

Saint Thomas's Church

Trinity X

Sunday, August 21, 2022

Sung Mass at 9:30 am



Christ healing the crippled woman, 4th century
Sarcophagus, Vatican City Museum

Saint Thomas's Anglican Church

383 Huron Street,

Toronto, Ontario M5S 2G5

416-979-2323

www.stthomas.on.ca office@stthomas.on.ca

Welcome!

On behalf of everyone who claims St. Thomas's as their spiritual home, we are happy you are with us, whether in person or via our livestream. If you are a visitor or newcomer, or even a longtime parishioner, but find it awkward or difficult to stand or kneel at the places indicated, remaining seated is perfectly acceptable. Please assume the posture most conducive to prayer throughout this service, or simply observe.

St. Thomas's has many peculiar ways that we cherish and are happy to share. If there seems to be no rhyme or reason for something, there might not be! But feel free to ask anyone after the service; it usually makes for entertaining conversation.

You are not obliged to engage any of us in conversation, though you should know that pretty much everyone here is happy to do so when we gather. You can always slip away without any judgement. We seem to have a lot of introverts here, so we understand the energy it takes to put yourself out there. Even if you're a raging extrovert, the experience of church can be disorienting. Relax and be yourself. Believe it or not, whether from near or far, God has led you here today. We want to honour what God is up to in your life, and we are here for you as you (re-) discover the joy and the challenge of the saving Gospel of Jesus Christ.

Fr. Nathan Humphrey, Rector

Low gluten communion hosts are available upon request. Please inform the greeters prior to the start of the service if you require one. When you approach for communion indicate to the priest that you require a low gluten host.



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

*Those at the High Altar in loving memory of Enid and Jim Houston,
parents of Anna Kennedy, and Allen and Alice Kennedy, parents of Rob Kennedy;*

and

*Those on the Lady Altar in loving memory of Arnold Heldt Jr.,
Marie Heldt, and Arnold Heldt Sr.*

Celebrant & Homilist: Fr. Humphrey
Reader: Georgiana Beal
Organist & Director of Music: Matthew Whitfield

GREEN STAGE PROVISOS FOR IN-PERSON ATTENDANCE

The Diocese of Toronto has now entered the Green Stage, leaving all policies to the parishes. Masks, preferably N95 or KN95, are recommended but optional. Please join in heartily in our congregational singing.

Though distancing is no longer a requirement, please inquire of your nearest neighbours to ensure that all are comfortable and accommodated.

MUSIC OF THE MASS: Community Mass, *Richard Proulx*

GREETING

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

And also with you.

COLLECT FOR PURITY

Almighty God, to you all hearts are open, all desires known, and from you 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 choir and people sing:

GLORIA IN EXCELSIS DEO

Community Mass, *Richard Proulx*

Organ

Musical notation for the organ part, starting in 4/4 time and changing to 2/4 and back to 4/4.

f Congregation

Musical notation for the congregation part, starting in 4/4 time.

Glo-ry to God in the high-est, and peace to his peo-ple on earth. Lord

Musical notation for the congregation part, continuing in 4/4 time.

God, heav-en-ly King, al - migh - ty God and Fa-ther, We

Musical notation for the congregation part, continuing in 4/4 time.

wor-ship you, we give you thanks, we praise you for your glo-ry.

p

Musical notation for the congregation part, continuing in 4/4 time.

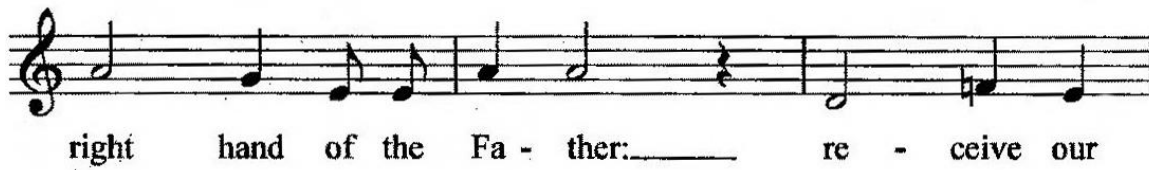
Lord Je-sus Christ, on - ly Son of the Fa ther, —

Musical notation for the congregation part, continuing in 4/4 time.

Lord God, — Lamb of God, you take a-way the sin of the

Musical notation for the congregation part, changing to 3/4 time.

world: have mer-cy on us; You are — seat-ed at the

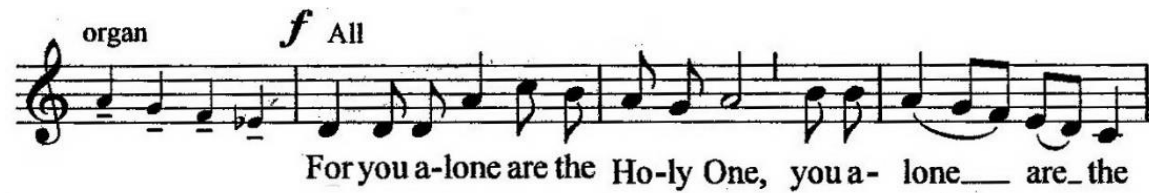


right hand of the Fa - ther: re - ceive our

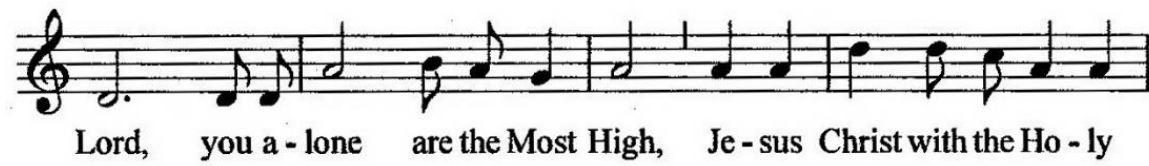


pray'r, re - ceive, re - ceive our pray'r.

organ *f* All



For you a-lone are the Ho-ly One, you a- lone are the



Lord, you a - lone are the Most High, Je - sus Christ with the Ho - ly



Spi - rit in the glo-ry of God the Fa-ther. A -



men. A - men.

THE COLLECT OF THE DAY

Let us pray.

Almighty God, we are taught by your word that all our doings without love are worth nothing. Send your Holy Spirit and pour into our hearts that most excellent gift of love, the true bond of peace and of all virtue; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

FIRST READING: Isaiah 58.9b-14

A reading from the book of the prophet Isaiah.

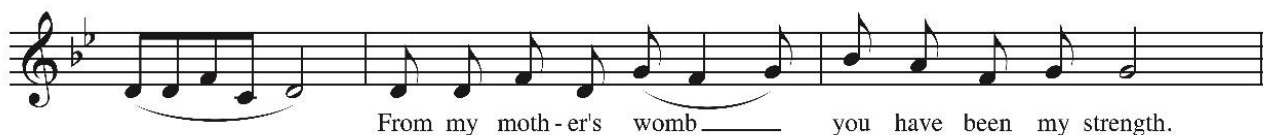
If you remove the yoke from among you, the pointing of the finger, the speaking of evil, if you offer your food to the hungry and satisfy the needs of the afflicted, then your light shall rise in the darkness and your gloom be like the noonday. The Lord will guide you continually, and satisfy your needs in parched places, and make your bones strong; and you shall be like a watered garden, like a spring of water, whose waters never fail. Your ancient ruins shall be rebuilt; you shall raise up the foundations of many generations; you shall be called the repairer of the breach, the restorer of streets to live in. If you refrain from trampling the sabbath, from pursuing your own interests on my holy day; if you call the sabbath a delight and the holy day of the Lord honourable; if you honour it, not going your own ways, serving your own interests, or pursuing your own affairs; then you shall take delight in the Lord, and I will make you ride upon the heights of the earth; I will feed you with the heritage of your ancestor Jacob, for the mouth of the Lord has spoken.

The word of the Lord.

Thanks be to God.

The Choir and People sing the response:

RESPONSORIAL PSALM 71.1-6



Response: From my mother's womb you have been my strength.

In you, O Lord, have I taken refuge; let me never be ashamed. In your righteousness, deliver me and set me free; incline your ear to me and save me. **R/.**

Be my strong rock, a castle to keep me safe; you are my crag and my stronghold. Deliver me, my God, from the hand of the wicked, from the clutches of the evildoer and the oppressor. **R/.**

For you are my hope, O Lord God, my confidence since I was young. I have been sustained by you ever since I was born; from my mother's womb you have been my strength; my praise shall be always of you. **R/.**

SECOND READING: Hebrews 12.18-29

A reading from the Epistle to the Hebrews.

You have not come to something that can be touched, a blazing fire, and darkness, and gloom, and a tempest, and the sound of a trumpet, and a voice whose words made the hearers beg that not another word be spoken to them. (For they could not endure the order that was given, 'If even an animal touches the mountain, it shall be stoned to death.' Indeed, so terrifying was the sight that Moses said, 'I tremble with fear.') But you have come to Mount Zion and to the city of the living God, the heavenly Jerusalem, and to innumerable angels in festal gathering, and to the assembly of the firstborn who are enrolled in heaven, and to God the judge of all, and to the spirits of the righteous made perfect, and to Jesus, the mediator of a new covenant, and to the sprinkled blood that speaks a better word than the blood of Abel. See that you do not refuse the one who is speaking; for if they did not escape when they refused the one who warned them on earth, how much less will we escape if we reject the one who warns from heaven! At that time his voice shook the earth; but now he has promised, 'Yet once more I will shake not only the earth but also the heaven.' This phrase 'Yet once more' indicates the removal of what is shaken - that is, created things - so that what cannot be shaken may remain. Therefore, since we are receiving a kingdom that cannot be shaken, let us give thanks, by which we offer to God an acceptable worship with reverence and awe; for indeed our God is a consuming fire.

The word of the Lord.

Thanks be to God.

Please stand. The choir will sing the first three Alleluias, followed by the people; a cantor will sing the verse and then all sing the final three Alleluias.

GOSPEL ACCLAMATION

Alleluia, Alleluia. Alleluia. I am the way, the truth, and the life, says the Lord; no one comes to the Father, but by me. Alleluia, Alleluia, Alleluia.

THE HOLY GOSPEL: Luke 13.10-17

The Lord be with you.

And also with you.

The Holy Gospel of our Lord Jesus Christ according to Saint Luke.

Glory to you, Lord Jesus Christ.

Now Jesus was teaching in one of the synagogues on the sabbath. And just then there appeared a woman with a spirit that had crippled her for eighteen years. She was bent over and was quite unable to stand up straight. When Jesus saw her, he called her over and said, 'Woman, you are set free from your ailment.' When he laid his hands on her, immediately she stood up straight and began praising God. But the leader of the synagogue, indignant because Jesus had cured on the sabbath, kept saying to the crowd, 'There are six days on which work ought to be done; come on those days and be cured, and not on the sabbath day.' But the Lord answered him and said, 'You hypocrites! Does not each of you on the sabbath untie his ox or his donkey from the manger, and lead it away to give it water? And ought not this woman, a daughter of Abraham whom Satan bound for eighteen long years, be set free from this bondage on the sabbath day?' When he said this, all his opponents were put to shame; and the entire crowd was rejoicing at all the wonderful things that he was doing.

The Gospel of Christ.

Praise to you, Lord Jesus Christ.

The People sit.

SERMON

After the Sermon, the People remain seated for a period of silent reflection, standing when the Celebrant stands.

THE NICENE CREED

Let us confess our faith, as we say,

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: *(Bow.)* by the power of the Holy Spirit he became incarnate from the Virgin Mary, and was made man. *(Rise.)*

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. With the Father and the Son he is worshipped and glorified. He 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.

The People remain standing.

INTERCESSIONS

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

Intercessor: I ask your prayers for the church universal throughout the world; for Andrew our bishop, for _____ according to the Anglican cycle of prayer, for _____ according to the Diocesan prayer cycle, and for all who serve and minister to God's people.
(Silence.)

Lord, in your mercy
Hear our prayer.

I ask 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 your mercy
Hear our prayer.

I ask your prayers for God's blessings upon all people, and we give thanks to God for the people, neighbours, and friends of this parish, and especially for all those present with us in person or via livestream; our newcomers and visitors this morning, both near and far; and for all other thanksgivings we now name, silently or aloud _____, [We give thanks especially for _____.] May God's abiding presence be with us always, that we may be a blessing to all people. *(Silence.)*

Lord, in your mercy
Hear our prayer.

I ask your prayers for all those in need, for the sick_____, and all those suffering in mind, body, or estate due to the ongoing pandemic; for victims of warfare and violence; for elders in isolation, for prisoners, for refugees and migrants, for the oppressed, for those who mourn, and for all others for whom our prayers are asked_____. May God grant that they will be comforted by the ever-present love of our Lord. *(Silence.)*

Lord, in your mercy
Hear our prayer.

I ask 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. May God grant that their souls, and the souls of all the faithful departed, may rest in peace and rise in glory. *(Silence.)*

Lord, in your mercy
Hear our prayer.

Celebrant: Loving God, open our ears to hear your word and draw us closer to you, that the whole world may be one with you as you are one with us in Jesus Christ our Lord. Amen.

INVITATION, CONFESSION, & ABSOLUTION

Dear friends in Christ, God is steadfast in love and infinite in mercy; he welcomes sinners and invites them to his table. Let us confess our sins, confident in God's forgiveness.

The People bow or kneel. Silence is kept.

Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbours as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us, that we may delight in your will, and walk in your ways, to the glory of your name. Amen.

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

THE PEACE

All standing, the Celebrant bids the Peace.

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

The People remain standing for the hymn during the Offertory.

OFFERTORY HYMN 427 – He who would valiant be

1 He who would valiant be
`Gainst all disaster,
Let him in constancy
Follow the Master.
There's no discouragement
Shall make him once relent
His first avowed intent
To be a pilgrim.

2 Who so beset him round
With dismal stories,
Do but themselves confound –
His strength the more is.
No foes shall stay his might,
Though he with giants fight:
He will make good his right
To be a pilgrim.

3 Since, Lord, thou dost defend
Us with thy Spirit,
We know we at the end
Shall life inherit.
Then fancies flee away!
I'll fear not what men say,
I'll labour night and day
To be a pilgrim.

Monks Gate
Adapted from an English Traditional Melody

J. Bunyan (1684), and others

PRAYER OVER THE GIFTS

God of glory, receive all we offer this day as a symbol of our love, and increase in us that true and perfect gift. We ask this in the name of Jesus Christ our Lord. **Amen.**

THE GREAT THANKSGIVING

Celebrant: The Lord be with you. *People:* And also with you.

Celebrant: Lift up your hearts. *People:* We lift them to the Lord.

Celebrant: Let us give thanks to the Lord our God.

People: It is right to give our thanks and praise.

Blessed are you, gracious God, creator of heaven and earth; you are the source of light and life for all your creation, you made us in your own image, and call us to new life in Jesus Christ our Saviour.

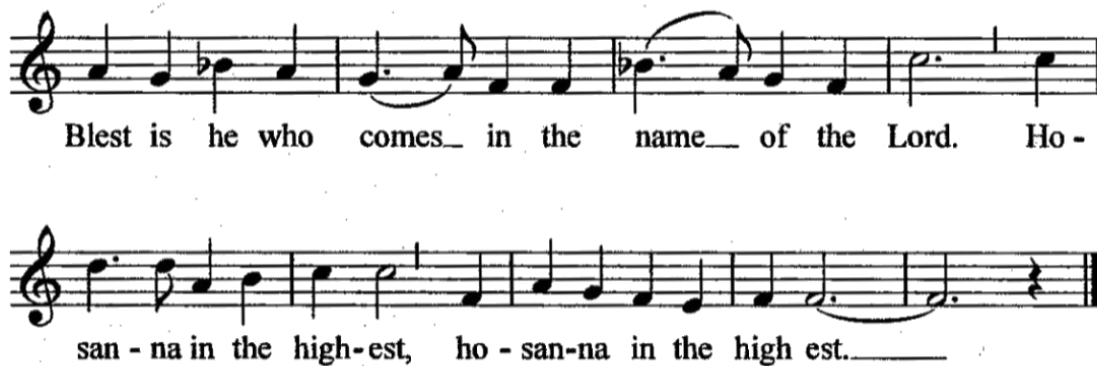
Therefore we praise you, joining our voices to proclaim the glory of your name.

The People and Choir sing,

SANCTUS & BENEDICTUS

Organ *mf* Congregation

Ho-ly, ho-ly, ho-ly Lord, God of pow-er and
might. Heav'n and earth are full of your glo-ry. Ho-
san-na in the high-est, ho-san-na in the high-est.



The People remain standing.

We give thanks to you, Lord our God, for the goodness and love you have made known to us in creation; in calling Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Saviour and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night he was handed over to suffering and death, a death he freely accepted, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: this is my body which is given for you. Do this for the remembrance of me."

After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "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. Whenever you drink it, do this for the remembrance of me."

Therefore, Father, according to his command:

**We remember his death,
we proclaim his resurrection,
we await his coming in glory.**

and we offer our sacrifice of praise and thanksgiving to you, Lord of all; presenting to you, from your creation, this bread and this wine. We pray you, gracious God, to send your Holy Spirit upon these gifts, that they may be the sacrament of the body of Christ and his blood of the new covenant.

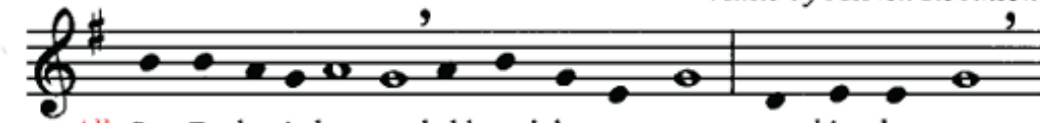
Unite us to your Son in his sacrifice, that we, made acceptable in him, may be sanctified by the Holy Spirit. In the fullness of time, reconcile all things in Christ, and make them new, and bring us to that city of light where you dwell with all your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation; by whom, and with whom, and in whom, in the unity of the Holy Spirit, all honour and glory are yours, almighty Father, now and for ever. **Amen.**

THE LORD'S PRAYER

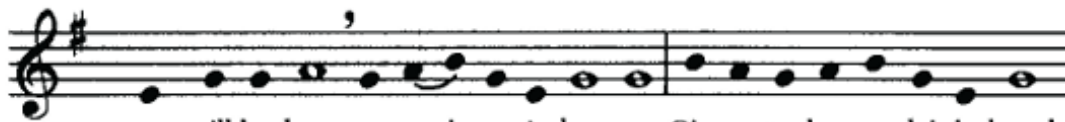


Celebrant As our Sa-viour taught us, let us pray,

Music by McNeil Robinson



All Our Fa-ther in heav-en, hal-lowed be your name, your king-dom come,



your will be done, on earth as in heav-en. Give us to-day our dai-ly bread,



For-give us our sins as we for-give those who sin a-against us.



Save us from the time of trial, and de-liv-er us from e - vil. For the king-dom,



the pow-er, and the glo-ry are yours, now and for ev - er. A - men.

THE BREAKING OF THE BREAD

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

We, being many, are one body, for we all share in the one bread.

HOLY COMMUNION

The gifts of God for the people of God.
Thanks be to God.

The Choir alone sings,

AGNUS DEI



mp

Lamb of God, you take a-way the
sins of the world: have mer - cy on us.
Lamb of God, you take a-way the sins of the world:
grant us _____ peace.

The musical score is written on a single treble clef staff in 2/4 time. It begins with a key signature of one flat (B-flat) and a dynamic marking of *mp*. The melody is simple and homophonic, with lyrics written below the notes. The score consists of four lines of music. The first line ends with a repeat sign. The second line has a 3/4 time signature change. The third line ends with a repeat sign. The fourth line ends with a double bar line.

COMMUNION INSTRUCTIONS

All baptized Christians are warmly invited to receive Communion as directed by the Sidespeople. Please receive the host (bread) on the right palm of the hand (supported underneath by the left palm). To receive the cup, gently guide with your hand the base of the chalice. Please refrain from intinction (dipping the host into the cup), as diocesan policy does not allow us to do so.

If you have not been baptized or are not receiving communion, please cross your arms over your chest in the shape of an X to receive a blessing. If you are not receiving from the cup, please pause to reverence it with a bow before returning to your pew.

If you wish to inquire about baptism for yourself or your child, we would love to speak with you!

MOTET

'Alleluia,' Stephanie Martin

COMMUNION DEVOTIONS

An Act of Spiritual Communion, which may be prayed silently by those not receiving:

My Jesus, I believe that you are truly present in the Holy Sacrament. And since I cannot now receive you sacramentally, I humbly ask you to come spiritually into my heart. I unite myself to you, and embrace you with all the affections of my soul. Let me never be separated from you. Let me live and die in your love. Amen.

ANIMA CHRISTI

The following devotion may be prayed silently by communicants and non-communicants.

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O good Jesu, hear me.
Within thy wounds hide me.
Suffer me not to be separated from thee.
From the malicious enemy defend me.
In the hour of my death call me.
And bid me come to thee,
That with thy saints I may praise thee,
For ever and ever. Amen.

PRAYER AFTER COMMUNION

Let us pray.

Living God, increase in us the healing power of your love. Guide and direct us that we may please you in all things, for the sake of Jesus Christ our Lord. **Amen.**

BLESSING

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.**

DISMISSAL

Go in peace to love and serve the Lord.
Thanks be to God.

CONCLUDING HYMN 655 – And did those feet in ancient time

- 1 And did those feet in ancient time
Walk upon England's mountains green?
And was the holy Lamb of God
On England's pleasant pastures seen?
And did the countenance divine
Shine forth upon our clouded hills?
And was Jerusalem builded here
Among those dark satanic mills?
- 2 Bring me my bow of burning gold!
Bring me my arrows of desire!
Bring me my spear! O clouds, unfold!
Bring me my chariot of fire!
I will not cease from mental fight,
Nor shall my sword sleep in my hand,
Till we have built Jerusalem
In this our green and pleasant land.