



THE CATHEDRAL AND METROPOLITICAL CHURCH OF CHRIST, CANTERBURY

Sung Eucharist



Seventh Sunday after Trinity

19th July 2026

11.00am

Quire

Today's sermon will include reflection on adoption. Members of our pastoral team are available if anyone wishes to talk about experiences or issues which the sermon could raise for some people

Welcome to Canterbury Cathedral for this Eucharist

We are grateful to the Choir of Christ Church Cathedral, Lexington, Kentucky, for singing our services this weekend

The Choral Setting is
Francis Jackson (1917-2022), Communion Service in G

Please ask a priest if you require a gluten-free communion wafer.

Livestreaming

This service will be livestreamed and you may be seen on camera, although we will not deliberately take any close-ups of the congregation.

By attending you agree to be seen in this way.

If you have any concerns please speak to a member of the clergy.

Cover Image: The Compass Rose

The Compass Rose is a symbol of the worldwide Anglican Communion. The Compass Rose is set in the nave of the Cathedral and Metropolitan Church of Christ in Canterbury. The Greek inscription means 'The truth will set you free.' (John 8.32)

Health and Safety

Much of the present Cathedral was built hundreds of years ago. Whilst most of the parts of this ancient cathedral that are normally open to the public are easily accessible for all, the historic stone floor may be unpredictably uneven in places, entry to some parts is via stone steps or access ramps of varying gradients, and lighting levels may vary.

Please exercise due care and attention before, during and after the service and move around with regard for your safety. The Cathedral is unable to accept liability for any personal injury or damage to property unless this is due to our own negligence.



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Please ensure that mobile phones are switched off. No form of visual or sound recording, or any form of photography, is permitted during Services. Thank you for your co-operation.



An induction loop system for the hard of hearing is installed in the Cathedral. Hearing aid users should adjust their aid to T.



Large print orders of service are available from the stewards and virgers. Please ask.

The Gathering

A welcome is offered

Stand to sing



Christ is the King! O friends rejoice;
brothers and sisters with one voice
tell all the world he is your choice.

Alleluia.

²O magnify the Lord, and raise
anthems of joy and holy praise
for Christ's brave saints of ancient days.

Alleluia.

³They with a faith for ever new
followed the King, and round him drew
thousands of faithful hearts and true.

Alleluia.

⁴O Christian women, Christian men,
all the world over, seek again
the Way disciples followed then.

Alleluia.

⁵Christ through all ages is the same:
place the same hope in his great name,
with the same faith his word proclaim.

Alleluia.

⁶Let love's unconquerable might
your scattered companies unite
in service to the Lord of light.

Alleluia.

⁷So shall God's will on earth be done,
new lamps be lit, new tasks begun,
and the whole church at last be one.

Alleluia.

Words: George K A Bell (1883-1958)

Tune: VULPIUS

AM 486

The President says

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

Grace, mercy and peace from God our Father
and the Lord Jesus Christ be with you.

And also with you.

**Almighty God, to whom all hearts are open, all desires known,
and from whom 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.**

The Deacon introduces

Prayers of Penitence

God the Father forgives us in Christ and heals us by the Holy Spirit.
Let us therefore put away all anger and bitterness,
all slander and malice, and confess our sins to God our redeemer.

Remain standing to say

Almighty God, our heavenly Father, we have sinned against you and against our neighbour in thought and word and deed, through negligence, through weakness, through our own deliberate fault. We are truly sorry and repent of all our sins. For the sake of your Son Jesus Christ, who died for us, forgive us all that is past and grant that we may serve you in newness of life to the glory of your name. Amen.

The President says

Almighty God, who forgives all who truly repent, have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness and keep you in life eternal, through Jesus Christ our Lord.
Amen.

Remain standing as the choir sings

Gloria in Excelsis

Glory be to God on high, and in earth peace, good will towards men. We praise thee, we bless thee, we worship thee, we glorify thee, we give thanks to thee for thy great glory, O Lord God, heavenly King, God the Father Almighty. O Lord, the only-begotten Son, Jesu Christ; O Lord God, Lamb of God, Son of the Father, that takest away the sins of the world, have mercy upon us. Thou that takest away the sins of the world, have mercy upon us. Thou that takest away the sins of the world, receive our prayer. Thou that sittest at the right hand of God the Father, have mercy upon us. For thou only art holy; thou only art the Lord; thou only, O Christ, with the Holy Ghost, art most high in the glory of God the Father. Amen.

The Collect

Let us pray.

Silence is kept

Lord of all power and might,
the author and giver of all good things:
graft in our hearts the love of your name,
increase in us true religion, nourish us with all goodness,
and of your great mercy keep us in the same;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.
Amen.

Sit

The Liturgy of the Word

The Epistle

Romans 8.12-25

Brothers and sisters, we are debtors, not to the flesh, to live according to the flesh— for if you live according to the flesh, you will die; but if by the Spirit you put to death the deeds of the body, you will live. For all who are led by the Spirit of God are children of God. For you did not receive a spirit of slavery to fall back into fear, but you have received a spirit of adoption. When we cry, 'Abba! Father!' it is that very Spirit bearing witness with our spirit that we are children of God, and if children, then heirs, heirs of God and joint heirs with Christ—if, in fact, we suffer with him so that we may also be glorified with him. I consider that the sufferings of this present time are not worth comparing with the glory about to be revealed to us. For the creation waits with eager longing for the revealing of the children of God; for the creation was subjected to futility, not of its own will but by the will of the one who subjected it, in hope that the creation itself will be set free from its bondage to decay and will obtain the freedom of the glory of the children of God. We know that the whole creation has been groaning in labour pains until now; and not only the creation, but we ourselves, who have the first fruits of the Spirit, groan inwardly while we wait for adoption, the redemption of our bodies. For in hope we were saved. Now hope that is seen is not hope. For who hopes for what is seen? But if we hope for what we do not see, we wait for it with patience.

This is the word of the Lord.

Thanks be to God.

Remain seated as the choir sings Psalm 86.11-17

Teach me thy way, O Lord, and I will walk in thy truth :
O knit my heart unto thee, that I may fear thy Name.

I will thank thee, O Lord my God, with all my heart :
and will praise thy Name for evermore.

For great is thy mercy toward me :
and thou hast delivered my soul from the nethermost hell.

O God, the proud are risen against me :
and the congregations of naughty men have sought after my soul,
and have not set thee before their eyes.

But thou, O Lord God, art full of compassion and mercy :
long-suffering, plenteous in goodness and truth.

O turn thee then unto me, and have mercy upon me :
give thy strength unto thy servant, and help the son of thine handmaid.

Shew some token upon me for good,
that they who hate me may see it and be ashamed :
because thou, Lord, hast holpen me and comforted me.

Stand as the cantor sings the Alleluia and we respond



My sheep hear my voice, says the Lord.

I know them and they follow me.

Alleluia.

The Gospel

Matthew 13.24-30, 36-43

The Lord be with you.

And also with you.

Hear the Gospel of our Lord Jesus Christ according to Matthew.

Glory to you, O Lord.

Jesus put before the crowd another parable:

'The kingdom of heaven may be compared to someone who sowed good seed in his field; but while everybody was asleep, an enemy came and sowed weeds among the wheat, and then went away. So when the plants came up and bore grain, then the weeds appeared as well. And the slaves of the householder came and said to him, "Master, did you not sow good seed in your field? Where, then, did these weeds come from?" He answered, "An enemy has done this." The slaves said to him, "Then do you want us to go and gather them?" But he replied, "No; for in gathering the weeds you would uproot the wheat along with them. Let both of them grow together until the harvest; and at harvest time I will tell the reapers, Collect the weeds first and bind them in bundles to be burned, but gather the wheat into my barn." '

Then he left the crowds and went into the house. And his disciples approached him, saying, 'Explain to us the parable of the weeds of the field.' He answered, 'The one who sows the good seed is the Son of Man; the field is the world, and the good seed are the children of the kingdom; the weeds are the children of the evil one, and the enemy who sowed them is the devil; the harvest is the end of the age, and the reapers are angels. Just as the weeds are collected and burned up with fire, so will it be at the end of the age. The Son of Man will send his angels, and they will collect out of his kingdom all causes of sin and all evildoers, and they will throw them into the furnace of fire, where there will be weeping and gnashing of teeth. Then the righteous will shine like the sun in the kingdom of their Father. Let anyone with ears listen!

This is the Gospel of the Lord.

Praise to you, O Christ.

The organist plays a Gospel fanfare

Once the Sermon has been introduced please sit

Sermon

The Dean

After the Sermon, a few moments of silence are kept as we reflect on what we have heard and then the choir sings

The Motet

Tantum ergo sacramentum veneremur
cernui,
et antiquum documentum novo cedat
rituri,
præstet fides supplementum sensuum
defecturi.
Genitori genitoque laus et jubilatio,
salus, honor, virtus quoque sit et
benedictio, procedenti ab utroque
compar sit laudatio. Amen

*Such a sacrament, therefore, let us
venerate with bowed heads,
and let the ancient testimony give way to
a new ritual,
let faith provide a supplement for the
inadequacy of the senses.
To Father and Son let there be laud and
jubilation, salvation, honour and virtue
also and blessing, and to him who
proceeds from both of them let there be
equal praise. Amen.*

Words: Thomas Aquinas (1225-74)

Music: Maurice Duruflé (1902-86)

Following the Motet please stand

The Nicene Creed

**We believe in one God, the Father, the Almighty,
maker of heaven and earth, of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ, the only Son of God,
eternally begotten of the Father,
God from God, Light from Light, true God from true God,
begotten, not made, of one Being with the Father;
through him all things were made.**

**For us and for our salvation he came down from heaven,
was incarnate from the Holy Spirit and the Virgin Mary
and was made man.**

**For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.**

**On the third day he rose again in accordance with the
Scriptures; he ascended into heaven
and is seated at the right hand of the Father.**

**He will come again in glory to judge the living and the dead,
and his kingdom will have no end.**

**We believe in the Holy Spirit,
the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is worshipped and glorified,
who has spoken through the prophets.**

**We believe in one holy catholic and apostolic Church.
We acknowledge one baptism for the forgiveness of sins.
We look for the resurrection of the dead,
and the life of the world to come.
Amen.**

Please sit or kneel when the President says 'Let us pray'

Prayers of Intercession

One of these responses is used

Lord, in your mercy
hear our prayer.

Lord, hear us.
Lord, graciously hear us.

And at the end

Merciful Father, **accept these prayers for the sake of your Son,
our Saviour Jesus Christ. Amen.**

The Liturgy of the Sacrament

The Peace

Stand

The President says

We are the body of Christ.
In the one Spirit we were all baptized into one body.
Let us then pursue all that makes for peace
and builds up our common life.

The peace of the Lord be always with you.
And also with you.

The Deacon says

Let us offer one another a sign of peace.

Members of the congregation greet one another.

Remain standing to sing

The Offertory Hymn *during which the table is
prepared and the gifts of the people are gathered and
presented. If you would prefer to give electronically, please
use the QR code.*



When the Thurifer turns to bow to the congregation, all turn to the altar



All for Jesus, all for Jesus,
this our song shall ever be;
for we have no hope, nor Saviour,
if we have not hope in thee.

²All for Jesus, thou wilt give us
strength to serve thee, hour by hour;
none can move us from thy presence
while we trust thy love and power.

³All for Jesus, at thine altar
thou wilt give us sweet content;
there, dear Lord, we shall receive thee
in the solemn sacrament.

⁴All for Jesus, thou hast loved us;
all for Jesus, thou hast died;
all for Jesus, thou art with us;
all for Jesus, crucified.

⁵All for Jesus, all for Jesus,
this the church's song must be,
till, at last, we all are gathered
one in love and one in thee.

Words: W J Sparrow-Simpson (1859-1952)

Tune: ALL FOR JESUS

AM 421

The President takes the bread and wine and praises God for his gifts

Wise and gracious God,
you spread a table before us;
nourish your people with the word of life
and the bread of heaven, Jesus Christ our Lord.
Amen.

The Eucharistic Prayer

The Lord be with you.
And also with you.

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

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

Father, we give you thanks and praise
through your beloved Son Jesus Christ, your living Word,
through whom you have created all things;
who was sent by you in your great goodness to be our Saviour.

By the power of the Holy Spirit he took flesh;
as your Son, born of the blessed Virgin,
he lived on earth and went about among us;
he opened wide his arms for us on the cross;
he put an end to death by dying for us;
and revealed the resurrection by rising to new life;
so he fulfilled your will and won for you a holy people.

Therefore with angels and archangels, and with all the company of
heaven, we proclaim your great and glorious name,
for ever praising you and singing:

The choir sings

Holy, holy, holy, Lord God of Hosts,
Heaven and earth are full of thy glory:
Glory be to thee, O Lord most high, Amen.

Blessed is he that cometh in the name of the Lord,
Hosanna in the highest.

Lord, you are holy indeed, the source of all holiness;
grant that by the power of your Holy Spirit,
and according to your holy will, these gifts of bread and wine
may be to us the body and blood of our Lord Jesus Christ;

who, in the same night that he was betrayed, took bread and gave you
thanks; he broke it and gave it to his disciples, saying:
Take, eat; this is my body which is given for you;
do this in remembrance of me.

In the same way, after supper he took the cup and gave you thanks;
he gave it to them, saying:
Drink this, all of you; this is my blood of the new covenant,
which is shed for you and for many for the forgiveness of sins.
Do this, as often as you drink it, in remembrance of me.

The Deacon says

Great is the mystery of faith:

Christ has died:

Christ is risen:

Christ will come again.

And so, Father, calling to mind his death on the cross,
his perfect sacrifice made once for the sins of the whole world;

rejoicing in his mighty resurrection and glorious ascension,
and looking for his coming in glory,
we celebrate this memorial of our redemption.

As we offer you this our sacrifice of praise and thanksgiving,
we bring before you this bread and this cup
and we thank you for counting us worthy
to stand in your presence and serve you.

Send the Holy Spirit on your people
and gather into one in your kingdom
all who share this one bread and one cup,
so that we, in the company of all the saints,
may praise and glorify you for ever,
through Jesus Christ our Lord;

by whom, and with whom, and in whom,
in the unity of the Holy Spirit,
all honour and glory be yours,
almighty Father, for ever and ever. **Amen.**

The Lord's Prayer

The President says

As we join our prayers with the Church Universal, so we say,
each in our own language, the prayer that Jesus taught us.

**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.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power,
and the glory are yours
now and for ever. Amen.**

Notre Père...

Vater Unser...

Onze Vader...

Padre Nuestro...

Ojcie Nasz...

Baba Yetu...

E to matou Matua...

Ein Tad...

Πάτερ ἡμῶν

Remain standing for

Breaking of the Bread

The President breaks the consecrated bread, saying

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

**Though we are many, we are one body,
because we all share in one bread.**

The President says

Draw near with faith. Receive the body of our Lord Jesus Christ, which was given for you, and his blood which was shed for you. Eat and drink in remembrance that he died for you, and feed on him in your hearts by faith with thanksgiving.

Sit as the President and other ministers begin

The Distribution of Communion

Please come up for Communion as directed by the stewards. All baptised Christians who receive communion in their own church are encouraged to receive today. If you are accompanied by children who do not yet receive, please bring them with you to receive a blessing. They should not be left on their own.

*If you are not a communicant, you are welcome to come forward at this point in the service to receive a blessing, keeping your hands to your sides. Please ask the priest if you **need a gluten-free host**.*

*We request that **you do not intinct (dip) your host in the wine** but either take a sip from the cup or remain with your head bowed. This is for the reasons of good hygiene.*

If you wish to receive communion without climbing the steps to the High Altar, please join the line for the station in the North-East Transept.

*We keep a **prayerful silence** during Communion to allow others to prepare to receive the sacrament or pray afterwards.*

During Communion, the choir sings the Agnus Dei

O Lamb of God, that takest away the sins of the world, have mercy upon us.
O Lamb of God, that takest away the sins of the world, grant us thy peace.

Prayer after Communion

Stand as the President says

Let us pray.

Silence is kept

Lord God, whose Son is the true vine and the source of life,
ever giving himself that the world may live:
may we so receive within ourselves
the power of his death and passion
that, in his saving cup,
we may share his glory and be made perfect in his love;
for he is alive and reigns, now and for ever.

Amen.

All then say

**Almighty God,
we thank you for feeding us
with the body and blood of your Son Jesus Christ.
Through him we offer you our souls and bodies
to be a living sacrifice.
Send us out
in the power of your Spirit
to live and work
to your praise and glory. Amen.**

The Dismissal



Go forth and tell! O Church of God awake!
God's saving news to all the nations take:
proclaim Christ Jesus, Saviour, Lord and King,
that all the world his glorious praise may sing.

²Go forth and tell! God's love embraces all,
he will in grace respond to all who call:
how shall they call if they have never heard
the gracious invitation of his word?

³Go forth and tell! The doors are open wide:
share God's good gifts—let no one be denied;
live out your life as Christ your Lord shall choose,
your ransomed powers for his sole glory use.

⁴Go forth and tell! O Church of God, arise!
Go in the strength which Christ your Lord supplies;
go till all nations his great name adore
and serve him, Lord and King for evermore.

Words: James Seddon (1915-83)

Tune: WOODLANDS

AM 477 (t. 394)

The President says

The peace of God, which passes all understanding,
keep your hearts and minds in the knowledge and love of God,
and of his Son Jesus Christ our Lord;
and the blessing of God almighty,
the Father, the Son, and the Holy Spirit,
be among you and remain with you always.

Amen.

The Deacon says

Go in the peace of Christ.

Thanks be to God.

All remain standing as the choir and clergy depart

Organ Voluntary

**Tea and coffee will be served in the Clagett Auditorium
following this morning's Eucharist. All are very welcome.**

Kindly supported by the Friends of Canterbury Cathedral.

**To find out more about the Friends visit:
www.canterbury-cathedral.org/support-us/friends**

Usual Pattern of Services

7.30am	Morning Prayer	Monday-Friday
8.00am	Holy Communion	Daily
9.15am	Morning Prayer	Saturday, Sunday, & Bank Holidays
11.00am	Sung Eucharist	Sunday
12.30pm	Holy Communion	Wednesday
12.30pm	Taizé Prayer	Monday (resumes in September)
5.30pm	Choral Evensong	Daily

Safeguarding : Do you need to talk?

Are you concerned about the safety of a child, young person or vulnerable adult?

Or is there something that you would like to discuss that affects you?

A safeguarding concern is anything that may impact the safety and wellbeing of a child, young person or vulnerable adult; if they are being neglected, harmed or at risk of being harmed by others or themselves, and are in need of protection. To report a non-emergency safeguarding concern please scan the QR code and complete our online form or email safeguarding@canterbury-cathedral.org

TO REPORT AN EMERGENCY SAFEGUARDING CONCERN PLEASE

CONTACT THE CATHEDRAL CONSTABLES OFFICE:



Located by the main entrance to the Precincts, Christ Church Gate.

Alternatively, please call 01227 866237



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