



WE ACKNOWLEDGE THAT AS A PARISH OF THE DIOCESE OF NEW WESTMINSTER,
WE GATHER ON THE TRADITIONAL AND UNSURRENDERED TERRITORY OF THE
HALQ'EMEYN-SPEAKING COAST SALISH PEOPLES, INCLUDING BUT NOT LIMITED TO
THE QAYQAYT, MUSQUEUAM, KWITWETLEM, KWANTLEN, TSAWWASSEN, AND TSEIL-
WAUTUTH, WE SEEK TO WALK A PATH OF RECONCILIATION & HEALING.

**10 am Eucharist
Lent 1/Annual Vestry Meeting
22 February 2026**

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*Whether you have been a lifelong Anglican or are new to our tradition, we welcome you this morning! If you are not familiar with Anglican worship, simply allow the words, music and symbols to speak to you. Participate as fully as you feel comfortable in doing. We stand to sing and sit to listen. Some people kneel for prayer, some sit and some stand. Please do what is comfortable for you. You are invited to join in the words in **bold type**. Music for the songs is found in the blue Common Praise or green Songs for a Gospel People hymnbook in the pews.*

THE GATHERING OF THE COMMUNITY

Today our service begins in the cathedral but continues with our work through the Annual Vestry Meeting in the Parish Hall. You are welcome to stay for a bowl of soup and participate in the holy business of the life of the community.

Prelude

Welcome

Gathering Hymn

*'When Long Before Time' verses 1-4
Common Praise 307 (tune The Singer and The Song)*

**When long before time and the worlds were begun,
when there was no earth and no sky and no sun,
and all was deep silence and night reigned supreme,
and even our Maker had only a dream...**

**...the silence was broken when God sang the Song,
and light pierced the darkness and rhythm began,
and with its first birth-cries creation was born,
and creaturely voices sang praise to the morn.**

**The sounds of the creatures were one with their Lord's,
their harmonies sweet and befitting the Word;
the Singer was pleased as the earth sang the song;
the choir of the creatures re-echoed it long.**

**Though, down through the ages, the Song disappeared,
its harmonies broken and almost unheard,
the Singer comes to us to sing it again:
our God is with us in the world now as then.**

Greeting

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

People: And also with you.

Presider: We gather here from many places on land that is the traditional and unsurrendered territory of the Halq'emeylem-speaking Coast Salish peoples.

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

Silence is kept for us to confess our brokenness and need for healing

Kyrie (sung 3 times through)
Common Praise 678 (Merbecke)

**Lord, have mercy upon us.
Christ, have mercy upon us.
Lord, have mercy upon us.**

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.

All: Amen.

Young People's Time

The Collect of the Day

Presider: Let us pray,

**All: Spirit of the desert,
you drove Jesus to the edge of the world
to seek your truth and find his calling:
scour our hearts and awaken our hunger,
so that freed from empty clinging
we may serve only you and the Creator;
through Jesus Christ, the Lord of the wilds. Amen.**

THE PROCLAMATION OF THE WORD

The First Reading: Genesis 2:15-17 & 3:1-7

Reader: A reading from the Book of Genesis,

¹⁵ The LORD God took the man and put him in the garden of Eden to till it and keep it. ¹⁶ And the LORD God commanded the man, 'You may freely eat of every tree of the garden; ¹⁷ but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die.'

Now the serpent was more crafty than any other wild animal that the LORD God had made. He said to the woman, 'Did God say, "You shall not eat from any tree in the garden"?' ² The woman said to the serpent, 'We may eat of the fruit of the trees in the garden; ³ but God said, "You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die."' ⁴ But the serpent said to the woman, 'You will not die; ⁵ for God knows that when you eat of it your eyes will be opened, and you will be like God,^[a] knowing good and evil.' ⁶ So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. ⁷ Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

Reader: Holy Word, Holy Wisdom.

All: **Thanks be to God.**

The Psalm: 32 (said responsively)

¹ Happy are they whose transgressions are forgiven, *
and whose sin is put away!

² Happy are they to whom the Lord imputes no guilt, *
and in whose spirit there is no guile!

³ While I held my tongue, my bones withered away, *
because of my groaning all day long.

⁴ For your hand was heavy upon me day and night; *
my moisture was dried up as in the heat of summer.

⁵ Then I acknowledged my sin to you, and did not conceal my guilt.*

I said, “I will confess my transgressions to the Lord.”

Then you forgave me the guilt of my sin.

⁶ Therefore all the faithful will make their prayers to you in time of trouble;*
when the great waters overflow, they shall not reach them.

⁷ You are my hiding-place; you preserve me from trouble; *
you surround me with shouts of deliverance.

⁸ “I will instruct you and teach you in the way that you should go; *
I will guide you with my eye.

⁹ Do not be like horse or mule, which have no understanding; *
who must be fitted with bit and bridle,
or else they will not stay near you.”

¹⁰ Great are the tribulations of the wicked; *
but mercy embraces those who trust in the Lord.

¹¹ Be glad, you righteous, and rejoice in the Lord; *
shout for joy, all who are true of heart.

The Second Reading: Romans 5:12-19

Reader: A reading from Paul’s Letter to the Romans,

¹² Therefore, just as sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned—¹³ sin was indeed in the world before the law, but sin is not reckoned when there is no law. ¹⁴ Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come.

¹⁵ But the free gift is not like the trespass. For if the many died through the one man’s trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. ¹⁶ And the free gift is not like the effect of the one man’s sin. For the judgement following one trespass brought condemnation, but the free gift following many trespasses brings justification. ¹⁷ If, because of the one man’s trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ.

¹⁸ Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. ¹⁹ For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

Reader: Holy Word, Holy Wisdom.

All: **Thanks be to God.**

Gospel Hymn

'Tree of Life and Awesome Mystery' verses 1-3 & 6b
Common Praise 179 (tune Thomas)

**Tree of Life and awesome mystery,
in your death we are reborn;
though you die in all of history,
still you rise with every morn,
still you rise with every morn.**

**Seed that dies to rise in glory,
may we see ourselves in you;
if we learn to live your story
we may die to rise anew,
we may die to rise anew.**

**We remember truth once spoken,
love passed on through act and word;
every person lost and broken
wears the body of our Lord,
wears the body of our Lord.**

The Gospel: Matthew 4:1-11

Reader: The Lord be with you.

All: **And also with you.**

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

All: **Glory to you, Lord Jesus Christ.**

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. ² He fasted for forty days and forty nights, and afterwards he was famished. ³ The tempter came and said to him, 'If you are the Son of God, command these stones to become loaves of bread.' ⁴ But he answered, 'It is

written, “One does not live by bread alone, but by every word that comes from the mouth of God.”

⁵ Then the devil took him to the holy city and placed him on the pinnacle of the temple, ⁶ saying to him, ‘If you are the Son of God, throw yourself down; for it is written, “He will command his angels concerning you”, and “On their hands they will bear you up, so that you will not dash your foot against a stone.”’ ⁷ Jesus said to him, ‘Again it is written, “Do not put the Lord your God to the test.”’

⁸ Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour; ⁹ and he said to him, ‘All these I will give you, if you will fall down and worship me.’ ¹⁰ Jesus said to him, ‘Away with you, Satan! for it is written, “Worship the Lord your God, and serve only him.”’ ¹¹ Then the devil left him, and suddenly angels came and waited on him.

Reader: The Gospel of Christ.

All: **Praise to you, Lord Jesus Christ.**

Gospel Hymn (continued)

**From the dawning of creation
you have loved us as your own;
Stay with us through all temptation,
make us turn to you alone,
Make us turn to you alone.**

Teaching

The Rev. Stephanie Shepard

The Apostle's 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 Holy Spirit
and born of the virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried.
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.**

THE PRAYERS OF THE PEOPLE

Leader: Let us pray for God's protection of the Church and of the world. To the bidding, 'God of Life', please respond, 'save us from sin'.

Guard the Church against the assaults of evil. Be close to us when we are tempted to abuse the gifts and resources we have received. Restraine us when we make a show of strength or influence from the wrong motives. Limit those who would use power for their own ends. We pray for our clergy leaders: for Sarah our Archbishop of Canterbury, Shane our Primate, Chris our National Indigenous Archbishop, John our Archbishop and Metropolitan, and Benny, the bishop of our companion Diocese of Northern Philippines. May we never use means we know to be wrong with the excuse that the end will be good. God of Life,

All: **Save us from sin.**

Leader: Look with mercy on a world where there are many temptations; where some think only of their own bodily comfort, some desire to show their power by reckless acts, some seek greater authority and embrace evil to attain it. We pray for world leaders and elected and appointed representatives, chiefs and tribal councils. Come with your saving love and bring life to the desert places of our hearts. God of Life,

All: **Save us from sin.**

Leader: Grant that what we offer in this Lent may not be a temptation to pride. Increase in us acts of charity and service, greater devotion, mindfulness, and humility. May our homes be made more joyful

and our work more dedicated as we seek to bring lives closer to the life of our Saviour. God of Life,

All: Save us from sin.

Leader: Have mercy on those who in the wilderness of the world find no relief for their hurts. Be with the hungry, lonely, fearful, and despairing. We lift up those names on our hearts either silently or aloud... *pause here...*

Open our eyes and hands to be instruments of healing. May we be part of God's angels who bring relief. God of Life,

All: Save us from sin.

Leader: We pray for those who have passed from this world and are freed from all temptation. We give thanks that they are delivered from evil by your grace, and pray that we in our time may be brought to worship with them and the host of angels. God of Life,

All: Save us from sin.

Leader: Deliver us from our sins, both known and unknown. Those we have committed through thought, word and deed and the ways we have fallen in neglect and avoidance. Have mercy on us and forgive us. God of Life,

All: Save us from sin.

Leader: May our prayers be accepted in the name of Christ, who was tempted like us but resisted evil.

All: Amen.

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 distance and touch.

THE HOLY COMMUNION

Offering Hymn

'Come and Journey'

Common Praise 482 (tune Beachspring)

**Come and journey with a Saviour
Who has called us from our birth,
Who has washed us in the waters,
And who loved us on the earth.**

Refrain *Come and journey, come and journey.
With a Saviour who has come.
We are all God's sons and daughters.
In the Spirit we are one.*

**Come and journey, journey inward.
Come and seek him deep within,
Where he meets us in our living,
In our striving and our sin.**

Refrain

**Come journey, journey outward
Telling others of his name,
Telling others of His glory
Of His cross and of the shame.**

Refrain

**Come and journey, journey outward,
where the cross calls us to care,
where injustice and where hunger
and the poor call us to share.**

Refrain

**Come and journey, journey upward.
Sing his praises, offer prayer.
In the storm and in the stillness
find his presence everywhere.**

Refrain

**Come and journey, journey onward;
all our gifts we now shall bring
to the building of a city
that is holy, Christ its King.**

Refrain

The Prayer over the Gifts

Presider: Let us pray,

**All: God our refuge and our strength,
Receive all we offer you this day,
And clothe us in righteousness to serve you.
We ask this in the name of your Son Jesus,
Who is our Tree of Life. Amen.**

The Great Thanksgiving

EOW EP 1

Presider: The Lord be with you.

People: And also with you.

Presider: Lift up your hearts.

People: We lift them to the Lord.

Presider: Let us give thanks to the Lord our God.

People: It is right to give our thanks and praise.

Presider: It is indeed right and good to give you thanks and praise, almighty God and everlasting Father, through Jesus Christ your Son. For in these forty days you lead us into the desert of repentance that through a pilgrimage of prayer and discipline we may grow in grace and learn to be your people once again. Through fasting, prayer and acts of service you bring us back to your generous heart. Through study of your holy word you open our eyes to your presence in the world and free our hands to welcome others into the radiant splendour of your love. As we prepare to celebrate the Easter feast with joyful hearts and minds we bless you for your mercy and join with saints and angels for ever praising you and singing:

Sanctus

Common Praise 683 (Merbecke)

**All: Holy, holy, holy, Lord, God of hosts.
Heaven and earth are full of thy glory.
Glory be to thee, O Lord most high.
Blessed is he that cometh in the name of the Lord.
Hosanna in the highest.**

Presider: Blessed are you, gracious God, creator of the universe and giver of life. You formed us in your own image and called us to dwell in your infinite love. You gave the world into our care that we might be your faithful stewards and show forth your bountiful grace.

But we failed to honor your image in one another and in ourselves; we would not see your goodness in the world around us; and so we violated your creation, abused one another, and rejected your love. Yet you never ceased to care for us, and prepared the way of salvation for all people. Through Abraham and Sarah you called us into covenant with you. You delivered us from slavery, sustained us in the wilderness, and raised up prophets to renew your promise of salvation. Then, in the fullness of time, you sent your eternal Word, made mortal flesh in Jesus. Born into the human family, and dwelling among us, he revealed your glory. Giving himself freely to death on the cross, he triumphed over evil, opening the way of freedom and life.

On the night before he died for us, Our Savior Jesus Christ took bread, and when he had given thanks to you, he broke it, and gave it to his friends, and said: "Take, eat: This is my Body which is given for you. Do this for the remembrance of me."

As supper was ending, Jesus 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 poured out for you and for all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me." Therefore we proclaim the mystery of faith:

All: Christ has died, Christ is risen, Christ will come again.

Presider: Remembering his death and resurrection, we now present to you from your creation this bread and this wine. By your Holy Spirit may they be for us the Body and Blood of our Savior Jesus Christ. Grant that we who share these gifts may be filled with the Holy Spirit and live as Christ's Body in the world. Bring us into the everlasting heritage of your daughters and sons, that with all your saints, past, present, and yet to come, we may praise your Name for ever. Through Christ and with Christ and in Christ, in the unity of the Holy Spirit, to you be honor, glory, and praise, for ever and ever.

All: Amen.

The Lord's Prayer

Presider: In the language closest to your heart, let us pray as Jesus taught us:

You are invited to use either the traditional or contemporary version in English or the language you find most helpful for prayer.

**Our Father who art in heaven,
hallowed be thy name.
Thy kingdom come,
thy will be done,
on earth as it is in heaven.
Give us today our daily bread.
Forgive us our trespasses
as we forgive those who
trespass against us.
Lead us not into temptation,
but deliver us from evil.
For thine is the kingdom,
the power, and the glory
for ever and ever. Amen.**

**Our Father in heaven,
Hallowed be your name.
Your kingdom come,
Your will be done
on earth as in heaven.
Give us this day 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 the glory are yours
now and forever. Amen**

Agnus Dei

Common Praise 685 (tune Merbecke)

**O Lamb of God, that takest away the sin of the world:
Have mercy upon us.
O Lamb of God, that takest away the sin of the world:
Have mercy upon us.
O Lamb of God, that takest away the sin of the world:
Grant us thy peace.**

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.**

The Communion

You are invited to come forward to receive bread and wine. Gluten-free wafers are available. You receive the fullness of Christ's love if you prefer to take one kind (just the bread or the wine). If you would prefer to have a blessing, please let the priest know.

Hymns During Communion

'Forty Days and Forty Nights'
Common Praise 175 (tune Heinlein)

**Forty days and forty nights you were fasting in the wild,
Forty days and forty nights tempted, and yet undefiled.**

**Burning heat throughout the day, bitter cold when light had fled,
Prowling beasts around your way, stones your pillow, earth your bed.**

**Shall not we your trials share, learn your discipline of will,
And with you by fast and prayer wrestle with the powers of hell?**

**So if Satan, pressing hard, soul and body would destroy,
Christ who conquered, be our guard, give to us the victor's joy.**

**Saviour, may we hear your voice- keep us constant at your side;
And with you we shall rejoice at the eternal Eastertide.**

Anthem- HTC Choir
'Here is Bread' by Graham Kendrick
Song # 196823 with permission under One Licence 742578

THE SENDING FORTH OF THE COMMUNITY

The Prayers after Communion

Presider: Let us pray:

All: **Faithful God, in this holy bread
You increase our faith and hope and love.
Lead us in the path of Christ,
Who is the Word of life for our way.
We ask this in his name. Amen.**

The Announcements

Sending Hymn

‘Guide Me, O Thou Great Redeemer’
Common Praise 565 (tune Cwm Rhondda)

**Guide me, O Thou great Redeemer,
Pilgrim through this barren land.
I am weak, but Thou art mighty;
Hold me with Thy powerful hand.
Bread of Heaven, Bread of Heaven,
Feed me till I want no more;
Feed me till I want no more.**

**Open now the crystal fountain,
Whence the healing stream doth flow;
Let the fire and cloudy pillar
Lead me all my journey through.
Strong Deliverer, strong Deliverer,
Be Thou still my Strength and Shield;
Be Thou still my Strength and Shield.**

**When I tread the verge of Jordan,
Bid my anxious fears subside;
Death of death, and hell’s destruction,
Land me safe on Canaan’s side.
Songs of praises, songs of praises,
I will ever give to Thee;
I will ever give to Thee.**

*Today there is no dismissal, as our liturgy continues with
the Annual Vestry Meeting in the Upper Hall.*

Postlude

The liturgy is based on the Book of Alternative Services, and the Collect of the Day is taken from “Alternative Collects RCL”, Anglican Church of Canada. The prayers of the people are adapted from “Hear Our Prayer: Gospel Based Intercessions” by Raymond Chapman.



Liturgical Ministers today

Greeter & worship assistant, 8:00 am:	Sandra Wrigley
Greeters, 10 am:	Susan Switch & Gerry Stensgaard
Reader:	Celeste Snowber
Chalice Administrators:	Susan Stensgaard & Carol Murdoch
Presider:	the Rev. Stephanie Shepard
Server:	Greg Kennelly
Crucifer:	Linda Gravlin
Guest Musician:	Graham Pudek

THIS WEEK AT HOLY TRINITY CATHEDRAL

Trinity Tuesday Series 'Walking the Way', 4-5 pm in the Lounge

Wednesday Midweek Eucharist, 9:30-10 am

Wednesday Bible Study 10:30-11:30 am in the Lounge

Thursday Vespers 5:30-6 pm (online by Zoom)

Saturday Community Brunch, 11 am- noon in the Hall

Sunday BCP Eucharist, 8-9 am.*

Sunday Choral Eucharist, 10-11:15 am*

Followed by Annual Vestry Meeting in the Upper Hall

**live-streamed over Facebook.*

+ link through the weekly newsletter. Sign up on the website.

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Click on the photo of the service. This will take you to Facebook. A box will come up asking for your Facebook login. Click the X on the right upper corner of the box. If you do not have Facebook you should be able to watch from the HTC site.

Readings for Lent 2, March 1, 2026

Genesis 12:1-4a; Psalm 121; Romans 4:1-5 & 13-17; John 3:1-17