



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 q̓w̓a:ńłəń (KWANTLEN), QAYQAYT, k̓w̓ik̓w̓əłəm (KWIKWETLEM), x̓w̓məθk̓w̓əy̓əm
(MUSQUEAM), səliłwətał (TSEIL-WAUTUTH), AND sts'əwaθən məstejəx̓w̓ (TSAWWASSEN).
WE SEEK TO WALK A PATH OF RECONCILIATION AND HEALING.

**10 am Eucharist
Pentecost 14
30 August 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.*

Prelude

Welcome

THE GATHERING OF THE COMMUNITY

Gathering Hymn

'O For A Thousand Tongues to Sing'
Common Praise 306 (tune Richmond)

**O for a thousand tongues to sing
my dear Redeemer's praise,
the glories of my God and King,
the triumphs of his grace!**

**Jesus! the Name that charms our fears
that bids our sorrows cease;
'tis music in the sinner's ears,
'tis life and health and peace.**

**He speaks, and listening to his voice,
new life the dead receive;
the mournful broken hearts rejoice,
the humble poor believe.**

**Hear him, ye deaf, ye voiceless ones,
your loosened tongues employ;
ye blind, behold, your Saviour come;
and leap, ye lame, for joy!**

**My gracious Master and my God,
assist me to proclaim
to spread through all the earth abroad
the honours of thy Name.**

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: O God,
whose word burns like a fire within us:
grant us a bold and faithful spirit,
so that, in your strength,
we may be unafraid to speak your word
and follow where you lead;
through our Lord Jesus Christ;
who lives and reigns with you in the unity of the Holy Spirit,
God for ever and ever. Amen.

THE PROCLAMATION OF THE WORD

The First Reading: Exodus 3:1-15

Reader: A reading from the Book of Exodus,

Moses was keeping the flock of his father-in-law Jethro, the priest of Midian; he led his flock beyond the wilderness, and came to Horeb, the mountain of God. ² There the angel of the LORD appeared to him in a flame of fire out of a bush; he looked, and the bush was blazing, yet it was not consumed. ³ Then Moses said, 'I must turn aside and look at this great sight, and see why the bush is not burned up.' ⁴ When the LORD saw that he had turned aside to see, God called to him out of the bush, 'Moses, Moses!' And he said, 'Here I am.' ⁵ Then he said, 'Come no closer! Remove the sandals from your feet, for the place on which you are standing is holy ground.' ⁶ He said further, 'I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob.' And Moses hid his face, for he was afraid to look at God.

⁷ Then the LORD said, 'I have observed the misery of my people who are in Egypt; I have heard their cry on account of their taskmasters. Indeed, I know their sufferings, ⁸ and I have come down to deliver them from the Egyptians, and to bring them up out of that land to a good and broad land, a land flowing with milk and honey, to the country of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites. ⁹ The cry of the Israelites has now come to me; I have also seen how the Egyptians oppress them. ¹⁰ So come, I will send you to Pharaoh to bring my people, the Israelites, out of Egypt.' ¹¹ But Moses said to God, 'Who am I that I should go to Pharaoh, and bring the Israelites out of Egypt?' ¹² He said, 'I will be with you; and this shall be the sign for you that it is I who sent you: when you have brought the people out of Egypt, you shall worship God on this mountain.'

¹³ But Moses said to God, 'If I come to the Israelites and say to them, "The God of your ancestors has sent me to you", and they ask me, "What is his name?" what shall I say to them?' ¹⁴ God said to Moses, 'I AM WHO I AM.' He said further, 'Thus you shall say to the Israelites, "I AM has sent me to you."' ¹⁵ God also said to Moses, 'Thus you shall say to the Israelites, "The LORD, the God of your ancestors, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you":

Reader: Holy Word, Holy Wisdom.

All: Thanks be to God.

Psalm Hymn
'Lo, God is Here! Let Us Adore'
Common Praise 328 (tune St. Catherine)

**Lo, God is here! Let us adore
and own how awesome is this place;
Let all within us feel God's power
and bow before the hidden face.
Redeeming Lord, your grace we prove,
serve you with awe, with reverence love.**

**Lo, God is here! Both day and night
united choirs of angels sing;
To God, enthroned above all height,
Heav'n's host their noblest praises bring;
Disdain not, Lord, our meaner song,
who praise you with a stammering tongue.**

**Being of beings, may our praise
your courts with graceful fragrance fill;
still may we stand before your face,
still hear and do your sovereign will;
to you may all our thoughts arise,
ceaseless, accepted, sanctified.**

The Second Reading: Romans 12:9-21

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

⁹ Let love be genuine; hate what is evil, hold fast to what is good; ¹⁰ love one another with mutual affection; outdo one another in showing honour. ¹¹ Do not lag in zeal, be ardent in spirit, serve the Lord. ¹² Rejoice in hope, be patient in suffering, persevere in prayer. ¹³ Contribute to the needs of the saints; extend hospitality to strangers.

¹⁴ Bless those who persecute you; bless and do not curse them. ¹⁵ Rejoice with those who rejoice, weep with those who weep. ¹⁶ Live in harmony with one another; do not be haughty, but associate with the lowly; do not claim to

be wiser than you are. ¹⁷ Do not repay anyone evil for evil, but take thought for what is noble in the sight of all. ¹⁸ If it is possible, so far as it depends on you, live peaceably with all. ¹⁹ Beloved, never avenge yourselves, but leave room for the wrath of God; for it is written, 'Vengeance is mine, I will repay, says the Lord.' ²⁰ No, 'if your enemies are hungry, feed them; if they are thirsty, give them something to drink; for by doing this you will heap burning coals on their heads.' ²¹ Do not be overcome by evil, but overcome evil with good.

Reader: Holy Word, Holy Wisdom.

All: Thanks be to God.

Gospel Hymn

'Take Up Your Cross' verses 1-2 & 5

Common Praise 431 (tune Breslau)

**Take up your cross, the Saviour said,
if you would my disciple be;
Deny yourself, the world forsake,
and humbly follow after me.**

**Take up your cross, let not its weight
fill your weak soul with vain alarm;
His strength shall bear your spirit up,
and brace your heart, and nerve your arm.**

The Gospel: Matthew 16:21-28

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.

²¹ From that time on, Jesus began to show his disciples that he must go to Jerusalem and undergo great suffering at the hands of the elders and chief priests and scribes, and be killed, and on the third day be raised. ²² And Peter took him aside and began to rebuke him, saying, 'God forbid it, Lord! This must never happen to you.' ²³ But he turned and said to Peter, 'Get behind me, Satan! You are a stumbling-block to me; for you are setting your mind not on divine things but on human things.'

²⁴ Then Jesus told his disciples, 'If any want to become my followers, let them deny themselves and take up their cross and follow me. ²⁵ For those who want to save their life will lose it, and those who lose their life for my sake will find it. ²⁶ For what will it profit them if they gain the whole world but forfeit their life? Or what will they give in return for their life?

²⁷ 'For the Son of Man is to come with his angels in the glory of his Father, and then he will repay everyone for what has been done. ²⁸ Truly I tell you, there are some standing here who will not taste death before they see the Son of Man coming in his kingdom.'

Reader: The Gospel of Christ.

All: Praise to you, Lord Jesus Christ.

Gospel Hymn continued

**Take up your cross and follow Christ,
nor think till death to lay it down;
For only those who bear the cross
May hope to wear the glorious crown.**

Teaching

The Rev. Tellison Glover

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 by the Holy Spirit,
born 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 offer our prayers to God for the Church and the world. To the bidding, 'God of life', please respond, 'hear our prayer'.

Give grace and courage to the Church to participate in the death of the Lord by following where he leads and proclaiming his salvation. We lift up our leaders, including Sarah, Archbishop of Canterbury; Shane our Primate; Chris, national indigenous Archbishop; John our Archbishop, and Bishop Benny of our companion Diocese of Northern Philippines. We pray for the people of our sister parish of San Gabriel in Lubon. Give strength to all ministers of the gospel when their burdens feel heavy. God of life,

All: Hear our prayer.

Leader: Extinguish the greed for material wealth that damages many lives in the world. We pray for those who have been given authority and power. May they labour for the lives of others and not their own profit. We remember those people and situations in our world that are groaning under injustice, oppression, conflict, and want...

Have mercy on those who are miserable in their own selfishness and bring them onto the way of service and salvation. God of life,

All: Hear our prayer.

Leader: In our daily pilgrimage, may we bear with good cheer the troubles that come to us and the little things that tempt us to impatience. We give thanks for our blessings and offer up our praise for the things that show us your way of life...

As we see Christ in our neighbours and in creation, may we be gladdened by glimpse of the kingdom coming. God of life,

All: Hear our prayer.

Leader: Have mercy on those who bear heavy crosses of pain, poverty, loneliness, or bereavement. We lift aloud or silently those we know who are in need of healing...

Bless and relieve their suffering. May they find abundant life in you. God of life,

All: Hear our prayer.

Leader: We ask forgiveness for the times we have turned aside from your path of life. We are sorry for being stumbling blocks to others who are seeking the way to you. In your mercy, take away all that keeps us from being faithful disciples. God of life,

All: Hear our prayer.

Leader: We remember those who have laid aside their burdens and see the Son of Man in his glory now...

Give us grace so to follow his cross in this world that we may at last enter in eternal life. God of life,

All: Hear our prayer.

Leader: We pray in the name of Christ, who has borne our sins and transforms our sorrows to joy.

All: Amen.

The Absolution

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

'Lift High the Cross'

Common Praise 602 (tune)

Refrain *Lift high the cross,
the love of Christ proclaim
till all the world adore
his sacred name!*

**Come, Christian people, sing your praises, shout!
If we are silent, even stones cry out.**

Refrain

**Jesus, you wept to see our human strife:
teach us compassion for each human life.**

Refrain

**Peace was your plea, and peace your loving theme:
let peace be our passport, peace a living dream.**

Refrain

**Great is the cost of walking on this road,
to follow and suffer with the Son of God.**

Refrain

**Worlds to be born and children yet to be,
come, take up this song into eternity.**

Refrain

The Prayer over the Gifts

Presider: Let us pray,

**All: Merciful God,
Receive all we offer you this day.
Give us grace to love one another
That your love may be made perfect in us.
We ask this in the name of Jesus Christ our Lord. Amen.**

The Great Thanksgiving

ELW XI

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, our duty and our joy, that we should at all times and in all places give thanks and praise to you, almighty and merciful God, through our Saviour Jesus Christ; who on this day overcame death and the grave, and by his glorious resurrection opened to us the way of everlasting life. And so, with all the choirs of angels, with the church on earth and the hosts of heaven, we praise your name and join their unending hymn:

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: We give you thanks, Father, through Jesus Christ, your beloved Son, whom you sent in this end of the ages to save and to redeem us and to proclaim to us your will.

He is your Word, inseparable from you, through whom you created all things, and in whom you take delight. He is your Word, sent from heaven to a virgin's womb. He there took on our nature and our lot and was shown forth as your Son, born of the Holy Spirit and the virgin Mary. He, our Lord Jesus, fulfilled all your will and won for you a holy people; in order to free from suffering those who trust you. He is the one who, handed over to a death he freely accepted, in order to crush death, to break the bonds of the evil one, to crush hell underfoot, to give light to the righteous, to establish his covenant, and to show forth the resurrection.

Taking bread and giving thanks to you, said: take and eat; this is my body, given for you. Do this for the remembrance of me.

In the same way he took the cup, gave thanks, and gave it for all to drink, saying: this cup is the new covenant in my blood, shed for you and for all people for the forgiveness of sin. Do this for the remembrance of me. Remembering then, his death and resurrection, we take this bread and cup, giving you thanks that you have made us worthy to stand before you and to serve you as a priestly people.

Send your Spirit upon these gifts of your Church; gather into one all who share in this bread and wine; fill us with your Holy Spirit to establish our faith in truth, that we may praise and glorify you through your Son Jesus Christ; through whom all glory and honour are yours, Almighty Father, with the Holy Spirit, in your holy Church, both 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.

**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**

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
'When I Survey the Wondrous Cross'
Common Praise 386 (tune Rockingham)

**When I survey the wondrous cross
On which the Prince of glory died,
My richest gain I count but loss,
And pour contempt on all my pride.**

**Forbid it, Lord, that I should boast,
Save in the cross of Christ my God!
All the vain things that charm me most,
I sacrifice them to his blood.**

**See, from his head, his hands, his feet,
Sorrow and love flow mingled down!
Did e'er such love and sorrow meet,
Or thorns compose so rich a crown?**

**Were the whole realm of nature mine,
That were an offering far too small;
Love so amazing, so divine,
Demands my soul, my life, my all.**

Anthem- HTC Choir
'Take My Life and Let It Be' (Common Praise 435)

THE SENDING FORTH OF THE COMMUNITY

The Prayers after Communion

Presider: Let us pray:

**All: Almighty God,
You renew us at your table with the bread of life.
May your holy food strengthen us in love
And help us to serve you in each other.
We ask this 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

'Sent Forth By God's Blessing'
Songs for a Gospel People 96

**Sent forth by God's blessing, our true faith confessing,
the people of God from this dwelling take leave.
The supper is ended, O now be extended
the fruits of this service to all who believe.
The seeds of Christ's teaching, receptive souls reaching,
shall blossom in action for God and for all.
God's grace did invite us, God's love shall unite us
to work for the kingdom and answer its call.**

**With praise and thanksgiving to God ever-living,
the tasks of our everyday life we will face.
Our faith ever sharing, in love ever caring,
embracing God's children of each tribe and race.
With your feast you feed us, with your light now lead us;
unite us as one in this life that we share.
Then may all the living with praise and thanksgiving
give honour to Christ and the name that we bear.**

The Dismissal

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

All: **Thanks be to God.**

Postlude

The Collects and Prayers of the People are from "Hear Our Prayer: Gospel-based intercessions" by Raymond Chapman, c2003.



Liturgical Ministers today

Greeter & worship assistant, 8:00 am:	Kate Abel
Greeters, 10 am:	Gerry Stensgaard & Shawn Shenfield
Reader:	Celeste Snowber
Chalice Administrators:	Carol Murdoch & Susan Stensgaard
Presider & Preacher:	The Rev. Tellison Glover
Server:	Greg Kennelly
Crucifer:	Linda Gravlin
Music Director:	Nathan Badue
	<i>& the Holy Trinity Cathedral Choir</i>

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 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.*

**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 15, September 6, 2026

Exodus 12:1-14; Psalm 149; Romans 13:3-14; Matthew 18:15-20