

Saint Thomas's Church
The Sixth Sunday After Epiphany

Sunday, February 12, 2023

Sung Mass at 9:30 am



Moses receiving the Ten Commandments; Gebhard Fugel, c. 1900
This painting is in a private collection.

Saint Thomas's Anglican Church
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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. When you approach for communion, indicate to the priest that you require a low gluten host.



St. Thomas's relies on the generosity of those whose offerings reflect gratitude for God's own generosity to us. To make a secure gift online, simply scan the QR code with your phone's camera app, or visit qrco.de/smokytops. Scroll to the bottom of the webpage to fill out the online form. **We no longer pass the plate, so if you want to give the old-fashioned way, an alms basin is available in the narthex.**

Celebrant & Homilist: Fr. Ipema
Reader: Carroll Guen Hart
Interim Director of Music & Organist: Elizabeth Anderson

MUSIC OF THE MASS Communion Service in F, Peter Aston (1938-2013)

VOLUNTARY ‘Méditation (Communion)’ from Suite Médiévale,
Jean Langlais (1901-1990)

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.**

GLORIA IN EXCELSIS DEO

Lively

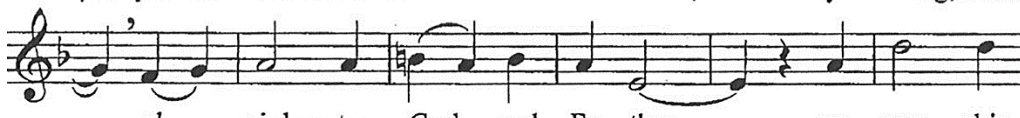
Organ



Glo-ry to God in the high-est, and peace to his



peo-ple on earth. Lord God, heav'n-ly King,



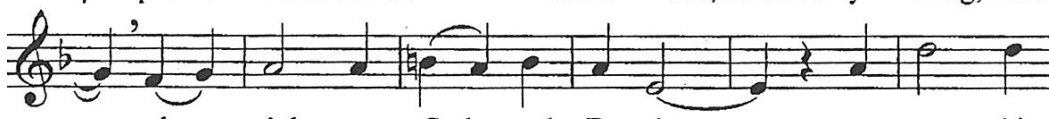
al-migh-ty God and Fa-ther, we wor-ship



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



peo-ple on earth. Lord God, heav'n-ly King,



al-migh-ty God and Fa-ther, we wor-ship



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

Organ



mp All (organ)



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

All *pp*



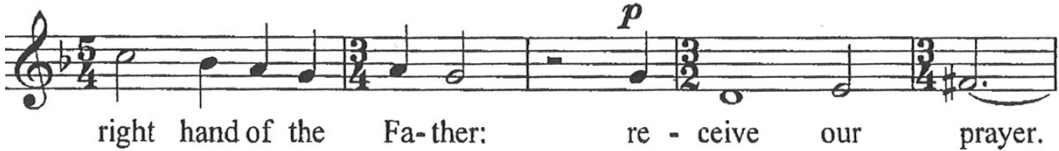
Lord God, Lamb of God, you take a-way the sin of the world: have

(organ) *mp* All



mer - cy on us; you are seat-ed at the

p



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

Organ *f* All



For you a - lone are the

(organ) (organ)



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, A - men. *Broaden*

THE COLLECT OF THE DAY

Let us pray.

Almighty and everliving God, whose Son Jesus Christ healed the sick and restored them to wholeness of life, look with compassion on the anguish of the world, and by your power make whole all peoples and nations; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

The People sit.

FIRST READING Sirach 15.15-20

A reading from the book of Sirach.

If you choose, you can keep the commandments, and to act faithfully is a matter of your own choice. He has placed before you fire and water; stretch out your hand for whichever you choose. Before each person are life and death, and whichever one chooses will be given. For great is the wisdom of the Lord; he is mighty in power and sees everything; his eyes are on those who fear him, and he knows every human action. He has not commanded anyone to be wicked, and he has not given anyone permission to sin.

The word of the Lord.

Thanks be to God.

RESPONSORIAL PSALM: 119.1-8



Hap-py are they who walk in the law of the Lord.

Happy are they whose way is blameless, who walk in the law of the Lord! Happy are they who observe his decrees and seek him with all their hearts! *R/*.

Who never do any wrong, but always walk in his ways. You laid down your commandments, that we should fully keep them. *R/*.

Oh, that my ways were made so direct that I might keep your statutes! Then I should not be put to shame, when I regard all your commandments. *R/*.

I will thank you with an unfeigned heart, when I have learned your righteous judgements. I will keep your statutes; do not utterly forsake me. *R/*.

SECOND READING 1 Corinthians 3.1-9

A reading from St Paul's first Epistle to the Corinthians:

And so, brothers and sisters, I could not speak to you as spiritual people, but rather as people of the flesh, as infants in Christ. I fed you with milk, not solid food, for you were not ready for solid food. Even now you are still not ready, for you are still of the flesh. For as long as there is jealousy and quarrelling among you, are you not of the flesh, and behaving according to human inclinations? For when one says, 'I belong to Paul', and another, 'I belong to Apollos', are you not merely human? What then is Apollos? What is Paul? Servants through whom you came to believe, as the Lord assigned to each. I planted, Apollos watered, but God gave the growth. So neither the one who plants nor the one who waters is anything, but only God who gives the growth. The one who plants and the one who waters have a common purpose, and each will receive wages according to the labour of each. For we are God's servants, working together; you are God's field, God's building.

The word of the Lord.

Thanks be to God.

The People 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. Blessed is our Father, Lord of heaven and earth, who has revealed these things to the simple. Alleluia, Alleluia, Alleluia.

THE HOLY GOSPEL Matthew 5.21-37

The Lord be with you.

And also with you.

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

Glory to you, Lord Jesus Christ.

Jesus said, ‘You have heard that it was said to those of ancient times, “You shall not murder”; and “whoever murders shall be liable to judgement.” But I say to you that if you are angry with a brother or sister, you will be liable to judgement; and if you insult a brother or sister, you will be liable to the council; and if you say, “You fool”, you will be liable to the hell of fire. So when you are offering your gift at the altar, if you remember that your brother or sister has something against you, leave your gift there before the altar and go; first be reconciled to your brother or sister, and then come and offer your gift. Come to terms quickly with your accuser while you are on the way to court with him, or your accuser may hand you over to the judge, and the judge to the guard, and you will be thrown into prison. Truly I tell you, you will never get out until you have paid the last penny.

‘You have heard that it was said, “You shall not commit adultery.” But I say to you that everyone who looks at a woman with lust has already committed adultery with her in his heart. If your right eye causes you to sin, tear it out and throw it away; it is better for you to lose one of your members than for your whole body to be thrown into hell. And if your right hand causes you to sin, cut it off and throw it away; it is better for you to lose one of your members than for your whole body to go into hell.

‘It was also said, “Whoever divorces his wife, let him give her a certificate of divorce.” But I say to you that anyone who divorces his wife, except on the ground of unchastity, causes her to commit adultery; and whoever marries a divorced woman commits adultery.

‘Again, you have heard that it was said to those of ancient times, “You shall not swear falsely, but carry out the vows you have made to the Lord.” But I say to you, Do not swear at all, either by heaven, for it is the throne of God, or by the earth, for it is his footstool, or by Jerusalem, for it is the city of the great King. And do not swear by your head, for you cannot make one hair white or black. Let your word be “Yes, Yes” or “No, No”; anything more than this comes from the evil one.’

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: Friends in Christ, let us bring our thoughts, prayers and supplications to our Lord God, knowing that He is hearing us better than we are speaking.

Intercessor: For the Church in the world, _____ in the Anglican Cycle of Prayer, _____ in the Diocesan Cycle, for Andrew our Bishop, Nathan, our Rector, James, our Interim Associate Priest and all who work tirelessly for the Church and for the glory of God. (Silence.)

Lord, in your mercy,
Hear our prayer.

I ask your prayers for true leadership in our city, province and country. Let us thank God for leading us into a time where more of reality is being unveiled for us all to see. Thank you, Lord, for guiding us in the ways of justice and peace; that we may honour one another and place the common good before personal gains. (Silence.)

Lord, in your mercy,
Hear our prayer.

I ask your prayers for God's blessings upon the world, and we give thanks to God for the people and friends of this parish, and especially for all those present with us in person or via livestream; our newcomers and visitors this morning; and for all others we now name, silently or aloud. (Silence.)

Lord, in your mercy,
Hear our prayer.

I ask your prayers for all those in need, for the sick_____, for those who suffer from random acts of violence, especially the daycare workers and families of those affected by the recent tragedy in Quebec ; for victims of warfare, the elderly, refugees and migrants, prisoners, for those who mourn, and for all others for whom our prayers are asked _____. Grant us strength and protection to walk safely in the streets of our city and to remain compassionate to those who are in despair. May we place our hope in what matters and what lasts, trusting in God's eternal presence and love. (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. (Silence.)

Lord, in your mercy,
Hear our prayer.

Celebrant: Lord, help us be mindful of the blessings already present in our lives, and look with hope and gratitude towards the grace that awaits us in the eternal kingdom.

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 516 – God moves in a mysterious way

- 1 God moves in a mysterious way
His wonders to perform;
He plants his footsteps in the sea,
And rides upon the storm.
- 2 Deep in unfathomable mines
Of never-failing skill
He treasures up his bright designs,
And works his sovereign will.

- 3 Ye fearful saints, fresh courage take;
The clouds ye so much dread
Are big with mercy, and shall break
In blessings on your head.
- 4 Judge not the Lord by feeble sense,
But trust him for his grace;
Behind a frowning providence
He hides a smiling face.
- 5 His purposes will ripen fast,
Unfolding every hour;
The bud may have a bitter taste,
But sweet will be the flower.
- 6 Blind unbelief is sure to err,
And scan his work in vain;
God is his own interpreter,
And he will make it plain.

*LONDON NEW
Psalmes, Edinburgh, 1635*

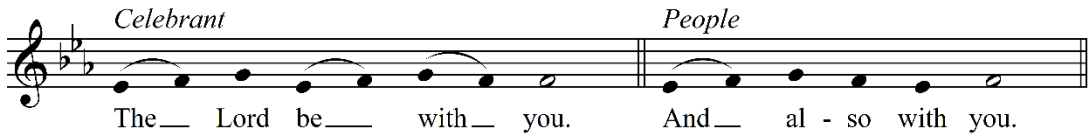
William Cowper, 1774

PRAYER OVER THE GIFTS

Eternal God, you are the strength of the weak and the comfort of sufferers, receive all we offer you this day; turn our sickness into health and our sorrow into joy. We ask this in the name of Jesus Christ the Lord. **Amen.**

THE GREAT THANKSGIVING

Celebrant *People*



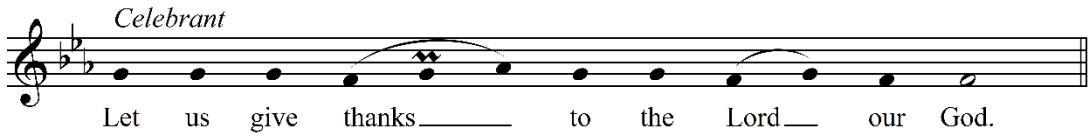
The Lord be with you. And also with you.

Celebrant *People*



Lift up your hearts. 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; 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.

The People and Choir sing,

SANCTUS & BENEDICTUS

Organ *mf* Sopranos and Altos All

Ho - ly, ho - ly, ho - ly, Lord, God of

Sopranos and Altos

pow'r and might, — Heav'n and earth are full of your

f All

glo-ry, Ho-san-na, ho-san-na, ho-san-na in the high-est.

p Tenors and Basses **3**

Bless-ed is he who comes in the name of the

f All

Lord. — Ho - san - na, ho -

san - na, 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

Music by McNeil Robinson

Celebrant *People*

As our Sa - viour taught us, let us pray, 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 - gainst 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 image shows a musical score for 'The Lord's Prayer' in G major (one sharp) and 4/4 time. It consists of six staves of music. The first staff is divided into two parts: 'Celebrant' and 'People'. The lyrics are written below the notes. The music is simple and melodic, with a final double bar line at the end of the sixth staff.

THE BREAKING OF THE BREAD

We break the bread of life, and that life is the light of the world.
God here among us, light in the midst of us, bring us to light and life.

HOLY COMMUNION

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

The People and Choir sing:

AGNUS DEI

p
Je - sus, Lamb of God: have mer - cy on

us. Je - sus, bear - er of our sins: have mer - cy on us.

mp *pp slower*
Je - sus, re - deem - er of the world: give us your peace._

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.

Low gluten communion hosts are available upon request. When you approach for communion indicate to the priest that you require a low gluten host.

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

'The Call,' Ralph Vaughan Williams (1872-1958)

Come, my Way, my truth, my life: Such a way, as gives us breath: Such a truth, as ends all strife: Such a life, as killeth death. Come, my light, my feast my strength: Such a light, as shows a feast: such a feast, as mends in length: Such a strength, as makes his guest. Come, my joy, my love, my heart: such a joy, as none can move: Such a love, as none can part: Such a heart, as joys in love.

George Herbert

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.

The People stand.

PRAYER AFTER COMMUNION

Let us pray.

God of tender care, in this eucharist we celebrate your love for us and for all people. May we show your love in our lives and know its fulfilment in your presence. We ask this in the name of Jesus Christ the Lord. **Amen.**

DOXOLOGY

Glory to God,
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.

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 3 – New every morning is the love

- 1 New every morning is the love
Our wakening and uprising prove;
Through sleep and darkness safely brought,
Restored to life, and power, and thought.

- 2 New mercies, each returning day,
Hover around us while we pray;
New perils past, new sins forgiven,
New thoughts of God, new hopes of heaven.
- 3 If on our daily course our mind
Be set to hallow all we find,
New treasures still of countless price,
God will provide for sacrifice.
- 4 Old friends, old scenes will lovelier be,
As more of heaven in each we see;
Some softening gleam of love and prayer
Shall dawn on every cross and care.
- 5 The trivial round, the common task,
Will furnish all we ought to ask,
Room to deny ourselves, a road
To bring us daily nearer God.
- 6 Only, O Lord, in thy dear love
Fit us for perfect rest above;
And help us, this and every day,
To live more nearly as we pray.

MELCOMBE
S. Webb, 1782

Rev. John Keble, 1822

VOLUNTARY Prelude, Fugue and Chaconne, Dietrich Buxtehude (1637-1707)

*The Altar flowers are given to the honour and glory of Almighty God:
Those at the High Altar in loving memory of Francis Burk Sutton, by his family.
and
Those on the Lady Altar are in loving memory of Jean and Doug Creighton
by Dan and Jeff Josselyn-Creighton.*

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DAILY OFFICE SCHEDULE

*Morning Prayer and Evening Prayer services generally last 15-25 minutes
and are a great way to begin and/or end the day!*

MORNING PRAYER

8:30 AM, MONDAY-FRIDAY

9:30 AM, SATURDAY

7:30 AM, SUNDAY

EVENING PRAYER

5:00 PM, MONDAY-FRIDAY

5:00 PM SUNDAY (CHORAL EVENSONG)

Choral Evensong on Sundays is followed by Eucharistic devotions.

DAILY MASS SCHEDULE

SUNDAY

LOW MASS 8:00 AM

SUNG MASS 9:30 AM

HIGH MASS 11:00 AM

WEEKDAY LOW MASS

12:15 PM, MONDAY, WEDNESDAY, FRIDAY

5:30 PM TUESDAY, THURSDAY

10:00 AM SATURDAY

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