

THIRTEENTH SUNDAY AFTER PENTECOST



August 23, 2026
10:00 am

“Our soul is escaped as a bird out of the snare of the fowlers:
the snare is broken, and we are escaped.” — *Psalms 124:7*

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 kʷikʷəłəm (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 - *The Church's One Foundation* (OCP 527)

The image shows a musical score for the hymn 'The Church's One Foundation'. It consists of four systems of music, each with a treble clef and a key signature of one sharp (F#). The lyrics are written below the notes. The first system has four lines of lyrics, the second and third systems have four lines each, and the fourth system has four lines. The music is written in a simple, clear style suitable for congregational singing.

1. The Church's one foundation Is Je - sus Christ her Lord;
2. E - lect from ev - 'ry na - tion, Yet one o'er all the earth,
3. 'Mid toil and trib - u - la - tion, And tu - mult of her war,
4. Yet she on earth hath un - ion With God, the Three-in - One,

1. She is his new cre - a - tion By wa - ter and the word;
2. Her char - ter of sal - va - tion, "One Lord, one faith, one birth!"
3. She waits the con - sum - ma - tion Of peace for - ev - er - more,
4. And with the saints, com - mun - ion With those whose rest is won.

1. From heav'n he came and sought her To be his ho - ly bride;
2. One ho - ly Name she bless - es, Par - takes one ho - ly food,
3. Till with the vi - sion glo - rious Her long - ing eyes are blest,
4. O hap - py ones and ho - ly! Lord, give us grace that we

1. With his own blood he bought her, And for her life he died.
2. And to one hope she press - es With ev - 'ry grace en - dued.
3. And the great Church vic - to - rious Shall be the Church at rest.
4. Like them, the meek and low - ly, On high may dwell with thee.

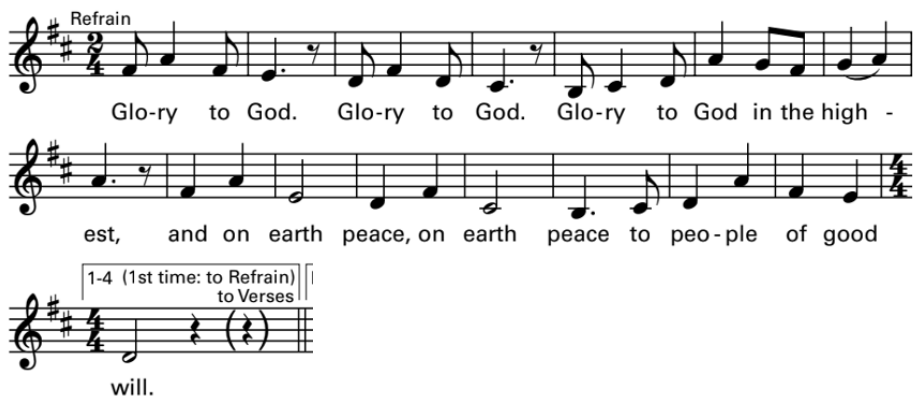
Text: 76 76 D; Samuel J. Stone, 1839-1900. Music: Samuel S. Wesley, 1810-1876.

Collect of the Day

Presider Living God,
you led your people through danger
and drew a child from the water.
Before we could know you,
you gave us the words to name you.
Loose us from all that binds us,
and make us one body in your Son,
a people who set others free;
through Jesus Christ,
your Word among us. **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
will.

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

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 - *Exodus 1:8-2:10*

Reader Hear what the Spirit is saying to the church.

All **Thanks be to God.**

Psalm - *Psalm 124*

- 1 If the Lord had not been on our side,
let Israel now say;
- 2 if the Lord had not been on our side,
when enemies rose up against us;
- 3 then would they have swallowed us up alive
in their fierce anger toward us;
- 4 then would the waters have overwhelmed us
and the torrent gone over us;
- 5 then would the raging waters
have gone right over us.
- 6 Blessed be the Lord
who has not given us over to be a prey for their teeth.
- 7 We have escaped like a bird from the snare of the fowler;
the snare is broken, and we have escaped.
- 8 Our help is in the name of the Lord,
the maker of heaven and earth.

Second Reading - *Romans 12:1-8*

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



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

All Glory to you, Lord Jesus Christ.

Gospel - *Matthew 16:13-20*

Deacon The Gospel of Christ.

All Praise to you, Lord Jesus Christ.

Homily - *Rev. 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 By the mercies of God, and not by our own,
we are held, named, and welcome here.
There is nothing we can bring
that mercy has not already carried.

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 - *We Belong to You* (OCP 601)

Refrain

We be - long to you, O Lord of our long-ing, We be-long to
you. In our dai - ly liv-ing, dy - ing and ris-ing We be-long to

to Verses **Last time**

you. We be-long to you. We be-long to you.

Verses

1. In the wa - ters of your mer - cy,	When the
2. Filled with gifts and filled with good-ness,	Spir - it
3. When we share the bread you've bro - ken	With the
4. We are called to share your word, Lord,	In all we

1. old be-comes the new,	Souls u - nit - ed in the
2. breath-ing life in - to	All who seek to find their
3. man - y and the few,	We are blessed and we are
4. say and all we do.	As our jour - ney moves us

to Refrain

1. mys - t'ry:	} We be-long to you.
2. pur - pose:	
3. bro - ken;	
4. on - ward,	

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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 - *One Bread, One Body* (CP 73)

REFRAIN *Tranquil and slow*

One bread, one bod-y, one Lord of all,
 one cup of bless-ing which we bless. And we, though
 man-y, through-out the earth, we are one bod - y in this

Fine **VERSES** *Slightly faster with excitement*

one Lord.

1. Gen - tile or Jew,	ser - vant or
2. Man - y the gifts,	man - y the
3. Grain for the fields,	scat-tered and

to Refrain

1. free,	wo - man or	man,	no	more.
2. works,	one in the	Lord	of	all.
3. grown,	gath - ered to	one,	for	all.

Text based on 1 Cor 10:16-17; 12:4; Gal 3:28; The Didache 9.
 Text and music © 1978, John B. Foley, SJ and.

Communion Hymn - *In the Breaking of the Bread* (S&S 369)

Refrain

In the break-ing of the bread, we
knew him, Lord Je - sus. Al - le - lu - ia!

2

Al - le - lu - ia!

Verses

1. Were not our hearts burn - ing as he spoke?
2. Put your hand here, see the place of nails.
3. Ris - en is Christ, he who died for us.
4. Sing to the Lord, all you na - tions, praise.
5. Taste and see, see and be - hold God.
6. I am the vine, you, the branch - es.
7. Is not the cup, Christ out - poured, our God?

1. Were not our hearts
2. Bless - ed are those
3. Ris - en is Christ,
4. Great is our God,
5. Taste and see,
6. Live in me,
7. One bread, one cup

to Refrain

1. yearn - ing for the Word of God?
2. who have not seen, but be - lieve.
3. shep - herd who died for his flock.
4. wor - thy to be praised.
5. see your God and be - lieve.
6. I in you, and bear much fruit.
7. show our one - ness in God.

Text: Based on Luke 24:13-35; John 15:1-2; John 20:19-31; 1 Corinthians 12:12-13.
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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 You are one body, and each of you is needed.

Go as that body into the week, honest and unafraid.

The mercy that gathered you

goes with you now,

and the blessing of the God

in whom we live and move and have our being,

one holy and undivided Trinity,

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

Closing Hymn - *God is Love (OCP 217)*

1. God is Love, let heav'n adore him
God is Love, let earth rejoice
Let creation sing before him
And exalt him with one voice
God who laid the earth's foundation
God who spread the heav'ns above
God who breathes through all creation
God is Love, eternal Love
2. God is Love; and love enfolds us
All the world in one embrace
With unfailing grasp God holds us
Every child of every race
And when human hearts are breaking
Under sorrow's iron rod
Then we find that self-same aching
Deep within the heart of God
3. God is Love; and though the blindness
Sin afflicts all human life
God's eternal loving kindness
Guides us through our earthly strife
Sin and death and hell shall never
O'er us final triumph gain
God is Love, so Love forever
O'er the universe must reign

Text: Timothy Rees, Music: Cyril Vincent Taylor, copyright 1942,
renewed 1970 Hope Publishing Co.

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

*The flowers at the Altar are from the memorial for
Kathy MacCorkindale.*



Acknowledgements

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Deacon: The Reverend Patricia Ratcliffe
Honorary: The Reverend Carla McGhie
Music Director: Emilia Boronco
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Treasurer: *presently vacant*
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Office Hours:

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

Monday - Friday

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Hearing Assistance Available - see Sound Technician

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.

Philip's Substack

Several parishioners have asked about Rev Philip's personal writing.

He keeps a personal Substack where he often expands on themes from the Sunday readings beyond what fits in a sermon. Scan the QR code to visit or subscribe.



Sunday Lunch Out

A monthly lunch after church, for women and non-binary folk of St Laurence and their friends.

Twelve noon at Ricky's Restaurant, Schoolhouse
Sunday, September 6th.

For reservation and transportation, please let the parish office know by TODAY.



Anglican Calendars - 2027

It's that time again...
to place your order for your
Anglican Calendars for 2027.

Cost: \$8.00

Please let the office know by September 13,
if you would like to order one

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.

We would love to invite prayers for two major things in August - our recruitment and VBS.

Here are two prayers that you can use:

*Faithful God, we hold this work before you,
the care of our children, our young people, and all who seek,
and the people you are calling to it.
Where they have not yet heard,
open ears, open doors, open the way.
Give us courage to keep asking, and trust while we wait. Amen.*

*Faithful God,
you delight in children, and you are already at work in the
Vacation Bible School to come.
Bless all who will gather at Rainforest Falls,
the children, their leaders, and every willing helper.
Fill these days with play, and wonder, and welcome,
and let each child know they are loved by you. Amen.*