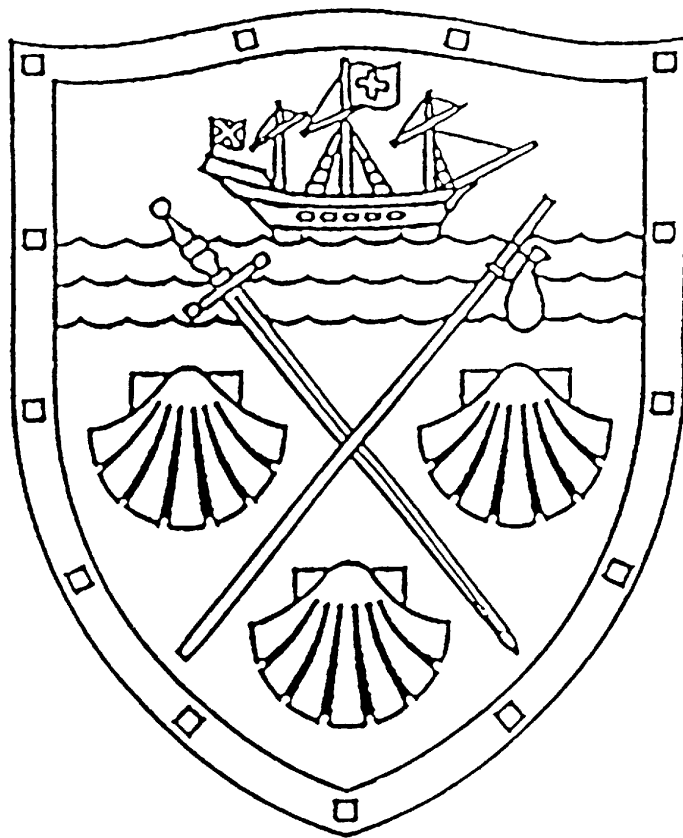




The Eighth Sunday After Pentecost

July 19, 2026

Choral Evensong at 4:30pm

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

Welcome to St. James Cathedral

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.

Liturgical Note:

In the context of Christian Liturgy, Israel does not refer to the current political state, but either to the historic Hebrews of the ancient Near East or, in Christian theology, to all people who put their faith and trust in Jesus Christ.

For more information, visit our website by clicking the QR code on the right.



Want to stay informed about what is happening at your Cathedral?
Sign up for **E-Connections** on our website at www.stjamescathedral.ca
(scroll to the bottom of the page).

Questions? Speak to a sidesperson – the people wearing gold name tags.

Children & Families

Sunday School meets every week at the 11:00am service.

Please email Karyne Whalen at kwhalen@stjamescathedral.ca for more information.

For more information on our Children's Community Choir,
please email Director Cara Halpin at chalpin@stjamescathedral.ca

Accessibility

A Wheelchair Accessible All-gender Washroom is located
at the front of the Cathedral through the doors by the pulpit.

Assisted hearing devices are available from the sidespersons.

Coffee Hour

Please join us at Snell Hall following the 9:00am and 11:00am service.

Parking

There are a range of affordable parking lots available around the Cathedral.

Please see the leaflets at the back of the Cathedral or
online at stjamescathedral.ca/contact for more information.

Connect with the Cathedral

Visit our website at stjamescathedral.ca | Follow us on Facebook at facebook.com/stjamesto

*As this is a very public and open space, please be aware of your personal belongings.
Do not leave them unattended in the Cathedral or in the Cathedral Centre.*

Today at St. James

Officiant & Homilist: The Reverend Canon Geoffrey Sangwine

Lector: Wairimu Nduati

Director of Music & Organist: Thomas Bell

Associate Organist: Jean-Paul Feo

Wayne Vance Organ Scholar: Joshua Duncan Lee

Sung by The Choir of St. James Cathedral

The flowers at the Cathedral are given to the glory of God and in loving memory of

Dr. C.E. Eappen,

Nancy Elizabeth Mallett.

Welcome! We are glad you have joined us for worship.

Please ensure that cell phones are muted.

Choral Evensong

Our practice at Evensong is to stand for the choir processions, the canticles, and the hymn; to sit for the Bible readings, the Psalms and the homily; and to kneel or sit for prayer. You are invited to assume postures that support your comfortable and prayerful engagement in this service.

Prelude

Welcome

Introit **This is the Day that the Lord Has Made**

Anon

Choir This is the day that the Lord has made;
We will rejoice and be glad in it.

Please stand when the organ plays.

Preces and Responses

Joanna Forbes L'Estrange

Officiant O Lord, open thou our lips;
Choir And our mouth shall show forth thy praise.

Officiant O God, make speed to save us;
Choir O Lord, make haste to help us.

Officiant Glory be to the Father, and to the Son, and to the Holy Ghost;
Choir As it was in the beginning, is now, and ever shall be, world without end.
Amen.

Officiant Praise ye the Lord;
Choir The Lord's Name be praised.

Psalms 103

Choir Bless the Lord, O my soul,
and all that is within me bless his holy name.
Bless the Lord, O my soul,
and forget not all his benefits;
Who forgives all your sins
and heals all your infirmities;
Who redeems your life from the Pit
and crowns you with faithful love and compassion;
Who satisfies you with good things,
so that your youth is renewed like an eagle's.
The Lord executes righteousness
and judgement for all who are oppressed.
He made his ways known to Moses
and his works to the children of Israel.
The Lord is full of compassion and mercy,

slow to anger and of great kindness.
He will not always accuse us,
neither will he keep his anger for ever.
He has not dealt with us according to our sins,
nor rewarded us according to our wickedness.
For as the heavens are high above the earth,
so great is his mercy upon those who fear him.
As far as the east is from the west,
so far has he set our sins from us.
As a father has compassion on his children,
so is the Lord merciful towards those who fear him.
For he knows of what we are made;
he remembers that we are but dust.
Our days are but as grass;
we flourish as a flower of the field;
For as soon as the wind goes over it, it is gone,
and its place shall know it no more.
But the merciful goodness of the Lord is from of old
and endures for ever on those who fear him,
and his righteousness on children's children;
On those who keep his covenant
and remember his commandments to do them.
The Lord has established his throne in heaven,
and his kingdom has dominion over all.
Bless the Lord, you angels of his,
you mighty ones who do his bidding
and hearken to the voice of his word.
Bless the Lord, all you his hosts,
you ministers of his who do his will.
Bless the Lord, all you works of his,
in all places of his dominion;
bless the Lord, O my soul.

Glory be to the Father, and to the Son, and to the Holy Ghost; As it was in the beginning, is now, and ever shall be, world without end. Amen.

First Lesson

1 Samuel 23:7-18

Reader

Now it was told Saul that David had come to Keilah. And Saul said, 'God has given him into my hand; for he has shut himself in by entering a town that has gates and bars.' Saul summoned all the people to war, to go down to Keilah, to besiege David and his men. When David learned that Saul was

plotting evil against him, he said to the priest Abiathar, 'Bring the ephod here.' David said, 'O Lord, the God of Israel, your servant has heard that Saul seeks to come to Keilah, to destroy the city on my account. And now, will Saul come down as your servant has heard? O Lord, the God of Israel, I beseech you, tell your servant.' The Lord said, 'He will come down.' Then David said, 'Will the men of Keilah surrender me and my men into the hand of Saul?' The Lord said, 'They will surrender you.' Then David and his men, who were about six hundred, set out and left Keilah; they wandered wherever they could go. When Saul was told that David had escaped from Keilah, he gave up the expedition. David remained in the strongholds in the wilderness, in the hill country of the Wilderness of Ziph. Saul sought him every day, but the Lord did not give him into his hand.

David was in the Wilderness of Ziph at Horesh when he learned that Saul had come out to seek his life. Saul's son Jonathan set out and came to David at Horesh; there he strengthened his hand through the Lord. He said to him, 'Do not be afraid; for the hand of my father Saul shall not find you; you shall be king over Israel, and I shall be second to you; my father Saul also knows that this is so.' Then the two of them made a covenant before the Lord; David remained at Horesh, and Jonathan went home.

Reader

Here ends the lesson.

Magnificat

Second Service by William Byrd

Choir

My soul doth magnify the Lord,
and my spirit hath rejoiced in God my Saviour.
For he hath regarded the lowliness of his handmaiden.
For behold, from henceforth all generations shall call me blessed.
For he that is mighty hath magnified me; and holy is his Name.
And his mercy is on them that fear him throughout all generations.
He hath showed strength with his arm;
he hath scattered the proud in the imagination of their hearts.
He hath put down the mighty from their seat,
and hath exalted the humble and meek.
He hath filled the hungry with good things;
and the rich he hath sent empty away.
He remembering his mercy hath holpen his servant Israel;
As he promised to our forefathers, Abraham and his seed for ever.

Glory be to the Father, and to the Son, and to the Holy Ghost; as it was in the beginning, is now, and ever shall be, world without end. Amen.

Second Lesson

Mark 1:21-27

Reader

When he returned to Capernaum after some days, it was reported that he was at home. So many gathered around that there was no longer room for them, not even in front of the door; and he was speaking the word to them. Then some people came, bringing to him a paralysed man, carried by four of them. And when they could not bring him to Jesus because of the crowd, they removed the roof above him; and after having dug through it, they let down the mat on which the paralytic lay. When Jesus saw their faith, he said to the paralytic, 'Son, your sins are forgiven.' Now some of the scribes were sitting there, questioning in their hearts, 'Why does this fellow speak in this way? It is blasphemy! Who can forgive sins but God alone?' At once Jesus perceived in his spirit that they were discussing these questions among themselves; and he said to them, 'Why do you raise such questions in your hearts? Which is easier, to say to the paralytic, "Your sins are forgiven", or to say, "Stand up and take your mat and walk"? But so that you may know that the Son of Man has authority on earth to forgive sins'—he said to the paralytic—'I say to you, stand up, take your mat and go to your home.' And he stood up, and immediately took the mat and went out before all of them; so that they were all amazed and glorified God, saying, 'We have never seen anything like this!'

Reader

Here ends the lesson.

Nunc Dimittis

Second Service by William Byrd

Choir

Lord, now lettest thou thy servant depart in peace,
according to thy word.
For mine eyes have seen thy salvation,
which thou hast prepared before the face of all people;
To be a light to lighten the Gentiles,
and to be the glory of thy people Israel.

Glory be to the Father, and to the Son, and to the Holy Ghost;
as it was in the beginning, is now, and ever shall be, world without end.
Amen.

Apostles' Creed

Officiant

I believe in God

All

the Father Almighty, Maker of heaven and earth: And in Jesus Christ his only Son our Lord, Who was conceived by the Holy Ghost, Born of the Virgin Mary, Suffered under Pontius Pilate, Was crucified, dead, and buried: He descended into hell; The third day he rose again from the dead; He ascended into heaven, And sitteth on the right hand of God the Father

Almighty; From thence he shall come to judge the quick and the dead. I believe in the Holy Ghost; The holy Catholic Church; The Communion of Saints; The Forgiveness of sins; The Resurrection of the body, And the Life everlasting. Amen.

Officiant The Lord be with you.

Choir And with thy spirit.

Officiant Let us pray.

Choir Lord, have mercy upon us.

Christ, have mercy upon us.

Lord, have mercy upon us.

Officiant Our Father

Choir 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. Amen.

Officiant O Lord, show thy mercy upon us;

Choir And grant us thy salvation.

Officiant O Lord, save the King;

Choir And mercifully hear us when we call upon thee.

Officiant Endue thy Ministers with righteousness;

Choir And make thy chosen people joyful.

Officiant O Lord, save thy people;

Choir And bless thine inheritance.

Officiant Give peace in our time, O Lord;

Choir Because there is none other that fighteth for us, but only thou, O God.

Officiant O God, make clean our hearts within us;

Choir And take not thy Holy Spirit from us.

The Collects

Officiant Almighty God, thy Son Jesus Christ has opened for us a new and living way into thy presence. Give us pure hearts and constant wills to worship thee in spirit and in truth; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, now and for ever.

Choir Amen.

Officiant O God, from whom all holy desires, all good counsels, and all just works do proceed: Give unto thy servants that peace which the world cannot give; that our hearts may be set to obey thy commandments, and also that by thee we being defended from the fear of our enemies may pass our time in rest

and quietness; through the merits of Jesus Christ our Saviour.

Choir Amen.

Officiant Lighten our darkness, we beseech thee, O Lord; and by thy great mercy defend us from all perils and dangers of this night; for the love of thy only Son, our Saviour Jesus Christ.

Choir Amen.

Anthem How Beauteous Are Their Feet

Charles Stanford

Choir How beauteous are their feet,
Who stand on Zion's hill,
Who bring salvation on their tongues,
And words of peace instil!

How happy are our ears
That hear this joyful sound,
Which kings and prophets waited for,
And sought, but never found!

How blessèd are our eyes
That see this heavenly light:
Prophets and kings desired it long,
But died without the sight.

The Lord makes bare his arm
Through all the earth abroad;
Let every nation now behold
Their Saviour and their God.

Homily

An offering will now be taken to support the life and ministry of the Cathedral.

Donate to St. James Cathedral
by scanning the QR code or visit
www.canadahelps.org/en/charities/st-james-cathedral/



Hymn at the Collection

Tune: Monk's Gate

All Who would true valour see,
let him come hither;
one here will constant be,
come wind, come weather;
there's no discouragement
shall make him once relent
his first avowed intent
to be a pilgrim.

Whoso beset him round
with dismal stories,
do but themselves confound,
his strength the more is.
No lion can him fright:
he'll with a giant fight,
but he will have the right
to be a pilgrim.

Hobgoblin nor foul fiend
can daunt his spirit;
he knows he at the end
shall life inherit.
Then, fancies, fly away;
he'll not fear what men say;
he'll labour night and day
to be a pilgrim.

Text: John Bunyan
Music: English traditional melody

Offertory Prayer

Officiant Let us pray.
God of mercy, accept all we offer you this day. Increase our faith, deepen our hope, and confirm us in your love. May these offerings be used to support your church in the spread of the gospel and may our lives be spent in the pursuit of peace and justice in the world. In Christ we pray.

People **Amen.**

Prayers

A Prayer of Saint John Chrysostom

Officiant Almighty God, who hast given us grace at this time with one accord to make our common supplications unto thee; and dost promise that when two or three are gathered together in thy Name thou wilt grant their requests: Fulfil now, O Lord, the desires and petitions of thy servants, as may be most expedient for them; granting us in this world knowledge of thy truth, and in the world to come life everlasting.

People **Amen.**

The Grace

Officiant The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Ghost, be with us all evermore.

People **Amen.**

Final Response

Edward Woodall Naylor

Officiant The Lord be with you;

Choir And with thy spirit.

Officiant Let us bless the Lord.

Choir Thanks be to God.

Postlude

PRAYER CYCLE

This week, please pray for:

Province of the Episcopal Church of Sudan; Mississauga Deanery and Lay Pastoral Visitors

PASTORAL CARE

If you know someone who would appreciate a call from our pastoral care team, please email pastoral@stjamescathedral.ca or call 416-364-7865, press 1 to leave a message.

HYMN TEXTS ARE REPRODUCED WITH PERMISSION UNDER ONE LICENSE # A-709278.

NEW REVISED STANDARD VERSION BIBLE; (NRSV) ANGLICIZED EDITION, COPYRIGHT 1989, 1995, DIVISION OF CHRISTIAN EDUCATION OF THE NATIONAL COUNCIL OF THE CHURCHES OF CHRIST IN THE UNITED STATES OF AMERICA. USED BY PERMISSION. ALL RIGHTS RESERVED. TEXTS FROM THE BOOK OF ALTERNATIVE SERVICES ARE REPRODUCED WITH PERMISSION UNDER COPYRIGHT © 2004 BY THE GENERAL SYNOD OF THE ANGLICAN CHURCH OF CANADA. ALL RIGHTS RESERVED. REPRODUCED UNDER LICENSE FROM ABC PUBLISHING, ANGLICAN BOOK CENTRE, A MINISTRY OF THE GENERAL SYNOD OF THE ANGLICAN CHURCH OF CANADA, FROM ANGLICAN LITURGICAL LIBRARY. FURTHER COPYING IS PROHIBITED. MATERIAL FROM THE NEW ENGLISH HYMNAL © THE INTERNATIONAL CONSULTATION OF ENGLISH TEXTS. REPRODUCED BY PERMISSION OF THE ARCHBISHOPS' COUNCIL. VI

St. James Cathedral Connections

Sunday, July 19, 2026

Services: 8:00am, 9:00am, 11:00am, and 4:30pm.

Today at 1:00pm: Cathedral Tours - *Discover the beauty inside*. No RSVP. 40-min.

☀ What's On ☀

July 19, 25 & 26 • Cathedral Tours - *Discover the beauty inside*

Tours take place at 1:00pm in the Cathedral. No RSVP. 40-min. All are welcome.

July 26 • Patronal Festival Service and Emancipation Day at St. James

Celebrate the Feast Day of St. James and the blessing of the Emancipation Plaque after the 11:00am service with a BBQ on the West Lawn from 12:30pm to 3:00pm. Emancipation Day marks the end of slavery in the British Empire on August 1, 1834. St. James has a longstanding connection through commemorative services begun by Toronto's African-Canadian community. The day honours the resilience and contributions of Black communities in Canada.

☀ What's Next ☀

August 1 from 10:00am to 11:30am • Community Playdate

Enjoy coffee on us while the kids play together. Open to all. RSVP: stjamescathedral.ca/playdate

August 4, 9, 16, 18, 23 & 30 • Cathedral Tours - *Discover the beauty inside*

Tours take place at 1:00pm in the Cathedral. No RSVP. 40-min. All are welcome.

August 31 - September 3 • Children's Choir Summer Camp (9:30am–3:00pm)

We welcome children ages 8–12 who love singing and music to enjoy art, drama, games, and much more! Only a few spots are left, please RSVP here: stjamescathedral.ca/childrenschoir

September 6 at 1:30pm • Blessing of the Backpacks

Join us for a joyful 30-minute special service of *Blessing of the Backpacks* with the Children's Choir Campers followed by a fun fair on the West Lawn from 2:00pm-4:00pm.

Children and families are invited to bring their backpacks to be blessed as we pray for a happy year filled with learning, joy, and God's love.

September 26 at 6:00pm • Trivia Night Fundraiser - Tickets are on sale now

Have fun while helping to supporting our Drop-In meal program. Prizes for the winners, entertainment intermission, and silent auction. Team table \$320 (8 players) & Individual \$40.

All tickets include trivia game & a meal. **Get your tickets today:** stjamescathedral.ca/trivianight

☀ What's Needed ☀

September 26 • Trivia Night "Food for Thought" - Call for Volunteers

The Drop-In needs extra hands for set up, guest registration, serving, clean-up and more.

Interested? Details: Kathy Biasi, Outreach Manager at kbiasi@stjamescathedral.ca

This week at St. James

The Dean is away on his summer break.

Organ Recitals will resume on Tuesday, Sep. 8. In the meantime, enjoy performances on the Cathedral YouTube Channel. Details: stjamescathedral.ca/events/recitals

Scripture Circle: In-person on Wednesdays at 11:00am in the Cathedral Centre.

Drop-In: Fridays 1:30pm-3:30pm. stjamescathedral.ca/community/dropin

Children's Choir: Resumes on Saturday, Sep. 19 at 9:30am. stjamescathedral.ca/childrenschoir

St. James Cathedral Sunday Services

We offer a range of services that reflect our Anglican heritage.

8:00am Said Eucharist Simple Communion service in traditional language

9:00am Worship Together All-ages Communion service with music*

11:00am Choral Eucharist Sensory-rich service with the Cathedral Choir & Sunday School*

4:30pm Choral Evensong Meditative prayer service with the St. James Cathedral Choir

**Please join us for Coffee Hour in Snell Hall after the 9:00am and 11:00am services.*

Next Sunday's Readings: July 26

Feast of St. James the Apostle and Emancipation Sunday

Jeremiah 45:1-5; Psalm 7:1-10; Acts 11:27-12:3; Matthew 20:20-28

Weekdays at St. James

Morning Prayer (Online): Join us Monday-Friday at 8:30am live on Zoom or YouTube.

Saturday's prayer is available on YouTube. Details: stjamescathedral.ca/morningprayer

Holy Eucharist: Monday-Saturday at 12:15pm in St. George's Chapel.

St. James Cathedral: Open for prayer & tourism, 10:00am-3:00pm, Monday-Saturday.

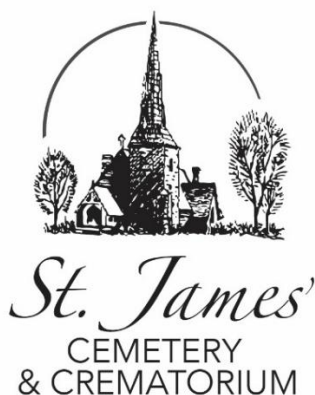
St. James Cathedral Centre: Open 9:00am-4:00pm, Monday-Friday.

Weekly Newsletter: Sign up at stjamescathedral.ca. Confirm your email after registration.

Thank you for your support!

Your generosity ensures that St. James Cathedral remains a symbol of God's presence in our city.

Scan to donate or visit stjamescathedral.ca/donate/give-online/



St. James Cemetery & Crematorium

635 Parliament Street, Toronto

Monthly Eucharist:

First Wednesday of each month at 11:00am.

Did you know?

St. James Cemetery offers a range of cremation and burial services. Pre-planning assures wishes are honoured and provides support for your loved ones as they grieve.

For more information: 416-964-9194,
cemetery@stjamescathedral.ca or visit stjamescemetery.ca