



# SUNDAY EUCHARIST WITH PRAYER FOR SPIRITUAL COMMUNION

SEVENTH SUNDAY AFTER  
PENTECOST

JULY 11, 2021

CHRIST'S CHURCH  
CATHEDRAL,  
HAMILTON

*Worship lies at the heart of the Christian life. It is in worship that we express our theology and define our identity. It is through encountering God within worship that we are formed and transformed as the people of God. One of the glories of the Anglican Church is its liturgical worship. Liturgy refers to the patterns, forms, words and actions through which public worship is conducted.*

*The people's responses are in **bold**.*

## **A Prayer for the Power of the Spirit among the People of God**

God of all power and love, we give thanks for your unfailing presence and the hope you provide in times of uncertainty and loss. Send your Holy Spirit to enkindle in us your holy fire. Revive us to live as Christ's body in the world: a people who pray, worship, learn, break bread, share life, heal neighbors, bear good news, seek justice, rest and grow in the Spirit. Wherever and however we gather, unite us in common prayer and send us in common mission, that we and the whole creation might be restored and renewed, through Jesus Christ our Lord. Amen

*The church-wide leadership of The Episcopal Church and the Evangelical Lutheran Church in America (2020)*

## **The Gathering of the Community**

*When the service is accompanied by music, it often begins with an instrumental or vocal piece of music during which the congregation can prepare for worship.*

GATHERING MUSIC  
Antiphon I

Marcel Dupré

WORDS OF WELCOME

SENTENCE

The word is very near you; it is in your mouth and in your heart, so that you can do it.

*Deuteronomy 30.14*

THE OPENING ACCLAMATION

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

**And also with you.**

THE COLLECT FOR PURITY

*This prayer was an English rendering of a Latin prayer that began the liturgy in the medieval church before the Reformation. It remains a distinctive part of Anglican worship to this day.*

Almighty God,  
to you all hearts are open, all desires known,  
and from you no secrets are hid: Cleanse the thoughts of  
our hearts by the inspiration of your Holy Spirit, that we may  
perfectly love you, and worthily magnify your holy Name;  
through Christ our Lord. Amen.

THE GLORIA *(sung by all)*

*William Mathias, 1980*

*The Gloria, or some other song of praise, centers the service on the God we gather to praise in our worship.*

Glo-ry to God in the high- est, and peace to his peo-ple on  
earth. Lord God, heav'n-ly King, al- might - y God and Fa- ther, we wor-ship you, we  
give you thanks, we praise you for your glo - ry. Lord Je- sus Christ, on - ly Son of the  
Fa-ther, Lord God, Lamb of God you take a-way the sin of the world: have mer - cy  
on us; you are sea - ted at the right hand of the Fa - ther, re-ceive our prayer.  
For you a-lone are the ho - ly One,  
you a-lone are the Lord, you a-lone are the Most High, Je - sus Christ, with the  
Ho - ly Spi - rit, in the glo - ry of  
God the Fa - ther. A - - - men.

## THE COLLECT FOR THE SEVENTH SUNDAY AFTER PENTECOST

*The collect is the prayer appointed for each Sunday that “collects” the theme of the day or season of the Church year. It summarizes the attributes of God as revealed in the scriptures of the day.*

The Lord be with you

**And also with you.**

Let us pray.

Almighty God,  
you have made us for yourself,  
and our hearts are restless  
until they find their rest in you.  
May we find peace in your service,  
and in the world to come, see you face to face;  
through Jesus Christ our Lord,  
who lives and reigns with you and the Holy Spirit,  
one God, now and for ever.

**Amen.**

## The Proclamation of the Word

### THE FIRST READING

*This reading, taken from the New Testament, is from the epistles.*

*Ephesians 1: 3-14*

Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ. For he chose us in him before the creation of the world to be holy and blameless in his sight. In love he predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will—to the praise of his glorious grace, which he has freely given us in the One he loves. In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God’s grace that he lavished on us. With all wisdom and understanding, he made known to us the mystery of his will according to his good pleasure, which he purposed in Christ, to be put into effect when the times reach their fulfillment—to bring unity to all things in heaven and on earth under Christ.

In him we were also chosen, having been predestined according to the plan of him who works out everything in conformity with the purpose of his will, in order that we, who were the first to put our hope in Christ, might be for the praise of his glory. And you also were included in Christ when you heard the message of truth, the gospel of your salvation. When you believed, you were marked in him with a seal, the promised Holy Spirit, who is a deposit guaranteeing our inheritance until the redemption of those who are God’s possession—to the praise of his glory.

The Word of the Lord

**Thanks be to God.**

THE PSALM

*The psalms are prayers that Jesus used and cover every mood of humanity's relationship with God and one another.*

Psalm 24

Musical notation for Psalm 24, consisting of three staves of music in 3/4 time. The lyrics are: Lift up your heads O gates; and the King of glory shall come in.

The earth is our God's and all that is **in** it  
the world and all who **dwell** therein  
For God has founded it upon **the** seas  
and made it firm upon the rivers **of** the deep.

REFRAIN

“Who can ascend the hill of **God**  
and who can stand in the **ho**-ly place?”  
“Those who have clean hands and a **pure** heart  
who have not pledged themselves to falsehood, nor sworn by what **is** a fraud.

REFRAIN

“They shall receive a blessing from the **Holy One**  
and a just reward from the God of **their** salvation.”  
Such is the generation of those **who** seek you,  
of those who seek your face, O god of **Jacob** and Rachel.

REFRAIN

Lift up your heads, O **gates** (1)  
lift them high, O everlasting **doors** (1)  
and the One who reigns in glory **shall** come in (2)  
“Who is this, who reigns **in** glory?” (3)  
Our God, strong **and** mighty (3)  
our God, **mighty** in battle.(4)

REFRAIN

Lift up your heads, O **gates** (1)  
lift them high, O everlasting **doors** (1)  
and the One who reigns in glory **shall** come in (2)  
“Who is this, who reigns **in** glory?” (3)  
The God **of** hosts (3)  
who **reigns** in glory.(4)

REFRAIN

## THE GOSPEL ACCLAMATION (sung by all)



*May the Father of our Lord Jesus Christ enlighten the eyes of our hearts,  
that we may know what is the hope that belongs to our call.*

## THE HOLY GOSPEL

*This reading is taken from one of the four Gospels (Matthew, Mark, Luke and John) which depict the life, teachings, death, resurrection and ascension of our Lord Jesus Christ. We stand for the Gospel reading to show the particular importance placed on Jesus' words and actions.*

*Mark 6: 14-29*

The Lord be with you.  
**And also with you**

The Holy Gospel of our Saviour Jesus Christ according to Mark  
**Glory to you, Lord Jesus Christ**

King Herod heard about this, for Jesus' name had become well known. Some were saying, "John the Baptist has been raised from the dead, and that is why miraculous powers are at work in him."

Others said, "He is Elijah."

And still others claimed, "He is a prophet, like one of the prophets of long ago."

But when Herod heard this, he said, "John, whom I beheaded, has been raised from the dead!" For Herod himself had given orders to have John arrested, and he had him bound and put in prison. He did this because of Herodias, his brother Philip's wife, whom he had married. For John had been saying to Herod, "It is not lawful for you to have your brother's wife." So Herodias nursed a grudge against John and wanted to kill him. But she was not able to, because Herod feared John and protected him, knowing him to be a righteous and holy man. When Herod heard John, he was greatly puzzled; yet he liked to listen to him.

Finally the opportune time came. On his birthday Herod gave a banquet for his high officials and military commanders and the leading men of Galilee. When the daughter of Herodias came in and danced, she pleased Herod and his dinner guests. The king said to the girl, "Ask me for anything you want, and I'll give it to you." And he promised her with an oath, "Whatever you ask I will give you, up to half my kingdom."

She went out and said to her mother, "What shall I ask for?" "The head of John the Baptist," she answered.

At once the girl hurried in to the king with the request: "I want you to give me right now the head of John the Baptist on a platter." The king was greatly distressed, but because of his oaths and his dinner guests, he did not want to refuse her. So he immediately sent an executioner with orders to bring John's head. The man went, beheaded John in the prison, and brought back his head on a platter. He presented it to the girl, and she gave it to her mother. On hearing of this, John's disciples came and took his body and laid it in a tomb.

The Gospel of Christ  
**Praise to you, Lord Jesus Christ.**

## THE SERMON

*The Very Rev. Dr. Tim Dobbin  
Rector, Christ's Church Cathedral and Dean of Niagara*

*The sermon directly follows the Gospel because it is to be grounded in the scriptures. It illuminates the scriptural readings and relates them to daily life.*

## THE CREED

*The word "creed" comes from the Latin "credo" for "I believe." First formulated at the Council of Nicaea in 325 AD and confirmed in 381 AD, the Nicene Creed is said at the Holy Eucharist, particularly on special feast days, declaring our loving trust in the Triune God and exploring the relationship between the three "persons" of God – the Creator/Father, Jesus the Christ/Son, and the Holy Spirit..*

Let us confess our faith, as we say,  
**We believe in one God**  
the Father, the Almighty,  
maker of heaven and earth,  
of all that is, seen and unseen.

**We believe in one Lord, Jesus Christ,**  
the only Son of God,  
eternally begotten of the Father,  
God from God, Light from Light,  
true God from true God,  
begotten, not made,  
of one being with the Father.  
Through him all things were made.  
For us and for our salvation  
he came down from heaven:  
by the power of the Holy Spirit  
he became incarnate from the Virgin  
Mary,  
and was made man.  
For our sake he was crucified under  
Pontius Pilate;  
he suffered death and was buried.

**On the third day he rose again**  
in accordance with the scriptures;  
he ascended into heaven  
and is seated at the right hand of  
the Father.  
He will come again in glory to judge the  
living  
and the dead,  
and his kingdom will have no end.  
We believe in the Holy Spirit, the Lord, the  
giver of life,  
who proceeds from the Father.  
With the Father and the Son he is  
worshipped  
and glorified.  
He has spoken through the prophets.  
We believe in one holy catholic and  
apostolic Church.  
We acknowledge one baptism for the  
forgiveness of sins.  
We look for the resurrection of the dead,  
and the life of the world to come. Amen

## THE PRAYERS OF THE PEOPLE

*We pray for ourselves and particularly on behalf of others. In our prayers we pray for the universal church, the nation and all who govern, the welfare of the world, the concerns of our community of faith, including those who are in need or suffer, and for the departed. We are reminded in prayer that we are a part of a larger fellowship, the Church – the Body of Christ. Please respond as directed by the Intercessor.*

Lord, hear us.  
**Lord, graciously hear us.**

## THE CONFESSION AND ABSOLUTION

*Confessing our sins, receiving forgiveness (absolution) and showing signs of peace to one another prepare us to receive Christ in the Sacrament of Holy Communion.*

Jesus said: Before you offer your gift, go and be reconciled. As brothers and sisters in God's family, we come together to ask our Father for forgiveness.

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**

*The presider offers absolution and the people respond*

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. **Amen.**

## THE PEACE

Christ is our peace.  
He has reconciled us to God  
in one body by the cross.  
We meet in his name and share his peace.

The peace of the Lord be always with you.  
**And also with you.**

## The Celebration of the Eucharist

### THE OFFERTORY

*Having listened to the Word of God, affirmed our faith, confessed our sins, received forgiveness and shared in the peace, we are prepared for the drama and miracle of the Holy Communion. At the offertory we gratefully offer back some of what God has given us, symbolically in the elements, and in our contributions towards the work of the church.*

*All are invited to make a gift to support the Cathedral's ministry of sharing God's love with the world by donating online at [www.cathedralhamilton.ca](http://www.cathedralhamilton.ca)*

OFFERTORY HYMN – O for a thousand tongues to sing

TEXT: Charles Wesley (1707-1788)

MUSIC: Thomas Haweis adapt. Samuel Webbe. RICHMOND

O for a thou - sand tongues to sing my  
Je - sus! the name that charms our fears, that  
He speaks, and lis - tening to his voice, new  
Hear him, ye deaf, ye voice - less ones, your  
My gra - cious Mas - ter and my God, as -

dear Re - deem - er's praise, the glo - ries of my  
bids our sor - rows cease; 'tis mu - sic in the  
life the dead re - ceive, the mourn - ful bro - ken  
loos - ened tongues em - ploy; ye blind, be - hold your  
sist - me to pro - claim, to spread through all the

God and King, the tri - umphs of his grace.  
sin - ner's ears, 'tis life and health and peace.  
hearts re - joice, the hum - ble poor be - lieve.  
Sav - iour come, and leap, ye lame for joy!  
earth a - broad the hon - ours of thy name.

## PRAYER OVER THE GIFTS

Father,  
your word creates in us a yearning for your kingdom.  
Receive all we offer you this day, and keep us in your peace;  
for the sake of Jesus Christ the Lord.

**Amen.**

## THE GREAT THANKSGIVING

*In the Great Thanksgiving, we do what Jesus himself asked us to do: thank God and recall all that God has done for us in the life, death, and resurrection of Christ. The Great Thanksgiving, or Eucharistic Prayer, is a long prayer with four parts. Each of these four parts corresponds to a different action of Jesus at the Last Supper, where he took, blessed, broke, and gave bread and wine as sacraments of his body and blood. We begin the Great Thanksgiving with the Sursum corda, meaning "Lift up your hearts."*

The Lord be with you

**And also with you**

Lift up your hearts

**We lift them up to God**

Let us give thanks to the Lord our God

**It is right to give our thanks and praise.**

Blessed are you, gracious God,  
creator of heaven and earth;  
by water and the Holy Spirit  
you have made us a holy people  
in Jesus Christ our Lord;  
you renew that mystery in bread and wine and nourish us,  
to show forth your glory in all the world.  
Therefore with angels and archangels,  
and with all the holy people  
who have served you in every age,  
we raise our voices  
to proclaim the glory of your name.

Ho - ly, Ho - ly, ho - ly Lord.  
God of pow'r and might, Heav'n and earth are  
full of your glo - ry. Ho - san - na in the high - est.  
Bles - sed is the One who  
comes in the name of the Lord. Ho - san - na in the high - est.

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 and for many for the forgiveness of sins.  
Whenever you drink it, do this for the remembrance of me.”

Therefore, Father, according to his command,

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

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.

**Amen.**

## THE LORD'S PRAYER

*We pray together the prayer that Jesus taught his disciples to pray. The link between our daily bread and the spiritual food we receive in the Eucharist is an ancient connection.*

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.**

## THE BREAKING OF THE BREAD

“I am the bread of life” says the Lord.  
“Whoever comes to me will never be hungry;  
who believes in me will never thirst.”

**Taste and see that the Lord is good;  
happy are they who trust in him!**

Je - sus, Lamb of God: have mer - cy on us.

Je - sus bear-er of our sins: have mer - cy on us.

Je - sus re-deem-er of the world: give us your peace.

## THE INVITATION TO SPIRITUAL COMMUNION

*A spiritual communion is a personal devotional that anyone can pray at any time to express their desire to receive Holy Communion at that moment, but in which circumstances impede them from actually receiving Holy Communion.*

Dear friends, I invite you in this moment,  
wherever you may be, to receive Christ,  
in communion with the saints,  
and the gathering of God's people,  
unseen and yet present with us now.

Many are made one

We receive you Lord Jesus Christ,  
**We welcome your presence in us,  
And together proclaim our love for you; With our hearts, minds, our souls and our strength,  
With the saints we worship you, With the angels we adore you,  
With your whole Church, we proclaim your reign,  
Come to us, though many, and make us one in you**

**Amen.**

I invite you in the silence of your own hearts to make your own act of Communion with Christ.

*Come Lord Jesus and make in my heart your dwelling place and home.  
I seek to love you with all my heart, mind, soul and strength, and so through your presence  
of bread and wine  
I receive you afresh and praise you for you are my God.  
As you fill me, so may my love for you and for all your people,  
rise and overflow,  
that with joy and thanksgiving  
I may serve you in the world you love. Amen.*

#### MUSIC AT COMMUNION

DUET – How great is the miracle

Sally DeFord

*Saviour divine, thou who hast made me whole  
What joy is mine! What words can my gratitude tell?  
Dark were mine eyes, made by thy power to see  
Withered the hands, raised now in praise unto thee  
Hushed was my voice, ringing now joyful in song  
Frail was my will, weakness in thee made strong  
  
Oh Saviour divine!  
How great is the miracle born of thy power and infinite love  
Ever thy name shall I praise*

*Ever of thee shall I sing  
And glorify God by the miracle wrought in me  
  
Weary and lame, lifted and healed at thy hand  
Laid at thy feet, risen before thee to stand  
Hungered my soul, fed by thy word and filled  
Anguished the cries thou in thy mercy hast stilled  
Dry now the tears wept in the sorrow of sin  
Grief thou hast born, thou hast my ransom been*

#### PRAYER AFTER COMMUNION

O God,  
may we who have shared in holy things  
never fail to serve you in your world,  
and so come to the fullness of joy,  
in the name of Jesus Christ our Lord

**.Amen.**

#### THE BLESSING

The God of all grace, who called you to his eternal glory in Christ Jesus, establish, strengthen and settle you in the faith; and the blessing of God almighty, the Father, the Son, and the Holy Spirit, be among you and remain with you always.

**Amen**

#### THE DISMISSAL

Go forth into the world rejoicing in the power of the Spirit.

**Thanks be to God.**

#### POSTLUDE

We All Believe in One God

J.S. Bach

---

## **PARTICIPANTS**

### **PRESIDER AND PREACHER**

*The Very Rev. Dr. Tim Dobbin*  
*Rector, Christ's Church Cathedral and Dean of Niagara*

### **LECTORS AND CANTORS**

*Anne Kae and Jeremy Ludwig*

### **ORGAN**

*Michael Bloss*  
*Cathedral Director of Music*

---

## **PERMISSIONS**

Biblical Texts taken from the *New Revised Standard Version Bible*, Copyright 1989. Used by permission. Collects, creed, and peace communion prayers taken from *Book of Alternative Services, Anglican Church of Canada*. Used by permission. Psalm adapted from *In the Midst of the Congregation* by George Black, ABC Publishing. Gospel Acclamation from *The Cantor's Book of Gospel Acclamations*, by Robert Bastiani GIA Publications. Used by permission. OneLicense.net #A-707055