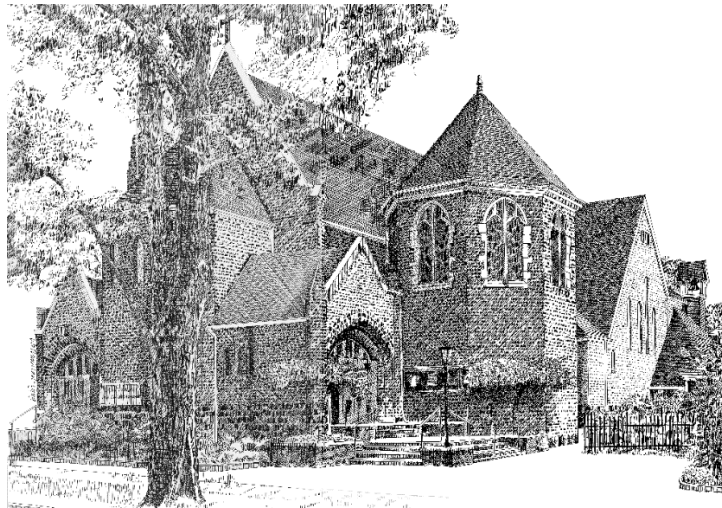




**The Thirteenth Sunday After Trinity**  
**Sunday, August 29, 2021**

**Sung Eucharist at 9:30 am**



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

*In loving memory of Arnold Heldt Jr., Marie Heldt, and Arnold Heldt Sr;*

*and*

*In loving memory of Enid and Jim Houston, parents of Anna Kennedy  
and Allen and Alice Kennedy, parents of Rob Kennedy.*

**Celebrant & Homilist:** Fr Humphrey  
**Cantor:** Jennifer McCallum  
**Reader:** Ronwen Guest  
**Organist:** Elizabeth Anderson

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MUSIC OF THE MASS – New Plainsong Mass, *David Hurd*

**PRELUDE:** Hymn-Prelude on Song 13, Percy Whitlock

**GREETING**

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

*People:* **And also with you.**

**COLLECT FOR PURITY**

*Celebrant:* Almighty God,

*People:* **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.**

**GLORIA IN EXCELSIS DEO**

*Celebrant:* Glory to God in the highest,

**and peace to his people on earth. Lord God, heavenly king, almighty God and Father, we worship you, we give you thanks, we praise you for your glory.**

**Lord Jesus Christ, only Son of the Father, Lord God, Lamb of God, you take away the sin of the world: Have mercy on us; You are seated at the right hand of the Father: receive our prayer.**

**For you alone are the Holy One, you alone are the Lord, You alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.**

**THE COLLECT OF THE DAY**

Let us pray.

Author and Giver of all good things, graft in our hearts the love of your name, increase in us true religion, nourish us in all goodness, and of your great mercy keep us in the same; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

**FIRST READING: Deuteronomy 4.1-2, 6-9**

*A reading from the book Deuteronomy:*

“And now, O Israel, give heed to the statutes and the ordinances which I teach you, and do them; that you may live, and go in and take possession of the land which the LORD, the God of your fathers, gives you. You shall not add to the word which I command you, nor take from it; that you may keep the commandments of the LORD your God which I command you. Keep them and do them; for that will be your wisdom and your understanding in the sight of the peoples, who, when they hear all these statutes, will say, ‘Surely this great nation is a wise and understanding people.’ For what great nation is there that has a god so near to it as the LORD our God is to us, whenever we call upon him? And what great nation is there, that has statutes and ordinances so righteous as all this law which I set before you this day? “Only take heed, and keep your soul diligently, lest you forget the things which your eyes have seen, and lest they depart from your heart all the days of your life; make them known to your children and your children’s children.

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

**PSALM: 15**

- 1 Lord, who may dwell in your tabernacle? \*  
who may abide upon your holy hill?
- 2 Whoever leads a blameless life and does what is right, \*  
who speaks the truth from his heart.
- 3 There is no guile upon his tongue; he does no evil to his friend; \*  
he does not heap contempt upon his neighbour.
- 4 In his sight the wicked is rejected, \*  
but he honours those who fear the Lord.
- 5 He has sworn to do no wrong \*  
and does not take back his word.
- 6 He does not give his money in hope of gain, \*  
nor does he take a bribe against the innocent.
- 7 Whoever does these things \*  
shall never be overthrown.

**SECOND READING: James 1.17-27**

*A reading from the Epistle of James:*

Every good endowment and every perfect gift is from above, coming down from the Father of lights with whom there is no variation or shadow due to change. Of his own will he brought us forth by the word of truth that we should be a kind of first fruits of his creatures. Know this, my beloved brethren. Let every man be quick to hear, slow to speak, slow to anger, for the anger of man does not work the righteousness of God. Therefore put away all filthiness and rank growth of wickedness and receive with meekness the implanted word, which is able to save your souls.

But be doers of the word, and not hearers only, deceiving yourselves. For if any one is a hearer of the word and not a doer, he is like a man who observes his natural face in a mirror; for he observes himself and goes away and at once forgets what he was like. But he who looks into the perfect law, the law of liberty, and perseveres, being no hearer that forgets but a doer that acts, he shall be blessed in his doing. If any one thinks

he is religious, and does not bridle his tongue but deceives his heart, this man's religion is vain. Religion that is pure and undefiled before God and the Father is this: to visit orphans and widows in their affliction, and to keep oneself unstained from the world.

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

#### **GOSPEL ACCLAMATION**

Alleluia. Alleluia. The Father brought us forth by the word of truth that we should be a kind of first fruits of his creatures. Alleluia.

#### **THE HOLY GOSPEL: Mark 7.1-8, 14-15, 21-23**

V / The Lord be with you.

*R / And also with you.*

V / The Holy Gospel of our Lord Jesus Christ according to Mark.

*R / Glory to you, Lord Jesus Christ.*

Now when the Pharisees gathered together to him, with some of the scribes, who had come from Jerusalem, they saw that some of his disciples ate with hands defiled, that is, unwashed. (For the Pharisees, and all the Jews, do not eat unless they wash their hands, observing the tradition of the elders; and when they come from the market place, they do not eat unless they purify themselves; and there are many other traditions which they observe, the washing of cups and pots and vessels of bronze.) And the Pharisees and the scribes asked him, "Why do your disciples not live according to the tradition of the elders, but eat with hands defiled?" And he said to them, "Well did Isaiah prophesy of you hypocrites, as it is written, 'This people honours me with their lips, but their heart is far from me; in vain do they worship me, teaching as doctrines the precepts of men.' You leave the commandment of God, and hold fast the tradition of men." And he called the people to him again, and said to them, "Hear me, all of you, and understand: there is nothing outside a man which by going into him can defile him; but the things which come out of a man are what defile him." For from within, out of the heart of man, come evil thoughts, fornication, theft, murder, adultery, coveting, wickedness, deceit, licentiousness, envy, slander, pride, foolishness. All these evil things come from within, and they defile a man."

The Gospel of Christ.  
*R / Praise to you, Lord Jesus Christ.*

#### **SERMON**

## THE NICENE CREED

*Celebrant:* Let us confess our faith, as we say,

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

**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.**

## INTERCESSIONS

*Celebrant:* Let us pray for the whole people of God, that each one of us may be a true and faithful servant of Christ, doing that which is good in his sight. We will ask, Lord, hear our prayers.

*Intercessor:* For all those involved in the current election preparations and for all people in Canada, that we may discern clearly about what we want for our country's future and act with wisdom and in hope.

*silence*

**R / Lord hear our prayers.**

*Intercessor:* For the sick, for those close to us and for all in need, \_\_\_\_\_, that trusting in their caregivers they will also see, and seeing reveal, the hand of the Lord in their renewed wholeness.

*silence*

**R / Lord hear our prayers.**

*Intercessor:* For the others for whom our prayers are asked, \_\_\_\_\_, that hearing that the Lord is near them in their troubles and joys they gather strength from the hopes of those around them.

*silence*

**R / Lord hear our prayers.**

*Intercessor:* For the dead, for those who we knew and who have died recently, \_\_\_\_\_, and for those who have died in past years who we miss, \_\_\_\_\_.

*silence*

**R / Lord hear our prayers.**

*Celebrant:* Lord, in your mercy answer our prayers and comfort your servants with seasonable weather, gentle rain, and fruitful harvests. We give you grateful thanks for this mercy, asking that you give us grace to use it, and all your gifts, to the honour of your name; through Jesus Christ our Lord. **Amen.**

## INVITATION, CONFESSION, ABSOLUTION

*Celebrant:* 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.

*A Silence is kept.*

*Celebrant:* Most merciful God,

*People:* **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.**

*Celebrant:* 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

V / The peace of the Lord be always with you.

R / **And also with you.**

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

### OFFERTORY HYMN 328 – Behold! the mountain of the Lord

- 1 Behold! the mountain of the Lord  
In latter days shall rise  
On mountain tops above the hills,  
And draw the wondering eyes.
- 2 To this the joyful nations round,  
All tribes and tongues, shall flow;  
Up to the hills of God, they'll say,  
And to his house we'll go.
- 3 The beam that shines from Zion hill  
Shall lighten every land;  
The King who reigns in Salem's towers  
Shall all the world command.
- 4 Among the nations he shall judge;  
His judgements truth shall guide;  
The sceptre shall protect the just,  
And quell the sinner's pride.
- 5 No strife shall rage, nor hostile feuds  
Disturb those peaceful years;  
To ploughshares men shall beat their swords,  
To pruning-hooks their spears.

6 Come then, O house Jacob! come  
To worship at his shrine;  
And, walking in the light of God,  
With holy beauties shine.

*BISHOP THORPE*  
*Scottish Paraphrases, 1781*

*Jeremiah Clarke, 1670-1707*  
*Arr. by Edward Miller, 1790*

### PRAYER OVER THE GIFTS

Merciful God, receive all we offer you this day. Give us grace to love one another that your love may be made perfect in us. We ask this in the name of Jesus Christ our Lord. **Amen.**

### THE GREAT THANKSGIVING

*V* / The Lord be with you.

*R* / **And also with you.**

*V* / Lift up your hearts.

*R* / **We lift them to the Lord.**

*V* / Let us give thanks to the Lord our God.

*R* / **It is right to give our thanks and praise.**

Blessed are you, gracious God, creator of heaven and earth; by water and the Holy Spirit you have made us a holy people in Jesus Christ our Lord; you renew that mystery in bread and wine and nourish us, to show forth your glory in all the world. Therefore with angels and archangels, and with all the holy people who have served you in every age, we raise our voices to proclaim the glory of your Name.

### SANCTUS & BENEDICTUS

Holy, holy, holy Lord, God of power and might,  
heaven and earth are full of your glory.

Hosanna in the highest.

Blessed is he who comes in the name of the Lord. Hosanna in the highest.

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."



*Celebrant:* Therefore, Father, according to his command:

*People:* **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 Saviour taught us, let us pray:

*People:* **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 BREAKING OF THE BREAD

*Celebrant:* "I am the bread of life," says the Lord.  
"Whoever comes to me will never be hungry;  
whoever believes in me will never thirst."

*People:* **Taste and see that the Lord is good;  
Happy are they who trust in him!**

### HOLY COMMUNION

*Celebrant:* The gifts of God for the people of God.

*People:* **Thanks be to God.**

*The Cantor sings:*

### AGNUS DEI

Lamb of God, you take away the sins of the world; have mercy on us.

Lamb of God, you take away the sins of the world; have mercy on us.

Lamb of God, you take away the sins of the world; grant us peace.

AN ACT OF SPIRITUAL COMMUNION  
WHICH MAY BE SAID BY THOSE NOT RECEIVING

My Jesus, I believe that thou art truly present in the Holy Sacrament. And since I cannot now receive thee sacramentally, I beseech thee to come spiritually into my heart. I unite myself unto thee, and embrace thee with all the affections of my soul. Let me never be separated from thee. Let me live and die in thy love. **Amen.**

ANIMA CHRISTI

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

*Celebrant:* Let us pray.

Almighty God, you renew us at your table with the bread of life. May your holy food strengthen us in love and help us to serve you in each other. We ask this in the name of Jesus Christ our Lord. **Amen.**

BLESSING AND DISMISSAL

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.**

*Celebrant:* Go in peace to love and serve the Lord.

*People:* **Thanks be to God.**

*The Cantor alone sings:*

**CONCLUDING HYMN 420** – Lord of the worlds above

1 Lord of the worlds above,  
How pleasant and how fair  
The dwelling of thy love,  
Thy early temples are!  
To thine abode  
My heart aspires,  
With warm desires  
To see my God.

- 2 O happy souls, that pray  
Where God appoints to hear!  
O happy men, that pay  
Their constant service there!  
They praise thee still:  
And happy they  
That love the way  
To Zion's hill.
- 3 They go from strength to strength  
Through this dark vale of tears,  
Till each arrives at length,  
O glorious seat;  
When God our King  
Shall thither bring  
Our willing feet.
- 4 God is our sun and shield,  
Our light and our defence;  
With gifts his hands are filled,  
We draw our blessings thence.  
Thrice happy he,  
O God of hosts,  
Whose spirit trusts  
Alone in thee.

*DARWALL*  
*Rev. Isaac Watts, 1719*

*Rev. John Darwall, 1770*

Postlude: A Voluntary for Elizabeth, Derek Holman