

October 14, 2026
9:30 am Wednesday Eucharist

THE GATHERING OF THE COMMUNITY

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

All: 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.

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

Presider: Let us pray,

**All: Gracious One,
you satisfy the need of every living creature.
Fill us with gratitude for the abundance of the earth
and for the bonds of love and care
that unite all creation into one family.
May our thanks be the soil
in which dreams of justice grow and thrive;
through Jesus Christ, the Lord of the harvest. Amen.**

THE PROCLAMATION OF THE WORD

The First Reading: Galatians 5:16-25

Reader: A reading from Paul's Letter to the Galatians,

¹⁶ Live by the Spirit, I say, and do not gratify the desires of the flesh.

¹⁷ For what the flesh desires is opposed to the Spirit, and what the Spirit desires is opposed to the flesh; for these are opposed to each other, to prevent you from doing what you want. ¹⁸ But if you are led by the Spirit, you are not subject to the law. ¹⁹ Now the works of the flesh are obvious: fornication, impurity, licentiousness, ²⁰ idolatry, sorcery, enmities, strife, jealousy, anger, quarrels, dissensions, factions, ²¹ envy,^[a] drunkenness,

carousing, and things like these. I am warning you, as I warned you before: those who do such things will not inherit the kingdom of God. ²² By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, ²³ gentleness, and self-control. There is no law against such things. ²⁴ And those who belong to Christ Jesus have crucified the flesh with its passions and desires. ²⁵ If we live by the Spirit, let us also be guided by the Spirit.

Holy Word, Holy Wisdom.

All: Thanks be to God.

Psalms 1 (said responsively)

¹ Happy are they who have not walked in the counsel of the wicked, *
**nor lingered in the way of sinners,
nor sat in the seats of the scornful!**

² Their delight is in the law of the Lord, *
and on this law they meditate day and night.

³ They are like trees planted by streams of water,
bearing fruit in due season, with leaves that do not wither; *
everything they do shall prosper.

⁴ It is not so with the wicked; *
they are like chaff which the wind blows away.

⁵ Therefore the wicked shall not stand upright when judgement comes,
nor the sinner in the council of the righteous.

⁶ For the Lord knows the way of the righteous, *
but the way of the wicked is doomed.

The Gospel: Luke 11:42-46

Reader: The Lord be with you.

All: And also with you.

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

All: Glory to you Lord, Jesus Christ.

⁴² 'But woe to you Pharisees! For you tithe mint and rue and herbs of all kinds, and neglect justice and the love of God; it is these you ought to have practised, without neglecting the others. ⁴³ Woe to you Pharisees! For you love to have the seat of honour in the synagogues and to be greeted with respect in the market-places. ⁴⁴ Woe to you! For you are like unmarked graves, and people walk over them without realizing it.' ⁴⁵ One of the lawyers answered him, 'Teacher, when you say these things, you insult us too.' ⁴⁶ And he said, 'Woe also to you lawyers! For you load people with burdens hard to bear, and you yourselves do not lift a finger to ease them.'

The Gospel of Christ.

All: Praise to you, Lord Jesus Christ.

Reflection

THE PRAYERS OF THE COMMUNITY

A member of the community invites us to bring our concerns and thanksgivings before God.

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 touch.

THE HOLY COMMUNION

Prayer over the Gifts

Presider: Let us pray,

**All: Source of all life, the heavens and the earth are yours,
yet you have given us care of all things.
Receive the symbols of our labour and love
which we offer you this day,
in the name of Jesus Christ our Lord. Amen.**

the Great Thanksgiving

EP 3

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: God of power and might you spoke the Word and all that is in heaven and on the earth came to be. Your Spirit hovered over the primal elements, and you brought forth life in forms innumerable, including this fragile earth and ourselves, our souls, and bodies. As our past is in you, so our hope for the future rests with you. As we have turned from your way, so we turn again to the warmth of your love. Through you all things are brought to new life. And so with all creation, we raise our voices to proclaim your great and glorious name:

**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.**

Presider: We give thanks to you, Lord our God, for the goodness and love you have made known to us in creation; in calling Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus your Son. For in

these last days you sent him to be incarnate from the Virgin Mary, to be the Saviour and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night he was handed over to suffering and death, a death he freely accepted, 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." Therefore, Father, according to his command,

**All: we remember his death,
we proclaim his resurrection,
we await his coming in glory;**

Presider: and we offer our sacrifice of praise and thanksgiving to you, Lord of all; presenting to you, from your creation, this bread and this wine. We pray you, gracious God, to send your Holy Spirit upon these gifts, that they may be the sacrament of the body of Christ and his blood of the new covenant. Unite us to your Son in his sacrifice, that we, made acceptable in him, may be sanctified by the Holy Spirit. In the fullness of time, reconcile all things in Christ, and make them new, and bring us to that city of light where you dwell with all your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation; by whom, and with whom, and in whom, in the unity of the Holy Spirit, all honour and glory are yours, almighty Father, now and for ever.

All: Amen.

The Lord's Prayer

In the language closest to your heart, let us pray as Jesus taught us:
*(please use the traditional version or another language
you use for prayer if you desire)*

All: **Our Father in heaven, hallowed be your name.
Your kingdom come, your will be done,
on earth as in heaven.
Give us today 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 glory are yours
now and for ever. Amen.**

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.

*All who are drawn to Christ are welcome at this table. Bread and wine
are shared, but receiving in one kind carries the fullness of Christ's
presence. You may also come forward for a blessing instead.*

Prayer after Communion

Presider: Let us pray,

All: Great Creator,

**you have fed us with bread from heaven.
continue to renew us in your truth,
to give light to our minds
strength to our bodies,
and seal us with your Holy Spirit.
We ask this in Christ's name. 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 for ever. Amen.**

The Dismissal

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

All: Thanks be to God.

Readings for Pentecost 21, Sunday October 18, 2026

Exodus 33:12-23; Psalm 99; 1 Thessalonians 15-22; Matthew 22:15-22



THIS WEEK AT HOLY TRINITY CATHEDRAL

Thursday

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

Saturday

Community Brunch, 11 am-noon in the Upper Hall

Sunday

BCP Eucharist, 8-9 am. *

Choral Eucharist, 10-11:15 am*
Extradordinary Vestry Meeting 11:30-1 pm in Upper Hall

Wednesday

Midweek Eucharist 9:30-10 am*
Followed by Bible Study 10:30-11:30 am in Lounge

+ *link available by signing up for the weekly newsletter on*
www.holytrinitycathedral.ca

**live-streamed over Facebook. You can also find the service feed*
through the event heading at www.holytrinitycathedral.ca

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