



CHRIST CHURCH CATHEDRAL

Vancouver, BC • Open Doors, Open Hearts, Open Minds



Proper 20

SUNDAY, AUGUST 16, 2026

10:30 A.M.

Choral Eucharist | In-Person & Livestream

The Rev. Areeta Bridgemohan, *Presider*
The Very Rev. Christopher A. Pappas, *Preacher*
The Rev. Juanita Clark, *Deacon*
Neil Robertson, *Guest Organist*

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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

New Every Morning Is the Love

(CP 7)

Text: John Keble (1792-1866).

Music: MELCOMBE, Samuel Webbe the elder (1740-1816).

**1 New every morning is the love
our wakening and uprising prove;
through sleep and darkness safely brought,
restored to life and power and thought.**

**2 New mercies, each returning day,
hover around us while we pray;
new perils past, new sins forgiven,
new thoughts of God, new hopes of heaven.**

**3 If on our daily course our mind
be set to hallow all we find,
new treasures still of countless price
God will provide for sacrifice.**

**4 Old friends, old scenes will lovelier be,
as more of heaven in each we see;
some softening gleam of love and prayer
shall dawn on every cross and care.**

**5 The trivial round, the common task,
will furnish all we ought to ask:
room to deny ourselves, a road
to bring us daily nearer God.**

**6 Only, O Lord, in thy dear love
fit us for perfect rest above;
and help us, this and every day,
to live more nearly as we pray.**

Presider In this time and place, we gather on the traditional ancestral lands of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish), and Səlilwətaʔt̓ (Tsleil-Waututh) nations.

All **From many places and peoples we come to this house of prayer.**

Presider In this time and place, we meet in the presence of the living God.

All **The Creator who is the source of all that is, seen and unseen.**

Presider In this time and place, the risen Christ stands in our midst.

All **Our Companion who walks with us and with all peoples on the path of reconciliation.**

Presider In this time and place, God's Holy Spirit breathes in and through us.

All **The Divine Wisdom who transforms us and all life.**

Presider In this time and place, together, people of God from every language, culture and nation.

All **We are being made new by the holy and life-giving Trinity, one God.**

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,

on - ly Son of the Fa - ther, Lord God, Lamb of God,

you take a - way the sin of the world; have mer - cy on us;

you are seat - ed at the right hand of the Fa - ther; re - ceive our prayer.

For you a - lone are the Ho - ly One, you a - lone are the Lord,

you a - lone are the Most High, Je - sus Christ, with the Ho - ly Spi - rit,

in the glo - ry of God the Fa - ther. A - men.

The Collect of the Day

Presider Let us pray.

Silence is kept.

Almighty God,
you have broken the tyranny of sin
and sent into our hearts the Spirit of your Son.

All Give us grace to dedicate our freedom to your service,
that all people may know the glorious liberty
of the children of God; through Jesus Christ our Lord,
who lives and reigns with you and the Holy Spirit,
one God, now and for ever. Amen.

The Proclamation of the Word

The First Reading

Genesis 45:1-15

At the conclusion of the reading:

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

Psalm 133

(CP 473)

Text: Ps. 133; para. Pablo Sosa (1933-2020), alt.

Music: MIREN QUÉ BUENO, melody Pablo Sosa (1933-2020); arr. Darryl Nixon (1952-).

Refrain:

Behold how pleasant, how good it is! (x2)

1 How pleasant and harmonious when God's people are together:
fragrant as precious oil when running fresh on Aaron's beard. *Refrain*

2 How pleasant and harmonious when God's people are together:
fresh like the morning dew that falls on Zion's holy hill. *Refrain*

3 How pleasant and harmonious when God's people are together:
there is where God bestows the blessing, life for evermore. *Refrain*

The Second Reading

Romans 11:1-2a, 29-32

At the conclusion of the epistle:

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

Sequence Hymn

How Clear Is Our Vocation, Lord

(CP 466)

Text: Fred Pratt Green (1903-2000).

Music: REPTON, Charles Hubert Hastings Parry (1848-1918); arr. Michael Fleming (1928-2006).

1 How clear is our vocation, Lord,
when once we heed your call:
to live according to your word,
and daily learn, refreshed, restored,
that you are Lord of all,
and will not let us fall.

2 But if, forgetful, we should find
your yoke is hard to bear;
if worldly pressures fray the mind
and love itself cannot unwind
its tangled skein of care:
our inward life repair.

3 We mark your saints, how they became
in hindrances more sure,
whose joyful virtues put to shame
the casual way we wear your name,
and by our faults obscure
your power to cleanse and cure.

4 In what you give us, Lord, to do,
together or alone,
in old routines or ventures new,
may we not cease to look to you,
the cross you hung upon,
all you endeavoured done.

The Holy Gospel

Matthew 15:10-28

Deacon The Lord be with you.

All 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.

All Praise to you, Lord Jesus Christ.

The Sermon

The Very Rev. Christopher A. Pappas

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 Let us confess our sins.

Silence may be kept.

Almighty God,

All we confess that we have sinned against you and against one another, in thought, and word, and deed. We are truly sorry for our pride, and for our lack of faith, of understanding and of love. We repent of our narrow-mindedness, of our bitterness and our prejudices. Pardon and forgive us, save us and renew us, that we may delight in your will and walk in your ways; through Jesus Christ our Lord. Amen.

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. Amen.

The Peace

Presider The peace of the Lord be always with you.

All 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

Your Hands, O Lord, in Days of Old

Text: Edward Hayes Plumptre (1821-1891), alt.
Music: ST. MATTHEW, William Croft (1678-1727).

1 Your hands, O Lord, in days of old
were strong to heal and save;
they triumphed over pain and death,
o'er darkness and the grave.
To you they went, the blind, the mute,
the palsied and the lame,
the leper set apart and shunned,
the sick and those in shame.

2 And then your touch brought life and health,
gave speech and strength and sight;
and youth renewed, with health restored,
claimed you, the Lord of light.
And so, O Lord, be near to bless,
almighty now as then,
in every street, in every home,
in every troubled friend.

3 O be our mighty healer still,
O Lord of life and death;
restore and strengthen, soothe and bless
with your almighty breath.
On hands that work and eyes that see,
your healing wisdom pour,
that whole and sick and weak and strong
may praise you evermore.

The Prayer over the Gifts

Presider Loving God and Father,
you have adopted us to be your heirs.

All Accept all we offer you this day
and give us grace to live as faithful children.
We ask this in the name of Jesus Christ our Lord. Amen.

The Great Thanksgiving

Eucharistic Prayer 1

BAS p.193

Presider The Lord be with you.

All And also with you.

Presider Lift up your hearts.

All We lift them to the Lord.

Presider Let us give thanks to the Lord our God.

All It is right to give our thanks and praise.

Presider

Missa Sancta Maria

Presider

Holy God, source of life and goodness, all creation rightly gives you praise [...] Therefore we proclaim the mystery of faith.

Christ has died

(CP 733)

Christ has died; Christ is ris-en; Christ will come a - gain.

Recalling his death, proclaiming his resurrection [...] Through Christ, with Christ, and in Christ, in the unity of the Holy Spirit, all glory is yours, almighty Father, now and for ever.

Amen

(CP 734)

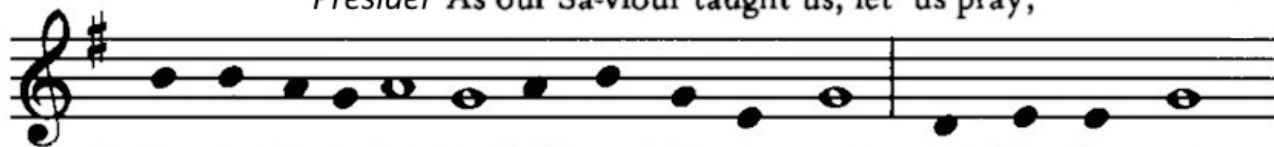
A - men, a - men, a - men.

Ringling of the bell. (x3)

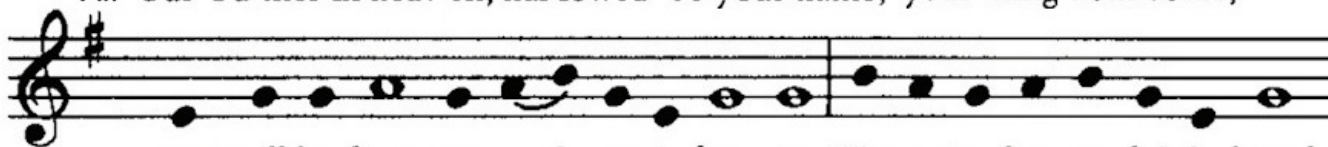
Setting: McNeil Robinson (1943-2015)



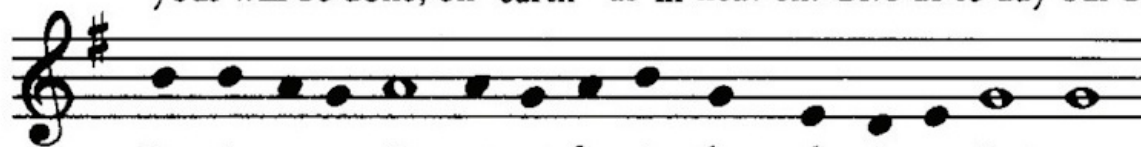
Presider As our Sa-viour taught us, let us pray,



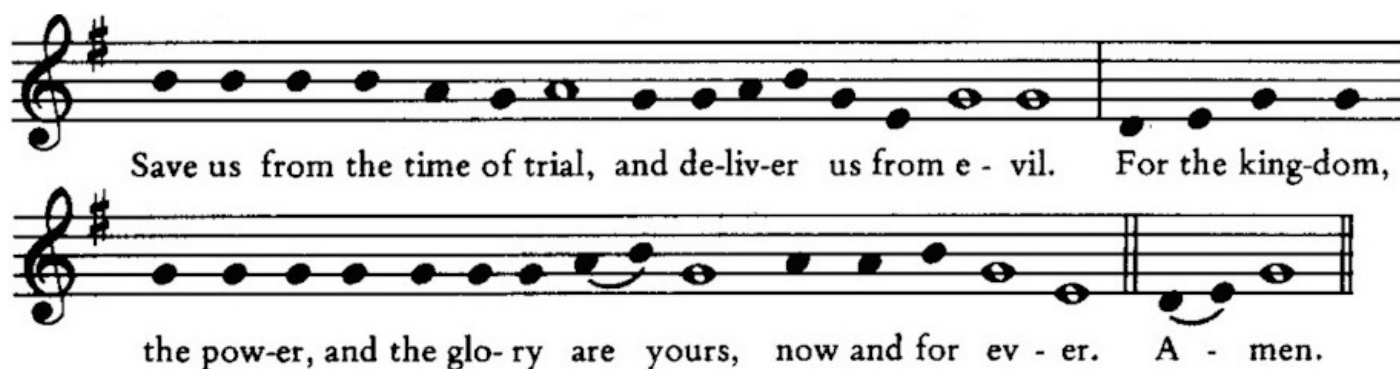
All Our Fa-ther in heav-en, hal-lowed be your name, your king-dom come,



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-against us.



Fraction

Presider Behold the mystery of your salvation laid out before you.
Behold what you are; become what you receive.

All Thanks be to God.

Presider The gifts of God for the people of God.

All Thanks be to God.

Fraction Anthem

Lamb of God

(CP 690)

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

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.**

Communion

Ave Maria

Igor Stravinsky (1882-1971)

Hail Mary, full of grace, the Lord is with thee.
Blessed art thou amongst women,
and blessed is the fruit of thy womb, Jesus.
Holy Mary, mother of God, pray for us sinners,
now and at the hour of our death. Amen.

During Communion

I Come with Joy

(CP 60)

Text: Brian Wren (1936-).

Music: LAND OF REST, melody American trad.; coll. Annabel Morris Buchanan (1889-1983); harm. Charles H. Webb (1933-2026).

1 I come with joy, a child of God,
forgiven, loved and free,
the life of Jesus to recall,
in love laid down for me.

3 As Christ breaks bread, and bids us share,
each proud division ends.
The love that made us makes us one,
and strangers now are friends.

2 I come with Christians far and near
to find, as all are fed,
the new community of love
in Christ's communion bread.

4 The Spirit of the risen Christ,
unseen, but ever near,
is in such friendship better known,
alive among us here.

5 Together met, together bound,
by all that God has done,
we'll go with joy, to give the world
the love that makes us one.

The Prayer after Communion

Presider Let us pray.

Eternal God, we have received a token of your promise.

All May we who have been nourished by holy things
live as faithful heirs of your promised kingdom,
in the name of Jesus Christ our Lord. Amen.

The Doxology

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.

[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 The peace of God which passes all understanding keep your hearts and minds in the
knowledge and love of God, and of God's Son Jesus Christ our Lord; and the blessing of
God almighty, the Father, the Son, and the Holy Spirit, be among you and remain with
you always. **Amen.**

Closing Hymn

Praise the One Who Breaks the Darkness

(CP 397)

Text: Rusty Edwards (1955-).

Music: NETTLETON, *A Repository of Sacred Music: Part Second*, Harrisburg, 1813.

1 Praise the one who break the darkness
with a liberating light.
Praise the one who frees the prisoners,
turning blindness into sight.
Praise the one who preached the gospel,
healing every dread disease,
calming storms and feeding thousands
with the very bread of peace.

2 Praise the one who blessed the children
with a strong yet gentle word.
Praise the one who drove out demons
with a piercing two-edged sword.
Praise the one who brings cool water
to the desert's burning sand.
From this well comes living water,
quenching thirst in every land.

3 Praise the one true love incarnate:
Christ who suffered in our place.
Jesus died and rose for many
that we may know God by grace.
Let us sing for joy and gladness,
seeing what our God has done.
Praise the one redeeming glory,
praise the One who makes us one.

The Dismissal

Deacon Go forth into the world, rejoicing in the power of the Spirit.
All Thanks be to God.

Postlude

Book 9, No.17
from *Seventeen Voluntaries for Organ*

Caleb Simper (1856-1942)

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

Regimental Alcove

The Rev. Matthew Senf

Preacher

The Very Rev. Christopher A. Pappas

Regimental Alcove

Donna Wong Juliani

Deacon

The Rev. Juanita Clark

ASL Interpreter

Lisz Keallen

MC

Carol Cook

Music

The Cathedral Quartet

Subdeacon

Junoh Kim

Sound/Livestream

Neil Robertson, Guest Organist

Servers

Esther Aneke, Nafiseh Pirasteh

Duty Trustee

Cathedral Staff

Readers

Ivy Clark, Terrence Clark

Welcoming Team

Shehnaz Hozaima Cavey

Intercessor

Susan Alexander

Welcoming Team

Bill Orr, Lorna Grant,

Breadmaker

Bill Orr, Lorna Grant

Nura Mohammed, Dot Roulson,

Gospel Station

The Rev. Areeta Bridgemohan

Miles Lubinich &

Gospel Station

Liz McCausland

Marilyn Campbell

Preacher Station

Harry Kim

Altar Guild

Jennifer Barr, Renya Corona

Presider Station

Sarah Nation

Healing Prayer Team

Elizabeth Maina, Susan Alexander

Today

Sundays @ 4 | August 16 | 4:00 p.m.

French Eucharist | August 16 | 5:30 p.m.

Compline | August 16 | 8:00 p.m.



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Tip Tap
donations are
non-receiptable.

This worship takes place on the traditional, ancestral, and unceded territory of the x̱w̱məθkʷəy̱əm (Musqueam),
Sḵwx̱wú7mesh (Squamish), and Səl̓ilwətaɣ̱ł (Tsleil-Waututh) nations, in the heart of Vancouver.

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