



CHRIST CHURCH CATHEDRAL

Vancouver, BC · *Open Doors, Open Hearts, Open Minds*



The Feast of St. Michael & All Angels (transferred)

SEPTEMBER 27, 2020

CATHEDRAL VISION | We envision a Cathedral which is radically inclusive, restlessly inquisitive, intentional, and inspired. This is a place that is called to lead and to serve, in communion and in community, with healing, reconciliation, and love, living out Christian mission. Together, we look to the power of Christ for the transformation of each person, this city, and the world. We recognize our history and traditions, while seeking renewal and growth. Curious and adaptable, this chorus has room for all voices. Whoever you are, wherever you come from, whomever you love, and regardless of what you may bring or are searching for, you are welcome here.

IMAGE *Arch. Michael Ikon*, Rupert Lang



WELCOME! Thank you for joining the Christ Church Cathedral community in-person and via livestream for worship during *The Feast of St. Michael & All Angels (transferred)*. You are welcome to this historic Anglican Cathedral Church on the traditional, ancestral, and unceded territory of the Musqueam, Squamish, and Tsleil-Waututh Nations located in the heart of Vancouver.

If you have any questions about the St. Brigid's ministry please visit our website at stbrigid.ca.

If you have any questions about the Cathedral, its ministries or congregations, please visit our website at thecathedral.ca.

CATHEDRAL SERVICES & DAILY READINGS

MONDAY, SEPTEMBER 28

Feria

Daily Readings • Job 1:6-22;
Psalm 17:1-7; Luke 9:46-50

TUESDAY, SEPTEMBER 29

St. Michael & All Angels

Daily Readings • Genesis 28:10-17;
Psalm 103:19-22; John 1:47-51

WEDNESDAY, SEPTEMBER 30

Jerome, Teacher of the Faith, 420

Daily Readings • Nehemiah 8:1-3, 5-8;
Psalm 119:105-112; Luke 24:44-48

THURSDAY, OCTOBER 1

Feria

Daily Readings • Job 19:21-27;
Psalm 27:10-18; Luke 10:1-12

FRIDAY, OCTOBER 2

Feria

Daily Readings • Job 38:1, 12-21, 40:1-5;
Psalm 139:1-17; Luke 10:13-16

SATURDAY, OCTOBER 3

Feria

Daily Readings • Job 42:1-6, 12-17;
Psalm 119:169-176; Luke 10:17-24

SUNDAY, OCTOBER 4

Proper 22 (27)

**Pre-Registration via Eventbrite
for all In-Person services.**

Please go to the [Worship this Sunday page on the Cathedral's website](#) for the links.

8AM Holy Communion | In-Person
Officiant & Preacher:

Dean Christopher A. Pappas

10:30AM Choral Eucharist | In-Person & Livestream
Presider: The Rev. Marnie Peterson
Preacher: Dean Christopher A. Pappas
Music: Guests & Rupert Lang, *organist*
ASL interpretation provided

1PM Choral Eucharist | In-Person
Presider: The Rev. Marnie Peterson
Preacher: The Rev. Helen Dunn

Music: Guests & Rupert Lang, *organist*

5:30PM St. Brigid's Eucharist | In-Person & Livestream
Presider & Preacher: The Rev. Helen Dunn
Music: Guest & Ben Dobyns, *pianist*

8PM The Service of Compline | In-Person
Officiant: The Rev. Alisdair Smith
Music: Schola Quartet | Women's Voices

Daily Readings • Exodus 20:1-4, 7-9, 12-20;
Psalm 19;
Philippians 3:4b-14;
Matthew 21:33-46

8am Holy Communion

THE BOOK of COMMON PRAYER

Welcome

Collect for Purity page 67

Summary of the Law page 69

Collect of the Day
Presider Let us pray.

All Eternal God,
you have ordained and constituted in a wonderful order
the ministries of angels and mortals.
Grant that as your holy angels stand before you in heaven,
so at your command they may help and defend us here on earth;
through Jesus Christ our Lord,
who lives and reigns with you and the Holy Spirit,
one God, now and for ever. Amen.

First Reading Genesis 28:10-17
Response Thanks be to God!

Psalms 103:19-22 page 461

Second Reading Revelation 12:7-12
Response Thanks be to God!

Gospel Reading John 1:47-51

Homily The Very Rev. Christopher A. Pappas

Nicene Creed page 71

Offertory Sentence

Intercession

Confession & Absolution page 76

Thanksgiving & Consecration page 78

The Communion (please see "Share the Gifts") ○

The Lord's Prayer page 85

Prayer after Communion page 85

Blessing & Dismissal page 86
Response Thanks be to God!



Share the Gifts (please read)

If you wish to receive Holy Communion, the celebrant will come down and stand in front of the altar. Please keep your mask on and come forward one at a time, maintaining physical distancing with others in the congregation. If you prefer to receive a gluten-free wafer, please mention this to the Celebrant. The Celebrant will place the wafer in your hand. Please keep the wafer in your hand until you have returned to your seat. At your seat you may unhook your mask, consume the wafer, then replace your mask. If you would prefer to receive a contactless blessing, please keep your mask on, and place your hand over your heart.

At the conclusion of the service, we ask that everyone leave the building and have your visits outside. Please exit through the west doors leading into the Memorial Garden. Thank you for joining us today.

10:30am Choral Eucharist

THE BOOK of ALTERNATIVE SERVICES

Gathering of the Community

Introit

Kyrie (*Communion Service in E*)

Harold Darke

Presider

In this time and place,
we gather on the unceded ancestral lands
of the Musqueam, Squamish and Tsleil-Waututh Nations.

All From many places and peoples we come to this house of prayer.

Presider

In this time and place,
We meet in the presence of the living God.

All The living God who creates us and all that is.

Presider

In this time and place,
The risen Christ stands in our midst.

All The risen Christ who accompanies us and all people.

Presider

In this time and place,
God's Holy Spirit breathes in and through us.

All The Holy Spirit who transforms us and all life.

Presider

In this time and place,
Together, one people of God.

All In the name of God, Source of all being,
Eternal Word and Holy Spirit. Amen.

Opening Hymn

Ye Watchers and Ye Holy Ones (*CP 320*)

Text: J. Athelstan L. Riley (1858–1945), alt.;
Music: Melody *Geistliche Kirchengesänge*, Köln, 1623;
harm. Ralph Vaughan Williams (1872–1958);
desc. Christopher Gower (1939–); LASST UNS ERFREUEN



1 Ye watch - ers and ye ho - ly ones, bright ser - a - phs,
2 O high - er than the cher - u - bim, more glo - rious
3 Re - spond, ye souls in end - less rest, fore - bears in
4 O friends, in glad - ness let us sing su - per - nal



cher - u - bim, and thrones, raise the glad strain:
than the ser - a - phim, lead their prais - es:
faith and proph - ets blest: al - le - lu - ia,
an - thems ech - o - ing: al - le - lu - ia,

Unison

al - le - lu - ia! Cry out, do - min - ions, prince - doms,
 Thou bear - er of the e - ter - nal
 Ye ho - ly twelve, ye mar - tyrs
 To God the Fa - ther, God the

powers, vir - tues, arch - an - gels, an - gels' choirs:
 Word, most gra - cious, mag - ni - fy the Lord:
 strong, all saints tri - um - phant, raise the song:
 Son, and God the Spir - it, Three - in - One,

Harmony

al - le - lu - ia, al - le - lu - ia, al - le - lu - ia,

Unison

al - le - lu - ia, al - le - lu - ia!

Collect
Presider

Let us pray (*silence*)

All

Eternal God,
 you have ordained and constituted in a wonderful order
 the ministries of angels and mortals.
 Grant that as your holy angels stand before you in heaven,
 so at your command they may help and defend us here on earth;
 through Jesus Christ our Lord,
 who lives and reigns with you and the Holy Spirit,
 one God, now and for ever. Amen.

Proclamation of the Word

First Reading

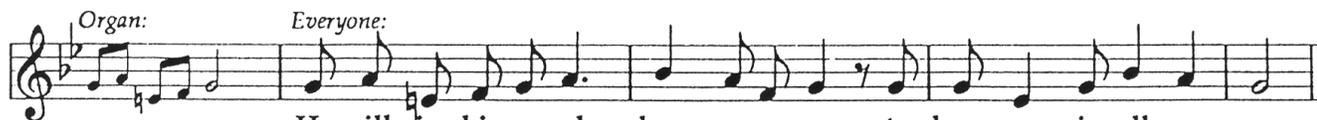
Genesis 28:10-17

Reader

Hear what the Spirit is saying to the church.

All

Thanks be to God.



He will give his an-gels charge o-ver you, to keep you in all your ways.

Because you have made the Lord your refuge, and the Most High your habitation, there shall no evil happen to you, neither shall any plague come near your dwelling.

Antiphon He will give his angels charge over you, to keep you in all your ways.

They shall bear you in their hands, lest you dash your foot against a stone. You shall tread upon the lion and the adder; you shall trample the young lion and the serpent under your feet.

Antiphon

Because he is bound to me in love, therefore I will deliver him; I will protect him because he knows my Name. He shall call upon me and I will answer him; I am with him in trouble; I will rescue him and bring him to honour.

Antiphon

Second Reading

Revelation 12:7-12

Reader

Hear what the Spirit is saying to the church.

All

Thanks be to God.

Sequence Alleluias

Music: Jacques Berthier (1923–1994)



Choir Praise the Lord all you angels;
You mighty ones who do God's bidding.
Alleluias

Deacon

The Lord be with you.

All

And also with you.

Deacon

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

Before the Gospel

Glory to you, Lord Jesus Christ.

Gospel

John 1:47-51

Deacon

The Gospel of Christ.

After the Gospel

Praise to you, Lord Jesus Christ.

Choir Reprise Alleluias

Sermon The Very Rev. Christopher A. Pappas

Silence for Reflection

The Nicene Creed

Presider

All

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.

Prayers of the People

Please respond to “Lord in your mercy,” *with* “Hear our prayer.”

In the *Anglican Cycle of Prayer* we pray for the Province of the Episcopal Church of Sudan. In the joint *Anglican & Evangelical Lutheran Churches in Canada Cycle of Prayer* we pray for the Bishop, people, and clergy of The Territory of the People and the dean, council, and congregations of the North Region of the British Columbia Synod. In the *Diocesan Cycle of Prayer* we pray for Melissa Skelton our Archbishop and Metropolitan; Linda Nicholls our Primate; Susan Johnson the National Lutheran Bishop in Canada; Gregory Mohr the Evangelical Lutheran Bishop in British Co-

lumbia; our companion diocese, the Episcopal Diocese of Northern Philippines and the Rt. Rev. Brent Alawas; our companion parish, All Saints Cathedral, Bontac, Philippines and the Very Rev. Padi Luc; and St. Michael (Surrey), St. Michael (Vancouver), and St. Francis-in-the-Wood (West Vancouver). In our Parish we pray for Cathedral Stewardship Ministry.

If you have a special intention for which you wish to receive prayers, please email your prayer request to the Rev. Helen Dunn at helen@thecathedral.ca.

Presider Dear friends in Christ,
God is steadfast in love and infinite in mercy;
welcoming sinners and inviting us to this table.
Let us confess our sins, confident in God's forgiveness.

Silence is kept

Presider Most merciful God,
All 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 Peace
Please do bow with your hands folded across your heart
and say, "Peace be with you" as a sign of this important greeting.

Celebration of the Eucharist

The Offertory
You are invited to make a financial offering to further God's mission through the work of the church by texting "Give" to 639.739.0843 and following the instructions; or by clicking on this link www.thecathedral.ca/donate. Tax receipts are issued annually for gifts totalling \$20 or more. Your financial gifts matter and together with the bread and wine they are presented in spirit at the Altar as a sign of thanksgiving to God from whom all blessings flow.
If you are participating in this worship from another church please give generously to your local parish.

Offertory Hymn

Let All Mortal Flesh Keep Silence (CP 48)

Text: The Liturgy of St. James;
tr. Gerard Moultrie (1829–1885)
Music: French carol (17th cent.); PICARDY

Unison

1 Let all mor - tal flesh keep si - lence, and with fear and
 2 King of kings, yet born of Mar - y, as of old on
 3 Rank on rank the host of heav - en spreads its van - guard
 4 At his feet the six - wing - ed ser - aph, cher - u - bim with

trem - bling stand; pon - der noth - ing earth - ly - mind - ed,
 earth he stood, Lord of lords, in hu - man ves - ture,
 on the way, as the Light of light de - scend - eth
 sleep - less eye veil their fac - es to the pres - ence,

for, with bless - ing in his hand, Christ our God to us ap -
 in the bod - y and the blood, he will give to all the
 from the realms of end - less day, that the powers of hell may
 as with cease - less voice they cry, "Al - le - lu - ia, al - le -

proach - eth, our full hom - age to de - mand.
 faith - ful his own self for heav - en - ly food.
 van - ish as the dark - ness clears a - way.
 lu - ia, al - le - lu - ia, Lord most high!"

Prayer over the Gifts

Presider

All

God of glory,
as you have appointed angels to minister in your presence,
so may all our worship bring you worthy praise.
We ask this in the name of Jesus Christ our Lord. Amen.

The Great Thanksgiving

Presider

All

May God be with you.
And also with you.

Presider

All

Lift up your hearts.
We lift them up to God.

Presider

All

Let us give thanks to God our Creator.
It is right to offer thanks and praise.

Presider

Holy God, Lover of creation,
we give you thanks and praise for in the ocean of your steadfast love
you bear us and place the song of your Spirit in our hearts.

When we turn from your love and defile the earth,
you do not abandon us.

Your Spirit speaks through Huldah and Micah,
through prophets, sages, and saints in every age,
to confront our sin and reveal the vision of your new creation.

Joining in the song of the universe we proclaim your glory singing:

Sanctus

(Communion Service in E)

Harold Darke

Presider

Gracious God, in the fullness of time
you sent Jesus the Christ to share our fragile humanity.
Through Jesus' life, death, and resurrection
you open the path from brokenness to health,
from fear to trust, from pride and conceit to reverence for you.

Rejected by a world that could not bear the Gospel of life,
Jesus knew death was near.
His head anointed for burial by an unknown woman,
Jesus gathered together those who loved him.
He took bread, gave thanks to you, broke it and gave it to his friends,
saying, "Take and eat: this is my body which is given for you.
Do this for the remembrance of me."

After supper, Jesus took the cup of wine, gave you thanks, and said
"Drink this all of you, this is my blood of the new covenant
which is shed for you and for many.
Whenever you drink it, do this for the remembrance of me."

And now we gather at this table in response to his commandment,
to share the bread and cup of Christ's undying love, and to proclaim our faith.

All

Christ has died.

Christ is risen.

Christ will come again.

Presider

Breathe your Holy Spirit, the wisdom of the universe,
upon these gifts that we bring to you:
this bread, this cup, ourselves, our souls and bodies,
that we may be signs of your love for all the world
and ministers of your transforming purpose.
Through Christ, with Christ, and in Christ,
in the unity of the Holy Spirit, all glory is yours,
Creator of all, and we bless your holy name for ever.

All

Amen.

The Lord's Prayer

Presider

All

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 forever. Amen.

The Breaking of the Bread

Presider

All

Behold what you are, the Body of Christ.
May we become what we receive.

Presider

All

These are the gifts of God for the People of God.
Thanks be to God.



Share the Gifts (new information, please read)

If you know the brokenness of life, its fractures within and its division without, then you have participated in the broken body of Christ and you are invited to share in Communion.

If you wish to receive Holy Communion, the celebrant will come down and stand in front of the altar. Please keep your mask on and come forward one at a time, maintaining physical distancing with others in the congregation. If you prefer to receive a gluten-free wafer, please mention this to the Celebrant. The Celebrant will place the wafer in your hand. Please keep the wafer in your hand until you have returned to your seat. At your seat you may unhook your mask, consume the wafer, then replace your mask. If you would prefer to receive a contactless blessing, please keep your mask on, and place your hand over your heart.

If you're joining in via the livestream, please place your hand over your heart and say, "Come, Lord Jesus, come."

*While the communion is being administered, we respectfully ask that you keep the silence—
this is a time for quiet prayer and meditation.*

During Communion Benedictus & Agnus Dei (CP 690)

Harold Darke

Sending Out of the Disciples

Prayer after Communion

Presider Eternal God,
All you have fed us with the bread of angels.
May we who come under their protection,
like them give you continual service and praise;
through Jesus Christ our Lord. Amen.

Doxology

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,
for ever and ever. Amen.

Blessing for Anne Kessler, Children, Youth, & Families Ministry Coordinator

The Blessing

Presider The peace of God, which passes 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: Father, Son, and Holy Spirit
be upon you and remain with you always.
All Amen.

Closing Hymn

Angel-Voices, Ever Singing (CP 325)

Text: Francis Pott (1832–1909), alt.;
Music: Edwin George Monk (1819–1900);
desc. John Barnard (1948–); ANGEL-VOICES



1 An - gel - voic - es, ev - er sing - ing, round thy throne of light,
2 Yea, we know that thou re - joic - est o'er each work of thine;
3 In thy house, great God, we of - fer of thine own to thee;
4 Hon - our, glo - ry, might, and mer - it, thine shall ev - er be,



an - gel - harps, for - ev - er ring - ing, rest not day nor night;
thou didst ears and hands and voic - es for thy praise de - sign;
and for thine ac - cep - tance prof - fer, in hu - mil - i - ty,
Fa - ther, Son, and Ho - ly Spir - it, bless - ed Trin - i - ty!



thou - sands on - ly live to bless thee, and con - fess thee, Lord of might!
art - ist's craft and mu - sic's mea - sure for thy pleas - ure all com - bine.
hearts and minds and hands and voic - es, in our choic - est psalm - o - dy.
Of the best that thou hast giv - en, earth and heav - en ren - der thee.

Dismissal

Deacon

All

Postlude

Let us go forth in the name of Christ.

Thanks be to God.

Picardy

final verse arr. Patrick Wedd

At the conclusion of the service,
we ask that everyone leave the building and have your visits outside.
Please exit through the west doors leading into the Memorial Garden.
Thank you for joining us today.

The service of the Church into the World — begins again this week.

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Notes from Anne Kessler

SEPTEMBER 27, 2020

○.....○
This week my notes are my “goodbye” to the Cathedral community. Truth be told, writing this to you feels insufficient as a goodbye. I find myself in a space of lament. I am lamenting the fact that I will not get to say goodbye to many of you in person, let alone hug you. I am lamenting the fact that I have not seen most of you in months, and that I do not know when I will next be able to sing out at the top of my lungs into a building filled with people. I am lamenting the virus and all its impacts, especially the restrictions on our ability to gather in person. Because of the ongoing impact of COVID-19 on the Cathedral, the Cathedral made the extremely difficult decision to end my contract as the Children, Youth, and Families Coordinator. I lament, even as I look forward to beginning my schooling to become a teacher.

I simply cannot tell you how life-giving these last four years at the Cathedral has been. It has been a spiritual home. I have built deep relationships. I have been given the opportunity to learn from, and occasionally teach, our beautiful and intelligent children and youth, who I will miss above all. I have loved this community, and you have loved me back. I will miss you greatly.

Lament, of course, is not a bad thing. Rituals of lament are one of the great gifts of faith communities. Only through lamenting, through acknowledging change and death when it comes, can we be open to new life. Rituals of lament allow us to sit with change or death, to feel them, acknowledge what has happened. If we fail to acknowledge the change or the death, we will not be open to the new life when it arrives. Mary and the other women witnessed the resurrection because they were performing the rituals of lament: bringing spices to the tomb to prepare Jesus’ body for burial.

I’m sure that you too are lamenting changes and difficulties in your own lives. You may also be lamenting the challenges this time has presented to our church community, even as new shoots arise in your own lives, and in the life of children and youth ministry at the Cathedral. The Cathedral has already begun to take steps towards imagining what support for children, youth, and families will look during this time of COVID-19, through pastoral care, confirmation classes and monthly family worship.

I think if you as a community hold yourself open to lament, death and new life, even more profound change may appear.

○.....○
This virus means that children's ministry as we have practiced it in Godly Play will not be possible until a vaccine is widely available. But we cannot allow our children to go without spiritual formation for however long that will be. Throughout my four years at the Cathedral I've spoken often about the fact that the best way for children to "catch" faith is to be fully part of the worshipping community. What if we took this time as an opportunity to re-imagine how we integrate children into the whole community's worship life? How can we make our worship experience more accessible? How can we get used to the extra noises and movements that come with children in worship? How can we support parents who bring their children to worship, and support them in their children's formation at those times when attending worship is simply too hard?

This won't be easy, but we must live into these questions if we hope to have children, youth and parents continue to be part of our community once we are able to throw our doors open wide again.

I also think we need to live into these questions for ourselves. Children bring to worship many things that I know many of us have been struggling to feel in our experiences of worship during this time: joy, wonder, awe, excitement, living fully in the moment and fully in our bodies. Before the pandemic, the times I have felt most profoundly moved by our worship has been at time when we have put our children at the center of our worship: when our junior youth acted out Jesus' presentation at the temple in February, when our children have gathered around the altar at the Eucharist and held up the bread and the wine, when young voices tell ancient stories as if for the first time. How would once again putting our young people at the centre of our worship help us to return to that feeling of worship that we are so desperately missing?

And so I leave you with this: do not be scared to feel the sadness, grief and sorrow. Feel it down to your bones. Perform rituals of lament; the bible offers many beautiful ones. Yell a psalm of lament at the top of your lungs to God. Then, listen to our young people, for there will new life appear. There will God's spirit move, and God's abundant love be known.

God be with you,



Good Samaritans | A Thing of the Past?

SEPTEMBER 23, 2020

Anyone who has attended church services at some point in their lives will be familiar with the parable of the Good Samaritan: there is an injured person lying by the side of a busy road. People walking along see the injured person and cross to the other side of the street, averting their eyes. Eventually one traveller comes by who doesn't cross the street but goes directly to the wounded person. He offers assistance at the roadside, takes this person to a nearby inn, pre-pays for accommodation and leaves money for a doctor to be called. Only then does this Samaritan continue on his journey.

It's not a difficult parable to understand. In everyday life most of us can also identify real situations where a good Samaritan is needed. More often than not something stops us from acting.

If we understand what this parable is calling us to do, and can identify situations where we could be the Good Samaritan, what's stopping us?

One roadblock is "when we try to exert control" over how our help might be received, says Alberto Jaramillo, Christ Church Cathedral's Director of Hospitality. Alberto runs the day to day operations of the Maundy Café and for many years worked with *Jacob's Well*, an ecumenical non-profit on the Downtown Eastside that aims to help people by building relationships.

"One thing that can stop us is when we try to exert control over what happens after we help someone," says Alberto. He says an employed, housed person is rarely asked what they do with their income, but often people in need are. "The Good Samaritan didn't ask anything of the injured traveller," he says.

So, if we shake off the need to control what happens after we help someone, how do we become the Good Samaritan.

"Meaningful help rarely happens without relationships of some sort," says Alberto. Without engaging with a person, learning about them and their needs, we can

become like the proverbial clanging cymbal — helping for the sake of helping.

"If I see someone in need, I need to see if they are already expressing their need. What's their ask? If it's not obvious, but you still feel like they could use some help, introduce yourself and strike up a conversation," Alberto says.

Through conversation we can learn if they actually want help. "Just because you see evidence that someone needs help doesn't mean they want help," Alberto says, adding that lots of people who have never needed help before are currently finding themselves in a tough place. "We have to take it slow when we offer help. It's best to offer help in the context of friendship."

For many the idea of engaging in conversation is scary: what if the person's problems are huge? What if they have a big ask?

The ask could be simple: money for a meal, clean socks, or it could be larger and more complex, like a place to take a shower, or a space to store personal belongings. "You do need to have boundaries. What are you comfortable with and not comfortable with? It's okay to say, 'that's an interesting request, I'll have to think about that,'" Alberto advises.

If you're not comfortable with a request for money, buying a cup of coffee or a meal is a good alternative "There might still be a bit of back and forth around the menu, but that's okay," Alberto says.

"When you're faced with an ask, check your assumptions about the person, but also trust your gut," Alberto says.

Being a Good Samaritan can also begin with small steps: making a point of smiling and saying hello to someone who you often see in the same location. As more tents pop up in parks across the city, Alberto advises people to think of the folks living in your local park as a new neighbour. "Engage with them like you

would anyone who moves into the neighbourhood,” he says.

The big difference between the original story of the Good Samaritan and our world today is, “the thing keeping people apart in that story were complex: ethnicity, place of origin, religion, gender. The thing keeping us apart today is income and inequality in

distribution of wealth. And one of the biggest needs in our day is connection and community,” says Alberto.

The Cathedral’s Maundy Café is serving grab-n-go lunches on Mondays and Wednesdays from 11:30am to 12:30pm. If you’re interested in volunteering with the Maundy Café contact Alberto at alberto@thecathedral.ca.

THE FOODBANK

WAYS YOU CAN HELP IN 2020



FIND OUT
WHAT IS
NEEDED



PICK UP EXTRA
ITEMS WHEN
YOU SHOP



GOSSIP
POSITIVELY

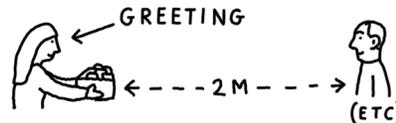


DONATE
MONEY



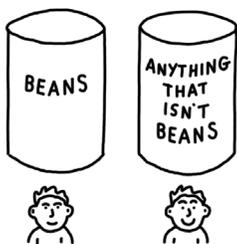
FUNDRAISE

MIGHT
HAVE
TO BE
ONLINE
NOW



VOLUNTEER
(REALLY IMPORTANT AS
MANY VOLUNTEERS OVER 65
AND NOW SELF-ISOLATING)

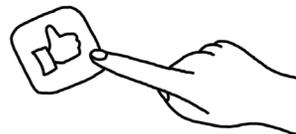
WHY IS THE
NEED FOR
FOODBANKS
INCREASING?



[BUT
CHECK
LOCALLY]



ASK PEOPLE FOR
FOODBANK DONATIONS
RATHER THAN PRESENTS



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SOCIAL MEDIA
PAGE



ASK AWKWARD
QUESTIONS

CartoonChurch.com

Cathedral CHRONICLE

CHANGES ARE COMING!

Beginning in October 4 the *Chronicle* and *Clergy Notes* will be changing. The *Chronicle* will move online. You will find Cathedral happenings on our website, and highlights will be included in the weekly eNewsletter. The weekly *Clergy Notes* will become a weekly video that will be posted to the Cathedral's social media channels and website. More to come soon!

Communications Requests Form!

Please use the Cathedral's online Communications Request Form to let the Cathedral community know about upcoming news and events. By filling in the form at thecathedral.ca/communications-requests you will provide the Cathedral's communications team with all of the information needed to share this announcement with relevant audiences.

The Cathedral's Communications Request Form covers publication in the weekly *Chronicle*, eNewsletter, on the website Events Calendar and social media.

Please don't email us your submissions, as they often get lost or forgotten in our inbox. Contact Jenn and Alicia at communication@thecathedral.ca if you have any questions. Thank you!

eNewsletters! Sign Up Today!

Are you signed up for the Cathedral's eNewsletter? Want to be up to date on what's happening at the Cathedral? Sign up for our weekly eNewsletter, *In Between Sundays*, and you will receive all the latest news from the Cathedral and the latest sermons. Sign up online at thecathedral.ca and just click on the button on the bottom of the page. Or [click here](#) and subscribe.

Are you signed up for St. Brigid's eNewsletter? Sign up online at stbrigid.ca and stay in the loop! A regular email update is sent out to members and friends of our community to let them know what's going on. Just fill out the form in the right-hand sidebar on the St. Brigid's website to find out what's coming up at St. Brigid's, and how you can get involved.

Please email Alicia at communication@thecathedral.ca if you have any questions.

Subscribe to the Cathedral's YouTube Channel!

Did you know the Cathedral has a YouTube Channel? All of the online worship services and video sermons are available on this channel at [Christ Church Cathedral Vancouver](https://www.youtube.com/channel/UC...), as well as special video updates and much more. To explore all of the Cathedral videos, [click here](#). Once you're redirected, click the "subscribe" button and you will be notified whenever we post new videos. Enjoy!

Supporting Cathedral Ministries

While in person gatherings have changed, the Cathedral's ministry has not stopped. New ways continue to be developed to allow ministries to continue their work. Your support is just as vital now as ever before, and there are several easy ways to make a contribution.

If you normally support the Cathedral by leaving a donation in the collection plate, please consider signing up for automated giving if you are able. Sign up at thecathedral.ca/donate or by calling Vanessa Ho, Finance Administrator at 604.682.3848, ext. 21 or email vanessa@thecathedral.ca.

You can also make a gift to support the ministries of Christ Church Cathedral on your smart phone! Just go to the App Store, choose the app "tithe.ly" —from the store, download, enter your information and... voilà—you can connect directly to the Cathedral and make your gift in whatever amount you wish.

Prefer to give by text? You can do that too! Text the word "give" to 639.739.0843 (the Cathedral's tithe.ly text giving phone number) and follow the instructions on the screen.

Thank you for your support!

CATHEDRAL DIRECTORY | PHONE 604.682.3848

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Archbishop of New Westminster & Metropolitan of the
Ecclesiastical Province of British Columbia & Yukon
— archbishop@vancouver.anglican.ca

The Very Rev. Christopher A. Pappas, Dean & Rector
— ext. 29, chris@thecathedral.ca

The Rev. Helen Dunn, Cathedral Vicar
— ext. 25, helen@thecathedral.ca

The Rev. Jonathan Pinkney, Cathedral Curate
— ext. 30, jonathan@thecathedral.ca

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**Shawn Warmington, Ronald Tam,
Anna Wall** — Custodial Team

Nicky Seppala, Volunteer Lay Ministries Coordinator
— volunteer@thecathedral.ca

Prayerlink — ext. 54

.....
Emily Pritchard, Liz McCausland, Mike den Haan, Jane Hope — Wardens | **Tegan Smith, Kevin Smith** — Trustees |
John Ross — Secretary to the Corporation | **Cheryl Slusarchuk** — Treasurer | **Gary Kenwood** — Associate Treasurer
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Members of Christ Church Cathedral



Do you live in the Vancouver area and are thinking about making the Cathedral your home parish? Becoming a registered member means that you have a vote at our Annual Vestry Meeting (usually held in February), and you will receive regular Cathedral communications (including *Contact Magazine*). You would also be invited to be part of a Liturgy of Inclusion and a newcomers luncheon.

To request a membership form, email Director of Parish Administration, Vincent Carey, at vincent@thecathedral.ca

Once the form is complete, please forward to Vincent's attention and he will ensure that you are officially added as a new member. Unfortunately, we are not able to automatically make someone a *Parishioner*, this is something which you must request, and you may only be a member of one Parish. We look forward to welcoming you soon!

• *Cathedral Clergy, Staff & Leaders*



Friends of Christ Church Cathedral

Who are we? The Friends of the Cathedral are supporters of Christ Church who are unable to regularly attend services in person. Many of us are visitors or belong to another parish. We receive a subscription to *Contact Magazine*.

What do we do? We foster enthusiasm for Christ Church Cathedral and assist in beautifying it in every sense through our financial support. Significant gifts from Friends have helped to restore and conserve the Cathedral's heritage building and to fund the compassionate care of Vancouver's homeless and hungry population.

Join us! You are invited to sponsor the Cathedral's mission and ministry with an annual donation.

Contact us! Please contact Finance Administrator Vanessa Ho if you have any questions or would like to arrange to make a donation at 604.682.3848, ext. 21 or email vanessa@thecathedral.ca.

8AM | HOLY COMMUNION | MINISTERING THROUGH LITURGY

Presider & Preacher Dean Christopher A. Pappas
Reader Murray Reinhart

Welcoming Team Carol Mundt, Peter DeGroot

10:30AM | CHORAL EUCHARIST | MINISTERING THROUGH LITURGY

Presider The Rev. Helen Dunn
Preacher Dean Christopher A. Pappas
Reader & Intercessor Susan Alexander
Deacon The Rev. Jeffrey Preiss
MC Megan Otton
ASL Interpreter Lisz Keallen

Welcoming Team TBD
Music Cathedral Choir Quartet
with Rupert Lang,
Organist & Director of Music

We hope you enjoyed this morning's service.
It is made possible with help from generous supporters.

If you would like to participate in Christ's work through this Church,
and help us continue to provide quality worship, please consider making a donation.

Please text "Give" to 639.739.0843 and follow the instructions
or go to this link – thecathedral.ca/donate – to donate now.

Thank you!

*You may have noticed that something is missing...
the Chronicle!*

It has left home, so to speak!

*The Chronicle is now a separate page that is
available online and in paper format.*

*Pick up your copy on your way out
of the Cathedral after the service,
or read it online*

thecathedral.ca/worship/this-sunday

Christ Church Cathedral is committed to following all
provincial and diocesan health and safety guidelines
during worship services.

You may, from time to time, notice some participants
standing closer together than 2 metres. Anyone
standing or sitting together means that they are
members of the same household or "bubble."

Thank you!



CHRIST CHURCH CATHEDRAL
Vancouver, BC · Open Doors, Open Hearts, Open Minds

MAILING ADDRESS: 690 Burrard Street, Vancouver, BC V6C 2L1
PHONE: 604.682.3848 | EMAIL: office@thecathedral.ca