



## THE ELEVENTH SUNDAY AFTER PENTECOST

### HOLY COMMUNION

**8:00 AM AUGUST 8, 2021**

Zoom: <https://zoom.us/j/451675690?pwd=TTJlVzNnekpZSWVrNUtOUllsVFjZz09>

Tel : (438) 809 7799 Meeting ID: 451675690

*Celebrant and Preacher*     The Very Rev'd Bertrand Olivier



*We gather today on the unceded territory of the Kanien'keha:ka (Mohawk), at a place called Tio'tia:ke (Montreal), a meeting place for many First Nations. Our acknowledgement stands as a promise to continue the ongoing work of recognition and reconciliation.*

*Our online worshipers should know that their image may appear on a screen in the Cathedral. If this is an issue for you, you can turn your camera off while you join us online.*

*The Eucharist begins on page 67 of the BCP.*

*Priest* 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.

*All* **Amen.**

*Priest* 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.

*All* **Amen.**

*Priest* 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,

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

*Then may be sung or said.*

**Lord, have mercy upon us.  
Christ, have mercy upon us.  
Lord, have mercy upon us.**

*Priest* The Lord be with you;

*All* **And with thy spirit.**

*Priest* Let us pray.

*Then shall be said the collect of the day, together with any other Collects appointed to be said.*

*Priest* Almighty God, thou didst send thy Holy Spirit to be the life and light of thy Church. Open our hearts to the riches of thy grace, that we may bring forth the fruit of the Spirit in love, joy, and peace; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, now and for ever.

*All* **Amen.**

## THE FIRST LESSON | Kings 19:4-8

But he himself went a day's journey into the wilderness, and came and sat down under a solitary broom tree. He asked that he might die: "It is enough; now, O Lord, take away my life, for I am no better than my ancestors." Then he lay down under the broom tree and fell asleep.

Suddenly an angel touched him and said to him, "Get up and eat." He looked, and there at his head was a cake baked on hot stones, and a jar of water. He ate and drank, and lay down again. The angel of the Lord came a second time, touched him, and said, "Get up and eat, otherwise the journey will be too much for you." He got up, and ate and drank; then he went in the strength of that food forty days and forty nights to Horeb the mount of God.

*Reader* Hear what the Spirit is saying to the Churches.

*All* **Thanks be to God.**

*The Congregation remains seated to say the psalm.*

### PSALM 34:1-8

- 1 I will bless the Lord at all times; \*  
his praise shall ever be in my mouth.
- 2 I will glory in the Lord; \*  
let the humble hear and rejoice.
- 3 **Proclaim with me the greatness of the Lord; \*  
let us exalt his name together.**
- 4 **I sought the Lord, and he answered me \*  
and delivered me out of all my terror.**
- 5 Look upon him and be radiant, \*  
and let not your faces be ashamed.
- 6 I called in my affliction and the Lord heard me \*  
and saved me from all my troubles.
- 7 **The angel of the Lord encompasses those who fear him, \*  
and he will deliver them.**
- 8 **Taste and see that the Lord is good; \*  
happy are they who trust in him!**

## THE SECOND LESSON Ephesians 4:25-5:2

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.

*Reader* Hear what the Spirit is saying to the Churches.

*All* **Thanks be to God.**

## HOLY GOSPEL John 6:35, 41-51

*Priest* The Lord be with you.

*All* **And with thy spirit.**

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

*All* **Glory be to thee, O Lord.**

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."

*Priest* The Gospel of Christ.

*All* **Praise be to thee, O Christ.**

*Then shall be said this Creed by the priest and people.*

**All 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 men 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.**

## **THE SERMON**

### **THE OFFERTORY**

*All members of the Cathedral community are encouraged to support the Cathedral by electronic giving, or by placing a gift in the offering basket when you depart today. At this time, we encourage you to offer to God yourself, your life, and the concerns of your heart, trusting in God's love to receive them.*

*Priest Offer unto God the sacrifice of thanksgiving, and pay thy vows unto the Most High. Psalm 50. 14.*

Let us pray for Christ's holy Catholic Church.

Let us pray for peace on earth and for the unity of all Christian people.

Let us pray for our missionaries at home and abroad.

Let us remember before God those of our brethren who have departed this life and are at rest.

Let us pray for the whole state of Christ's Church militant here in earth.

*Then the Minister shall say the intercession.*

Almighty and everliving God, who by thy holy Apostle hast taught us to make prayers and supplications, and to give thanks, for all men: 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 Elizabeth our Queen, and to all that are put in authority under her, 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 Mary 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.

## THE PRAYER OF CONFESSION

*Priest* 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.

*All* **Almighty God, Father of our Lord Jesus Christ, Maker of all things, Judge of all men: 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.**

*Priest* 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.

*All* **Amen.**

*Priest* 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.

*Matthew 11:28*

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.

*John 3:16*

Hear also what Saint Paul saith:

This is a true saying and worthy of all men to be received,  
that Christ Jesus came into the world to save sinners.

*1 Timothy 1:15*

Hear also what Saint John saith:

If any man sin, we have an Advocate with the Father, Jesus Christ the righteous,  
and he is propitiation for our sins.

*1 John 2:1-2*

*Priest* The Lord be with you;  
*All* **And with thy spirit.**

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

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

*Priest* 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:

*All* **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.**

*Priest* 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 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 was 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 the 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.

*All* **Amen.**

*Priest* The peace of the Lord be always with you;

*All* **And with thy spirit.**

*All* **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.**

*All* **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.**



*THOSE IN THE CATHEDRAL*

*Everyone is welcome to receive Communion or a blessing at our services. At this time of Covid, we are consuming only the consecrated bread, which provides the full benefits of Communion.*

*The priest will bring communion to each person in their seat. Please hold out your cupped hands. The priest will drop the wafer into your hands. (Please do not grasp or touch the hands of the priest.)*

*Once the priest has moved on, you may remove your mask briefly to consume the Host. If you prefer to receive a blessing, please cross your arms over your chest to inform the priest of your desire.*

*THOSE ON ZOOM*

*Everyone is invited to pray one of the following, or another prayer of their own choosing.*

*God our Father, whose Son our Lord Jesus Christ in a wonderful Sacrament has left us a memorial of his Passion: Grant us so to venerate the sacred mysteries of his Body and Blood, that we may ever perceive within ourselves the fruit of his redemption; who lives and reigns with you and the Holy Spirit, one God, for ever and ever.*

*Amen.*

*In union, dear Lord, with the faithful at every altar where your blessed Body and Blood are being offered to the Father, I desire to offer you praise and thanksgiving. I believe that you are truly present in the Holy Sacrament. And since I cannot at this time receive you sacramentally, I entreat you to come spiritually into my soul. I unite myself to you with all the affections of my heart. Let me never be separated from you. Let me live and die in your love. Amen.*

*All* **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.**

*Priest* 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.

*All* **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.**

**Glory be to God on high, and in earth peace, good will towards men.  
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, Jesus 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.**

## **THE BLESSING**

*Priest* 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.

*All* **Amen.**

**Thank you for worshipping with us today.**

If you would like to support our ministries, please use this link: [montrealcathedral.ca/donate](https://montrealcathedral.ca/donate)

# TODAY

**4:00 pm Pride service** In person at the Cathedral and on Youtube [www.montrealcathedral.ca/live/](http://www.montrealcathedral.ca/live/)

## Weekday Prayers

### Monday / Lundi

**9h15 Morning Prayer and fellowship / Prière du matin et conversation**

<https://zoom.us/j/688446062?pwd=eEthdWcyRUhxaVE0YkJOQkNyR3R3Zz09>

Meeting ID: 688 446 062 Password: 1857 Tel: (438) 809 7799

### Tuesday / Mardi

**18h Contemplative Prayer group via zoom**

<https://us02web.zoom.us/j/84034989612?pwd=b0VUSy9TVUxaODZSUjF6QVIYUTdtUT09>

Meeting ID: 840 3498 9612 Passcode: 905425

**19h Prières du soir avec discussion sur la Bible /**

**7pm Evening prayer with Scripture discussion (fr)**

<https://zoom.us/j/535719868?pwd=SHYxSUpoSDhNZTI2M3hUa2lxYIBSUT09>

Meeting ID: 535 719 868 Password: 1857 Tel: (438) 809 7799

### Wednesday / Mercredi

**12h15 Eucharist Service / service Eucharistie**

In-Person at the Cathedral, no pre-registration required.

En personne à la cathédrale, pas de pré-inscription nécessaire.

### Friday / Vendredi

**12h15 Eucharist Service / service Eucharistie**

In-Person at the Cathedral, no pre-registration required.

En personne à la cathédrale, pas de pré-inscription nécessaire.

**Last Sunday of the month / Le dernier dimanche du mois**

**12:15 pm QueerSpace / 12h15 QueerSpace**

<https://zoom.us/j/841742422?pwd=WVJlMWxseU43YlpLYXVxSmhndktoZz09>

Meeting ID: 841 742 422

Christ Church Cathedral office  
514-843-6577 ext. 241

[administrator@montrealcathedral.ca](mailto:administrator@montrealcathedral.ca)

Bureau de la cathédrale Christ Church  
514-843-6577 ext. 241

[administrateur@montrealcathedral.ca](mailto:administrateur@montrealcathedral.ca)



[www.montrealcathedral.ca](http://www.montrealcathedral.ca)



ChristChurchMTL



[www.montrealcathedral.ca/live/](http://www.montrealcathedral.ca/live/)