



Clergy Pre-Lenten Day

“Fasting and Almsgiving, Prayer and Justice”

Opening Service

February 10, 2026

Holy Eucharist at 10:00am

***The Cathedral Church of St. James
Diocese of Toronto • Anglican Church of Canada***

Today at St. James

Celebrant & Homilist: The Right Reverend Andrew Asbil

Co-Presiders: The Right Reverend Riscylla Shaw & The Right Reverend Kevin Robertson

*Assisting Clergy: The Reverend Canon Dr. Stephen Fields &
The Reverend Matthew Waterman*

Deacon: The Reverend Deacon Tiffany Robinson

Reader: The Reverend Deacon Peter Newell

Intercessor: The Reverend Canon Maurice Francois

Honorary Verger: Paul D. Seddon, ODT

Organist: Cara Halpin

Director of Music: Thomas Bell

Associate Organist: Jean-Paul Feo • Wayne Vance Organ Scholar: Joshua Duncan Lee

Cantor: Jane Forner

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Land Acknowledgement

This sacred land is the territory of several Indigenous Nations - the Wendat, the Haudenosaunee, and the Anishnaabe, and the Métis peoples, with special recognition to the Mississaugas of New Credit. We also acknowledge that we are on the shores of Niigaani-gichigami/Lake Ontario. This territory is governed by the Dish With One Spoon Wampum Belt Treaty, an agreement between the Haudenosaunee Confederacy and the Anishnaabe Confederacy to peaceably share and sustain the life of the Great Lakes. In the spirit of that Treaty we seek to place at the centre of our gatherings the values of respectful reciprocity, diversity, peace, responsibility, and mutual aid.

Prelude

Gathering of the Community

Bishop 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.**

Bishop Blessed be the Holy Trinity, the one God who forgives all our sin, whose mercy endures forever.

People **Amen.**

Bishop God of all mercy and consolation, come to the help of your people turning us from our sin to live for you alone. Give us the power of your Holy Spirit that we may confess our sin, receive your forgiveness, and grow into the fullness of Jesus Christ, our Saviour and Lord.

People **Amen.**

Confession & Absolution

Bishop Most merciful God,

All **we confess that we are captive to sin and cannot free ourselves. 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. For the sake of your Son, Jesus Christ, have mercy on us. Forgive us, renew us, and lead us so that we may delight in your will, and walk in your ways, to the glory of your name. Amen.**

Bishop God, who is rich in mercy, loved us even when we were dead in sin, and made us alive together with Christ. By grace you have been saved. In the

name of Jesus Christ, your sins are forgiven. May Almighty God strengthen you with power through the Holy Spirit, that Christ may live in your hearts through faith.

All **Amen.**

Hymn

Tune: Down Ampney

All

Come down, O Love divine,
seek thou this soul of mine,
and visit it with thine own ardour glowing;
O Comforter, draw near,
within my heart appear,
and kindle it, thy holy flame bestowing.

O let it freely burn,
till earthly passions turn
to dust and ashes in its heat consuming;
and let thy glorious light
shine ever on my sight,
and clothe me round, the while my path illuming.

Let holy charity
mine outward vesture be,
and lowliness become mine inner clothing;
true lowliness of heart,
which takes the humbler part,
and o'er its own shortcomings weeps with loathing.

And so the yearning strong,
with which the soul will long,
shall far outpass the power of human telling;
for none can guess its grace,
till he become the place
wherein the Holy Spirit finds a dwelling.

Text: Bianco da Siena; tr. Richard Frederick Littledale, alt.; Music: Ralph Vaughan Williams; Tune: Down Ampney

The Collect

Bishop

Holy and righteous God, you call us to a fast that loosens the bonds of injustice and to a prayer that opens our hearts to your mercy: give us grace to seek you not in empty words or outward show, but in lives shaped by generosity, humility, and love for the poor; that our worship may delight

you and our lives bear witness to your kingdom of justice and peace;
through Jesus Christ our Lord.

All **Amen.**

THE PROCLAMATION OF THE WORD

The Reading

Isaiah 58:6-14

Reader Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin? Then your light shall break forth like the dawn, and your healing shall spring up quickly; your vindicator shall go before you, the glory of the Lord shall be your rearguard. Then you shall call, and the Lord will answer; you shall cry for help, and he will say, Here I am.

If you remove the yoke from among you, the pointing of the finger, the speaking of evil, if you offer your food to the hungry and satisfy the needs of the afflicted, then your light shall rise in the darkness and your gloom be like the noonday. The Lord will guide you continually, and satisfy your needs in parched places, and make your bones strong; and you shall be like a watered garden, like a spring of water, whose waters never fail. Your ancient ruins shall be rebuilt; you shall raise up the foundations of many generations; you shall be called the repairer of the breach, the restorer of streets to live in.

If you refrain from trampling the sabbath, from pursuing your own interests on my holy day; if you call the sabbath a delight and the holy day of the Lord honourable; if you honour it, not going your own ways, serving your own interests, or pursuing your own affairs; then you shall take delight in the Lord, and I will make you ride upon the heights of the earth; I will feed you with the heritage of your ancestor Jacob, for the mouth of the Lord has spoken.

Reader The word of the Lord.

People **Thanks be to God.**

Psalm 146

Plainsong Tone VIII.ii



Cantor Alleluia.
Praise the Lord, O my soul: while I live will I praise the Lord;
as long as I have any being, I will sing prais-es to my[^]God.

All **Put not your trust in human princes, nor in any human pow-er,
for there is no help in[^]them.**

Cantor When their breath goes forth, they return to the earth;
on that day all their thöughts pe-rish.

All **Happy are those who have the God of Jacob for their help,
whose hope is in the Lord their[^]God;**

Cantor Who made heaven and earth, the sea and all that is in them;
who keeps his pro-mise for ev-er;

All **Who gives justice to those that suffer wrong
and bread to those who hun-ger.**

Cantor The Lord looses those that are bound;
the Lord opens the eyes of the[^]blind.

All **The Lord lifts up those who are bowed down;
the Lord loves the right-eous;**

Cantor The Lord watches over the stranger in the land; he upholds the orphan
and the wi-dow;
but the way of the wicked he türns up-side[^]down.

All **The Lord shall reign for ev-er,
your God, O Zion, throughout all generations.
Alleluia.**

Please stand.

Gospel Acclamation

Andrew Wright

People **Alleluia! Alleluia! Alleluia!**

Cantor Just as you did it to one of the least of these who are members of my
family, you did it to me.

People **Alleluia! Alleluia! Alleluia!**

The Holy Gospel

Matthew 25:31-46

Deacon The Lord be with you.

People **And also with you.**

Deacon The Holy Gospel of our Lord Jesus Christ according to Matthew.

People **Glory to you, Lord Jesus Christ.**

Deacon When the Son of Man comes in his glory, and all the angels with him, then he will sit on the throne of his glory. All the nations will be gathered before him, and he will separate people one from another as a shepherd separates the sheep from the goats, and he will put the sheep at his right hand and the goats at the left. Then the king will say to those at his right hand, "Come, you that are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me." Then the righteous will answer him, "Lord, when was it that we saw you hungry and gave you food, or thirsty and gave you something to drink? And when was it that we saw you a stranger and welcomed you, or naked and gave you clothing? And when was it that we saw you sick or in prison and visited you?" And the king will answer them, "Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me." Then he will say to those at his left hand, "You that are accursed, depart from me into the eternal fire prepared for the devil and his angels; for I was hungry and you gave me no food, I was thirsty and you gave me nothing to drink, I was a stranger and you did not welcome me, naked and you did not give me clothing, sick and in prison and you did not visit me." Then they also will answer, "Lord, when was it that we saw you hungry or thirsty or a stranger or naked or sick or in prison, and did not take care of you?" Then he will answer them, "Truly I tell you, just as you did not do it to one of the least of these, you did not do it to me." And these will go away into eternal punishment, but the righteous into eternal life.

Deacon The Gospel of Christ.

People **Praise to you, Lord Jesus Christ.**

Reflection

The Apostles' Creed

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

All **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.

The Prayers of the People

Bishop Let us pray for the Church and the world, saying “God of justice, hear our prayer.”

Pause

Intercessor God of justice,
People **Hear our prayer.**

Intercessor For the Church of Christ in every place, for our bishops, priests, and especially our deacons who serve the needs of the vulnerable in our communities, that our fasting may be faithful, our prayer sincere, and our worship expressed in lives of mercy, generosity, and truth. God of justice,

All **Hear our prayer.**

Intercessor For the nations of the world and those in authority, that the bonds of injustice may be broken, the voices of the poor heard, and policies shaped by compassion, peace, and the common good. God of justice,

All **Hear our prayer.**

Intercessor For all who hunger or thirst, for food, dignity, safety, or hope, and for those who are oppressed, excluded, or forgotten, that they may find relief, and restoration. God of justice,

All **Hear our prayer.**

Intercessor For this community and all whom we serve, that our almsgiving may be generous, our prayer humble, and our lives a sign of your healing love in the world. God of justice,

All **Hear our prayer.**

Intercessor For the sick, the weary, and the grieving, for those burdened by anxiety or loss, and for all who long for light in times of darkness, that your presence may renew and strengthen them. God of justice,

All **Hear our prayer.**

Intercessor For those who have died, and for all the faithful departed, that they may rest in your peace and rise in the fullness of your promise. God of justice,
All **Hear our prayer.**

Bishop God of justice, receive these prayers we offer, and shape us by your Spirit to live the fast you choose, through Jesus Christ our Lord.
All **Amen.**

The Peace

Bishop Peace, I leave with you; my peace I give to you. I do not give to you as the world gives.

People **Do not let your hearts be troubled, and do not let them be afraid.**

Bishop The peace of the Lord be always with you.

People **And also with you.**

We offer each other a sign of peace.

THE CELEBRATION OF THE EUCHARIST

Offertory Hymn

Tune: Thaxted

All Let streams of living justice flow down upon the earth;
give freedom's light to captives, let all the poor have worth.
The hungry's hands are pleading, the workers claim their rights,
the mourners long for laughter, the blinded seek for sight.
Make liberty a beacon, strike down the iron power;
abolish ancient vengeance: proclaim your people's hour.

For healing of the nations, for peace that will not end,
for love that makes us lovers, God grant us grace to mend.
Weave our varied gifts together; knit our lives as they are spun;
on your loom of time enroll us till our thread of life is run.
O great Weaver of our fabric, bind church and world in one;
dye our texture with your radiance, light our colours with your sun.

Your city's built to music; we are the stones you seek;
your harmony is language: we are the words you speak.
Our faith we find in service, our hope in other's dreams,
our love in hand of neighbour: our homeland brightly gleams.
Inscribe our hearts with justice; your way—the path untried;
your truth—the heart of stranger; your life—the Crucified.

Text: William Whitla
Music: Gustav Theodore Holst, The Planets.

Prayer over the Gifts

Bishop God of mercy and abundance, as we bring these gifts, make us a people whose fasting frees the oppressed, whose prayer deepens compassion, and whose giving restores dignity and hope; that all we offer may serve your justice and reveal your love in the world; through Christ our Lord.

All **Amen.**

The Great Thanksgiving

Bishop The Lord be with you.

People **And also with you.**

Bishop Lift up your hearts.

People **We lift them to the Lord.**

Bishop Let us give thanks to the Lord our God.

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

Bishop Blessed are you, gracious God, creator of heaven and earth; today you have gathered us together in this eucharistic feast, that we may be renewed in love, joy, and peace. Now with all creation we lift our voices to proclaim the glory of your name.

Sanctus & Benedictus

Proulx

All **Holy, holy, holy Lord, God of power and might. Holy, holy, holy Lord, God of power and might. Heaven and earth are full, full of your glory. Hosanna in the highest, hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest, hosanna in the highest.**

Bishop God of our weary years, God of our silent tears, you have brought us this far along the way. In times of bitterness you did not abandon us, but guided us into the path of love and light. In every age you sent prophets to make known your loving will for all humanity. The cry of the poor has become your own cry; our hunger and thirst for justice is your own desire. In the fullness of time, you sent your chosen servant to preach good news

to the afflicted, to break bread with the outcast and despised, and to ransom those in bondage to prejudice and sin.

In the night in which he was betrayed, our Lord Jesus took bread, and gave thanks; broke it, and gave it to his disciples, saying: Take and eat; this is my body, given for you. Do this for the remembrance of me.

Again, after supper, he took the cup, gave thanks, and gave it for all to drink, saying: This cup is the new covenant in my blood, shed for you and for all people for the forgiveness of sin. Do this for the remembrance of me.

For as often as we eat of this bread and drink from this cup, we proclaim the Lord's death until he comes.

People **Christ has died. Christ is risen. Christ will come again.**

Bishop Remembering, therefore, his death and resurrection, we await the day when Jesus shall return to free all the earth from the bonds of slavery and death. Come, Lord Jesus! And let the church say, Amen.

People **Amen.**

Bishop Send your Holy Spirit, our advocate, to fill the hearts of all who share this bread and cup with courage and wisdom to pursue love and justice in all the world. Come, Spirit of freedom! And let the church say, Amen.

People **Amen.**

Bishop Join our prayers and praise with your prophets and martyrs of every age, that, rejoicing in the hope of the resurrection, we might live in the freedom and hope of your Son. Through him, with him, in him, in the unity of the Holy Spirit, all glory and honor is yours, almighty Father, now and forever.

People **Amen.**

The Lord's Prayer

Bishop As our Saviour taught us, let us pray,

All **Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Save us from the time of trial, and deliver us from evil. For the kingdom, the power, and the glory are yours, now and for ever. Amen.**

The Breaking of the Bread

Bishop "I am the bread of life," says the Lord. "Whoever comes to me will never be hungry; whoever believes in me will never thirst."

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

The Communion

Bishop The gifts of God for the People of God.

People **Thanks be to God.**

Agnus Dei

Proulx

All **Jesus, Lamb of God, have mercy on us.**

Jesus, bearer of our sins, have mercy on us.

Jesus, redeemer, redeemer of the world, give us your peace, give us your peace.

Communion Hymn

Tune: Goodness Is Stronger

All Goodness is stronger than evil;
love is stronger than hate;
light is stronger than darkness;
life is stronger than death.
Victory is ours, victory is ours
through him who loved us.

Text: Archbishop Desmond Tutu; Music: John L. Bell;
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Communion Hymn

Tune: Beach Spring

All Lord, whose love in humble service
bore the weight of human need,
who upon the cross, forsaken,
worked your mercy's perfect deed:
we, your servants, bring the worship
not of voice alone, but heart;
consecrating to your purpose
every gift that you impart.

Still your children wander homeless;
still the hungry cry for bread;
still the captives long for freedom;
still in grief we mourn our dead.
As you, Lord, in deep compassion
healed the sick and freed the soul,
by your Spirit send your power
to our world to make it whole.

As we worship, grant us vision
till your love's revealing light
in its height and depth and greatness
dawns upon our quickened sight,
making known the needs and burdens
your compassion bids us bear,
stirring us to ardent service,
your abundant life to share.

Text: Albert Frederick Bayly, alt.
Music: Melody *The Sacred Harp*, Mason, 1844; attrib. Benjamin Franklin White
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Prayer after Communion

Bishop Let us pray.

God of mercy, we thank you for feeding us with the bread of life.
Strengthen us to live the fast you desire: to pray with humility, to give with
generosity, and to seek justice in all we do; through Jesus Christ our Lord.

All **Amen.**

Bishop 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.**

The Blessing

Bishop May the Lord bless you and keep you. May the Lord's face shine on you
and be gracious to you. May the Lord look upon you with favour and grant
you peace; and the blessing of God Almighty, the Father, the Son, and the
Holy Spirit, be upon you and remain with you always.

All **Amen.**

Hymn

All

Tune: Cwm Rhondda

God of grace and God of glory,
on your people pour your power;
now fulfil your church's story;
bring its bud to glorious flower.
Grant us wisdom, grant us courage,
for the facing of this hour,
for the facing of this hour.

Lo! the hosts of evil round us
scorn your Christ, assail his ways.
Fears and doubts too long have bound us;
free our hearts to work and praise.
Grant us wisdom, grant us courage,
for the living of these days,
for the living of these days.

Cure your children's warring madness.
Bend our pride to your control.
Shame our wanton selfish gladness,
rich in goods and poor in soul.
Grant us wisdom, grant us courage,
lest we miss your kingdom's goal,
lest we miss your kingdom's goal.

Set our feet on lofty places;
gird our lives that they may be
armoured with all Christ-like graces
in the fight for liberty.
Grant us wisdom, grant us courage,
lest we fail ourselves and thee,
lest we fail ourselves and thee.

Text: Harry Emerson Fosdick
Music: John Hughes

The Dismissal

Deacon Followers of Jesus Christ, inspired by the Holy Spirit, serve the world that God loves.

All **Thanks be to God.**

Postlude

“Fasting and Almsgiving, Prayer and Justice”

with

Dr. Kristen Deede Johnson

Principal and Helliwell Professor of Theology, Ministry, and Culture

Lent has traditionally been an invitation into a season of prayer, fasting, and almsgiving. As we prepare to enter this season, let us consider the relationship between these three as well as how they connect to the larger callings of the Christian life. *What does fasting have to do with almsgiving? How might prayer and the pursuit of justice be intertwined? How are these connected to the life, death, and resurrection of Jesus Christ? And what does all of this mean for our calling as Christians today?* We will explore these questions over the course of our three sessions together.

Biography

Dr. Kristen Deede Johnson is the eleventh Principal of Wycliffe College. She comes to Wycliffe College from Western Theological Seminary, an evangelical and ecumenical seminary in Holland, Michigan, where she was Dean and Vice President of Academic Affairs as well as G.W. and Edna Haworth Professor of Educational Ministries and Leadership.

She is widely published by both popular and academic publishers and a sought-after thought leader on radio and podcasts. Her first book, *Theology, Political Theory, and Pluralism: Beyond Tolerance and Difference*, was published by Cambridge University Press in the Cambridge Studies in Christian Doctrine series. In 2017 a book she co-authored, *The Justice Calling: Where Passion Meets Perseverance* (Brazos Press), was awarded Book of the Year from Christianity Today in the Politics and Public Life Category.

Schedule for the Day

10 AM – Celebration of the Eucharist

11 AM – First Address - *Justice, Scripture, and Rest*

11:30 AM – Silence

12 PM – Second Address - *Prayer and Pursuit of the Kingdom*

12:30 PM – Mid-Day Prayer and Lunch Break

2:00 PM – Third Address - *Almsgiving and the Call to Open-Handedness*

2:30 PM – Silence and/or Q&A

3 PM – Closing Prayer

Upcoming Diocesan Events in 2026

February

Property Resources Workshop – Wednesday, February 18 – 4-5:30 pm (*Online*)

March

Community of Deacons Retreat – Friday, March 13 – Saturday, March 14
(*SSJD Convent*)

Blessing of Oils and Renewal of Ordination Vows – Tuesday, March 31 –
10:30 am (*St. James Cathedral*)

April

Youth Leaders Theology Day – Saturday, April 25

Diocesan Confirmation Service – Sunday, April 26 – 4:30 pm (*St James Cathedral*)

May

Volunteer Conference – Friday, May 1 – Saturday, May 2 (*Hockley Valley Resort*)

Ordination of Transitional Deacons – Sunday, May 3 – 4:30 pm
(*St James Cathedral*)

Property Resources Workshop – Wednesday, May 13 – 4-5:30 pm (*Online*)

Diocesan Clergy Conference – Monday, May 25 – Wednesday, May 27
(*Trent University*)

Speaker: Dr Paolo Ueti, Diocese of Brasilia

September

ReCharge – Diocesan Youth Retreat – Friday, September 18 – Sunday,
September 20 (*Medeba*)

Property Resources Workshops – Wednesday, September 23 – 4-5:30 pm (*Online*)

October

Outreach Conference – Saturday, October 17

November

Children's Ministry Conference – Saturday, November 7
(*Bayview Glen Alliance Church, Toronto*)

Property Resources Workshops – Wednesday, November 18 – 4-5:30 pm (*Online*)

The Bishop's Company Dinner – Friday, November 20
(*Sheraton Parkway Toronto North*)

Other dates for 2026, and further details on the above events, will be announced as they are determined.



The Cathedral Church of St. James

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Bishop of Toronto

The Right Reverend Andrew Asbil

Suffragan Bishops

The Right Reverend Riscylla Shaw

The Right Reverend Kevin Robertson

Rector of St. James Cathedral & Dean of Toronto

The Very Reverend Dr. Stephen Hance

Sub-Dean & Vicar

The Reverend Canon Dr. Stephen Fields

Canon Missioner

The Reverend Canon Kristen Pitts

Assistant Curate

The Reverend Matthew Waterman

Vicar of St. Bartholomew, Regent Park

The Reverend Dr. Walter Hannam

Director of Music & Organist

Thomas Bell

Children's Community Choir Director

Cara Halpin

Children, Youth, and Family Minister

Karyne Whalen

Honorary Verger

Paul D. Seddon, ODT