

Proper 18A
Spiritual Communion
Sunday, August 2, 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: Susan Haig

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: #585 (Common Praise) “Lord, Whose Love in Humble Service”

Led by Redeemer Music Team



The image displays a musical score for the hymn "Lord, Whose Love in Humble Service" (#585). The score is written on a single staff in G major (one sharp) and 4/4 time. It consists of six lines of music, each with three verses of lyrics underneath. The lyrics are: 1. Lord, whose love in humble service bore the weight of human need, who up - on the cross, for - hun - gry cry for bread; still the cap - tives long for love's re - veal - ing light in its height and depth and sak - en, worked your mer - cy's per - fect deed: free - dom; still in grief we mourn our dead. great - ness dawns up - on our quick - ened sight, we, your ser - vants, bring the wor - ship not of As you, Lord, in deep com - pas - sion healed the mak - ing known the needs and bur - dens your com - voice a - lone, but heart; con - se - crat - ing to your sick and freed the soul, by your Spir - it send your pas - sion bids us bear, stir - ring us to ar - dent pur - pose ev - ery gift which you im - part. pow - er to our world to make it whole. ser - vice, your a - bun - dant life to share.

1. Lord, whose love in hum - ble ser - vice bore the
2. Still your chil - dren wan - der home - less; still the
3. As we wor - ship grant us vi - sion till your

weight of hu - man need, who up - on the cross, for -
hun - gry cry for bread; still the cap - tives long for
love's re - veal - ing light in its height and depth and

sak - en, worked your mer - cy's per - fect deed:
free - dom; still in grief we mourn our dead.
great - ness dawns up - on our quick - ened sight,

we, your ser - vants, bring the wor - ship not of
As you, Lord, in deep com - pas - sion healed the
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voice a - lone, but heart; con - se - crat - ing to your
sick and freed the soul, by your Spir - it send your
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pur - pose ev - ery gift which you im - part.
pow - er to our world to make it whole.
ser - vice, your a - bun - dant life to share.

Text: Albert Frederick Bayly (1901-1984), alt. © 1961 Oxford University Press. Music: BEACH SPRING. Melody The Sacred Harp, Mason, 1844; attrib. Benjamin Franklin White (1800-1879); arr. © 1978 Lutheran Book of Worship. Reprinted by permission of Augsburg Fortress.

✠ The Gathering of the Community

Susan Haig

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

Susan Haig

Priest: God of compassion: your heart goes out to the hungry and destitute;
you take what we have and transform it into much;
give us the bread that satisfies, the food without price,
so that our lives may show forth your overflowing love;
through Jesus Christ, the breaker of bread. **Amen.**

All: **Amen.**

✠ Proclamation of the Word

First Reading:

Abigail Young

Reader: A Reading from the Book of Genesis.

The same night Jacob got up and took his two wives, his two maids, and his eleven children and crossed the ford of the Jabbok. He took them and sent them across the stream, and likewise everything that he had. Jacob was left alone, and a man wrestled with him until daybreak. When the man saw that he did not prevail against Jacob, he struck him on the hip socket, and Jacob's hip was put out of joint as he wrestled with him. Then he said, "Let me go, for the day is breaking." But Jacob said, "I will not let you go, unless you bless me." So he said to him, "What is your name?" And he said, "Jacob." Then the man said, "You shall no longer be called Jacob, but Israel, for you have striven with God and with humans and have prevailed." Then Jacob asked him, "Please tell me your name." But he said, "Why is it that you ask my name?" And there he blessed him. So Jacob called the place Peniel, saying, "For I have seen God face to face, yet my life is preserved." The sun rose upon him as he passed Penuel, limping because of his hip.

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

Genesis 32.22-31

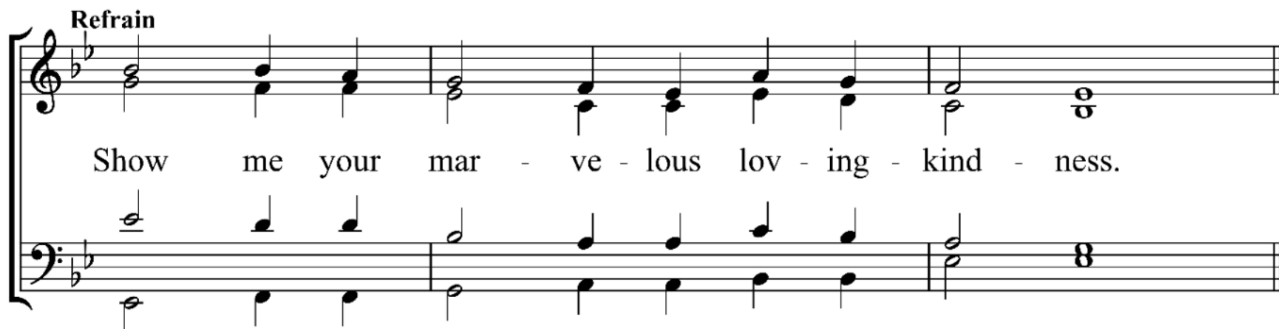
All: **Thanks be to God.**

A moment of silence is observed

Psalm 17:1-7, 15 (George Black)

Led by Redeemer Music Team

Refrain



Show me your mar - ve - lous lov - ing - kind - ness.

Hear my plea of innocence, O God; 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. **Refrain**

Weigh my heart, summon me by night,
melt me down; you will find no impurity in me.
I give no offence with my mouth as others do;
I have heeded the words of your lips. **Refrain**

My footsteps hold fast to the ways of your law;
in your paths my feet shall not stumble.
I call upon you, O God, for you will answer me;
incline your ear to me and hear my words. **Refrain**

Show me your marvelous loving-kindness,
O Saviour of those who take refuge at your right hand
from those who rise up against them.
Whose bellies you fill with your treasure,
who are well supplied with children
and leave their wealth to their little ones. **Refrain**

Gospel Acclamation

Led by Redeemer Music Team

The Gospel

Bianca Mathews

Reader: The Lord be with you.

All: **And also with you.**

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

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

Now when Jesus heard this, he withdrew from there in a boat to a deserted place by himself. But when the crowds heard it, they followed him on foot from the towns. When he went ashore, he saw a great crowd, and he had compassion for them and cured their sick. When it was evening, the disciples came to him and said, “This is a deserted place, and the hour is now late; send the crowds away so that they may go into the villages and buy food for themselves.” Jesus said to them, “They need not go away; you give them something to eat.” They replied, “We have nothing here but five loaves and two fish.” And he said, “Bring them here to me.” Then he ordered the crowds to sit down on the grass. Taking the five loaves and the two fish, he looked up to heaven and blessed and broke the loaves and gave them to the disciples, and the disciples gave them to the crowds. And all ate and were filled, and they took up what was left over of the broken pieces, twelve baskets full. And those who ate were about five thousand men, besides women and children.

Reader: The Gospel of Christ.

Matthew 14.13-21

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

Homily: Susan Haig

A moment of silence is observed.

Prayers of the People

Henry Krol

Leader: Let us pray: We open our hearts to you, O God. Like the dry ground awaiting the rain, so our soul thirsts for you. Guide us through the darkness of anger, hurt, bitterness, and sorrow and make us open to the light of your love. Help us learn to lean on you, trust in you, and remember you from hour to hour and day to day.

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

Leader: God of compassion,

All: **we turn to you.**

Leader: Lord Jesus, we pray for all who follow you, here in this community and all around the world. When the business of life distracts us and pulls us in every direction, help us to carry only the burdens you give us. Reveal the special gifts you have given to each of us, and enable us to better fulfil your purpose and plan for our lives. Help us to cherish and share our faith, showing respect, dignity, curiosity, and humility to others.

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

Leader: God of compassion,

All: **we turn to you.**

Leader: Creator God, we pray for the natural world. Help us to delight in your good creation and find joy and wonder in all your works. Give to us and to all our leaders the wisdom and resolve to bring healing and wholeness to the whole earth.

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

Leader: God of compassion,

All: **we turn to you.**

Leader: Sovereign Lord, we pray for peace, justice and reconciliation throughout the whole world. Comfort and help all those who suffer from violence, hatred and oppression, and give them an oasis of respite and shelter. We thank you Lord for all who bring food, medicine, comfort to those in need. Send them encouragement, keep them safe, and bless their efforts for good.

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

Leader: God of compassion,

All: **we turn to you.**

Leader: Great Physician, stretch out your hand to bring wholeness to all who suffer in body, mind, or spirit. Support and encourage all medical workers and caregivers. Remember for good all those who have no work, and those whose work is stressful, dangerous or unfulfilling. Bring your special comfort to the lonely, the dying, and the bereaved. Come close to us and enfold us in your love.

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

Leader: God of compassion,

All: **we turn to you.**

Leader: God our maker and redeemer, we offer you our love and our labours. May we be worthy of your love and labours for us.

All: **Amen.**

The Peace

Susan Haig

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

All: And also with you.

Offertory Hymn: #397 (Common Praise) “Praise the One Who Breaks the Darkness”

Led by Redeemer Music Team

1. Praise the one who breaks the dark - ness with a lib - er -
2. Praise the one who blessed the chil - dren with a strong yet
3. Praise the one true love in - car - nate: Christ who suf - fered

a - ting light. Praise the one who frees the pris - oners, turn - ing
gen - tle word. Praise the one who drove out de - mons with a
in our place. Je - sus died and rose for ma - ny that we

blind - ness in - to sight. Praise the one who preached the
pier - cing two - edged sword. Praise the one who brings cool
may know God by grace. Let us sing for joy and

gos - pel, heal - ing ev - ery dread dis - ease, calm - ing
wa - ter to the des - ert's burn - ing sand. From this
glad - ness, see - ing what our God has done. Praise the

storms and feed - ing thou - sands with the ve - ry bread of peace.
well comes liv - ing wa - ter, quench - ing thirst in ev - ery land.
one re - deem - ing glo - ry, praise the One who mkes us one.

The Lord's Prayer

Susan Haig

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

Susan Haig

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

Susan Haig

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: #486 (Common Praise) “Love Divine, All Loves Excelling”

Led by Redeemer Music Team

1. Love di - vine, all loves ex - cel - ling, joy of heaven to
2. Come, al - might - y to de - liv - er; let us all thy
3. Fin - ish, then, thy new cre - a - tion; pure and spot - less

earth come down, fix in us thy hum - ble dwell - ing;
grace re - ceive; sud - den - ly re - turn, and nev - er,
let us be; let us see thy great sal - va - tion

all thy faith - ful mer - cies crown. Je - sus, thou art
nev - er more thy tem - ples leave. Thee we would be
per - fect - ly re - stored in thee, changed from glo - ry

all com - pas - sion; pure un - bound - ed love thou art; vis - it
al - ways bless - ing, serve thee as thy hosts a - bove, pray and
in - to glo - ry, till in heaven we take our place, till we

us with thy sal - va - tion, en - ter ev - ery trem - bling heart.
praise thee with - out ceas - ing, glo - ry in thy per - fect love.
cast our crowns be - fore thee, lost in won - der, love and praise.

Text: Charles Wesley (1707-1788). Music: BLAENWERN. William Penfro Rowlands (1860-1937) ©. Reprinted by permission of Mr. G.A. Gabe.

Dismissal

Bianca Mathews

Leader: Go forth in the name of Christ. Alleluia!

All: Thanks be to God. Alleluia!

FURTHER CREDITS FOR THIS BULLETIN

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WORSHIP WITH US

Sunday August 2 (Proper 18A)

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

8:00 PM – Compline (on Zoom only)

Wednesday August 5

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

Sunday August 9 (Proper 19A)

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 Zоргdrager, 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