



The Tenth Sunday After Pentecost

August 2, 2026 at 9:00am

***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.



Questions? Our greeters wearing name tags are here to help.

Children & Families

Children of all ages are invited to participate in and help lead our service. Our volunteers are here to tell you how you can help today or in the future.

For our youngest worshipers, a soft space for wiggling and crawling is offered at the front near the altar. If you need a changing table or quiet space to sit with your child, our St. George's Chapel is available just outside the rear doors of the sanctuary.

For more information about children and family programs, contact our Children, Youth, and Family Minister Karyne Whalen at kwhalen@stjamescathedral.ca.

To learn about our Children's Community Choir, contact Director Cara Halpin at chalpin@stjamescathedral.ca.

Accessibility

An all-gender accessible washroom is located at the front of the sanctuary through the doors to the left. Assisted hearing devices are available from the greeters wearing name tags.

Connect with the Cathedral

Visit our website at stjamescathedral.ca | Follow us on Facebook at facebook.com/stjamesto
Instagram: @stjamesto | YouTube: stjamescathedraltoronto

Please check that devices are silenced and keep your belongings with you at all times.

We're glad you're here! At this service, people of all ages and abilities pray, sing, learn, lead, and grow in faith TOGETHER.

We know that all our brains and bodies are different, and we hope you will feel comfortable participating in the ways that are best for you.

All baptized Christians are ministers of God's Church. In this Eucharist we each contribute as co-celebrants with Christ, the Chief Celebrant, and both lay people and clergy serve in a variety of ways.

We invite you to offer your gifts by choosing a card from the "Help Us Worship Together" board or by talking with one of our clergy about pre-assigned lay roles like readers and greeters.

Today our presider is The Reverend Canon Kristen Pitts, and our homilist is The Reverend Canon Geoffrey Sangwine.

While our bulletin includes suggested postures for different parts of the service, these are traditional ways that Christians have participated in the liturgy with their bodies and are not required. Please use postures that support your own prayerful engagement in the service.

The flowers at the Cathedral are given to the glory of God.

Scheduled Roles today

*Reader: Margaret Dougherty
Prayer Leader: Nick Tunnacliffe
Volunteer Guide: Peggy Crowther
Greeters: Tola Agunbiade, Melissa Erskine
Communion Ministers: Sarah McKinnon, Carol Kysela
Hospitality: Peggy Crowther*

Scheduled Roles for next week

*Reader: Peggy Crowther
Prayer Leader: Peggy Crowther
Volunteer Guide: Peggy Crowther
Greeters: Sterling Mancuso, Irene Bailey
Communion Ministers: Rob Haines, Bob Hart, Michael Quaglia
Server: Michael Quaglia
Hospitality: Peggy Crowther*

THE GATHERING OF THE COMMUNITY

Welcome

Call to Worship

Please stand.

Convener This is the day that the Lord has made.

***People* We will rejoice and be glad in it.**

Convener We will give thanks and sing praise to God.

***People* We will listen to God's Word and pray for God's people.**

Convener We will come to God's table and be fed.

***People* We will go out from this table and feed the world Christ calls us to serve.**

Convener Jesus, you sent the Holy Spirit to your disciples. Lead us by that same Spirit today.

***All* Amen.**

All are invited to walk in the procession if they wish! Please gather in the entrance of the Cathedral (Narthex) during the first verse to join in.

Opening Hymn

All Speak, O Lord, as we come to you
To receive the food of your holy word.
Take your truth, plant it deep in us;
shape and fashion us in your likeness,
that the light of Christ might be seen today
in our acts of love and deeds of faith.
Speak, O Lord, and fulfil in us
all your purposes, for your glory.

Teach us, Lord, full obedience,
holy reverence, true humility.
Test our thoughts and our attitudes
in the radiance of your purity.
Cause our faith to rise, cause our eyes to see
your majestic love and authority.
Words of power that can never fail;
let their truth prevail over unbelief.

Speak, O Lord, and renew our minds;
 help us grasp the heights of your plans for us.
 Truths unchanged from the dawn of time
 that will echo down through eternity.
 And by grace we'll stand on your promises,
 and by faith we'll walk as you walk with us.
 Speak, O Lord, till your Church is built
 and the earth is filled with your glory.

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Collect of Purity

Presider The Lord be with you.

People **And also with you.**

All **Almighty God, to you all hearts are open, all desires known,
 and from you no secrets are hidden.
 Cleanse the thoughts of our hearts
 by the inspiration of your Holy Spirit,
 that we may perfectly love you,
 and worthily magnify your holy name;
 Through Christ our Lord. Amen.**

Gloria Refrain

"Gloria" from Mass of St. Thomas by David Thorne



All Glory to God in the highest, and peace to his people on earth.
 Lord God, heavenly King, almighty God and Father,
 we worship you, we give you thanks,
 we praise you for your glory. *Refrain*

Lord Jesus Christ, only Son of the Father, Lord God, Lamb of God,
 you take away the sin of the world: have mercy on us;
 you are seated at the right hand of the Father:
 receive our prayer. *Refrain*

For you alone are the Holy One, you alone are the Lord,
 you alone are the Most High, Jesus Christ, with the Holy Spirit,
 in the glory of God the Father. *Refrain*

Collect of the Day

Presider Let us pray.

Mighty God, your Son Jesus Christ fed the hungry with the bread of life and the good news of your kingdom. Renew us by your grace, and strengthen us with the true and living bread of Christ, who lives and reigns now and for ever.

All **Amen.**

THE PROCLAMATION OF THE WORD

Please be seated.

The First Reading

Genesis 32:22-31

Reader A reading from the Book of Genesis, chapter 32.

Jacob got up during the night, took his two wives, his two women servants, and his eleven sons, and crossed the Jabbok River's shallow water. He took them and everything that belonged to him, and he helped them cross the river. But Jacob stayed apart by himself, and a man wrestled with him until dawn broke. When the man saw that he couldn't defeat Jacob, he grabbed Jacob's thigh and tore a muscle in Jacob's thigh as he wrestled with him. The man said, "Let me go because the dawn is breaking."

But Jacob said, "I won't let you go until you bless me."

He said to Jacob, "What's your name?" and he said, "Jacob." Then he said, "Your name won't be Jacob any longer, but Israel, because you struggled with God and with men and won."

Jacob also asked and said, "Tell me your name."

But he said, "Why do you ask for my name?" and he blessed Jacob there. Jacob named the place Peniel, "because I've seen God face-to-face, and my life has been saved." The sun rose as Jacob passed Penuel, limping because of his thigh.

Reader The word of the Lord.

***People* Thanks be to God.**

Psalm 17:1-7, 16

From Evangelical Lutheran Worship

Reader The psalm for today is Psalm 17, verses 1 through 7 and 16. Please join me in the refrain:

***All* I trust in God, who protects me from danger.**

Reader Hear a just cause, O Lord; give heed to my cry;
listen to my prayer, which does not come from lying lips.
Let my vindication come forth from your presence;

let your eyes be fixed on justice.

All I trust in God, who protects me from danger.

Reader Examine my heart, visit me by night,
melt me down; you will find no impurity in me.
I have not regarded what others do;
at the word of your lips I have avoided the ways of the violent.

All I trust in God, who protects me from danger.

Reader My footsteps hold fast to your well-worn path;
and my feet do not slip.
I call upon you, O God, for you will answer me;
incline your ear to me and hear my words.

All I trust in God, who protects me from danger.

Reader Show me your marvelous lovingkindness,
O Savior of those who take refuge at your right hand from those who rise against them.
But at my vindication I shall see your face;
when I awake, I shall be satisfied, beholding your likeness.

All I trust in God, who protects me from danger.

*Please stand.
Malcolm Archer*

Gospel Music



The Gospel

Matthew 14:13-21

Reader The Lord be with you.

People And also with you.

Reader This is the Good News of our Lord Jesus Christ as told by Matthew.

People Glory to you, Lord Jesus Christ.

Reader When Jesus heard about John, he withdrew in a boat to a deserted place by himself. When the crowds learned this, they followed him on foot from the cities. When Jesus arrived and saw a large crowd, he had compassion for them and healed those who were sick. That evening his disciples came and said to

him, "This is an isolated place and it's getting late. Send the crowds away so they can go into the villages and buy food for themselves."

But Jesus said to them, "There's no need to send them away. You give them something to eat."

They replied, "We have nothing here except five loaves of bread and two fish."

He said, "Bring them here to me." He ordered the crowds to sit down on the grass. He took the five loaves of bread and the two fish, looked up to heaven, blessed them and broke the loaves apart and gave them to his disciples. Then the disciples gave them to the crowds. Everyone ate until they were full, and they filled twelve baskets with the leftovers. About five thousand men plus women and children had eaten.

Reader The Good News of Christ. **People** Praise to you, Lord Jesus Christ.

Homily

The Apostles' Creed

Please stand.

Presider 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

Please adopt a posture of prayer.

Leader In peace let us pray together, saying "God of love, hear our prayer."
God of love,

People Hear our prayer.

At the conclusion of the prayers.

Presider Holy God, you have heard our prayers. Now give us grace to work for those things we have asked of you, and answer our prayers in the way that you know is best for us; through Jesus Christ our Lord.

All Amen.

Confession

Presider Dear friends in Christ, God's love and mercy are limitless. Let us confess our sins, confident in God's forgiveness.

All **Loving God, we know that we have done wrong. We have not loved you with our whole heart. We have not loved our neighbours as ourselves. We are truly sorry. Have mercy on us and forgive us, that we may walk in love always. Amen.**

Presider Truly God's love and mercy are limitless. Know that you are forgiven, and Christ will help you to follow his ways. Amen.

The Peace

Please stand.

Peace The peace of Christ be always with you!

Proclaimer

People **And also with you.**

We offer each other a sign of peace.

CELEBRATION OF THE EUCHARIST

Offertory

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/



Offertory Hymn

Tune: Break Thou the Bread of Life

All Break now the bread of life, dear Lord, to me,
as once you broke the loaves beside the sea.
Beyond the sacred page I seek you, Lord;
my spirit waits for you, O living Word.

Bless your own word of truth, dear Lord, to me,
as when you blessed the bread by Galilee.
Then shall all bondage cease, all fetters fall;
and I shall find my peace, my All in all!

You are the bread of life, dear Lord, to me,
your holy word the truth that rescues me.
Give me to eat and live with you above;
teach me to love your truth, for you are love.

O send your Spirit now, dear Lord, to me,
that he may touch my eyes and make me see.
Show me the truth made plain within your Word,
for in your book revealed I see you, Lord.

Author: Mary A. Lathbury (1877)

Prayer over the Gifts

Presider Loving God, we offer at your table the gifts of our hearts. Help us take heart in you and share freely of your love, so that all creation can taste your abundance. We ask this in the name of Jesus, through the Spirit abiding with us now and forever.

People **Amen.**

The Great Thanksgiving

Presider The Lord be with you.

People **And also with you.**

Presider Lift up your hearts.

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

Presider Let us give thanks to the Lord our God.

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

Presider It is indeed right that we should give thanks and praise to you, almighty God, through our Saviour Jesus Christ; who on the first day of the week overcame death and the grave, and has opened to us the way of everlasting life. And so, with all the choirs of angels, with the church on earth and in heaven, we praise your name and join their unending hymn:

All **♪ Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory. Hosanna in the highest.**

♪ Blessed is the one who comes in the name of the Lord. Hosanna in the highest.

Presider Holy God, our Maker, Redeemer, and Healer, in the harmonious world of your creation, the plants and animals, the seas and stars were whole and well in your praise.

When sin had scarred the world, you sent your Son to heal our ills and to form us again into one.

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.

Remembering, therefore, his acts of healing, his body given up, and his victory over death, we await that day when all the peoples of the earth will come to the river to enjoy the tree of life.

Send your Spirit upon us and this meal: as grains scattered on the hillside become one bread, so let your Church be gathered from the ends of the earth, that all may be fed with the Bread of life, your Son.

Through him all glory and honor is yours, Almighty Father, with the Holy Spirit, in your holy Church, both now and forever.

People **Amen.**

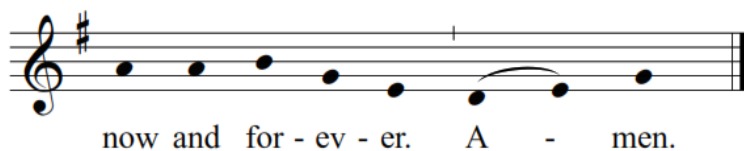
The Lord's Prayer

McNeil Robinson

Presider As our Saviour taught us, let us pray.



Our Fath-er in hea-ven, hal-lowed be your name, your king-dom come, your will be done,
on earth as in hea-ven. Give us to-day our dai-ly bread. For-give us our sins,
as we for-give those who sin a-gainst us. Save us from the time of trial,
and de-li-ver us from e-vil. For the king-dom, the po-wer and the glo-ry are yours,



Silence

The Breaking of the Bread

Presider We break this bread to share in the body of Christ.

People **We, being many, are one body, for we all share in the one bread.**

The Communion

Presider The gifts of God for the People of God.

People **Thanks be to God.**

You are invited to receive communion or a blessing. To receive communion, hold your hands out as you approach the server. To receive a blessing, cross your arms over your chest. If you require a gluten-free wafer, let the priest know. You may either sip from the chalice of wine or pause in prayer in front of it; dipping the wafer in the wine is not permitted for health reasons. You may also receive at the Lady Chapel (at the front of the right aisle). Gluten-free hosts are available there upon request.

Communion Music

Choir Jesus tawa pano

Jesus, we are here; Jesus we are here for you.

Communion Hymn

Traditional African American spiritual

All Let us break bread together on our knees.
Let us break bread together on our knees.

Refrain:

*When I fall on my knees with my face to the rising sun,
O Lord have mercy on me.*

Let us drink wine together on our knees.

Let us drink wine together on our knees. *Refrain*

Let us praise God together on our knees.

Let us praise God together on our knees. *Refrain*

Prayer after Communion

Please stand.

Presider Let us pray.

Compassionate God, through the gifts of bread and wine our hearts are filled with the abundance of your love. Strengthen us that we, through this holy meal, may share your love freely, as you have shared with us. We ask this in the name of Jesus, through the Spirit nourishing us now and forever.

People **Amen.**

Doxology

Presider Glory to God,

All whose power, working in us, can do infinitely more than we can ask or imagine. Glory to God from generation to generation, in the Church and in Christ Jesus, for ever and ever. Amen.

The Blessing

Presider May the God of hope fill you with all joy and peace in believing; and the blessing of God almighty, the Father, the Son, and the Holy Spirit, be among you and remain with you always.

People **Amen.**

Announcements

Closing Hymn

Tune: Cwm Rhondda

All Guide me, O thou great Jehovah, pilgrim through this barren land.
I am weak but thou art mighty; hold me with thy powerful hand.
Bread of heaven, bread of heaven, feed me till I want no more,
feed me till I want no more.

Open now the crystal fountain whence the healing stream doth flow;
let the fire and cloudy pillar lead me all my journey through.
Strong deliverer, strong deliverer, be thou still my strength and shield,
be thou still my strength and shield.

When I tread the verge of Jordan, bid my anxious fears subside;
death of death, and hell's destruction, land me safe on Canaan's side:
songs of praises, songs of praises, I will ever give to thee,
I will ever give to thee.

Text: William Williams; tr. Peter Williams, alt.
Music: John Hughes

Dismissal

Sender Go in peace to love and serve the Lord.

People Thanks be to God.

Please join us for Coffee Hour in Snell Hall after the service.

PRAYER CYCLE

*This week, please pray for:
The Church of the Province of Uganda; Eglinton Deanery and Scripture Circle*

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.

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St. James Cathedral Connections

Sunday, August 2, 2026

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

☀ What's On ☀

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.

☀ What's Next ☀

August 31 - September 3 • Children's Choir Summer Camp - RSVP closes Aug. 4

We welcome children ages 8–12 who love singing and music to enjoy art, drama, games, and more each day from 9:30am–3:00pm. Few spots left, RSVP: stjamescathedral.ca/childrenschoir

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

Join us for a joyful 30-minute special service with the Children's Choir Campers followed by a fun fair on the West Lawn from 2:00pm-4:00pm. All ages welcome. No RSVP.

September 12 at 12:00pm • Kairos Blanket Exercise with Jonathan Maracle

Join us from 12:00pm to 3:00pm for a light lunch followed by music, community, and the interactive Kairos Blanket Exercise led by Jonathan Maracle which teaches an important part of Indigenous History and promotes reflection on its impact in contemporary communities.

September 25 at 6:30pm • Family Fun Night

Families, children, and youth of all ages are invited for an evening of fun, food, and fellowship! Dinner and light refreshments provided. RSVP: stjamescathedral.ca/familyfunnight

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

October 2 & 3 • Blessing of the Animals – St. James Cathedral & Cemetery

Celebrate the feast day of St. Francis of Assisi with a special service for pets, friends & family.
St. James Cathedral: October 3 at 11:00am with the Children's Community Choir.
St. James Cemetery: October 2 at 11:00am (635 Parliament St., Toronto).

☀ What's Needed ☀

September 6 at 1:30pm • Blessing of the Backpacks – Call for Volunteers

Many roles available. Interested? Contact Canon Kristen Pitts at kpitts@stjamescathedral.ca

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

Monthly Family Fun Nights & Sunday School – Call for Volunteers

Interested? Contact our Children's Minister, Karyne Whalen at kwhalen@stjamescathedral.ca

This week at St. James

The Dean is away until August 3.

Canon Geoffrey is away on vacation from August 3 to 24.

The Rev. Matthew Waterman is away on vacation until August 19.

Visit us:

The clergy and staff will be off for the Civic Holiday on Monday, August 3.

This week, the Cathedral is open Tuesday-Friday from 10:00am to 3:00pm.

This week, the Cathedral Centre offices are open Tuesday-Friday from 9:00am to 4:00pm.

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

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

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: August 9 – Eleventh Sunday after Pentecost

Genesis 37:1-4, 12-28; Psalm 105:1-6, 16-22, 45c; Romans 10:5-15; Matthew 14:22-33

Weekdays at St. James

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

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

Holy Eucharist: At 12:15pm in St. George's Chapel, Tuesday-Saturday.

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

St. James Cathedral Centre: Open 9:00am-4:00pm, Tuesday-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. Our caring team is ready to help.

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