



Christ Church Cathedral

Vancouver, BC | Anglican Church of Canada



St. Francis & St. Clare

October 3, 2010



The Cathedral Church of the
Diocese of New Westminster
ANGELICAN CHURCH OF CANADA

Open Doors, Open Hearts, Open Minds

Christ Church Anglican Cathedral is an inclusive community of disciples of Jesus Christ serving God in downtown Vancouver through worship, ministry and outreach. Since 1888 people have met on this site to worship God and witness to Christ's love for the world. The Cathedral is enriched and enlivened by the diversity of its community. It is a place for worship, and for outreach to near and far. It is a place where faith is nurtured and all age groups are welcomed. The performing and visual arts find a home here. This is a safe, welcoming and positive space for GLBT people, their friends and families.

ACCESS: **Free parking** at Park Place Parkade (on Hornby St.) on Sunday mornings, weekdays after 6:00pm and for other events as noted. Parking cards are available from greeters or download one from the website. Bike racks are also available in the parkade. The Cathedral is also well-served by public transit. Details of routes and schedules may be found at: www.translink.bc.ca
 Wheelchair ramp — at the east door on Georgia St., drop-off is possible in the lane.

ASSISTANCE: **ASL interpreter** for the deaf community — communicates the 10:30am service from in front of the ambo. **Loop system** is in place in the nave and chancel, simply adjust the settings of your personal hearing device. **Large-print books and bulletins** — available from greeters prior to the 10:30am service.

KNEELER CUSHIONS: Cushions are available in the Narthex for those who wish to kneel in prayer.

CHILDREN & YOUTH: Activities for children of all ages are available during the 10:30am service.

AFTER THE 10:30AM SERVICE: Coffee and tea are served in the Parish Hall following today's service.

IF YOU ARE VISITING TODAY... and are interested in becoming either a member or a Friend of the Cathedral, you are invited to fill in the Visitor's donation envelope, add it to the collection plate or hand it to a greeter. Find out how you can participate by speaking to a member of the welcoming team.

WWW.CATHEDRAL.VANCOUVER.BC.CA
PH:604.682.3848 | F:604.682.8377

8:00am Holy Communion

THE BOOK of COMMON PRAYER

Welcome

Collect for Purity page 67

Summary of the Law page 69

Collect of the Day:

Almighty and everlasting God,

who in the heart of your servants St. Francis &

St. Clare kindled the flame of your love,

give us, your humble servants, such faith and

power of love, that as we rejoice in their

triumph, we may profit by their example;

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 1:1-17; 2:10

Response **Thanks be to God!**

Psalms 148:7-14 page 520

Gospel Reading Matthew 11:25-30

Homily The Rev. Dixie Black

Nicene Creed page 71

Offertory Sentence

Intercession

Confession & Absolution page 76

Thanksgiving & Consecration page 78

The Communion

The Lord's Prayer page 85

Prayer after Communion page 85

Blessing & Dismissal page 86

Response **Thanks be to God!**

On the first Sunday of each month, please stay for coffee, tea and conversation after the service.

Please do not leave valuables unattended.

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10:30am Choral Eucharist

THE BOOK of ALTERNATIVE SERVICES

Cathedral Parish Announcements

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

People **And also with you.**

Hymn All Creatures of Our God & King

1. All creatures of our God and King
Lift up your voices, let us sing:
O praise ye! Alleluia!
O Brother Sun with golden beam,
O Sister Moon with silver gleam!
O praise ye! O praise ye!
Alleluia! Alleluia! Alleluia!

High voices 2. O Brother Wind, air, clouds and rain,
by which all creatures ye sustain,
O praise ye! Alleluia!
Thou rising morn, in praise rejoice,
Ye lights of evening, find a voice!
All O praise ye! O praise ye!
Alleluia! Alleluia! Alleluia!

Low voices 3. O Sister Water, flowing clear,
make music for thy Lord to hear,
O praise ye! Alleluia!
Thou Fire so masterful and bright,
providing warmth, enhancing sight,
All O praise ye! O praise ye!
Alleluia! Alleluia! Alleluia!

All 4. Dear Mother Earth, who day by day
unfoldest blessings on our way,
O praise ye! Alleluia!
The flowers and fruits that in thee grow,
Let them God's glory also show.
O praise ye! O praise ye!
Alleluia! Alleluia! Alleluia!

Words: Francis of Assisi
Music: Lasst Uns Erfreuen

Children's reflection.

After the reflection, all children are invited to join in the Youth Church downstairs, returning for Communion.

Collect

Presider

All

Almighty and everlasting God,
who in the hearts of your servants St. Francis & St. Clare
kindled the flame of your love, give us, your humble servants,
such faith and power of love, that as we rejoice in their
triumph, we may profit by their example;
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

After each reading the reader will say:

Reader

Hear what the Spirit is saying to the church.

All

Thanks be to God.

First Reading

Jonah 1:1-17; 2:10

Kyrie

Choir (*Missa Gaia*)

Paul Halley, Paul Winter

Second Reading

Galatians 6:14-18

Sequence (please stand)

I Heard the Voice of Jesus Say (*Blue 508*)

1 I heard the voice of Je - sus say, "Come un - to me and rest;
2 I heard the voice of Je - sus say, "Be - hold, I free - ly give
3 I heard the voice of Je - sus say, "I am this dark world's light;

The image shows a musical score for a sequence. It consists of two staves: a treble clef staff on top and a bass clef staff on the bottom. The key signature is one sharp (F#) and the time signature is 4/4. The melody is written in the treble clef, and the accompaniment is in the bass clef. The lyrics are written below the treble staff, with three verses. The first verse is "1 I heard the voice of Je - sus say, 'Come un - to me and rest;". The second verse is "2 I heard the voice of Je - sus say, 'Be - hold, I free - ly give". The third verse is "3 I heard the voice of Je - sus say, 'I am this dark world's light;".



lay down, thou wea - ry one, lay down thy head up - on my breast."
 the liv - ing wa - ter; thirs - ty one, stoop down and drink and live."
 look un - to me, thy morn shall rise, and all thy day be bright."

I came to Je - sus as I was, so wea - ry, worn, and sad;
 I came to Je - sus and I drank of that life - giv - ing stream;
 I looked to Je - sus and I found in him my star, my sun;

I found in him a rest - ing place, and he has made me glad.
 my thirst was quenched, my soul re - vived, and now I live in him.
 and in that light of life I'll walk till trav - elling days are done.

KINGSFOLD
 Text: Horatius Bonar (1808–1889).
 Music: Melody English trad.; coll. Lucy Broadwood (1858–1929);
 adapt and harm. Ralph Vaughan Williams (1872–1958). Harm. © Oxford University Press.

Before the Gospel Glory to you, Lord Jesus Christ.

Gospel Matthew 11:25-30

After the Gospel Praise to you, Lord Jesus Christ.

Sermon The Rev. Dixie Black

Silence for Reflection

Apostles Creed

Presider

All

Let us confess the faith of our baptism, as we say,

I believe in God, the Father almighty, creator of heaven and earth.

I believe in Jesus Christ his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

Prayers of the People



In the Anglican Cycle of Prayer we pray for The Church in Wales; in the Diocesan Cycle of Prayer we pray for our Bishop Michael Ingham, our partner diocese of Taiwan and Bishop David Lai,

and St. James, Taichung (twinned with St. James, Vancouver), St. Francis in the Wood, West Vancouver, and St. Catherine of Alexandria, Port Coquitlam; in our Parish we pray for 127 Housing Society.

Presider

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

Silence is kept

Presider

All

Most merciful God,

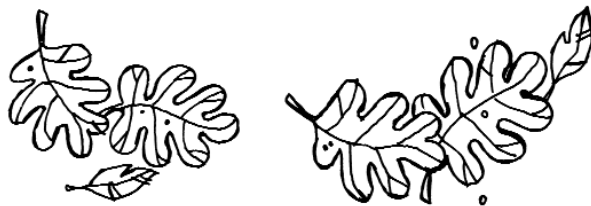
We confess that we have sinned against you in thought, word and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbours as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have 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.

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. Amen.

The Peace

You are invited to greet those around you in the name of Christ.



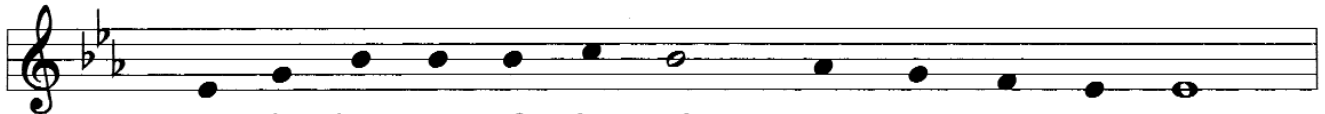
Celebration of the Eucharist

The Offertory

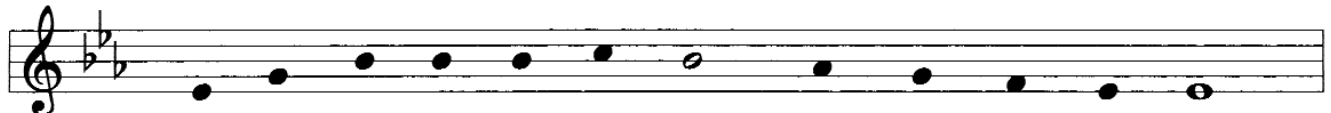
During the singing of the hymn, we gratefully receive your financial gifts for the work of the church. Tax receipts are issued for identified gifts of \$10 and greater. Your gifts with bread and wine are offered as a sign of gratitude to God.

Offertory Hymn

For the Beauty of the Earth



All 1. For the beau - ty of the earth,
 Low voices 2. For the beau - ty of each hour,
 All 3. For the joy of ear and eye, Sing, O sing to - day.
 High voices 4. For the joy of hu - man love,
 All 5. For each per - fect gift of thine,



Low voices For the glo - ry of the skies,
 Of the day and of the night,
 All For the heart and mind's de - light, Sing, O sing al - ways.
 High voices Bro - ther, sis - ter, par - ent, child,
 All To the world so free - ly giv'n,



Low voices For the love which from our birth all a - round us lies;
 Hill and vale and tree and flow - er, sun and stars of light;
 All For the my - stic har - mo - ny link - ing sound and sight;
 High voices Friends on earth and friends a - bove, for all gen - tle thoughts;
 All Gra - ces hu - man and di - vine, Flow'rs of earth and heav'n;



All Lord of all, to thee we raise grate - ful hymns of praise!

Words: F.S.Pierpoint, 1864; Music: *Adoro Te* - trad.Gregorian; adapt. R.Lang

Prayer over the Gifts

Presider

All

God of love and justice,
 you make known your ways in the lives of your saints.
 Receive all we offer you this day,
 and help us to know your holy will and do it;
 through Jesus Christ the Lord. Amen

The Great Thanksgiving

Presider
All

The Lord be with you.
And also with you.

Presider
All

Lift up your hearts.
We lift them to the Lord.

Presider
All

Let us give thanks to the Lord our God.
It is right to give our 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

(Missa Terra Nova)

R.G. Lang

intro. *all.* *cresc....*

mp Ho-ly, Ho-ly, Holy Lord, God of Pow'r and might, *cresc.*

mf Heav'n and earth are full of your glo-ry, Ho - sanna in the high - est,

f Heav'n and earth are full of your glo-ry, Ho - san-na in the high-est.

I. Bless ed is he who comes in the name of the Lord!

II. Bless-ed is he who comes in the name of the Lord!

I+II Bless ed is he who comes in the name of the Lord!

all *cresc.* *ff*

f Ho - san-na in the high - est, Heav'n and earth are full of your glo-ry, Ho-san-na in the high-est.

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.

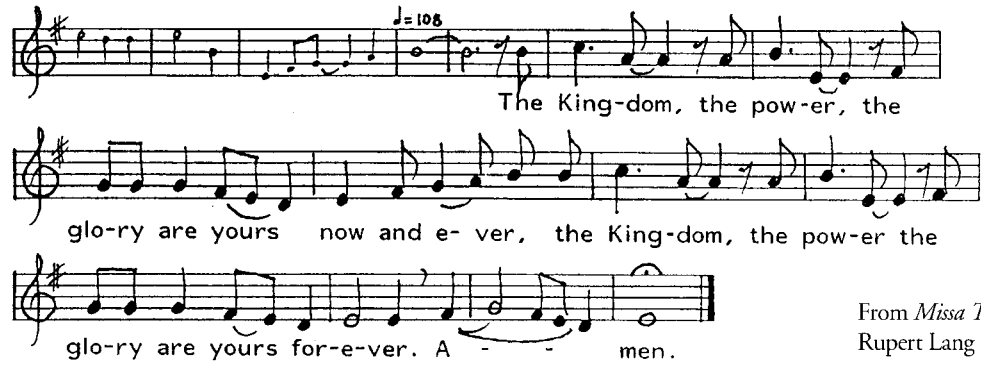
All

Amen.

Lord's Prayer

cantor *all*

Our Father, Mother, hallowed be your name. Our Father,
cantor
Mother, hallowed be your name, Your Kingdom come, your will be done on
all
earth as it is in heaven. Your Kingdom come, your will be done on
earth as it is in heaven. Give us this day our daily bread. Forgive us
our sins as we forgive, forgive those who sin a-against us. Save us
from the time of trial, and de-li-ver us, de-li-ver us from e-vil. *piano*



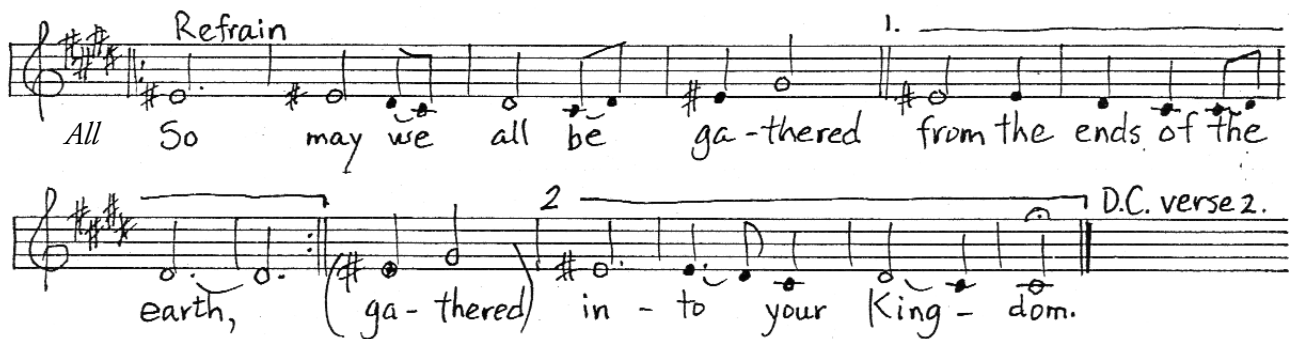
The King-dom, the pow-er, the
glo-ry are yours now and e-ver, the King-dom, the pow-er the
glo-ry are yours for-e-ver. A - men.

From *Missa Terna Nova*
Rupert Lang

Breaking of the Bread

Creator of the World

Words & Music adapted R.G. Lang



Refrain
All So may we all be ga-thered from the ends of the
earth, (ga-thered) in - to your King - dom.

words: adapted from B.A.S
music: adapted from Enya
Sept 1992 R.G. Lang

Choir 1. Creator of us all you gave us golden fields of wheat
whose many grains we have gathered. *Refrain*

Choir 2. Creator of us all you formed us into this one bread
whose many grains we have gathered. *Refrain*

Presider
All

The gifts of God for the people of God.
Thanks be to God.

During Communion

Brother Sun, Sister Moon (*Missa Gaia*)

Jim Scott, Paul Winter



Share the Gifts

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 the breaking of bread. If you desire to know the love of God that overcomes indifference and despair, if you desire the reconciliation that overcomes estrangement and alienation then you are invited to share the cup of the new covenant. The bread is received in the open palm. The wine may be taken from the common cup, **or if you wish to dip bread in the wine, extend one hand for a wafer.** Both wine and unfermented grape juice are served, grape juice is administered from the pottery chalice. Gluten-free wafers are available upon request in the East alcove.



Prayer and Laying-on of Hands for Healing

We invite those wishing particular prayer for themselves or on behalf of someone else, or to share in a prayer of thanksgiving for blessings received, to come to the front of the line to receive the bread and wine. Immediately after receiving, go to the prayer station. Give your first name and in a low voice briefly state your prayer need. The prayer team will lay hands gently on your shoulders and after a short silence, they will pray quietly for you.

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

Sending Out of the Disciples

Prayer After Communion

Presider

All

Happy indeed, is she who is granted a place in the Divine Banquet,
for she may cling with her inmost heart to him whose beauty eternally awes
the blessed hosts of heaven; to him whose love inspires love, whose
contemplation refreshes, whose generosity satisfies,
whose gentleness delights, whose memory shines sweetly as the dawn;
to him whose fragrance revives the dead, and whose glorious vision will bless
the citizens of that heavenly Jerusalem; for he is the splendour of Eternal
Glory, and the brightness of Eternal Light. Amen. (*Prayer of St. Clare*)

Doxology

Presider

All

Glory to God,
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.

Closing Hymn

Blue Green Hills (*Missa Gaia*)

Words & Music: Kim Oler

Refrain p

All For the
 earth for - ev - er turn - ing, For the skies, for ev - 'ry
 sea; To our Lord we sing re - turn - ing home to our
 blue green hills of earth.

All 1. For the mountains, hills and pastures
 in this silent majesty,
 for all life, for all of nature
 sing we our joyful praise to thee.
Refrain

Choir 2. For the sun, for rain and thunder,
 for the season's harmony,
 for the stars, for all the heavens,
All sing we our joyful praise to thee.
Refrain

Dismissal
All

Let us go in peace rejoicing in the power of the Spirit.
Thanks be to God.

Postlude

Reprise *Brother Sun, Sister Moon*

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

Daily Bible Readings

BASED ON THE REVISED COMMON LECTIONARY

Monday 2 Kings 18:1-8, 28-36
King Hezekiah trusts in God

Tuesday 2 Kings 19:8-20, 35-37
God saves the people

Wednesday Matthew 20:29-34
Mercy on the blind man

Thursday Isaiah 7:1-9
Standing firm in faith

Friday Revelation 2:12-29
Call to faithfulness

Saturday Psalm 3
Deliverance from God

Sunday Deuteronomy 8:7-18
A land of streams
 Psalm 65
You crown the year with goodness
 2 Corinthians 9:6-15
God provides every blessing in abundance
 Luke 17:11-19
The healed leper gives thanks to Jesus

From "Between Sundays" by Gail Ramshaw, © 1997 Augsburg Fortress

Cathedral CHRONICLE

Please send your Chronicle submissions by email: mark@cathedral.vancouver.bc.ca, fax: 604.682.8733, phone: 604.682.3848 ext. 21, or in person to the Cathedral Office 10 am – 4 pm, Monday – Friday. Deadline for Sunday's Bulletin is **Wednesday at noon**.

Today

Welcome

The Cathedral welcomes visitors, and the community is glad that you have chosen to worship at Christ Church Cathedral, Vancouver this morning, *the Feast of St. Francis and St. Clare*. The preacher at both services is the Rev. Dixie Black. Music in worship at the 10:30 Parish Eucharist will be led by the Cathedral Choir and Rupert Lang, Organist and Director of Music with Ingrid Stitt, saxophone.

If you have questions about this Christian community please speak with a member of the Greeting Team or the Welcoming Table ministry team.

If you enjoyed the sermon this week, audio versions of our sermons and sermon texts are available free of charge on the Cathedral's website, www.cathedral.vancouver.bc.ca.

Music Notes

To honour St Francis and St Clare today, we hear 2 movements from a work called *Missa Gaia* - The Kyrie and Canticle to *Brother Sun, Sister Moon*.

Our closing hymn Blue Green Hills of Earth - was also originally written as part of the Earth Mass.

Gaia' is the name that ancient Greeks gave to their home, their planet. The MISSA GAIA or EARTH MASS was composed in 1980 - collaboratively - by Paul Winter, Jim Scott, Paul Halley, Oscar Castro-Neves and Kim Oler.

Being dedicated to Francis, it has been performed since 1985 in the Cathedral of St John the Divine to celebrate the Feast of St Francis on the first Sunday in October every year.

Some 5,000 people flock to the Cathedral to participate in the Mass, accompanied by their pets of all kinds, sizes, shapes and smells.

Even an elephant strolls into the huge Cathedral to join in this celebration of the Earth, which is led by the Paul Winter Consort and Friends.

The voices of wolf, whale and loon join with those of the extended Consort, several choirs, the Dean of the Cathedral, and world religious leaders of all denominations in Paul Winter's joyous, rhythmic, contemporary EARTH MASS in the world's largest Gothic Cathedral.

Rupert Lang

Most Excellent Sabbatical

Join Ellen Clark-King today at 9:15am in the Park Room and learn about her most excellent Sabbatical! Tea and coffee will be available.

Where's the Dean?

Peter Elliott is in Kelowna this weekend preaching and leading a workshop on liturgical space at the Cathedral of St. Michael and All Angels. He's on vacation from Monday to Friday, visiting family in Calgary and Sorrento. He'll be back for

Thanksgiving weekend.

Where are Ellen, Chris and Dixie?

Ellen, Chris and Dixie are attending the diocesan clergy conference at Painter's Lodge, Campbell River, Vancouver Island. They will be back in the office on Thursday.

Where's Vincent?

Vincent is on a well deserved holiday starting Sept 27th, and will return to us, hopefully rested and refreshed, on Thursday Oct 21st. Please e-mail office@cathedral.vancouver.bc.ca with any questions that you would normally direct toward Vincent. Buon Viaggio Vincenzo!

Cathedral Justice Group

The next meeting of the Justice Group will be today, Sunday, October 3 at 12:15 p.m., after the 10:30 service. All are welcome to attend.



Harvest Thanksgiving, October 10, 2010

Altar Guild convener Helen Williams will be in the Parish Hall **October 3rd** during the Coffee Hour following the 10:30 worship to take your dedicated donations for the purchase of flowers, straw stalks, gourds, pumpkins and other Harvest decorative items.

Please also note that the Cathedral is collecting donations of vegetables for use by our Maundy Project food ministry for soup. Any vegetables donated for decorating the Cathedral will also be used to make the soup a tasty one for our brothers and sisters on the street. **Today is the last day for donations!**

Coffee? Why wait until after?

COFFEE IN THE PARISH HALL BEFORE AND AFTER THE 10:30 EUCHARIST ON SUNDAY

Beginning on Sunday September 26 there will be coffee and tea available in the Parish Hall from 9:00am to 10:15am. Parishioners, friends and visitors from both Sunday services are invited! This is a space to visit and connect with friends, and is a good time for the 8:00am and 10:30am congregations to get to know each other. So please come out and start your Sunday morning with cup of freshly brewed fair-trade coffee or tea - and take advantage of the forums and events on Sunday mornings. Coffee service after the 10:30am service will continue as usual.

Cathedral News & Notes

Sale of Guatemalan Coffee

Thank you everyone for purchasing the Cafe Justicia coffee. Packages will be available every second Sunday of the month or other advertised times. A slight increase in price will mean that the Guatemalan coffee farmers, the Rev. Emilie Smith's Volunteer in Mission work, and the Bochabello HIV/Aids support will all benefit. And remember, this coffee is fairly traded, organic, shade grown, bird friendly and tastes great. See you at the cookie counter next on October 10.

Wednesday Fellowship

Our next gathering will be at 2pm on October 13th at King Edward Court. As we delight in having new members or folk willing to bake or drive, do give Lesley Godwin a call at 604 224 4261 for more information. Hope to hear from you!

The Maundy Project Needs Volunteers

The Maundy Project at Christ Church Cathedral is one of our food ministries that reaches out to those in our downtown community who for rea-

sons of poverty, mental health or addictions find themselves barely living from month to month. Starting on the first Thursday after Thanksgiving, when the weather is colder & wetter, the Maundy Thursday clients are invited into the Hall. They sit at tables & are served with a bowl of hot, nourishing soup plus a sandwich & coffee. (We usually serve between 30 and 90 bowls depending on the weather). Social interaction is also an important benefit for this Thursday congregation.

The Maundy Project is looking for volunteers:

Thursdays 9:00 to 11:00am - Making Soup, Setting Up for Lunch

Thursdays 11:00 to 1:00pm - Serving Soup and Coffee, Interacting with Clients, Clean Up

The Maundy Project volunteers are a fun bunch of people to work with, and this is an excellent way to meet new people, live out Christian discipleship, and to put your improvisational cooking and serving skills to the test!

Interested? Contact Louise Kenwood @ 604-708-5950 or fill out a Connection Card located in your Sunday bulletin.

Connection Cards

In your leaflets today you will find the Cathedral's new Connection Cards. If you want to communicate with someone at the Cathedral, change your address, or just let us know that you're new here, you are invited to fill out the enclosed Connection Card and to put it in the offertory plate or to hand it to someone with a silver badge after the service. If you are a newcomer, you can indicate that you wish to receive your welcome package and free gift, compliments of this Cathedral community!

Do You Have A Garden?

This year's stewardship theme is Growing and Thriving. As usual, the Cathedral's Stewardship Committee is hosting a free banquet for everyone who comes on October 24th. And we're looking for your help to make the Nave and the Chancel an

overflowing garden! If you have a garden, could you send us your photos of all things beautiful in your garden? All seasons are welcome. Your photos, with all the others submitted from the congregation, will be featured on a big screen in the chancel! Submit your photos to mark@cathedral.vancouver.bc.ca, or to the front desk in the office.

LUMS Dinner is Coming Up in November

The Cathedral provides an annual meal in the Downtown Eastside for the Lutheran Urban Mission Society (LUMS) - (Pastor is Brian Heinrich). This year it's on Saturday, November 27 (fourth Saturday).

What's going on with this? As always we will need volunteers for the morning, and also cookies to serve for dessert. We hope that you will mark your calendars. More information and opportunities to sign up will follow.

Walking the Talk: The Practice of Love and Forgiveness in Christian Spirituality

WITH THE REV. DIXIE BLACK

Thursday evenings 7:30-9pm October 14, 21, 28,
Nov 4, 2010

What does it mean for a Christian to practise forgiveness, love of God, neighbour and self? How do these qualities inform our lives as Anglicans? In this four week program we will explore these ideas together, learning from our own experiences, from each other and from scripture. Each evening participants will choose a practice for the week.

Because of the need for individual participation, and in order to maintain the integrity of the group, it is important that you be able to commit to all four evenings. Small group participation is required. **Drop-ins will not be accepted. Space is limited. Register early - call 604-682-3848.**

Explore: Christ Church Cathedral

Are you *new* to Christ Church Cathedral? Are you interested in finding ways to make a deeper connection with the church? We invite you to Explore Christ Church Cathedral! This four-week series will help to introduce you to the Christ Church Cathedral Vancouver community. Each week, we will explore an aspect of our faith journey, and investigate how our faith is calling us to learn more about each other, Christ Church Cathedral, and the world beyond our walls.

The series will meet on four consecutive Tuesday nights. The series begins on Tuesday October 12th and ends on Tuesday November 2nd. Beginning promptly at 7 pm and ending on time at 8:15 pm. **This course is only for those who have recently become members of CCC, are interested in exploring our life, or have been attending for some time and are interested in potentially becoming members.**

Sorry, because of the comprehensive nature of this course, we cannot accept drop ins. Please register beforehand by contacting the parish office - 604-682-3848.

Evening 1 (Oct 12) Introduction, History, and Vision

In this evening we will introduce ourselves, explore the history of Christ Church Cathedral, its current life, and vision moving forward.

Evening 2 (Oct 19) Spiritual Life

In this evening we will discuss foundational practices for relating to God. In particular we will discuss worship and personal time for prayer and reflection in daily life. The evening includes brief instruction and practice of ways to form a deeper life of prayer and contemplation.

Evening 3 (Oct 26) Community

In this evening we will discuss ways in which to form meaningful bonds with others in the church. Community is at the heart of the Christian life and in the Christian understanding at the very heart of God (i.e. The Trinity).

Evening 4 (Nov 2) Compassionate Service

In this evening we will discuss the various ministries of Christ Church Cathedral. One of the hallmarks of the Christian life is generous service. At Christ Church Cathedral we strive to follow in the way of Jesus who came to serve and to love one another.

Check out the new website!

Visit www.cathedral.vancouver.bc.ca to see it! It's still a work in progress (some items haven't been included in the Calendar, the sermon and bulletin archive are not complete), but it's ready for the public!

Who's Preaching?

October 3 - The Rev. Dixie Black

October 10 - The Rev. Chris Dierkes

October 17 - Dean Peter Elliott

October 24 - Archbishop Douglas Hambidge

October 31 - All

Leaving a Legacy Gift to the Cathedral

Did you know that the Cathedral's legal name is "Christ Church Parish Vancouver B.C."? This is one of the most important things you need to know when making a legacy gift to Christ Church Cathedral in a Will or a gift of Life Insurance, etc.

Have you thought about leaving a legacy gift to Christ Church Cathedral in your will? In addition to the satisfaction that comes from contributing to the future of Christ Church Cathedral, you can often achieve significant tax and estate planning benefits through planned legacy gift donations. And there are many many ways to leave your legacy at Christ Church.

If you'd like more information, please contact Mark Munn, Director of Development and Communications at Christ Church Cathedral, or Ian and Jenny Birtwell, Chairs of the Legacy Stewardship Committee. We can give you friendly advice and encouragement, as well as some materi-

al to help you decide what to do next.

Yoga at the Cathedral

Yoga classes for all skill levels is held on Thursdays in the Park Room, 9:30am to 10:30am, starting September 23 and every Thursday following .

Are you on Facebook?

The Cathedral has a fan page on Facebook, where we post links to articles from both clergy and laity, notices about upcoming events, and links to interesting articles on God, Anglicanism and everything church. Just search for us in the Facebook search toolbar under “Christ Church Cathedral Vancouver.” If you like us and want to be updated whenever we add something interesting, just press the “Like” button. We’ll do the rest! And you can opt out at any time.

Contact us on Facebook, or by emailing Mark Munn (mark@cathedral.vancouver.bc.ca)

Community Events

Please refer to posters in the Cathedral’s Community Display Case for more information about all or some of these events.

Lord’s Prayer Retreat Day at VST

Leader: The Rev. Dr. Ed Searcy October 23, 9:30 am – 4:30 pm Audit Fee: \$50.00

In our day together we will learn to pray in public and private using the model of the Lord’s Prayer. Listening to teaching/preaching on the Lord’s Prayer will be accompanied by group discussion and personal meditation using a lectio divina approach. No expert knowledge is required.

Ed Searcy was called to University Hill Congregation as its Congregational Minister in 1995. He has written for United Church periodicals and is a sought after theme speaker for the United Church at local and national annual conferences on worship and congregational renewal.

Location: Vancouver School of Theology, Chapel of the Epiphany

Information and Registration at <https://www.vst.edu/main/programs/continuing-education/lords-prayer-retreat-day>

BESA: Muslims Who Saved Jews in the Second World War

Besa is an ancient Albanian principle of offering protection to those who need it. A current exhibition features photographs by Norman H. Gershman. He sought out Muslim rescuers (and their descendents) who, at great risk to themselves, protected Jews in Albania during the Second World War. Each Gershman portrait has an extraordinary story to tell, each story illuminating the little-known history in which virtually all the Jews living in Albania were saved during the Nazi occupation. At the Teck Gallery, on the main floor of SFU Harbour Centre, 515 W Hastings, to Oct 29. The gallery is open during campus hours.



CHRIST CHURCH CATHEDRAL

Explore

Christ Church Cathedral



Are you new to Christ Church Cathedral? Are you interested in finding ways to make a deeper connection with the church? We invite you to Explore Christ Church Cathedral! This four-week series will help to introduce you to the Christ Church Cathedral Vancouver community. Each week, we will explore an aspect of our faith journey, and investigate how our faith is calling us to learn more about each other, Christ Church Cathedral, and the world beyond our walls.

Tuesdays, October 12th - November 2nd - 7:00pm-8:15pm

Sorry, because of the comprehensive nature of this course, we cannot accept drop ins. Please register beforehand by contacting the parish office - 604-682-3848.

*Step Out of the Present &
Enter the Deep Stillness
of Another Age*



GREGORIAN CHANT:
The Service of Compline
SUNDAYS AT 9:30PM



CHRIST CHURCH CATHEDRAL YOUTH MINISTRY

Kate Newman *Children & Youth Ministry Coordinator.*

Pass It On Parenting Today

Today in the Park Room after the service there will be Pass It On Parenting Forum. Lead by Sarah Westwick and Rev. Christ Dierkes, this forum will open up the discussion about ways of sharing faith with those of different faith. There will be time before the forum for families to gather and eat in the Park Room (nut free food, please). This forum is an excellent opportunity to build a strong supportive network for your family here at Christ Church Cathedral. There is a "village" waiting to help you!

Teens for LUMS

Teens, you are invited to be a part of the LUMS food service in the DTES again this fall. On the 4th Saturdays of September, October and November we will meet in front of the 690 doors and walk down to the "Door Is Open" on East Cordova. Be a part of it.

Halloween Service on October 31st

The Halloween service fast approaches. Now is the time to start thinking about what kind of costume you will wear. This year, we are opening the doors to this exciting festival. Children will stay upstairs for the entire service. This special event will be a chance to find out more about Halloween from a Christian perspective. This is a "once in a blue moon" opportunity. Halloween does not often fall on a Sunday.

November 6th Leaders Retreat

The Leader's Retreat will be an exciting opportunity to show your support for the children and families of the parish while you strengthen your own spiritual walk. The Rev. Lois Boxill, the Rev. Chris Dierkes and

Kate Newman will be sharing their thoughts about what it really means to have children in our midst and how it can change our spiritual journey. Please talk to Kate if you have ever considered being a leader for our children and teens.

Another Movie Night for Teens...

...will take place on the 3rd Friday in October. This Movie Night we will take a look at Batman! Mark it on your calendar and be prepared for a junk food and friends.

St. Nicholas Display November 19th to December 2nd

There will be an interactive display on the life of St. Nicholas at the church this year. We will look at the "man behind the myth" the real Santa Claus - St. Nicholas through a fantastic interactive visual display.

On Saturday December 18th, there will be a Christmas Pageant Rehearsal from 10-12 in the Nave. Performers will be asked to attend a 9:00 AM costume change and rehearsal on Sunday December 19th too. The performance will be during the 10:30 Eucharist also on the 19th of December. In the Sundays leading up to the 19th, Kate will make individual appointments for costume trials at the church with Joan Seidl.

Children, come down to Children's Church

After the children's reflection, children are welcome to join the other children downstairs for fun, art and gospel readings. Very young children are welcome in the nursery where we have an great collection of toys and a first aid certified Nursery Supervisor.

Walking



theTalk

The Practice of Love and Forgiveness in Christian Spirituality

With the Rev. Dixie Black

Thursday evenings 7:30-9pm October 14, 21, 28, Nov 4, 2010

What does it mean for a Christian to practice forgiveness, love of God, neighbour and self? How do these qualities inform our lives as Anglicans?

Because of the need for individual participation, and in order to maintain the integrity of the group, it is important that you be able to commit to all four evenings. Small group participation is required. Drop-ins will not be accepted. Space is limited. Register early - call 604-682-3848.

Notes from the Archdeacon

OCTOBER 3, 2010

This Sunday we are celebrating St Francis and St Clare, two saints from the thirteenth century who continue to have a vibrant living legacy within the church today. They both embraced a life of poverty and simplicity which continues to serve as a counter example to the consumerist culture which surrounds us. St Francis, who was allowed to live a life more open and unfettered than St Clare's, also reminds us of our connections with, and duties to, the whole of God's good creation that surrounds us. Our current ecological concerns were far from their thirteenth century minds, but if the world lived a more Franciscan way of life we would not have exploited and wasted our natural resources so grievously.

So here is a spiritual exercise which is intended to help us to walk a little way in Francis's sandals, to renew our commitment to caring for our damaged planet and to remind us that nature is still beautiful even as the year begins to turn towards its evening.

A Prayer Walk

A prayer walk is all about spending some time with God in the natural world, nothing to do with getting from A to B. It can be as short or as long as you are comfortable with – and if you find walking difficult it could, instead, be a time spent sitting outdoors. Choose a place where you can meander comfortably – your garden, a local park, the sea wall or wherever you feel at ease.

As you walk, or sit, allow all your senses to be at work.

Take time to look at what is around you, pausing to examine in detail any leaf or flower or stone that catches your attention.

Take time to listen to any sounds that are around – birdsong, or children's chatter, wind or running water.

Take time to become aware of the sensation of touch.

Feel the sun, wind or rain on your face, handle gently flowers and leaves, feel the roughness or smoothness of a tree's bark.

Take time to enjoy – or notice – the scents of nature. These might be purely pleasurable, like the scent from a rose or from the sea, or more earthy like the smell of wet dog or the heronry in Stanley Park.

Take time, if you can, to taste something of nature. Bring a piece of fruit or some nuts with you to eat.

As you become aware of the intricacies and beauties of life around you allow your awareness to turn to prayer. You might thank the creator for creation, you might want to lament humanity's misuse of the world, you might want to sing and dance in joy and praise. Pray in whatever way feels appropriate and natural for you.

You might want to bring a reminder of the walk home with you – a fallen leaf, a shell or a pebble. This could be a focus for continued prayer on another occasion.

* * * * *

On Sunday 17th October we are celebrating another saint – St Luke the Physician. This feast day seems like a splendid opportunity to celebrate all the many members of the cathedral congregation who work in the many branches of health care, as well as our volunteers in healing ministries. So we will be inviting all health workers – doctors, nurses, laboratory assistants, therapists et al – and all our volunteers in healing prayer, healing touch and pastoral visiting ministries to come to the front of church at the end of the 10.30 service on the 17th and to receive a blessing. Please feel free to invite any of your friends who work in these fields and who might appreciate being part of this.

Ellen

Calendar | This Week

MONDAY, OCTOBER 4

12:10pm Eucharist — *St. Francis of Assisi, Friar, 1226*
7:30pm *Gospel Choir Rehearsal*

TUESDAY, OCTOBER 5

12:10pm Eucharist — *Feria*
7:30pm *Contemplative Prayer*

WEDNESDAY, OCTOBER 6

12:10pm Eucharist — *Feria*
6:00pm *EFM*
7:00pm *Vancouver Children's Choir Rehearsal*

THURSDAY, OCTOBER 7

7:30am Eucharist & Community Breakfast —
Feria
12:10pm Eucharist with Healing Prayers.
7:30pm *Cathedral Choir Rehearsal*

FRIDAY, OCTOBER 8

12:10pm Eucharist — *Feria*

SATURDAY, OCTOBER 9

9:10am Eucharist — *Feria*

Calendar | Next Week

SUNDAY, OCTOBER 10

Harvest Thanksgiving

8:00am Holy Communion.
10:30am Choral Eucharist —
Preacher: The Rev. Chris Dierkes
Music: Cathedral Choir
Deuteronomy 8:7-18, Psalm 65,
2 Corinthians 9:6-15, Luke 17:11-19
9:30pm *Gregorian Chant: The Service of Compline.*

MONDAY, OCTOBER 11

Statutory Holiday. Offices & Building Closed

TUESDAY, OCTOBER 12

12:10pm Eucharist — *Feria*
7:30pm *Explore: CCC* with The Rev. Chris Dierkes
7:30pm *Contemplative Prayer (Upper Level).*

WEDNESDAY, OCTOBER 13

12:10pm Eucharist — *Edward the Confessor, King of
England, 1066*
7:00pm *Vancouver Children's Choir rehearsal*
6:30pm *EFM (Park Room)*

THURSDAY, OCTOBER 14

7:30am Eucharist & Community Breakfast —
Feria
12:10pm Eucharist with Healing Prayers.
7:30pm *Walking the Talk* with the Rev. Dixie Black
7:30pm *Cathedral Choir rehearsal (Choir Room)*

FRIDAY, OCTOBER 15

12:10pm Eucharist — *Teresa of Avila, Spiritual Teacher
and Reformer, 1582, John of the Cross, Priest,
Spiritual Teacher, 1591*

SATURDAY, OCTOBER 16

9:10am Eucharist — *Feria*

Public Worship

Mon–Fri: *Holy Eucharist* 12:10pm
(Thursday with healing prayers)

Tuesday: *Soul Space: Communion for the City* . . . 6:15pm

Thursday: *Holy Eucharist & breakfast* 7:30am

Saturday: *Holy Communion* 9:10am

Sunday: *Holy Eucharist* 8:00am

Choral Eucharist 10:30am

Gregorian Chant: The Service of Compline 9:30pm

Christ Church Cathedral



Parking is Available at Park Place Parkade every Sunday, and Monday to Friday after 6pm with a Cathedral Parking Pass.

Cathedral Directory

The Very Rev. Dr. Peter Elliott, Dean & Rector
— ext. 29, pgelliott@me.com

The Venerable Dr. Ellen Clark-King, Priest Associate
on sabbatical leave until September 1, 2010

The Rev. Chris Dierkes, Curate
— ext. 27, chris@cathedral.vancouver.bc.ca

The Rev. Alisdair Smith, Deacon & Business Chaplain
— ext. 32, deacon@cathedral.vancouver.bc.ca

The Rev. Dixie Black, Deacon
— ext. 58, dixblack@telus.net

Rupert Lang, Organist & Director of Music
— ext. 31, rclang@cantate.ca

Mark Munn, Director of Development & Communications
— ext. 21, mark@cathedral.vancouver.bc.ca

Kathy Irwin, Administrator, Finance & Donor Relations
— ext. 28, kathy@cathedral.vancouver.bc.ca

Gordon Macdonald, Building Administrator
— ext. 22, gordon@cathedral.vancouver.bc.ca

Mark Kowalk Building/Events Manager
— ext. 22, mkowalk@cathedral.vancouver.bc.ca

Kate Newman, Youth Ministry Coordinator
— ext. 24, kate@cathedral.vancouver.bc.ca

Taryl Guenter, Graphic Designer
— ext. 26, taryl@cathedral.vancouver.bc.ca

Vincent Carey, Parish Administrator
— ext. 34, vincent@cathedral.vancouver.bc.ca

Donna Wong-Juliani, Artistic Associate
— ext. 30, dwj@cathedral.vancouver.bc.ca

Ross Wylie, Tony Santos, Jim Cheatley Custodians

Hilda Gregory, Volunteer Lay Ministries Coordinator

Susanne Cruickshank - Baptism Coordinator
— 604.736.8440 sruickshank@shaw.ca

Prayer Link — ext. 54

Current Worship/Events Info — ext.50

The Rev. Dr. Linda St. Clair, The Rev. Helen Worley,
The Rev. Dr. Jim McCullum, The Rev. Lois Boxill,
The Rev. Brian Heinrich, The Rev. Dr. Bill Crockett,
The Rev. Thomi Glover, The Rev. Canon Douglas Williams
Honorary Assistants

Rabbi Robert Daum, Rabbi in Residence

Danielle Taylor, Nursery Attendant

Gary Kenwood, Rector's Warden

Susanne Cruickshank, People's Warden

Elaine Young, Associate Warden/Hospitality

Robert Taylor, Bonnie Fulton, Trustees

John Ross, Secretary to the Corporation

Blair Wilson, Treasurer

Ned Goodhue, Assistant Treasurer

Cathedral Guild for the Arts — 604.682.3848, ext. 30

Ministering Through Liturgy

8:00AM HOLY COMMUNION

Reader Syd Gallinger
Server Brian Heltman
Lay Administrator Syd Gallinger
Collection Francis Uy, Elaine Eppler
Welcoming Team Francis Uy, Elaine Eppler
Presider Archdeacon Ellen Clark-King
Preacher The Rev. Dixie Black

10:30AM CHORAL EUCHARIST

Announcements & Duty Trustee Gary Kenwood

Readers Kevin de la Mare, Jocelyn Brant

Intercessor Bob Worcester

Liturgical Asst. Pamela Dalziel

Sacristan Robert Taylor

Servers Wendy Yuen, Patrick Taylor,
Dana Osborne
Megan Otton

M.C. Archdeacon Ellen Clark-King

Ministers of Communion The Rev. Thomi Glover, Bishop Jim Cruickshank., The Rev. Chris Dierkes
Carol Cook, Dean & Jamie Powers,
Anne Christian, John Glover, Margaret & Marks McAvity, Wendy Webber,
Linda Blizzard, Hilda Gregory

Healing Team Colin Miles, Dean Powers,
Sondra Marshall, Bett Lauridsen

Welcoming Team Russ Harding, Larissa Pirogovski,
Donelda Parker, Leslie Anne Roach,
Ron Jobe, Alan Blizzard, Kathie Elliot,
Judy Mostardi, Philip Tan

Breadmaker Rose Wilking

Altar Guild Sarah Nation, Anne Millar,
Jean Budworth

Interpreter Nicole Pedneault

Presider The Rev. Brian Heinrich

Preacher The Rev. Dixie Black

Music Rupert Lang, Organist and Director of Music, Cathedral Choir
Ingrid Stitt, saxophone

9:30PM COMPLINE

Officiant The Rev. Chris Dierkes

Choir Men's Schola

Server Wil Watchorn

Welcomer Elspeth Richmond

690 Burrard Street, Vancouver, BC V6C 2L1 |

Ph: 604.682.3848, office@cathedral.vancouver.bc.ca