

Saint Thomas's Church

The Ninth Sunday After Trinity
Sunday, August 1, 2021

Sung Eucharist at 11 o'clock



The Last Supper, 1515-1520, Netherlandish Antwerp Mannerist Painters,
Metropolitan Museum of Art, New York

The left wing of this altarpiece shows the king and high priest Melchizedek outside the gates of Salem giving bread and wine to the patriarch Abraham. The right wing represents Moses and the Israelites in the desert fed by manna falling from heaven.

Saint Thomas's Anglican Church

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The Altar flowers are given to the honour and glory of almighty God:

In memory of Marjorie Linton;

*In loving memory of William Imrie Kennedy and Constance Stewart Kennedy,
by their daughter, Patricia;*

*In fond memory of my parents
the Reverend Klaas and Mrs. Wilhelmina Hart, by Willem;*

In loving memory of Symon Francis Beckwith by his brother, Larry;

and

*In grateful remembrance of longtime Altar Guild member and Acolyte, J.P. Napier,
who died on Thursday, July 29, 2021.*

Celebrant: Fr. Humphrey
Homilist: Fr. D'Angelo
Gospeller and Intercessor: Fr. D'Angelo
Cantor: Rigzin Tute
Reader: Maureen Somerville
Organist & Director of Music: Matthew Whitfield

Please note that congregational singing is still not permitted by Covid regulations. The Cantor alone will make sung responses. All are encouraged to make the said responses.

MUSIC OF THE MASS – Communion Service in E, *Leo Sowerby*

PRELUDE: Metamorphosis I, *Philip Glass*

The Cantor alone sings:

INTROIT: Psalm 54

- 1 Save me, O God, for thy Name's sake, / and avenge me in thy strength.
- 2 Hear my prayer, O God, / and hearken unto the words of my mouth.
- 3 For strangers are risen up against me; /
and tyrants, who have not God before their eyes, seek after my soul.
- 4 Behold, God is my helper: / the Lord is he that upholdeth my soul.
- 5 He shall reward evil unto mine enemies: / destroy thou them in thy truth.
- 6 A free-will offering will I give to thee, / and praise thy Name, O Lord, because it is so comfortable.
- 7 For he hath delivered me out of all my trouble; /
and mine eye hath seen its desire upon mine enemies.

GLORY be to the Father, and to the Son, and to the Holy Ghost; / As it was in the beginning, is now, and ever shall be, world without end. Amen.

Save me, O God, for thy Name's sake, / and avenge me in thy strength.

Please kneel

COLLECT FOR PURITY

Almighty God, unto whom all hearts be open, all desires known, and from whom no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of thy Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy Name; through Christ our Lord. **Amen.**

The cantor sings

KYRIE ELEISON

Kyrie Eleison : Lord, have mercy upon us.
Christe Eleison : Christ, have mercy upon us.
Kyrie Eleison : Lord, have mercy upon us.

Please stand

GLORIA IN EXCELSIS DEO

Celebrant: Glory be to God on high,

All: **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 sin of the world, have mercy upon us. Thou that takest away the sin 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 Lord be with you.

R / *And with thy spirit.*

Please remain standing for the Collect

THE COLLECT OF THE DAY

Let us pray.

Grant to us, Lord, we beseech thee, the spirit to think and do always such things as be rightful; that we, who cannot do any thing that is good without thee, may by thee be enabled to live according to thy will; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, world without end. *Amen.*

Please be seated

FIRST LESSON: Exodus 16.2-4, 9-15

And the whole congregation of the people of Israel murmured against Moses and Aaron in the wilderness, and said to them, "Would that we had died by the hand of the LORD in the land of Egypt, when we sat by the fleshpots and ate bread to the full; for you have brought us out into this wilderness to kill this whole assembly with hunger." Then the LORD said to Moses, "Behold, I will rain bread from heaven for you; and the people shall go out and gather a day's portion every day, that I may prove them, whether they will walk in my law or not." And Moses said to Aaron, "Say to the whole congregation of the people of Israel, 'Come near before the LORD, for he has heard your murmurings.'" And as Aaron spoke to the whole congregation of the people of Israel, they looked toward the wilderness, and behold, the glory of the LORD appeared in the cloud. And the LORD said to Moses, "I have heard the murmurings of the people of Israel; say to them, 'At twilight you shall eat flesh, and in the morning you shall be filled with bread; then you shall know that I am the LORD your God.'" In the evening quails came up and covered the camp; and in the morning dew lay round about the camp. And when the dew had gone up, there was on the face of the wilderness a fine, flake-like thing, fine as hoarfrost on the ground. When the people of Israel saw it, they said to one another, "What is it?" For they did not know what it was. And Moses said to them, "It is the bread which the LORD has given you to eat."

The word of the Lord.

R / *Thanks be to God.*

The Cantor alone sings:

PSALM: 78.23-29

- 23 Because they believed not in God, / and put not their trust in his help.
24 Yet he commanded the clouds above, / and opened the doors of heaven.
25 He rained down manna also upon them for to eat, / and gave them food from heaven.
26 So man did eat angels' bread; / for he sent them food enough.
27 He caused the east wind to blow in the heavens; /
and through his power he brought in the south-west wind.
28 He rained flesh upon them as thick as dust, / and feathered fowls like as the sand of the sea.
29 He let it fall among their tents, / even round about their habitations.

THE EPISTLE: Ephesians 4.1-16

I therefore, a prisoner for the Lord, beg you to lead a life worthy of the calling to which you have been called, with all lowliness and meekness, with patience, forbearing one another in love, eager to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope that belongs to your call, one Lord, one faith, one baptism, one God and Father of us all, who is above all and through all and in all. But grace was given to each of us according to the measure of Christ's gift. Therefore it is said, "When he ascended on high he led a host of captives, and he gave gifts to men." (In saying, "He ascended," what does it mean but that he had also descended into the lower parts of the earth? He who descended is he who also ascended far above all the heavens, that he might fill all things.) And his gifts were that some should be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ; so that we may no longer be children, tossed to and fro and carried about with every wind of doctrine, by the cunning of men, by their craftiness in deceitful wiles. Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, from whom the whole body, joined and knit together by every joint with which it is supplied, when each part is working properly, makes bodily growth and upbuilds itself in love.

The word of the Lord.
R/ *Thanks be to God.*

The Cantor alone sings:

GOSPEL ACCLAMATION

Alleluia. Alleluia. We do not live by bread alone, but by every word that comes from the mouth of God.
Alleluia.

HOLY GOSPEL: John 6.24-35

R / *Glory be to thee O Lord*

So when the people saw that Jesus was not there, nor his disciples, they themselves got into the boats and went to Capernaum, seeking Jesus. When they found him on the other side of the sea, they said to him, "Rabbi, when did you come here?" Jesus answered them, "Truly, truly, I say to you, you seek me, not because you saw signs, but because you ate your fill of the loaves. Do not labour for the food which perishes, but for the food which endures to eternal life, which the Son of man will give to you; for on him has God the Father set his seal." Then they said to him, "What must we do, to be doing the works of God?" Jesus answered them, "This is the work of God, that you believe in him whom he has sent." So they said to him, "Then what sign do you do, that we may see, and believe you? What work do you perform? Our fathers ate the manna in the wilderness; as it is written, 'He gave them bread from heaven to eat.'" Jesus then said to them, "Truly, truly, I say to you, it was not Moses who gave you the bread from heaven; my Father gives you the true bread from heaven. For the bread of God is that which comes down from heaven, and gives life to the world." They said to him, "Lord, give us this bread always." Jesus said to them, "I am the bread of life; he who comes to me shall not hunger, and he who believes in me shall never thirst."

The Gospel of Christ.

R / *Praise be to thee, O Christ.*

THE NICENE CREED

Celebrant: I believe in one God

All: the Father Almighty, Maker of heaven and earth, And of all things visible and invisible:

And in one Lord Jesus Christ, the only-begotten Son of God, Begotten of the Father before all worlds; God, of God; Light, of Light; Very God, of very God; Begotten, not made; Being of one substance with the Father; Through whom all things were made: Who for us men and for our salvation came down from heaven, And was incarnate by the Holy Ghost of the Virgin Mary, And was made man, And was crucified also for us under Pontius Pilate. He suffered and was buried, And the third day he rose again according to the Scriptures, And ascended into heaven, And sitteth on the right hand of the Father. And he shall come again with glory to judge both the quick and the dead: Whose kingdom shall have no end.

And I believe in the Holy Ghost, The Lord, The Giver of Life, Who proceedeth from the Father and the Son, Who with the Father and the Son together is worshipped and glorified, Who spake by the Prophets. And I believe One, Holy, Catholic, and Apostolic Church. I acknowledge one Baptism for the remission of sins. And I look for the Resurrection of the dead, And the Life of the world to come. Amen.

SERMON

OFFERTORY

Please stand for the hymn during the Offertory, sung by the Cantor alone

OFFERTORY HYMN 573 – Thee will I love, my strength, my tower

- 1 Thee will I love, my strength, my tower,
Thee will I love, my joy, my crown,
Thee will I love with all my power,
In all my works, and thee alone,
Thee will I love till sacred fire
Fills my whole soul with pure desire.
- 2 I thank thee, uncreated Sun,
That thy bright beams on me have shined;
I thank thee, who hast overthrown
My foes, and healed my wounded mind;
I thank thee, whose enlivening voice
Bids my freed heart in thee rejoice.
- 3 Uphold me, in the doubtful race,
Nor suffer me again to stray;
Strengthen my feet with steady pace
Still to press forward in thy way:
That all my powers, with all their might,
In thy sole glory may unite.
- 4 Thee will I love, my joy, my crown;
Thee will I love, my Lord, my God,
Thee I will love, beneath thy frown
Or smile – thy sceptre or thy rod;
What though my flesh and heart decay,
Thee shall I love in endless day.

SURREY

Tr (1739) from the German of Rev. Johann Scheffler (1657) by Rev. John Wesley

Henry Carey, 1723

PRAYER OVER THE GIFTS

Blessed be thou, Lord God of Israel, for ever and ever. All that is in the heaven and in the earth is thine. All things come of thee, and of thine own have we given thee. **Amen.**

Please kneel

INTERCESSIONS

Celebrant: Dear friends in Christ, let us pray for the Church and for the world.

silence

Lord, in thy mercy

R / ***We beseech thee, hear our prayer.***

Intercessor: I bid your prayers for the church universal throughout the world; for Andrew our bishop, and for all who serve and minister to God's people.

silence

Lord, in thy mercy

R / ***We beseech thee, hear our prayer.***

Intercessor: I bid your prayers for the Queen and for all in authority in our country, province, and city. May God guide us in the ways of justice and peace; that we may honour one another and serve the common good.

silence

Lord, in thy mercy

R / *We beseech thee, hear our prayer.*

Intercessor: I bid your prayers for all those in need, for the sick_____, and all those suffering from the coronavirus, for elders in isolation, for prisoners, for refugees and migrants, for the oppressed, for those who mourn, and for all for whom our prayers are asked_____, that they will be comforted by the ever-present love of our Lord.

silence

Lord, in thy mercy

R / *We beseech thee, hear our prayer.*

Intercessor: I bid your prayers for the souls of the departed, especially_____ who have died in recent days, and on their year's mind for_____, that they may share with the Blessed Virgin Mary, Blessed Thomas, and all the saints in God's eternal kingdom.

silence

Lord, in thy mercy

R / *We beseech thee, hear our prayer.*

Celebrant: O Almighty God, receive these our supplications and prayers. Let thy fatherly hand ever be over us; let thy Holy Spirit ever be with us; and so lead us to knowledge of thy Word, that in the end we may obtain everlasting life; through Jesus Christ our Lord. *Amen.*

INVITATION, CONFESSION AND ABSOLUTION

Ye that do truly and earnestly repent you of your sins, and are in love and charity with your neighbours, and intend to lead the new life, following the commandments of God, and walking from henceforth in his holy ways: Draw near with faith, and take this holy Sacrament to your comfort; and make your humble confession to Almighty God, meekly kneeling upon your knees.

Almighty God, **Father of our Lord Jesus Christ, Maker of all things, Judge of all men: We acknowledge and confess our manifold sins and wickedness, Which we from time to time most grievously have committed, By thought, word, and deed, Against thy Divine Majesty. We do earnestly repent, And are heartily sorry for these our misdoings. Have mercy upon us, most merciful Father; For thy Son our Lord Jesus Christ's sake, Forgive us all that is past; And grant that we may ever hereafter Serve and please thee In newness of life, To the honour and glory of thy Name; Through Jesus Christ our Lord. Amen.**

Almighty God, our heavenly Father, who of his great mercy hath promised forgiveness of sins to all them that with hearty repentance and true faith turn unto him: Have mercy upon you; pardon and deliver you from all your sins; confirm and strengthen you in all goodness; and bring you to everlasting life; through Jesus Christ our Lord. *Amen.*

EUCCHARISTIC PRAYER

V / The Lord be with you; R / *And with thy spirit.*

V / Lift up your hearts; R / *We lift them up unto the Lord.*

V / Let us give thanks unto our Lord God; R / *It is meet and right so to do.*

It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, Holy Father, Almighty, Everlasting God, Creator and Preserver of all things.

Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee and saying:

The Cantor sings:

Holy, Holy, Holy, Lord God of hosts, heaven and earth are full of thy glory.

Glory be to thee, O Lord most High. Blessed is he that cometh in the Name of the Lord:

Hosanna in the highest.

Blessing and glory and thanksgiving be unto thee Almighty God, our heavenly Father, who of thy tender mercy didst give thine only Son Jesus Christ to take our nature upon him, and to suffer death upon the Cross for our redemption; who made there, by his one oblation of himself once offered, a full, perfect, and sufficient sacrifice, oblation, and satisfaction, for the sins of the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memorial of that his precious death, until his coming again.

Hear us, O merciful Father, we most humbly beseech thee; and grant that we receiving these thy creatures of bread and wine, according to thy Son our Saviour Jesus Christ's holy institution, in remembrance of his death and passion, may be partakers of his most blessed Body and Blood; who, in the same night that he was betrayed, took Bread; and, when he had given thanks, he brake 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. Likewise after supper he took the Cup; and, when he had given thanks, he gave it to them, saying, Drink ye all, of this; for this is my Blood of the new Covenant, which is shed for you and for many for the remission of sins: Do this, as oft as ye shall drink it, in remembrance of me.

Wherefore, O Father, Lord of heaven and earth, we thy humble servants, with all thy holy Church, remembering the precious death of thy beloved Son, his mighty resurrection, and glorious ascension, and looking for his coming again in glory, do make before thee, in this sacrament of the holy Bread of eternal life and the Cup of everlasting salvation, the memorial which he hath commanded; And we entirely desire thy fatherly goodness mercifully to accept this our sacrifice of praise and thanksgiving, most humbly beseeching thee to grant, that by the merits and death of thy Son Jesus Christ, and through faith in his blood, we and all thy whole Church may obtain remission of our sins, and all other benefits of his passion; And we pray that by the power of thy Holy Spirit, all we who are partakers of this holy Communion may be fulfilled with thy grace and heavenly benediction; through Jesus Christ our Lord, by whom and with whom, in the unity of the Holy Spirit, all honour and glory be unto thee, O Father Almighty, world without end. *Amen.*

THE LORD'S PRAYER, FRACTION AND PEACE

Celebrant: As our Saviour Christ hath commanded and taught us we are bold to say:

Our Father who art in heaven, Hallowed be thy Name, Thy kingdom come, Thy will be done, on earth as it is in heaven. Give us this day our daily bread; And forgive us our trespasses, As we forgive them that trespass against us; And lead us not into temptation, But deliver us from evil. For thine is the kingdom, the power, and the glory, For ever and ever. Amen.

The consecrated Bread is broken.

V / The peace of the Lord be always with you;
R / *And with thy spirit.*

HOLY COMMUNION

All who intend to receive Holy Communion pray together:

We do not presume

to come to this thy Table, O merciful Lord, Trusting in our own righteousness, But in thy manifold and great mercies. We are not worthy So much as to gather up the crumbs under thy Table. But thou art the same Lord, Whose property is always to have mercy: Grant us therefore, gracious Lord, So to eat the Flesh of thy dear Son Jesus Christ, And to drink his Blood, That our sinful bodies may be made clean by his Body, And our souls washed through his most precious Blood, And that we may evermore dwell in him, And he in us. Amen.

The Cantor sings:

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

MOTET: 'Bäche von gesalznen Zähren,' BWV 21'

J.S. Bach

Streams of salty tears, floods pour continually forth. Storms and waves press against me, and this trouble-filled sea will weaken my spirit and life, will break mast and anchor, here I sink to the ground, there I gaze into the maw of Hell.

PRAYER AFTER COMMUNION

Celebrant: Let us pray.

Almighty and everliving God, we most heartily thank thee that thou dost graciously feed us, in these holy mysteries, with the spiritual food of the most precious Body and Blood of thy Son our Saviour Jesus Christ; assuring us thereby of thy favour and goodness towards us; and that we are living members of his mystical body, which is the blessed company of all faithful people; and are also heirs through hope of thy everlasting kingdom.

And here we offer and present unto thee, O Lord, ourselves, our souls and bodies, to be a reasonable, holy, and living sacrifice unto thee. And although we are unworthy, yet we beseech thee to accept this our bounden duty and service, not weighing our merits, but pardoning our offences; through Jesus Christ our Lord, to whom, with thee and the Holy Ghost, be all honour and glory, world without end.
Amen.

BLESSING

The peace of God, which passeth 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 Ghost, be amongst you and remain with you always. *Amen.*

The Cantor alone sings:

CONCLUDING HYMN 487 – Come down, O Love divine

- 1 Come down, O Love divine,
Seek thou this soul of mine,
And visit it with thine own ardour glowing;
O Comforter, draw near,
Within my heart appear,
And kindle it, thy holy flame bestowing.
- 2 O let it freely burn,
Till earthly passions turn
To dust and ashes in its heat consuming;
And let thy glorious light
Shine ever on my sight,
And clothe me round, the while my path illuming.
- 3 Let holy charity
Mine outward vesture be,
And lowliness become mine inner clothing;
True lowliness of heart,
Which takes the humbler part,
And o'er its own shortcomings weeps with loathing.
- 4 And so the yearning strong,
With which the soul will long,
Shall far outpass the power of human telling;
For none can guess its grace,
Till he become the place
Wherein the HOLY SPIRIT makes his dwelling.

DOWN AMPNEY
Ralph Vaughan Williams, (1872-1958), 1906

Bianco da Siena, d. 1434
tr. Richard Frederick Littledale, Jr., (1833-1890), 1867

POSTLUDE: Metamorphosis IV, *Philip Glass*