

# *St. Paul's Cathedral*

## *Territory of the People*

*Anglican Church of Canada, Kamloops, BC*

*Joyful, Rooted, Hospitable, Responsive*

*Sunday, August 8, 2021 - 11th Sunday after Pentecost*

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*Today's service originates from the traditional territory of the Tk'emlúps te Secwepemc – Kamloops & Area First Nation. We acknowledge their care for and working of the land prior to contact with Europeans. As Canadian Anglicans, we continue to work toward healing and reconciliation and a new experience of sharing the land together.*

*The flowers are given to the glory of God and in loving memory of Jack and Tip Beecher from their children, grandchildren, and great grandchildren. May they rest in peace with all the saints in God's heavenly kingdom.*

*Music Selections included in this service have been submitted to One License #A-605242. All Rights Reserved.*



*Prelude:*

*Come to me, all who are weary by Mozart; arranged by Hopson, Shawnee Press 1999*  
*All is Well by Smith and Kirkpatrick, Hope Pub., 1989*

## WORDS OF WELCOME

Melissa Green

By the power of the Holy Spirit  
our steadfast loving God reaches out to redeem us.  
**Thanks be to God!**

Let us pray:  
**God of daybreak,**  
**our souls wait for your light**  
**more than those who watch for the morning.**  
**Let your Holy Spirit illumine our hearts**  
**with the light of your redemption,**  
**a new day, a new life in Christ. Amen.**

## SONG: Sing a new Song (CP 312)

Alison Rustand

Sing a new song unto the Lord  
let your song be sung from mountains high.  
Sing a new song unto the Lord,  
singing alleluia.

Yahweh's people dance for joy.  
O come before the Lord.  
And play for him on glad tambourines,  
and let your trumpet sound.

Sing a new song unto the Lord  
let your song be sung from mountains high.  
Sing a new song unto the Lord,  
singing alleluia.

Rise, O children, from your sleep  
your Savior now has come.  
He has turned your sorrow to joy,  
and filled your soul with song.

Sing a new song unto the Lord  
let your song be sung from mountains high.  
Sing a new song unto the Lord,  
singing alleluia.

Glad my soul for I have seen  
the glory of the Lord.  
The trumpet sounds the dead shall be raised.  
I know my Savior lives.

Sing a new song unto the Lord  
let your song be sung from mountains high.  
Sing a new song unto the Lord,  
singing alleluia.

*By Schutte, New Dawn Music, 1979*

## COLLECT

Almighty God,  
you sent your Holy Spirit  
to be the life and light of your Church.  
Open our hearts to the riches of your grace,  
that we may bring forth the fruit of the Spirit  
in love, joy, and peace;  
through Jesus Christ our Lord,  
who is alive and reigns with you and the Holy Spirit,  
one God, now and for ever. **Amen**

Rev. Barbara Liotskos

## A READING FROM THE SECOND BOOK OF SAMUEL

Alison McKinnon

The king ordered Joab and Abishai and Ittai, saying, "Deal gently for my sake with the young man Absalom." And all the people heard when the king gave orders to all the commanders concerning Absalom. So the army went out into the field against Israel; and the battle was fought in the forest of Ephraim. The men of Israel were defeated there by the servants of David, and the slaughter there was great on that day, twenty thousand men. The battle spread over the face of all the country; and the forest claimed more victims that day than the sword. Absalom happened to meet the servants of David. Absalom was riding on his mule, and the mule went under the thick branches of a great oak. His head caught fast in the oak, and he was left hanging between heaven and earth, while the mule that was under him went on. And ten young men, Joab's armour-bearers, surrounded Absalom and struck him, and killed him. Then the Cushite came; and the Cushite said, "Good tidings for my lord the king! For the Lord has vindicated you this day, delivering you from the power of all who rose up against you." The king said to the Cushite, "Is it well with the young man Absalom?" The Cushite answered, "May the enemies of my lord the king, and all who rise up to do you harm, be like that young man." The king was deeply moved, and went up to the chamber over the gate, and wept; and as he went, he said, "O my son Absalom, my son, my son Absalom! Would I had died instead of you, O Absalom, my son, my son!" (2 SAMUEL 18:5-9, 15, 31-33)

Hear what the Spirit says to all people

**Thanks be to God**

## PSALM 130

Alison Rustand & Alison McKinnon

The musical score is written for voice and piano. It features a treble and bass staff. The key signature is one sharp (F#), and the time signature is 2/4. The melody is in the treble staff, and the piano accompaniment is in the bass staff. The lyrics are: "We hope in God with all our heart. all our heart." The score includes a first ending marked "1, 2..." and a final ending marked "Final". Above the staff, the chords D, A, D, Bm7, E7, A, G, and D are indicated. The tempo is marked "f" (forte). The score is attributed to "after Darwall's 148th".

Out of depths of despair I call to you, Holy One, hear me!

**Let your ears be alert to my pleas for mercy. R**

If you record our sins, who could survive?

**But your forgiveness abounds, so you must be revered.**

I long for the Holy One;

**my soul longs for the divine word.**

My soul longs more than the watchmen long for morning,

**more than watchmen long for morning. R**

O Israel, wait for the Holy One, who abounds in faithful love,  
with abundant power to redeem.

**The Holy one will redeem Israel from all sins. R**

*from Songs for the Holy One, Wood Lake Books, 2004, License #PO229012, Used with permission.*

## A READING FROM THE LETTER OF PAUL TO THE EPHESIANS      Miriam Baskin

So then, putting away falsehood, let all of us speak the truth to our neighbours, for we are members of one another. Be angry but do not sin; do not let the sun go down on your anger, and do not make room for the devil. Thieves must give up stealing; rather let them labour and work honestly with their own hands, so as to have something to share with the needy. Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear. And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you. Therefore be imitators of God, as beloved children, and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God. (EPHESIANS 4:25-5:2)

Hear what the Spirit says to all people

**Thanks be to God**

GRADUAL: Wherever You May Go (MV 216)

Alison Rustand

*Wherever you may go, I will follow,  
And your people shall be my people too,  
Wherever you may go, I will follow,  
For I would be faithful, loyal and true.*

Say the word and I will stay,  
I will never go away,  
We will travel side by side,  
And God's love will be our guide.

*Wherever you may go, I will follow,  
And your people shall be my people too,  
Wherever you may go, I will follow,  
For I would be faithful, loyal and true.*

From beginning to the end,  
I will always be your friend,  
When you need me I'll be there,  
You can trust my faithful care.

*Wherever you may go, I will follow,  
And your people shall be my people too,  
Wherever you may go, I will follow,  
For I would be faithful, loyal and true.*

*By David Kai, 1996*

GOSPEL

Rev. Barbara Liotskos

The Holy Gospel of our Lord Jesus Christ according to John  
**Glory to you Lord Jesus Christ**

Jesus said to the people, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty." Then the Jews began to complain about him because he said, "I am the bread that came down from heaven." They were saying, "Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, 'I have come down from heaven'?" Jesus answered them, "Do not complain among yourselves. No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. It is written in the prophets, 'And they shall all be taught by God.' Everyone who has heard and learned from the Father comes to me. Not that anyone has seen the Father except the one who is from God; he has seen the Father. Very truly, I tell you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh." (JOHN 6:35, 41-51)

The Gospel of Christ  
**Praise to You Lord Jesus Christ**

SERMON

Rev. Barbara Liotskos

SOLO – With One Heart

Alison Rustand

*By Patterson, Choristers Guild, 1988*

PRAYER OVER THE GIFTS

Melissa Green

Generous, transforming God,  
thank you for the blessing of honest labour,  
through which you have provided these gifts  
for our hands to share with those in need.

We dedicate them now as an expression of your love for the world,  
through Jesus Christ our Lord. **Amen.**

## AFFIRMATION OF FAITH

Melissa Green

Hear, O Israel  
Hear, O Israel,  
the Lord our God, the Lord is one.  
Love the Lord your God  
with all your heart,  
with all your soul,  
with all your mind,  
and with all your strength.  
This is the first and the great commandment.

The second is like it:  
Love your neighbour as yourself.  
There is no commandment greater than these.

## PRAYERS OF INTERCESSION

Lindley Roff

### THE LORD'S PRAYER

Alison Rustand

As our Saviour taught us, let us pray:  
**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 the glory are yours,**  
**now and for ever. Amen.**

*music by Gordon Light - St. George's Anglican Church, Edmonton, Alberta*  
*One License A-605242*



## SPIRITUAL COMMUNION

Rev. Barbara Liotskos

Lamb of God, you take away the sin of the world: **Have mercy upon us.**

Lamb of God, you take away the sin of the world: **Have mercy upon us.**

Lamb of God, you take away the sin of the world: **Grant us your peace.**

Let us pray.

O Jesus Christ, Son of the Living God;

**In these times when we cannot receive you sacramentally,  
come into ourselves, our souls and bodies,  
as you have risen from the dead  
bringing victory over death,  
healing, comfort and peace.**

**Revitalize your Church in Love;  
Strengthen us for service;  
that when our wanderings end,  
we may in courage and confidence  
in joy and resilience,  
discover your love throughout all creation, Amen.**

*Quiet time*

## SENDING AND CELEBRATING

Rev. Barbara Liotskos

Drawn by God, nourished by Christ,  
and sealed by the Holy Spirit,  
go now to imitate God's love,  
feeding the hungry, forgiving the hateful,  
and spreading the fragrance of grace wherever there is need. **Amen.**

## ANNOUNCEMENTS

Melissa Green

**CLOSING HYMN:** River Running in You and Me (VU 163)

Alison Rustand

River running in you and me,  
Spirit of life, deep mystery.

Dancing down to the holy seas,  
river run deep, river run free.

River laughed on my birthing day,  
wind and water joined in play.  
Soaked my soul in a shining spray  
river run deep, river run free.

River cry my name to me,  
lend me hope and memory,  
Sing me the story of the holy sea,  
river run deep, river run free.

I stand on the edge, looking down,  
too scared to swim, afraid I'll drown.  
Give me the courage to journey on,  
river run deep river run free.

Journey on far from my home,  
river break this heart of stone.  
Teach me to love, make me your own,  
river run deep, river run free.

Hold me close on the day I die,  
bear me up when my soul is tired.  
Carry me home on the rising tide,  
river run deep, river run free.

River singing in you and me,  
Spirit of life, deep mystery.  
Catch us up in your melody,  
river run deep, river run free.

*by Macdonald and Light, 2003, Common Cup Co.*

## POSTLUDE: I will Sing Praise unto the Lord, by Martin, Shawnee press, 2007

Selections from: *Feasting on the Word*

### IMPORTANT NOTES:

- The Chapel is open Monday to Friday from 9:30am-12:30pm with clergy present.
- 10am Wednesday worship this week in-person in the Cathedral chapel and on ZOOM.
- *"Walking each other home" - coming together as a community to 'catch up' with each other on 'how we're doing'*

#### *Session 1*

*Thursday August 19, 10-11:30 am,  
Parish Hall, with light lunch following  
Or 7-8:30 pm, Chapter Room, with dessert  
Zoom session option Friday August 20 at 9 am*

#### *Session 2*

*Thursday Sept 9, 10-11:30 am, Parish hall, with light lunch following  
Or 7-8:30 pm, Chapter Room, with dessert  
Zoom session option Friday Sept 10 at 9 am*

*The last 17 months have given us an unprecedented disruption in our lives. The Pandemic continues to have lingering effects ( eg. cabin fever, isolation, anxiety about others not maintaining social distance), the residential school tragedy, the bishops resignation, and the impact of the wildfires have resulted in enormous loss, grief, heartache, suffering, and worry. However, we now have an opportunity to reflect and examine who we are and who we want to become in this new normal.*

*The "discussion sessions" will provide an opportunity to share with and connect with others and help in getting practical ideas to process anxiety, compassion fatigue, loss, grief, and will assist in calming re-entry anxiety, It will be an opportunity to explore who you have been, what has impacted you, and who you wish to become.*

*Facilitated by Jon Buckle, David Lidster and Barb Liotskos. It would be helpful if you called the Church Office ahead to indicate you are coming. 250-372-3912*

## **WORSHIP MINISTERS at 10 a.m. service**

Presider: Rev. Barbara Liotskos & Melissa Green; Preacher: Rev. Barbara Liotskos;  
Pianist: Pat Rustand; Soloist: Alison Rustand; Altar Guild: Elaine Parkes, Alison McKinnon,  
Maude Krokosz; Greeter: Mavis Chalmers & Rae Long; Lock Up: Melissa Green; Prayers of  
the People: Lindley Roff; Readers: Alison McKinnon & Miriam Baskin; Camera: Pat Ebert;  
Technology: Melissa Green

### **Welcome Home!**

We are excited to be opening our doors alongside providing ongoing virtual worship. We are beginning with a slow gentle start, a number of ministry groups will begin in the fall including coffee, servers, children and youth ministry, and communion in one kind.

For the comfort, health and safety of all, including those most vulnerable amongst us, we do ask you to consider the following:

- We encourage the wearing of masks while in the Cathedral.
- If you wish to sing, we ask that you wear a mask.
- We ask greeters, clergy, and others offering leadership to wear a mask unless they are speaking at the lectern.
- We encourage households to keep social distance between one another.
- Over the summer we will use printed bulletins, we hope to have books back in the fall!
- The offering plate is available at the entrance of the church (not passed around at this time) and will be brought to the altar by a greeter.

*These are temporary restrictions over the summer and will be reviewed as we enter into the easing of further restrictions this fall.*