

Proper 16A
Spiritual Communion
Sunday, July 19, 2026 at 9 AM
Church of the Redeemer

162 Bloor St. West, Toronto, ON M5S 1M4
office@theredeemer.ca • Tel: (416) 922 4948 • www.theredeemer.ca



OUR VISION

Becoming the Body of Christ at the corner of Bloor & Avenue Road and beyond

Guided by commitment to our shared values, we seek to become the body of Christ, nurturing a lively faith, a persistent hope, and an ever-expanding love for God's world.

We seek to – open our doors and hearts, embracing all who seek a sacred space. We offer worship in many forms, touching the hearts of those yearning for spiritual connection, in-person or online.

We seek to – listen deeply, hearing the stories of Jesus and of one another with open minds and hearts. Through faithful questioning, reflection, and shared learning, we grow together in wisdom and grace.

We seek to – serve with generous hospitality, gathering at the table with our physical and spiritual hunger. We walk alongside one another with compassion in the seasons and conditions of life, sharing our needs and thanks.

We seek to – embody Jesus' teachings that all people are God's children, worthy of love, and that all of creation is interconnected. Where structures or attitudes threaten or diminish, we advocate for justice, peace, equity and ecological responsibility.

We seek to – reach out in-person and virtually to the world around us. We dare to love in word and action so that others see something of God in their midst.

OUR VALUES

Compassion: meeting every soul with tenderness and dignity

Openness: welcoming questions, embracing differences, and following the movement of the Spirit

Respect: honouring each person's unique story and gifts, and the inherent worth of all Creation

Inclusion: making room for all to enter, find a place, and participate fully

Stewardship: nurturing respect for our resources and partnerships for long-term vitality



Christ has no body now but ours, no hands, no feet on earth but ours. Ours are the eyes with which he looks compassionately on this world. Ours are the feet with which he walks to do good, Ours are the hands, with which he blesses all the world.

Teresa of Avila (Adapted)

WELCOME TO THE CHURCH OF THE REDEEMER!

Who We Are

We are followers of Jesus: children, young adults, families, and seniors who come from a variety of backgrounds. We are long-time members and newcomers; people of deep faith and those still searching; people shaped by many traditions—and sometimes seeking a deeper sense of faith and community. We are not limited by ability, age, economic status, ethnicity, gender identity, personal history or sexual orientation.

Where We Stand

Dwelling on the traditional lands of the Wendat, Haudenosaunee, and Mississauga of the Credit First Nation, Church of the Redeemer stands at the crossroads, physical and virtual—of neighbourhoods and nations, of government, education, arts, culture, and commerce—in the heart of Toronto.

From this place we seek to live into our identity as the body of Christ: living our faith, offering hope, and sharing love for God's world.

If you would like to stay up to date with our news and events, please feel free to subscribe to our eNewsletter by going to <https://theredeemer.ca/post-17524>.

theredeemer.ca

[instagram.com/TheRedeemerTO](https://www.instagram.com/TheRedeemerTO)

[facebook.com/TheRedeemerTO](https://www.facebook.com/TheRedeemerTO)

Presider: Liska Stefko

Welcome

Land Acknowledgement



Your support of the ministries of the Church of the Redeemer allows us to be witnesses to God's love on our corner of Bloor Street and Avenue Road. Donations can be made through the QR code. Thank you for your gift and for joining in worship today.

Opening Hymn: #755 (Gather) “Today I Awake”

Led by Redeemer Music Team



1. To - day I a-wake and God is be - fore me. At
2. To - day I a - rise and Christ is be - side me. He
3. To - day I af-firm the Spir - it with - in me At
4. To - day I en - joy the Trin - i - ty round me, A -



night, as I dreamt, God sum-moned the day; For
walked through the dark to scat - ter new light. Yes,
wor - ship and work, in strug - gle and rest. The
bove and be - neath, be - fore and be - hind; The



God nev - er sleeps but pat - terns the morn - ing With
Christ is a - live, and beck - ons his peo - ple To
Spir - it in-spires all life which is chang - ing From
Mak - er, the Son, the Spir - it to - geth - er They



slith - ers of gold or glo - ry in gray.
hope and to heal, re - sist and in - vite.
fear - ing to faith, from bro - ken to blest.
called me to life and call me their friend.

Text: John L. Bell (1949-). Tune: SLITHERS OF GOLD, John L. Bell (1949-) © 1989, Iona Community, GIA Publications, Inc., agent.

✠ The Gathering of the Community

Liska Stefko

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

All: And also with you.

The Collect of the Day

Liska Stefko

Priest: O God of Jacob, you speak in the light of day
and in the dark of night when our sleeping is filled
with dreams of heaven and earth;
may we be open and watchful to your presence in our midst;
through Jesus Christ, your dream made flesh.

All: **Amen.**

✠ Proclamation of the Word

First Reading:

Elli Howard

Reader: A Reading from the Book of Genesis.

Jacob left Beer-sheba and went toward Haran. He came to a certain place and stayed there for the night, because the sun had set. Taking one of the stones of the place, he put it under his head and lay down in that place. And he dreamed that there was a stairway set up on the earth, the top of it reaching to heaven, and the angels of God were ascending and descending on it. And the Lord stood beside him and said, "I am the Lord, the God of Abraham your father and the God of Isaac; the land on which you lie I will give to you and to your offspring, and your offspring shall be like the dust of the earth, and you shall spread abroad to the west and to the east and to the north and to the south, and all the families of the earth shall be blessed in you and in your offspring. Know that I am with you and will keep you wherever you go and will bring you back to this land, for I will not leave you until I have done what I have promised you." Then Jacob woke from his sleep and said, "Surely the Lord is in this place--and I did not know it!" And he was afraid and said, "How awesome is this place! This is none other than the house of God, and this is the gate of heaven." So Jacob rose early in the morning, and he took the stone that he had put under his head and set it up for a pillar and poured oil on the top of it. He called that place Bethel, but the name of the city was Luz at the first.

Reader: Hear what the Spirit is saying to the Church.

Genesis 28.10-19a

All: **Thanks be to God.**

A moment of silence is observed

Psalm 139

Led by Redeemer Music Team



1. O God, you search me and you know me.
2. You know my rest - ing and my ris - ing.
3. Be - fore a word is on my tongue, Lord,
4. Al - though your Spir - it is up - on me,
5. For you cre - at - ed me and shaped me,



All my thoughts lie o - pen to your gaze.
You dis - cern my pur - pose from a - far,
You have known its mean - ing through and through.
Still I search for shel - ter from your light.
Gave me life with - in my moth - er's womb.



When I walk or lie down you are be - fore me:
And with love ev - er - last - ing you be - siege me:
You are with me be - yond my un - der - stand - ing:
There is no - where on earth I can es - cape you:
For the won - der of who I am, I praise you:



Ev - er the mak - er and keep - er of my days.
In ev - 'ry mo - ment of life or death, you are.
God of my pres - ent, my past and fu - ture too.
E - ven the dark - ness is ra - diant in your sight.
Safe in your hands, all cre - a - tion is made new.

Text: Based on Psalm 139; Bernadette Farrell, b.1957. Tune: Bernadette Farrell, b.1957 © 1992, Bernadette Farrell. Published by OCP.

Gospel Acclamation

Led by Redeemer Music Team

The Gospel

Bianca Mathews

Officiant: The Lord be with you.

All: And also with you.

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

All: **Glory to you, Lord Jesus Christ.**

Jesus put before them 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!

Priest: The Gospel of Christ.

Matthew 13.24-30, 36-43

All: **Praise to you, Lord Jesus Christ.**

Homily: Sylvia Keesmaat

A moment of silence is observed.

Prayers of the People

Deb Hinton

Leader: Let us pray saying, enter our dreams, O Lord,

All: **that we might see your presence here on the earth.**

A silence is observed. Please add your prayers silently or aloud.

Leader: Creator God, we pray for your people the world over, all who are suffering and imprisoned in occupied places, those who bring healing and hope to those injured by war and violence, and all who seek to shelter the refugee and the homeless. We give thanks for the motion of solidarity with Palestinian Christians passed by the General Synod of the Church of England.

A silence is observed. Please add your prayers silently or aloud.

Leader: Enter our dreams, O Lord,

All: **that we might see your presence here on the earth.**

Leader: God of the fugitive Jacob, we pray for all those places where violence, earthquake, flood and fire have created refugees with no place to lay their heads: Sudan, Ukraine, Gaza, Lebanon, Iran, the United States, Venezuela, France, Spain, Thailand, Saskatchewan and Manitoba. We pray for those engaged in rescue operations, and for places to sleep where healing can come.

A silence is observed. Please add your prayers silently or aloud.

Leader: Enter our dreams, O Lord,

All: **that we might see your presence here on the earth.**

Leader: Suffering Saviour, we pray for all who are unjustly imprisoned and tortured, especially those unjustly imprisoned in the United States, El Salvador, Honduras, Belize, Guatemala, Ecuador, Liberia, Uganda, Russia, Israel, the United Kingdom, and here in Canada. May their bonds be loosened and freedom come.

A silence is observed. Please add your prayers silently or aloud.

Leader: Enter our dreams, O Lord,

All: **that we might see your presence here on the earth.**

Leader: Creator of our inmost being, we pray for all who are suffering in body, mind or spirit, especially for those deeply affected by the heat, both the housed and those on the streets. We pray for relief. We pray for all who have died, and those grieving the loss of those they loved. May they rest in your resurrection hope.

A silence is observed. Please add your prayers silently or aloud.

Leader: Enter our dreams, O Lord,

All: **that we might see your presence here on the earth.**

Leader: Spirit of new life, we are grateful for your presence. Even in the midst of sorrow and loss, we see your love in the creation that surrounds us, the small interactions that shape every day, and the community that surrounds us in this place.

A silence is observed. Please add your prayers silently or aloud.

Leader: You have entered our dreams, O Lord,

All: **and shown us your presence on the earth. Amen.**

The Peace

Liska Stefko

Priest: The peace of the Lord be always with you.

All: **And also with you.**

Offertory Hymn: #434 (Common Praise) “The Love of Jesus Calls Us”

Led by Redeemer Music Team



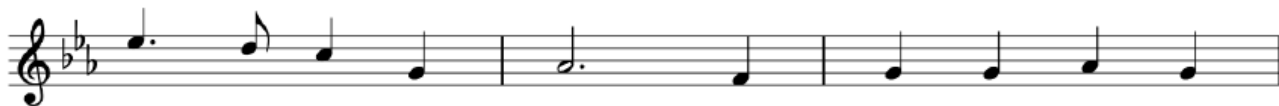
1. The love of Je-sus calls us our joy - ous praise to sing; our
2. The love of Je-sus calls us, that we may al - ways be com -
3. The love of Je-sus calls us to go where he would go, to
4. The love of Je-sus calls us in swift - ly chang - ing days, to



deep - ly felt thanks - giv - ings we now to - geth - er
pan - ions on a jour - ney, where all the world may
chal - lenge all that lim - its, to change, to learn, to
be God's co - cre - a - tors in new and won - drous



bring, for all God's man - y bless - ings, un -
see that serv - ing Christ is free - dom which
grow, to know that Christ has freed us, that
ways; that God with all cre - a - tion may



asked yet still re - ceived, and for the gen - er -
time does not des - troy; where Christ's com - mand is
pris - ons are no more; for those who seek his
so trans-form the earth, that love and peace and



a - tions who faith - ful - ly be - lieved.
du - ty, and ev - ery du - ty joy.
king - dom, Christ o - pens ev - ery door.
jus - tice may give God's king - dom birth.

The Lord's Prayer

Liska Stefko

Priest: 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 Giving and Receiving of Communion

Liska Stefko

Priest: Dear friends, I invite you in this moment, wherever you may be,
to receive Christ, in communion with the saints,
and the gathering of God's people, unseen and yet present with us now.

*For those of us participating at home, it is a strange experience to be invited to Communion
– not through the physical bread and wine we can touch and taste –
but a Spiritual Communion with the God who comes to meet us wherever we are.*

*There are no special words or prayers for this, all the Church has ever thought necessary is genuine true
desire, lively faith, and genuine love. Come honestly before God the way you know how.
You may wish to pray quietly this prayer to help you:*

One: O Christ,
I believe that you are truly present in the Blessed Sacrament of the Altar.
I desire to offer you praise and thanksgiving as I proclaim your resurrection.
I love you above all things, and long for you in my soul.
Since I cannot receive you in the Sacrament of your Body and Blood,
come spiritually into my heart.
Cleanse and strengthen me with your grace, Lord Jesus,
and let me never be separated from you.
May I live in you, and you in me, in this life and in the life to come. Amen.

The Doxology

Liska Stefko

Priest: 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.**

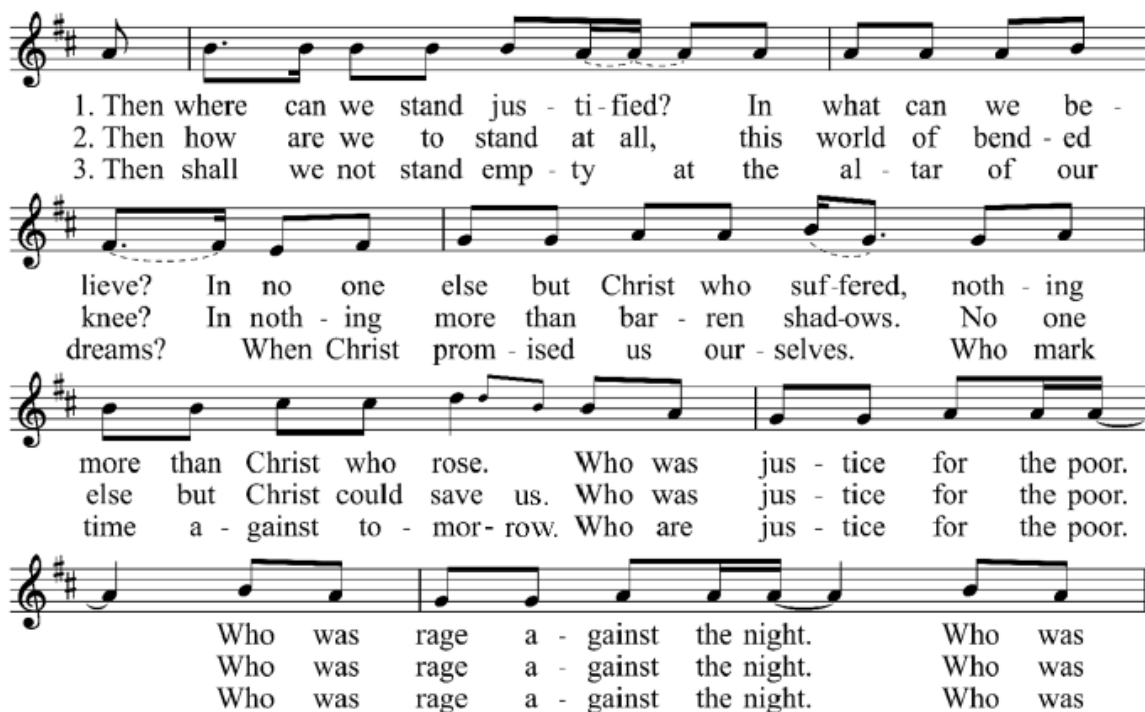
Concluding Hymn: #690 (Gather) “We Are Chosen”

Led by Redeemer Music Team

Refrain

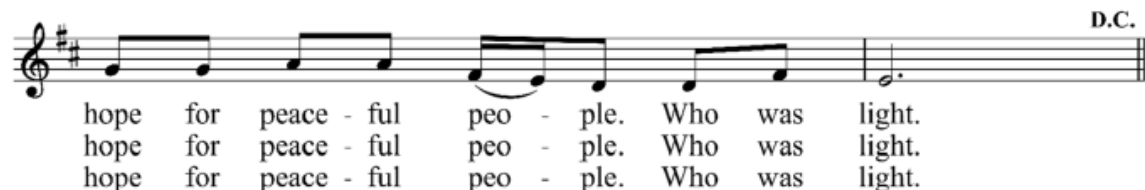


We are called, we are cho-sen. We are Christ for one an-o-ther. We are
prom-ised to to-mor-row, while we are for him to-day. We are
sign, we are won-der. We are sow-er, we are seed. We are
har-vest, we are hun-ger. We are ques-tion, we are creed.



1. Then where can we stand jus - ti - fied? In what can we be -
2. Then how are we to stand at all, this world of bend - ed
3. Then shall we not stand emp - ty at the al - tar of our
lieve? In no one else but Christ who suf-fered, noth - ing
knee? In noth - ing more than bar - ren shad-ows. No one
dreams? When Christ prom - ised us our - selves. Who mark
more than Christ who rose. Who was jus - tice for the poor.
else but Christ could save us. Who was jus - tice for the poor.
time a - gainst to - mor - row. Who are jus - tice for the poor.
Who was rage a - gainst the night. Who was
Who was rage a - gainst the night. Who was
Who was rage a - gainst the night. Who was

D.C.



hope for peace - ful peo - ple. Who was light.
hope for peace - ful peo - ple. Who was light.
hope for peace - ful peo - ple. Who was light.

Officiant: Let us go in peace to love and serve the Lord. Alleluia!

All: **Thanks be to God. Alleluia!**

FURTHER CREDITS FOR THIS BULLETIN

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TN. <https://diglib.library.vanderbilt.edu/act-imagelink.pl?RC=55004> Original

source: [http://commons.wikimedia.org/wiki/File:Brooklyn Museum - The Sower \(Le semeur\) - James Tissot - overall.jpg](http://commons.wikimedia.org/wiki/File:Brooklyn_Museum_-_The_Sower_(Le_semeur)_-_James_Tissot_-_overall.jpg).

WORSHIP WITH US

Sunday July 19 (Proper 16A)

4:00 PM – Be Still (in the Church and through YouTube)

8:00 PM – Compline (on Zoom only)

Wednesday July 22

12:00 PM – Mid-week Eucharist (in the Church)

Sunday July 26 (Proper 17A)

9:00 AM – Spiritual Communion (on Zoom only)

10:30 AM – Holy Eucharist (in the Church and through YouTube)

4:00 PM – Be Still (in the Church and through YouTube)

8:00 PM – Compline (on Zoom only)

CHURCH OF THE REDEEMER LEADERSHIP

Pastoral Staff

Incumbent: Steven Mackison

Associate Priest: Liska Stefko

Children, Youth & Family Minister: Lor Maroney

Honorary Assistants: Jim Boyles, Susan Haig, Ann Jervis, Renata Kok, Paul MacLean, Margaret Rodrigues, Paul G. Walker, Katy Waugh, Andrew Wesley

Theological Intern: Bianca Mathews

Program Staff

Director of Music: Dan Norman

Assistant Director of Music: Mike Daley

Musician-in-Residence: Jill Daley

Common Table Staff & Leads

Director: Tom More

Outreach Worker: Jim Willis

Volunteer & Kitchen Coordinator: Beverley Galandzy

Kitchen Coordinator: Natalie Buyniak

Counsellors: Jane Brushey-Martin, Francis Martin

Ministry Support

Administrative Assistant: Brianna Davies

Bookkeeper & IT Support: Nasir Qamar

Facilities Manager: Craig Martin

Communications: Ann Cope

AV & Sound Tech: Morgan

Duty Custodian: Lloyd Simangan

Members of Diocesan Synod

Wesley Acheampong, Chris Ambidge, Peter Bennett, Lyn Sibley, Karen Visser, Richard Van Delft (alternate)

Board of Management

Chair: Carol Scovil

Vice-Chair: Laura Boast

Advisory Board Chair: Henry Krol

Property: Susan Graham Walker

Stewardship: Ron Waldie

Finance: James Newman

HR: Wesley Acheampong

At Large: Jonathan Batty, Sheila Crummey

Advisory Board

Chair: Henry Krol

Vice-Chair: Susanne Hunter

Board of Management Chair: Carol Scovil

Creation Matters: Grant Jahnke, Andrew Scorer

ISWG: Stephen Allen

Redeemer Explorers: David Townsend, Deb Deacon

At Large: Christina Chang, Mark Ebdon, Louise Greig, Deb Hinton, Scott MacLeod, Dawn Lee, Alanna Zorgdrager, Salome Pinto

Redeemer Ministry Leads

Accessibility Advocate: Carol Scovil

Archives: Nancy Luno

Catechesis: Georgi Georgievski

Creation Matters: Grant Jahnke, Andrew Scorer

Hospitality: Tony Crosbie

Human Resources: Tim Hadwen

Indigenous Solidarity Working Group: Stephen Allen

Liturgy Animator: Ann Cope

Martha League: Richard Van Delft

Meditation Group: Lilian Junkin

Pastoral Care: Tony Crosbie

Property: Susan Graham Walker

Redeemer Explorers: David Townsend, Deb Deacon

Redeemer Pilgrims: Susan Haig

Refugee Settlement: Alison Colvin, Henry Krol

Stewardship: Ron Waldie

Trans Ministry: Margaret Rodrigues

Young Adults: Shirley Park

Zoom Moderators: Anne Lee

If you spot any errors or omissions, or to find out more about our ministry areas, please contact us: office@theredeemer.ca