



WE ACKNOWLEDGE THAT AS A PARISH OF THE DIOCESE OF NEW WESTMINSTER,  
WE GATHER ON THE TRADITIONAL AND UNSURRENDERED TERRITORY OF THE  
HALQ'EMELYN-SPEAKING COAST SALISH PEOPLES, INCLUDING BUT NOT LIMITED TO  
THE q<sup>w</sup>a:n<sup>l</sup>ə<sup>n</sup> (KWANTLEN), QAYQAYT, k<sup>w</sup>ik<sup>w</sup>ə<sup>l</sup>ə<sup>m</sup> (KWIKWETLEM), x<sup>w</sup>mə<sup>θ</sup>k<sup>w</sup>ə<sup>y</sup>ə<sup>m</sup> (MUSQUEAM),  
sə<sup>l</sup>ilwə<sup>t</sup>ə<sup>l</sup> (TSEIL-WAUTUTH), AND st<sup>s</sup>ə<sup>w</sup>a<sup>θ</sup>ə<sup>n</sup> mə<sup>s</sup>tə<sup>j</sup>ə<sup>x</sup><sup>w</sup> (TSAWWASSEN).

WE SEEK TO WALK A PATH OF RECONCILIATION AND HEALING.

**10 am Eucharist  
Pentecost 6  
5 July 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 hymnbooks in the pews.*

## THE GATHERING OF THE COMMUNITY

### *Gathering Hymn*

'Singing Songs of Expectation'  
*Common Praise 536 (tune Holy Manna)*

**Singing songs of expectation,  
onward goes the pilgrim band,  
Through the night of doubt and sorrow,  
marching to the promised land.  
Clear before us through the darkness  
Gleams and burns the guiding light:  
Trusting God, we march together  
Stepping fearless through the night.**

**One the light of God's own presence,  
O'er his ransomed people shed,  
Chasing far the gloom and terror,  
Brightening all the path we tread:  
One the object of our journey,  
One the faith which never tires,  
One the earnest looking forward,  
One the hope that God inspires.**

**One the strain the lips of thousands  
Lift as from the heart of one;  
One the conflict, one the peril,  
One the march in God begun:  
One the gladness of rejoicing  
On the far eternal shore,  
Where the one almighty Father  
Reigns in love for evermore.**

## ***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 unsundered territory of the Halq'emeyn-speaking Coast Salish peoples.

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

*The Gloria (sung 3 times)  
Common Praise 376 (tune Taizé)*

**Gloria, gloria, in excelsis Deo!  
Gloria, gloria, alleluia, alleluia!**

## ***Young People's Time***

### ***The Collect of the Day***

Presider: Let us pray,

**All: God of heaven and earth,  
you reveal your wisdom to the childlike;  
may we learn from your Son humility of heart,  
so that we find refreshment and rest  
even as we shoulder the cross of Christ;  
who, with you and the Holy Spirit,  
lives and reigns, one God, now and for ever. Amen.**

## **THE PROCLAMATION OF THE WORD**

***The First Reading: Genesis 24:34-38, 42-49 & 58-67***

Reader: A reading from the Book of Genesis,

<sup>34</sup>The man said, 'I am Abraham's servant. <sup>35</sup>The LORD has greatly blessed my master, and he has become wealthy; he has given him flocks and herds, silver and gold, male and female slaves, camels and donkeys. <sup>36</sup>And Sarah my master's wife bore a son to my master when she was old; and he has given him all that he has. <sup>37</sup>My master made me swear, saying, "You shall not take a wife for my son from the daughters of the Canaanites, in whose land I live; <sup>38</sup>but you shall go to my father's house, to my kindred, and get a wife for my son."

<sup>42</sup>'I came today to the spring, and said, "O LORD, the God of my master Abraham, if now you will only make successful the way I am going! <sup>43</sup>I am standing here by the spring of water; let the young woman who comes out to draw, to whom I shall say, 'Please give me a little water from your jar to drink,' <sup>44</sup>and who will say to me, 'Drink, and I will draw for your camels also'—let her be the woman whom the LORD has appointed for my master's son."

<sup>45</sup>'Before I had finished speaking in my heart, there was Rebekah coming out with her water-jar on her shoulder; and she went down to the spring, and drew. I said to her, "Please let me drink." <sup>46</sup>She quickly let down her jar from her shoulder, and said, "Drink, and I will also water your camels." So I drank, and she also watered the camels. <sup>47</sup>Then I asked her, "Whose daughter are you?" She said, "The daughter of Bethuel, Nahor's son, whom Milcah bore to him." So I put the ring on her nose, and the bracelets on her arms. <sup>48</sup>Then I bowed my head and worshipped the LORD, and blessed the LORD, the God of my master Abraham, who had led me by the right way to obtain the daughter of my master's kinsman for his son. <sup>49</sup>Now then, if you will deal loyally and truly with my master, tell me; and if not, tell me, so that I may turn either to the right hand or to the left.'

<sup>58</sup>And they called Rebekah, and said to her, 'Will you go with this man?' She said, 'I will.' <sup>59</sup>So they sent away their sister Rebekah and her nurse along with Abraham's servant and his men. <sup>60</sup>And they blessed Rebekah and said to her, 'May you, our sister, become thousands of myriads; may your offspring gain possession of the gates of their foes.' <sup>61</sup>Then Rebekah and her maids rose up, mounted the camels, and followed the man; thus the servant took Rebekah, and went his way.

<sup>62</sup>Now Isaac had come from Beer-lahai-roi, and was settled in the Negeb. <sup>63</sup>Isaac went out in the evening to walk in the field; and looking up, he saw camels coming. <sup>64</sup>And Rebekah looked up, and when she saw Isaac, she slipped quickly from the camel, <sup>65</sup>and said to the servant, 'Who is the man over there, walking in the field to meet us?' The servant said, 'It is my master.' So she took her veil and

covered herself. <sup>66</sup>And the servant told Isaac all the things that he had done. <sup>67</sup>Then Isaac brought her into his mother Sarah's tent. He took Rebekah, and she became his wife; and he loved her. So Isaac was comforted after his mother's death.

Reader: Holy Word, Holy Wisdom.

**All: Thanks be to God.**

### ***The Cantic: Song of Solomon 2:8-13***

‘Like the Murmur of the Dove’s Song’  
*Common Praise 635 (tune Bridegroom)*

**Like the murmur of the dove's song,  
like the challenge of her flight,  
like the vigour of the wind's rush,  
like the new flame's eager might:  
come, Holy Spirit, come.**

**To the members of Christ's Body,  
to the branches of the Vine,  
to the Church in faith assembled,  
to her midst as gift and sign:  
come, Holy Spirit, come.**

**With the healing of division,  
with the ceaseless voice of prayer,  
with the power of love and witness,  
with the peace beyond compare:  
come, Holy Spirit, come.**

### ***The Second Reading: Romans 7:15-25a***

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

<sup>15</sup>I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. <sup>16</sup>Now if I do what I do not want, I agree that the law is good. <sup>17</sup>But in fact it is no longer I that do it, but sin that dwells within me. <sup>18</sup>For I

know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. <sup>19</sup> For I do not do the good I want, but the evil I do not want is what I do. <sup>20</sup> Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me.

<sup>21</sup> So I find it to be a law that when I want to do what is good, evil lies close at hand. <sup>22</sup> For I delight in the law of God in my inmost self, <sup>23</sup> but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. <sup>24</sup> Wretched man that I am! Who will rescue me from this body of death? <sup>25</sup> Thanks be to God through Jesus Christ our Lord!

Reader: Holy Word, Holy Wisdom.

**All: Thanks be to God.**

### ***Gospel Hymn***

*'Come, Thou Fount of Every Blessing'*  
*Common Praise 354 (tune Nettleton)*

**Come, Thou Fount of every blessing,  
Tune my heart to sing Thy grace;  
Streams of mercy, never ceasing,  
Call for songs of loudest praise.  
Teach me some melodious measure,  
Sung by flaming tongues above.  
O the vast, the boundless treasure,  
of my God's unchanging love.**

**Here I make faith's affirmation:  
Thus far by Thy help I've come,  
And I hope, by Thy compassion,  
Safely to arrive at home.  
Jesus sought me when a stranger,  
Wandering from the fold of God;  
He, to rescue me from danger,  
Interposed his precious blood.**

***The Gospel: Matthew 11:16-19 & 25-30***

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.**

<sup>16</sup>‘But to what will I compare this generation? It is like children sitting in the market-places and calling to one another, <sup>17</sup>“We played the flute for you, and you did not dance; we wailed, and you did not mourn.” <sup>18</sup>For John came neither eating nor drinking, and they say, “He has a demon”; <sup>19</sup>the Son of Man came eating and drinking, and they say, “Look, a glutton and a drunkard, a friend of tax-collectors and sinners!” Yet wisdom is vindicated by her deeds.’

<sup>25</sup>At that time Jesus said, ‘I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; <sup>26</sup>yes, Father, for such was your gracious will. <sup>27</sup>All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

<sup>28</sup>‘Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. <sup>29</sup>Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. <sup>30</sup>For my yoke is easy, and my burden is light.’

Reader: The Gospel of Christ.

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

### ***Gospel Hymn continued***

**O to grace how great a debtor  
Daily I'm constrained to be!  
Let Thy goodness, like a fetter,  
Bind my wandering heart to Thee.  
Prone to wander, Lord, I feel it,  
Prone to leave the God I love;  
Take my heart, O take and seal it,  
Seal it for Thy courts above.**

***Teaching***

The Rev. Stephanie Shepard

## ***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 of the virgin Mary,  
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 God 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 with confidence to the Lord of heaven and earth. To the bidding, 'God, in your mercy' please respond 'hear our prayer.'

Bless and strengthen the Church, to which the mystery of faith has been revealed. We lift up all faith leaders, and especially Archbishop of Canterbury Sarah, our Primate Shane, national Indigenous Archbishop Chris, our Archbishop John, and Bishop Benny of Northern Philippines. This week we pray for the clergy and people of the Anglican Church of South America. Grant that Christians may speak words of comfort to all people, to meet their diversity without losing the integrity of God's truth. God, in your mercy,

**All: Hear our prayer.**

Leader: Come with healing into the discontent of the world. Take away the suspicion that separates people and sets them against each other. We offer the concerns of our hearts for places and situations where there is war, oppression, disaster, and need...  
Teach those who think themselves wise in this world to hear the wisdom of the simple. God, in your mercy,

**All: Hear our prayer.**

Leader: Make us more gentle and humble in our dealings with ourselves and with others. We pray for our families, friends and neighbours...

Give us insight to see the burdens that many in our community are bearing, and generosity to bring relief. God, in your mercy,

**All: Hear our prayer.**

Leader: Have mercy on those who are bowed down under heavy loads, wearied by poverty and hunger, by sickness or adversity. We remember those who have asked us to pray for healing and lift their names silently or aloud...

Bring the hurting ones to your side to find comfort, assurance, and blessing in your love. God, in your mercy,

**All: Hear our prayer.**

Leader: We remember the departed who have laid down their burdens and found eternal rest. We give thanks for those we name now either silently or aloud...

Thank you that all mysteries have been now revealed to them and the fullness of divine love is made known. God, in your mercy,

**All: Hear our prayer.**

Leader: We offer these prayers in the name of Christ, whose yoke is easy and whose burden is light.

**All: Amen.**

### ***Confession and Absolution***

Presider: Let us confess our brokenness as we say together,

**All: Most merciful God, 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.**

**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.

### ***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***

**'I Heard the Voice of Jesus Say'**  
*Common Praise 508 (tune Kingsfold)*

**I heard the voice of Jesus say,  
"Come unto me and rest;  
lay down, thou weary one,  
lay down thy head upon my breast."  
I came to Jesus as I was,  
so weary, worn, and sad;  
I found in him a resting place,  
and he has made me glad.**

**I heard the voice of Jesus say,  
"Behold, I freely give  
the living water; thirsty one;**

stoop down and drink and live.”  
I came to Jesus and I drank  
of that life giving stream;  
my thirst was quenched, my soul revived,  
and now I live in him.

I heard the voice of Jesus say,  
“I am this dark world’s light;  
look unto me, thy morn shall rise,  
and all thy day be bright.”  
I looked to Jesus and I found  
in him my star, my sun;  
and in that light of life I’ll walk  
till traveling days are done.

### ***The Prayer over the Gifts***

Presider: Let us pray,

**All: God of heaven and earth,  
receive our sacrifice of praise,  
and strengthen us for your service  
with the hope of your Son, Jesus Christ our Lord. Amen.**

### ***The Great Thanksgiving***

*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 that we should praise you, gracious God, for you created all things. You formed us in your own image: male and female you created us. When we turned away from you in sin, you did not cease to care for us, but opened a path of salvation for all people. You made a covenant with Israel, and through your

servants Abraham and Sarah gave the promise of a blessing to all nations. Through Moses you led your people from bondage into freedom; through the prophets you renewed your promise of salvation. Therefore, with them, and with all your saints who have served you in every age, we give thanks and raise our voices to proclaim the glory of your name:

### **Sanctus**

*Songs for a Gospel People 117 (Land of Rest)*

**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, hosanna in the highest!**

Presider: Holy God, source of life and goodness, all creation rightly gives you praise. In the fullness of time, you sent your Son Jesus Christ, to share our human nature, to live and die as one of us, to reconcile us to you, God, the Mother and Father of all. He healed the sick and ate and drank with outcasts and sinners; he opened the eyes of the blind and proclaimed the good news of your kingdom to the poor and to those in need. In all things he fulfilled your gracious will.

On the night he freely gave himself to death, 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." Gracious God, his perfect sacrifice destroys the power of sin and death; by raising him to life you give us life for evermore. Therefore we proclaim the mystery of faith.

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

Presider: Recalling his death, proclaiming his resurrection, and looking for his coming again in glory, we offer you, Father, this bread and this cup. Send your Holy Spirit upon us and upon these gifts, that all who eat and drink at this table may be one body and one holy people, a living sacrifice in Jesus Christ, our Lord. Through Christ, with Christ, and in Christ, in the unity of the Holy Spirit, all glory is yours, almighty Father, now and forever.

**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.*

<p><b>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.</b></p>	<p><b>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</b></p>
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### ***Fraction Hymn***

*Common Praise 63 (Eat this Bread)*

**Eat this bread, drink this cup:  
Come to me and never be hungry.  
Eat this bread, drink this cup:  
Trust in me and you will not thirst.**

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. Low gluten 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.*

### **During Communion**

**'God, Give Us Life'**

*Common Praise 297 (tune Campbell)*

**God, give us life when all around  
spells death and some have died;  
And none are clear that hope is near  
or fate can be defied.**

**God, give us love in heart and hand  
to hold the hurting one;  
To free the anger, meet the need,  
and wait till waiting's done.**

**God, give us skill, insight, and will  
to find where none are sure,  
New threads to mend the web of life,  
new means to heal and cure.**

**God, give us faith, should all else fail  
and death unsheathe its sting.  
O help us hear, through pain and fear,  
the songs that angels sing.**

**Then, in the end, make death a friend,  
and give us strength to stand,  
and walk to where non eye can stare,  
but Christ can clasp our hand.**

Anthem- HTC Choir  
'Hallelujah, We Sing Your Praises'  
*Common Praise 82*

## **THE SENDING FORTH OF THE COMMUNITY**

### ***The Prayers after Communion***

Presider: Let us pray:

**All: O God,  
may we who have been nourished by holy things  
never fail to see your grace in our lives,  
and so serve you in the world until we come  
to the fullness of joy,  
in the name of Jesus Christ our Lord. 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 forever. Amen.**

### ***Announcements***

***Sending Hymn***  
'Forth In Thy Name'  
*Common Praise 467 (tune Song 34)*

**Forth in thy name, O Lord, I go,**

my daily labour to pursue,  
Thee, only thee, resolved to know  
in all I think or speak or do.

The task thy wisdom hath assigned,  
O let me cheerfully fulfil,  
in all my works thy presence find,  
and prove thy good and perfect will.

Thee may I set at my right hand,  
whose eyes my inmost substance see,  
and labour on at thy command  
and offer all my works to thee.

Give me to bear they easy yoke,  
and every moment watch and pray,  
and still to things eternal look,  
and hasten to thy glorious day;

For thee delightfully employ  
whate'er thy bounteous grace hath given,  
and run my course with even joy,  
and closely walk with thee to heaven.

## **The Dismissal**

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

**All: Thanks be to God.**

## ***Postlude***

*The Prayers of the People were adapted from "Hear Our Prayer: Gospel-based intercessions" by Raymond Chapman.*



**Liturgical Ministers today**

Greeter & worship assistant, 8:00 am:

Greeters, 10 am:

Reader:

Chalice Administrators:

Presider & Preacher:

The Rev. Stephanie Shepard

Server:

Greg Kennelly

Crucifer:

Linda Gravlin

Music Director:

Nathan Badue

*& the Holy Trinity Cathedral Choir*

## **THIS WEEK AT HOLY TRINITY CATHEDRAL**

**Wednesday Midweek Eucharist, 9:30-10 am\***

**Wednesday Fellowship Time, 10-10:30 am in the Lounge**

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

**Thursday Vespers, 5:30-6 pm via Zoom+**

**Saturday Community Brunch, 11 am- noon in the Hall**

**Sunday BCP Eucharist, 8-9 am.\***

**Sunday Choral Eucharist, 10-11:15 am.\***

*\*live-streamed over Facebook.*

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

Go to <https://www.holytrinitycathedral.ca/events>.

*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.*

### **Next Sunday's Readings for Pentecost 7, July 12, 2026:**

Genesis 25:19-24; Psalm 119:105-112; Romans 8:1-11;

Matthew 13:1-9 & 18-23