed them.

He accepted water from a woman of Samaria and offered her the water of new life. Christ knew the desolation of the cross and opened the way for all humanity into the redemption of your reconciling love.

On the night he was betrayed, Jesus, at supper with his friends, took bread, gave you thanks, broke the bread, gave it to them, and said, "Take and 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 and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Loving and Holy One, recalling Christ's death and resurrection, we offer you these gifts, longing for the bread of tomorrow and the wine of the age to come. Therefore we proclaim our hope.

People **Dying you destroyed our death,
rising you restored our life.
Lord Jesus, come in glory.**

Celebrant Pour out your Spirit on these gifts that through them you may sustain us in our hunger for your peace. We hold before you all whose lives are marked by suffering, our sisters and brothers. When we are broken and cast aside, embrace us in your love.

People **Restore us, O God, let your face shine!**

Celebrant Through Christ, with Christ, and in Christ in the unity of the Holy Spirit, all honour and glory are yours, O Source of all life, now and for ever.

All sing:

AMEN
CP 737

Franz Schubert
1797-1828



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

Lord's Prayer

Celebrant



Priest: As our Sa-viour taught us, let us pray:

People

4
Our Fa - ther in heaven, hal-low-ed be your name, your king - dom come,
7
your will be done on earth as in heaven. Give us to-day our dai - ly bread.
9
For-give us our sins As we for-give those who sin a - gainst us.
11
Save us from the time of trial, and de - li - ver us from e - vil.
13
For the king-dom, the power, and the glo-ry are yours, now and for-ev-er. A-men.

Agnus Dei

DEUTSCHE MESSE
CP 747

Franz Schubert
1797-1828

Organ:
Je - sus, Lamb of God, have mer - cy on us.
Je - sus, bea-rer of our sins, have mer - cy on us. Je - sus, re-dee - mer, re-
dee-mer of the world, give us your peace, give us your peace.

The Communion

Celebrant The gifts of God for the People of God.
People **Thanks be to God.**

Gluten-free communion wafers are available.
Please indicate your wish to the administrant at Communion.

A **Communion Anthem** may be sung

We all sing the **Communion Hymn** Eat This Bread, Drink This Cup

EAT THIS BREAD
CP 63

Jacques Berthier
1923-1994

REFRAIN: Eat this bread, drink this cup, come to me and ne-ver be hun - gry.

5
Eat this bread, drink this cup, trust in me and you will not thurst.

REPEAT after each verse

Cantor sings verses

Your ancestors ate manna in the desert,
but this is the bread come own from heaven.

Refrain

Eat my flesh and drink my blood,
and I will raise you up on the last day.

Refrain

Any one who eats this bread,
will live forever.

Refrain

If you believe and eat this bread,
you will have eternal life.

Refrain

Please stand

Prayer after Communion *(silence is kept)*

Celebrant Let us pray.

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 live with you for ever. We ask this in
the name of Jesus Christ our Lord.

People **Amen.**

Doxology

Celebrant Glory to God,
People 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.

Closing Announcements and Blessing

We all sing the **Post Communion Hymn** Thou Art the Way: to Thee Alone

ST. JAMES
CP 515

Raphael Courteville
? - 1735

1. Thou art the way: to thee a - lone from sin and death we flee;

5
and those who would the Fa - ther seek must seek him, Lord, by thee.

- 2 Thou art the truth: thy word alone
true wisdom can impart;
thou only canst inform the mind
and purify the heart.
- 3 Thou art the life: the rending tomb
proclaims thy conquering arm;
and those who put their trust in thee
nor death nor hell shall harm.
- 4 Thou art the way, the truth, the life:
grant us that way to know,
that truth to keep, that life to win,
whose joys eternal flow.

Dismissal

The Deacon dismisses the congregation in these or similar words:

Deacon Go forth in the name of Christ.

People **Thanks be to God.**

Postlude Toccata and Fugue in D Minor BWV 565 J. S. Bach (1685 - 1750)

Ah! The famous Toccata (and Fugue) by Bach - unmistakable. And surely Bach's most famous work; if only the piece was definitely by Bach. The only manuscript we have was by Johannes Ringk, a pupil of a pupil of Bach's. Many scholars have questioned the authenticity of the piece; very little of the material stylistically aligns with other surviving works by Bach. The fantastical, and jittery nature of the form is a long way from the ordered and proportioned Bach we normally expect.

It is however probable this was an early piece from when Bach was a teenager, or in his first appointment in Arnstadt, aged 18. Another plausible theory is it began life as a violin piece which was later arranged for organ. If it was purposely an organ piece, it may well have been used to test organs: The building up of large chords would quickly demonstrate if the organ could supply sufficient air to the pipes (a tricky task in the 1700s when people (often boys) would lift large bellows situated behind the organ), and the range constantly moving up and down the keyboard would reveal the quality of the pipework.

Whatever one believes, it demonstrates a composer frantically mixing a cauldron of ideas from across North & South Germany, and Italy, happily allowing the pot to boil over in a style known as *Stylus Phantasticus*, a style best described in this quote of the time:

"The fantastic style is especially suited to instruments. It is the most free and unrestrained method of composing, it is bound to nothing, neither to any words nor to a melodic subject, it was instituted to display genius and to teach the hidden design of harmony and the ingenious composition of harmonic phrases and fugues".

The fugue partly-borrows a theme by Pachelbel (of *Canon in D* fame). Such borrowing was common amongst Baroque composers. Hear the 'bariolage' style moving back and forth - one note static, the other changing. This is violin writing placed onto keyboard. Unlike many of Bach's fugues which finish with a final entry of the theme in the pedals [feet], this fugue

stops early to go back into an improvised frenzy before a final chorale like statement brings the piece to an unusual minor-chord ending.

Coffee Hour

After the service please join us for coffee and cold drinks.
Youth Group meets in the Guild Room.

The Flowers are to the glory of God and in loving memory of my parents, Marion and Dennis Moore, given by Esther Moore.

Diocese of Huron Chain of Prayer – Today we pray for the parishes of St. Mary's (Walkerville), Windsor; St. Matthew's, Windsor; Trivitt Memorial, Exeter; St. George's, Goderich • Christ Church, Port Albert.

Know your Cathedral tours – Thursdays @ 2pm

Our Guided Tours continue. Guests will gain a new perspective and get transported through history as our guides highlight the buildings unique architectural design, its rich heritage, its beautiful stained-glass windows, its proud military connection, and point out the exquisite embroidered linens, the labyrinth and icons throughout the church.

Please join our Tour Leader, Allan Nagata, at the Great West Doors on August 6 for a tour on the history of the Cathedral and the City.

Memorial Flowers – This is a wonderful way to beautify our Church, while remembering our loved ones. There are available Sundays for all Altars, especially during the summer months. For more information please contact Carrie Fieldhouse at 519-434-3225, ext. 201 st.pauls@stpaulscathedral.on.ca.

Today's Liturgical Leaders

Celebrant and Preacher – The Venerable Sam Thomas

Gospeller – The Reverend Pat Henderson

Organist & Director of Music – Laurence Williams

Servers – Clark Home, Stephanie Allen

Lay Administrants – Charlotte Hockin, Peter Hockin

Greeters – Mary Mitches, Bette Ferguson

Welcome Minister – Florence Perkes, Elyshia John

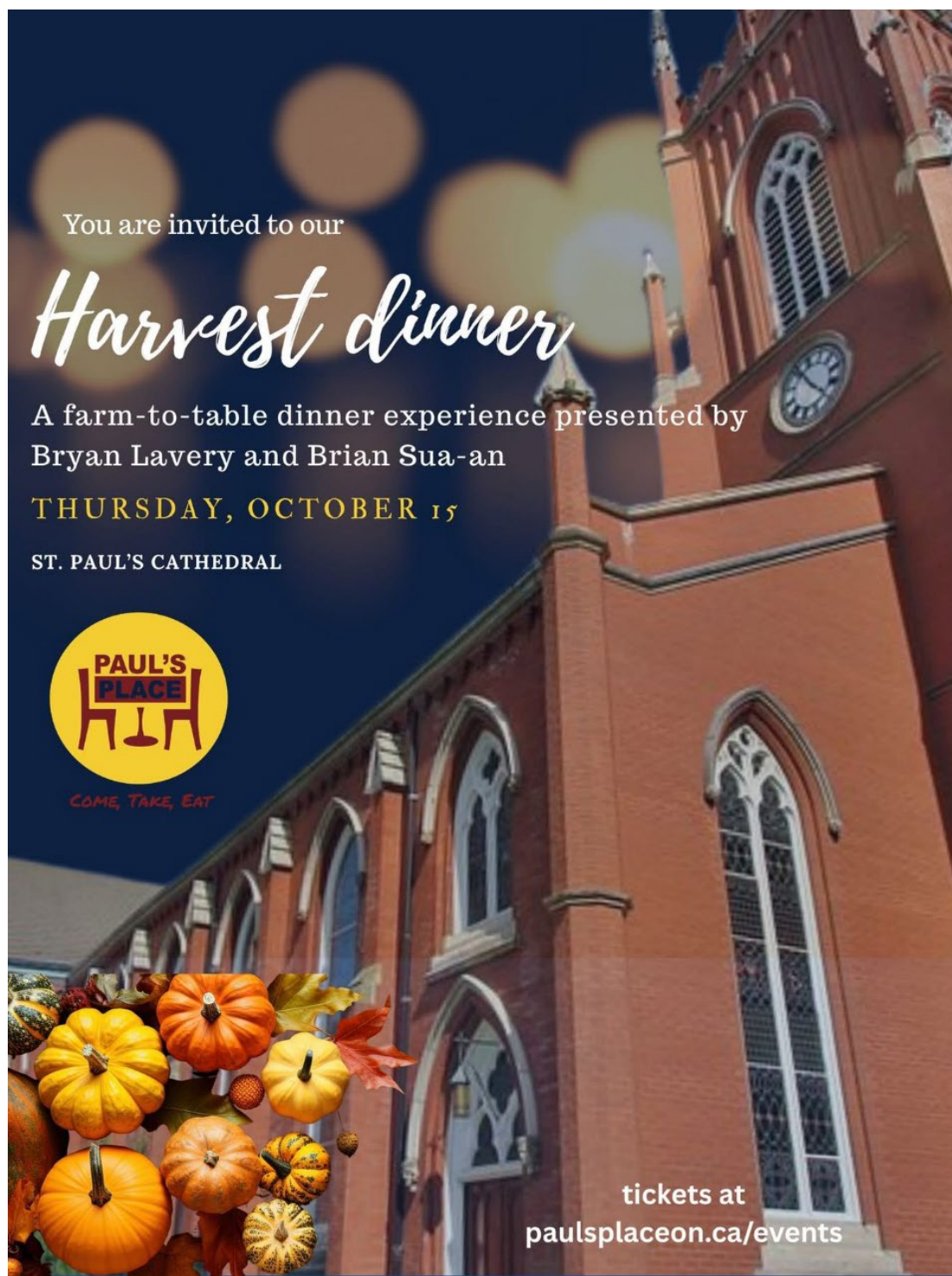
Live Stream – Jade Vajna

Bell Ringer – Jean Willadsen

Warden – Jim Ferguson



Can you help with our participation in Doors Open London? again, St. Paul's Cathedral as has been selected to host Doors Open which will be held on September 19th and 20th, 2026. This year's theme for Doors Open London is: “***Cheers to the Years. Celebrating 25 Years Together***”. We will be open from 10 am to 4 pm on Saturday and 11:30 am to 4 pm on Sunday. If you would like to participate in some way, please contact **Deacon Pat Henderson** who is looking for volunteers. Thank you.



The event ticket link is <https://paulsplaceon.ca/events/harvest-dinner-party/2026-10-15>