

Proper 21A
Spiritual Communion
Sunday, August 23, 2026 at 9 AM
Church of the Redeemer

162 Bloor St. West, Toronto, ON M5S 1M4
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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)

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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: #611 (Gather) "On Eagle's Wings"

Led by Redeemer Music Team

Verse 1



1. You who dwell in the shel - ter of the Lord, who a -
bide in his shad-ow for life, say to the Lord: "My
ref - uge, my rock in whom I trust!"

Refrain §



And he will raise you up on ea - gle's wings,
bear you on the breath of dawn, make you to shine like the sun, and
hold you in the palm of his hand. *Last time to coda ⊕ To verses* 2. The

Verse 2



snare of the fowl - er will nev - er cap - ture you, and
fam - ine will bring you no fear: un - der his wings your
ref - uge, his faith - ful - ness your shield. **D.S.**

Verse 3

The musical score for Verse 3 is written on three staves in G major (one sharp). The first staff contains the melody for the first line of the verse, with a triplet of eighth notes on the first measure. The second staff continues the melody for the second line. The third staff contains the final line of the verse, ending with a double bar line and the instruction 'D.S.' (Da Capo). The lyrics are written below the staves.

You need not fear the ter - ror of the night, nor the
ar - row that flies by day; though thou - sands fall a -
bout you, near you it shall not come. D.S.

Verse 4

4. For to his an - gels he's giv - en a com-mand to
guard you in all of your ways; up - on their hands they will
bear you up, lest you dash your foot a - gainst a stone. D.S.

♩ Coda

And hold you, hold you in the palm of his hand.

✠ 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: Gracious God,
although we once were strangers,
you receive us as friends
and draw us home to you.
Set your living bread before us,
so that we may be strengthened
to continue the work
your Son has commissioned us to do.
All: **Amen.**

✠ Proclamation of the Word

First Reading:

Heather Bennett

Reader: A Reading from the Book of Exodus.

Now a new king arose over Egypt who did not know Joseph. He said to his people, “Look, the Israelite people are more numerous and more powerful than we. Come, let us deal shrewdly with them, or they will increase and, in the event of war, join our enemies and fight against us and escape from the land.” Therefore they set taskmasters over them to oppress them with forced labor. They built supply cities, Pithom and Rameses, for Pharaoh. But the more they were oppressed, the more they multiplied and spread, so that the Egyptians came to dread the Israelites. The Egyptians subjected the Israelites to hard servitude and made their lives bitter with hard servitude in mortar and bricks and in every kind of field labor. They were ruthless in all the tasks that they imposed on them. The king of Egypt said to the Hebrew midwives, one of whom was named Shiphrah and the other Puah, “When you act as midwives to the Hebrew women and see them on the birthstool, if it is a son, kill him, but if it is a daughter, she shall live.” But the midwives feared God; they did not do as the king of Egypt commanded them, but they let the boys live. So the king of Egypt summoned the midwives and said to them, “Why have you done this and allowed the boys to live?” The midwives said to Pharaoh, “Because the Hebrew women are not like the Egyptian women, for they are vigorous and give birth before the midwife comes to them.” So God dealt well with the midwives, and the people multiplied and became very strong. And because the midwives feared God, he gave them families. Then Pharaoh commanded all his people, “Every son that is born to the Hebrews you shall throw into the Nile, but you shall let every daughter live.”

Now a man from the house of Levi went and married a Levite woman. The woman conceived and bore a son, and when she saw that he was a fine baby, she hid him three months. When she could hide him no longer she got a papyrus basket for him and plastered it with bitumen and pitch; she put the child in it and placed it among the reeds on the bank of the river. His sister stood at a distance, to see what would happen to him.

The daughter of Pharaoh came down to bathe at the river, while her attendants walked beside the river. She saw the basket among the reeds and sent her maid to bring it. When she opened it, she saw the child. He was crying, and she took pity on him. “This must be one of the Hebrews’ children,” she said. Then his sister said to Pharaoh’s daughter, “Shall I go and get you a nurse from the Hebrew women to nurse the child for you?” Pharaoh’s daughter said to her, “Yes.” So the girl went and called the child’s mother. Pharaoh’s daughter said to her, “Take this child and nurse it for me, and I will give you your wages.” So the woman took the child and nursed it. When the child grew up, she brought him to Pharaoh’s daughter, and he became her son. She named him Moses, “because,” she said, “I drew him out of the water.”

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

Exodus 1.8-2.10

All: **Thanks be to God.**

A moment of silence is observed

Psalm 124 *(George Black)*

Led by Redeemer Music Team

Refrain

Our help is in the name of our God, who made heaven and earth.

If God had not been on our side,
let Israel now say;
If God had not been on our side,
when enemies rose up against us; **Refrain**

Then would they have swallowed us up alive
in their fierce anger toward us;
Then would the waters have overwhelmed us and the torrent gone over us;
Then would the raging waters have gone right over us. **Refrain**



Blessed be God!
 who has not given us over to be a prey for their teeth.
 We have escaped like a bird from the snare of the fowler;
 the snare is broken, and we have escaped.
 Our help is in the name of God,
 the maker of heaven and earth. **Refrain**

Gospel Acclamation

Led by Redeemer Music Team

The Gospel

Liska Stefko

Priest: The Lord be with you.

All: **And also with you.**

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

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

Now when Jesus came into the district of Caesarea Philippi, he asked his disciples, “Who do people say that the Son of Man is?” And they said, “Some say John the Baptist but others Elijah and still others Jeremiah or one of the prophets.”

He said to them, “But who do you say that I am?” Simon Peter answered, “You are the Messiah, the Son of the living God.” And Jesus answered him, “Blessed are you, Simon son of Jonah! For flesh and blood has not revealed this to you but my Father in heaven. And I tell you, you are Peter, and on this rock I will build my church, and the gates of Hades will not prevail against it. I will give you the keys of the kingdom of heaven, and whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.” Then he sternly ordered the disciples not to tell anyone that he was the Messiah.

Priest: The Gospel of Christ.

Matthew 16.13-20

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

Homily: Suzanne Rumsey

A moment of silence is observed.

Prayers of the People

Christina Chang

Leader: In today's Gospel we read the words of Peter. "You are the Messiah, the Son of the living God." We join together in prayer, silently or aloud, as we echo the psalmist's words

Leader: Our help is in the name of the Lord,

All: **who made heaven and earth.**

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

Leader: We pray for the church throughout the world. We remember that each of us are the rocks upon which your church is built. We pray for persecuted churches throughout the world, that they may draw strength from the example of the Jewish midwives in Egypt. We pray for truth, penitence and reconciliation with those whom the institutional church has harmed or exploited.

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

Leader: Our help is in the name of the Lord,

All: **who made heaven and earth.**

Leader: We pray for the world. Today we read of a refugee baby, born to a woman in slavery, and a regime that adopted murder as a population control mechanism. Yet in the midst of this there is a story of hope, compassion, and mercy. In today's world of warfare, genocide and refugee migration, we pray for victims. We pray for political leaders throughout the world, that they too may discover hope, compassion, and mercy.

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

Leader: Our help is in the name of the Lord,

All: **who made heaven and earth.**

Leader: We pray for our community. We give thanks for all those who have offered themselves as candidates in our upcoming municipal elections. We pray for victims of natural disasters, particularly those affected by wildfires in northwestern Ontario and British Columbia. We pray for our refugee committee and our pending welcome of a new family from Afghanistan.

Leader: We pray for the unhoused, the underemployed and those without adequate food, remembering especially our Common Table volunteers and participants.

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

Leader: Our help is in the name of the Lord,

All: **who made heaven and earth.**

Leader: We commend to your prayers all those whom we know who are suffering in mind, body or spirit. We give thanks for all who care for them, be they family, friend, or medical practitioner. We remember those who have died or are approaching the end of their earthly life. We pray for those who are left to mourn, that they may find comfort and restoration.

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

Leader: Our help is in the name of the Lord,

All: **who made heaven and earth.**

Leader: We pray for all who are travelling or enjoying rest or recreation this summer. We pray for those in our community who may be leaving home for a new community and a new adventure at university or college. In turn, we pray that we may welcome the stranger coming to our city for their new adventure, and for our teachers who are approaching a new academic year.

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

Leader: Our help is in the name of the Lord,

All: **who made heaven and earth.**

Leader: These and all our prayers we offer in gratitude for the many gifts bestowed on us in creation, redeemed for us by a carpenter in an occupied land, and sustained by the life-giving water that flows through us in your Holy Spirit.

All: **Amen.**

The Peace

Liska Stefko

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

All: **And also with you.**

Offertory Hymn: #388 (Common Praise) “Glorious Things of Thee Are Spoken”

Led by Redeemer Music Team

1. Glo - rious things of thee are spo - ken, Zi - on, ci - ty of our God;
2. See! The streams of liv - ing wa - ters, spring - ing from e - ter - nal love,
3. Round each hab - i - ta - tion hov - ering, see the cloud and fire ap - pear
4. Sav - iour, if of Zi - on's ci - ty I through grace a mem - ber am,

he whose word can - not be bro - ken formed thee for his own a - bode.
well sup - ply thy chil - dren al - ways and all fear of want re - move.
for a glo - ry and a cov - ering—show - ing that our God is near.
let the world de - ride or pi - ty, I will glo - ry in thy name.

On the rock of a - ges found - ed, what can shake thy sure re - pose?
Who can faint, when such a riv - er ev - er flows their thirst to as - suage?
Thus they march, the pil - lar lead - ing, light by night and shade by day;
Fad - ing is the world's best plea - sure, all its boast - ed pomp and show:

With sal - va - tion's walls sur - round - ed, thou mayest smile at all thy foes.
Grace, which like our God, the giv - er, ne - ver fails from age to age.
dai - ly on the man - na feed - ing which God gives them when they pray.
sol - id joys and last - ing trea - sure none but Zi - on's chil - dren know.

Text: John Newton (1725-1807), alt. Music: AUSTRIA. Franz Josef Haydn (1732-1809).

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.

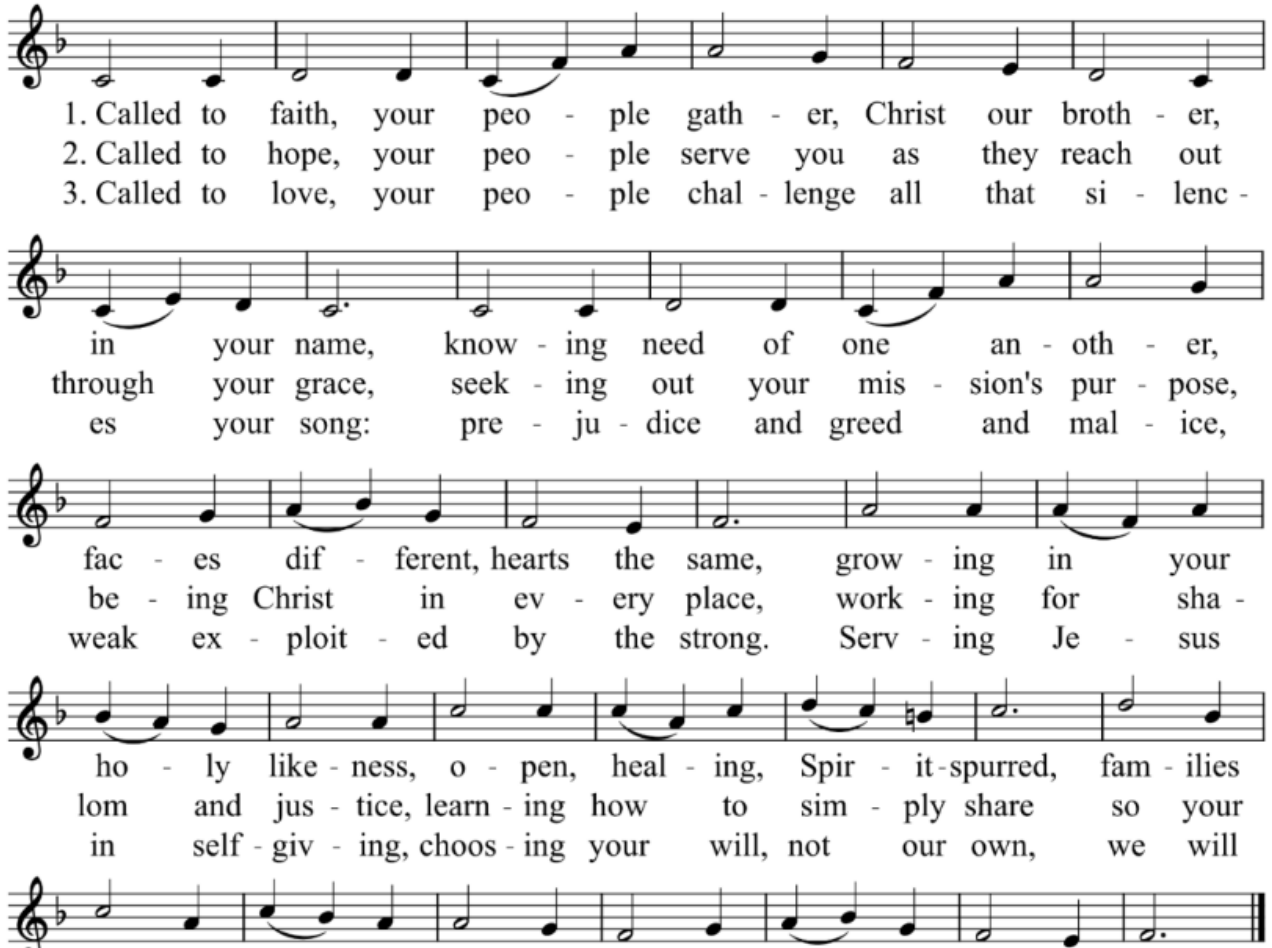
The Doxology

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: #137 (SANC) “Called to Faith”

Led by Redeemer Music Team



1. Called to faith, your peo - ple gath - er, Christ our broth - er,
2. Called to hope, your peo - ple serve you as they reach out
3. Called to love, your peo - ple chal - lenge all that si - lence -
in your name, know - ing need of one an - oth - er,
through your grace, seek - ing out your mis - sion's pur - pose,
es your song: pre - ju - dice and greed and mal - ice,
fac - es dif - ferent, hearts the same, grow - ing in your
be - ing Christ in ev - ery place, work - ing for sha -
weak ex - ploit - ed by the strong. Serv - ing Je - sus
ho - ly like - ness, o - pen, heal - ing, Spir - it-spurred, fam - ilies
lom and jus - tice, learn - ing how to sim - ply share so your
in self - giv - ing, choos - ing your will, not our own, we will
formed for lov - ing ser - vice, fed by bread and wine and word.
will may be en - act - ed as we ask in dai - ly prayer.
tru - ly be your peo - ple so your king - dom can be grown.

Text: Ellen Clark-King, 2007, ©. Music: BLAENWERN. William Penfro Rowlands, 1905.

Dismissal

Liska Stefko

Priest: Let us bless the Lord. Alleluia!

All: Thanks be to God. Alleluia!

FURTHER CREDITS FOR THIS BULLETIN

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WORSHIP WITH US

Sunday August 23 (Proper 21A)

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

8:00 PM – Compline (on Zoom only)

Wednesday August 26

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

Sunday August 30 (Proper 22A)

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

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