



Christ Church
Cathedral
Ottawa

Third Sunday after the Epiphany

Sunday | January 21st | 2024

8.30 am | Holy Eucharist | BCP

The flowers are given to the glory of God

Welcome

Children are welcome to fully participate in the service
and activity sheets are available in the bookshelves at the entrance to the Cathedral.

Please turn off or set mobile devices to silent mode.

Order of Service

Greeting

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

And also with you.

Announcements

Collect for Purity

Let us pray.

Almighty God,

unto whom all hearts be open, all desires known, and from whom no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of thy Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy Name; through Christ our Lord. Amen.

Summary of the Law

Our Lord Jesus Christ said: Hear O Israel, The Lord our God is one Lord; and thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength. This is the first and great commandment. And the second is like unto it: Thou shalt love thy neighbour as thyself. On these two commandments hang all the Law and the Prophets.

Lord, have mercy upon us, and write all these thy laws in our hearts, we beseech thee.

Lord, have mercy upon us.

Christ, have mercy upon us.

Lord, have mercy upon us.

Collect of the Day

Almighty God, by grace alone you call us and accept us in your service. Strengthen us by your Spirit, and make us worthy of your call; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

First Reading | *Jonah 3:1-5, 10*

A reading from the book of Jonah.

The word of the Lord came to Jonah a second time, saying, "Get up, go to Nineveh, that great city, and proclaim to it the message that I tell you." So Jonah set out and went to Nineveh, according to the word of the Lord. Now Nineveh was an exceedingly large city, a three days' walk across. Jonah began to go into the city, going a day's walk. And he cried out, "Forty days more, and Nineveh shall be overthrown!" And the people of Nineveh believed God; they proclaimed a fast, and everyone, great and small, put on sackcloth. When God saw what they did, how they turned from their evil ways, God changed his mind about the calamity that he had said he would bring upon them; and he did not do it.

Holy Word, Holy Wisdom.

Thanks be to God.

Psalm | *62:6-14*

**God alone is my rock and my salvation,
my stronghold, so that I shall not be shaken.**

**In God is my safety and my honour,
my strong rock and my refuge.**

**Put your trust in God always, O people,
pour out your hearts before the One who is your refuge.**

**Those of high degree are but a fleeting breath,
even those of low estate cannot be trusted.**

**On the scales they are lighter than a breath,
all of them together.**

**Put no trust in extortion;
in robbery take no empty pride;
though wealth increase, set not your heart upon it.**

**God has spoken once, twice have I heard it,
that power belongs to God.**

**Steadfast love is yours, O Lord,
for you repay all according to their deeds.**

Glory be to the Father, and to the Son, and to the Holy Spirit.

As it was in the beginning, is now, and ever shall be, world without end. Amen.

Second Reading | *1 Corinthians 7:29-31*

A reading from the first letter of Paul to the Corinthians.

I mean, brothers and sisters, the appointed time has grown short; from now on, let even those who have wives be as though they had none, and those who mourn as though they were not mourning, and those who rejoice as though they were not rejoicing, and those who buy as though they had no possessions, and those who deal with the world as though they had no dealings with it. For the present form of this world is passing away.

Holy Word, Holy Wisdom.

Thanks be to God.

Holy Gospel | *Mark 1:14-20*

The Lord be with you.

And also with you.

The Holy Gospel of our Lord Jesus Christ according to Mark.

Glory to you, Lord Jesus Christ.

Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, "The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news." As Jesus passed along the Sea of Galilee, he saw Simon and his brother Andrew casting a net into the sea - for they were fishermen. And Jesus said to them, "Follow me and I will make you fish for people." And immediately they left their nets and followed him. As he went a little farther, he saw James son of Zebedee and his brother John, who were in their boat mending the nets. Immediately he called them; and they left their father Zebedee in the boat with the hired men, and followed him.

The Gospel of Christ.

Praise to you, Lord Jesus Christ.

Nicene Creed

I believe in one God

the Father Almighty, Maker of heaven and earth, And of all things visible and invisible:

And in one Lord Jesus Christ, the only-begotten Son of God, Begotten of the Father before all worlds; God, of God; Light, of Light; Very God, of very God; Begotten, not made; Being of one substance with the Father; Through whom all things were made:

Who for us and for our salvation came down from heaven, And was incarnate by the Holy Ghost of the Virgin Mary, And was made man, And was crucified also for us under Pontius Pilate. He suffered and was buried, And the third day he rose again according to the Scriptures, And ascended into heaven, And sitteth on the right hand of the Father. And he shall come again with glory to judge both the quick and the dead: Whose kingdom shall have no end.

And I believe in the Holy Ghost, The Lord, The Giver of Life, Who proceedeth from the Father and the Son, Who with the Father and the Son together is worshipped and glorified, Who spake by the Prophets. And I believe One, Holy, Catholic, and Apostolic Church. I acknowledge one Baptism for the remission of sins. And I look for the Resurrection of the dead, And the Life of the world to come. Amen.

Sermon

Offertory | *Matthew 5:16*

Let your light so shine before others, that they may see your good works, and glorify your Father which is in heaven.



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Blessed be thou, LORD God of Israel, for ever and ever. All that is in the heaven and in the earth is thine.

All things come of thee, and of thine own have we given thee.

Intercession

Let us pray.

Almighty and everliving God, who by thy holy Apostle hast taught us to make prayers and supplications, and to give thanks, for all: We humbly beseech thee most mercifully to accept our alms and oblations, and to receive these our prayers, which we offer unto thy Divine Majesty; beseeching thee to inspire continually the universal Church with the spirit of truth, unity, and concord: And grant that all they that do confess thy holy Name may agree in the truth of thy holy Word, and live in unity and godly love.

We beseech thee also to lead all nations in the way of righteousness; and so to guide and direct their governors and rulers, that thy people may enjoy the blessings of freedom and peace: And grant unto thy servant Charles our King, and to all that are put in authority under him, that they may truly and impartially administer justice, to the maintenance of thy true religion and virtue.

Give grace, O heavenly Father, to all Bishops, Priests, and Deacons, and specially to thy servant Shane our Bishop, that they may both by their life and doctrine set forth thy true and living Word, and rightly and duly administer thy holy Sacraments: Prosper, we pray thee, all those who proclaim the Gospel of thy kingdom among the nations: And to all thy people give thy heavenly grace, and specially to this congregation here present, that, with meek heart and due reverence, they may hear and receive thy holy Word; truly serving thee in holiness and righteousness all the days of their life.

And we most humbly beseech thee of thy goodness, O Lord, to comfort and succour all them, who in this transitory life are in trouble, sorrow, need, sickness, or any other adversity, especially those for whom our prayers are desired.

We remember before thee, O Lord, all thy servants departed this life in thy faith and fear: and we bless thy holy Name for all who in life and death have glorified thee; beseeching thee to give us grace that, rejoicing in their fellowship, we may follow their good examples, and with them be partakers of thy heavenly kingdom.

Grant this, O Father, for Jesus Christ's sake, our only Mediator and Advocate, to whom, with thee and the Holy Ghost, be all honour and glory, world without end. **Amen.**

Confession and Absolution

Ye that do truly and earnestly repent you of your sins, and are in love and charity with your neighbours, and intend to lead the new life, following the commandments of God, and walking from henceforth in his holy ways: Draw near with faith, and take this holy Sacrament to your comfort; and make your humble confession to Almighty God.

Silence.

Almighty God,

Father of our Lord Jesus Christ, Maker of all things, Judge of all: We acknowledge and confess our manifold sins and wickedness, Which we from time to time most grievously have committed, By thought, word, and deed, Against thy Divine Majesty. We do earnestly repent, And are heartily sorry for these our misdoings. Have mercy upon us, most merciful Father; For thy Son our Lord Jesus Christ's sake, Forgive us all that is past; And grant that we may ever hereafter Serve and please thee In newness of life, To the honour and glory of thy Name; Through Jesus Christ our Lord. Amen.

Almighty God, our heavenly Father, who of his great mercy hath promised forgiveness of sins to all them that with hearty repentance and true faith turn unto him: Have mercy upon you; pardon and deliver you from all your sins; confirm and strengthen you in all goodness; and bring you to everlasting life; through Jesus Christ our Lord. **Amen.**

Comfortable Words

Hear what comfortable words our Saviour Christ saith unto all that truly turn to him.

Come unto me all that labour and are heavy laden, and I will refresh you.

God so loved the world, that he gave his only begotten Son, to the end that all that believe in him should not perish, but have eternal life.

Hear also what Saint Paul saith. This is a true saying, and worthy of all to be received, that Christ Jesus came into the world to save sinners.

Hear also what Saint John saith. If any one sin, we have an Advocate with the Father, Jesus Christ the righteous; and he is the propitiation for our sins.

Thanksgiving and Consecration

The Lord be with you;
And with thy spirit.

Lift up your hearts;
We lift them up unto the Lord.

Let us give thanks unto our Lord God;
It is meet and right so to do.

It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, Holy Father, Almighty, Everlasting God, Creator and Preserver of all things.

Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee and saying:

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.

Blessing and glory and thanksgiving be unto thee Almighty God, our heavenly Father, who of thy tender mercy didst give thine only Son Jesus Christ to take our nature upon him, and to suffer death upon the Cross for our redemption; who made there, by his one oblation of himself once offered, a full, perfect, and sufficient sacrifice, oblation, and satisfaction, for the sins of the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memorial of that his precious death, until his coming again.

Hear us, O merciful Father, we most humbly beseech thee; and grant that we receiving these thy creatures of bread and wine, according to thy Son our Saviour Jesus Christ's holy institution, in remembrance of his death and passion, may be partakers of his most blessed Body and Blood;

who, in the same night that he was betrayed, took Bread; and, when he had given thanks, he brake it; and gave it to his disciples, saying, Take, eat; this is my Body which is given for you: Do this in remembrance of me.

Likewise after supper he took the Cup; and, when he had given thanks, he gave it to them, saying, Drink ye all, of this; for this is my Blood of the new Covenant, which is shed for you and for many for the remission of sins: Do this, as oft as ye shall drink it, in remembrance of me.

Wherefore, O Father, Lord of heaven and earth, we thy humble servants, with all thy holy Church, remembering the precious death of thy beloved Son, his mighty resurrection, and glorious ascension, and looking for his coming again in glory, do make before thee, in this sacrament of the holy Bread of eternal life and Cup of everlasting salvation, the memorial which he hath commanded;

And we entirely desire thy fatherly goodness mercifully to accept this our sacrifice of praise and thanksgiving, most humbly beseeching thee to grant, that by the merits and death of thy Son Jesus Christ, and through faith in his blood, we and all thy whole Church may obtain remission of our sins, and all other benefits of his passion;

And we pray that by the power of thy Holy Spirit, all we who are partakers of this holy Communion may be fulfilled with thy grace and heavenly benediction; through Jesus Christ our Lord, by whom and with whom, in the unity of the Holy Spirit, all honour and glory be unto thee, O Father Almighty, world without end. **Amen.**

The peace of the Lord be always with you.

And with thy spirit.

Prayer of Humble Access

We do not presume

to come to this thy Table, O merciful Lord, Trusting in our own righteousness, But in thy manifold and great mercies. We are not worthy So much as to gather up the crumbs under thy Table. But thou art the same Lord, Whose property is always to have mercy: Grant us therefore, gracious Lord, So to eat the Flesh of thy dear Son Jesus Christ, And to drink his Blood, That our sinful bodies may be made clean by his Body, And our souls washed through his most precious Blood, And that we may evermore dwell in him, And he in us. Amen.

Agnus Dei

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.

Communion

All are welcome to come to the altar rail. If you wish prayers for healing before receiving Communion, please carry an Order of Service with you; to receive a blessing, cross your hands over your chest; for a gluten-free wafer, hold out one hand; for a regular wafer, hold out two hands. Please do not dip the bread in the wine.

The Lord's Prayer

Let us pray.

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 this day our daily bread; And forgive us our trespasses, As we forgive them that trespass against us; And 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.

Prayer after Communion

Almighty and everliving God, we most heartily thank thee that thou dost graciously feed us, in these holy mysteries, with the spiritual food of the most precious Body and Blood of thy Son our Saviour Jesus Christ; assuring us thereby of thy favour and goodness towards us; and that we are living members of his mystical body, which is the blessed company of all faithful people; and are also heirs through hope of thy everlasting kingdom.

And here we offer and present unto thee, O Lord, ourselves, our souls and bodies, to be a reasonable, holy, and living sacrifice unto thee. And although we are unworthy, yet we beseech thee to accept this our bounden duty and service, not weighing our merits, but pardoning our offences; through Jesus Christ our Lord, to whom, with thee and the Holy Ghost, be all honour and glory, world without end. Amen.

Gloria

Glory be to God on high,
and in earth peace, good will towards all. We praise thee, we bless thee, we worship thee, we glorify thee, we give thanks to thee for thy great glory, O Lord God, heavenly King, God the Father Almighty.

O Lord, the only-begotten Son, Jesu Christ; O Lord God, Lamb of God, Son of the Father, that takest away the sin of the world, have mercy upon us. Thou that takest away the sin of the world, receive our prayer. Thou that sittest at the right hand of God the Father, have mercy upon us.

For thou only art holy; thou only art the Lord; thou only, O Christ, with the Holy Ghost, art most high in the glory of God the Father. Amen.

Blessing

The peace of God, which passeth all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord; And the blessing of God Almighty, the Father, the Son, and the Holy Ghost, be amongst you and remain with you always. **Amen.**

Celebrant | The Reverend Canon Doug Richards
Preacher | The Very Reverend Beth Bretzlaff

Reader | Laura Macdonald
Duty Warden | Katherine Spencer-Ross

Liturgy: *The Book of Common Prayer* ©1962; *The Psalter of The Book of Alternative Services Emended for Contemporary Liturgical Use* ©2016 by the General Synod of the Anglican Church of Canada. Readings: *New Revised Standard Version Bible (NRSV) Anglicized Edition* ©1989, 1995, Division of Christian Education of the National Council of the Churches of Christ in the United States of America.

Readings Next Sunday | January 28th

The Presentation of the Lord

Deuteronomy 18:15-20; Psalm 111; 1 Corinthians 8:1-13; Mark 1:21-28

Church Cathedral Ottawa

Anishinaabe aking ate awaso kikinawadjichigan | A place of prayer on Algonquin territory
The Anglican Cathedral in the Nation's Capital
Cathedral of the Canadian Forces Anglican Military Ordinariate

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Vicar | The Reverend Canon Douglas Richards (ext. 19)

Deacon Residentiary | The Reverend Dr. Jarrett Carty

Honorary Assistants | The Reverend Canon Rob Heard | LCol (ret'd) The Venerable Michelle Staples

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Lt (N) The Reverend Katherine Walker

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Cathedral Administrator | Josephine Hall (ext. 29)

Church Wardens | Jane Morris | Katherine Spencer-Ross

Director of Music and Organist | James Calkin (ext. 20)

Associate Director of Music | Andrew McAnerney (ext. 12)

Assistant Organist | Owen Spicer
