

Saint Thomas's Church

The First Sunday in Lent

Sunday, February 18, 2024

Sung Mass at 9:30 am



Christ in the wilderness, Alessandro Bonvicino, c. 1515-20
The Metropolitan Museum of Art, New York City

Saint Thomas's Anglican Church

383 Huron Street,

Toronto, Ontario M5S 2G5

416-979-2323

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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/smokytoms. 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. James Shire
Reader: Christy Okoigun
Intercessor: Ronwen Guest
Organist & Choirmaster: Elizabeth Anderson
Assistant Organist & Choirmaster: Manuel Piazza

MUSIC OF THE MASS

New Plainsong Mass, David Hurd (b. 1950)

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.

Bless the Lord who forgives all our sins.

His mercy endures for ever.

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:

KYRIE ELEISON

Cantor *All*

Ky - ri - e e - le - i - son. Ky - ri - e e - le - i - son.

Cantor *All*

Chri - ste e - le - i - son. Chri - ste e - le - i - son.

Cantor *All*

Ky - ri - e e - le - i - son. Ky - ri - e e - le - i - son.

THE COLLECT OF THE DAY

Let us pray.

Almighty God, whose Son fasted forty days in the wilderness, and was tempted as we are but did not sin, give us grace to discipline ourselves in submission to your Spirit, that as you know our weakness, so we may know your power to save; 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 LESSON

Genesis 2.8-9, 15-24

A reading from the book of Genesis.

And the Lord God planted a garden in Eden, in the east; and there he put the man whom he had formed. Out of the ground the Lord God made to grow every tree that is pleasant to the sight and good for food, the tree of life also in the midst of the garden, and the tree of the knowledge of good and evil. The Lord God took the man and put him in the garden of Eden to till it and keep it. And the Lord God commanded the man, 'You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die.'

Then the Lord God said, 'It is not good that the man should be alone; I will make him a helper as his partner.' So out of the ground the Lord God formed every animal of the field and every bird of the air, and brought them to the man to see what he would call them; and whatever the man called each living creature, that was its name. The man gave names to all cattle, and to the birds of the air, and to every animal of the field; but for the man there was not found a helper as his partner. So the Lord God caused a deep sleep to fall upon the man, and he slept; then he took one of his ribs and closed up its place with flesh.

And the rib that the Lord God had taken from the man he made into a woman and brought her to the man. Then the man said, 'This at last is bone of my bones and flesh of my flesh; this one shall be called Woman, for out of Man this one was taken.' Therefore a man leaves his father and his mother and clings to his wife, and they become one flesh.

The word of the Lord.

Thanks be to God.

RESPONSORIAL PSALM 25.1-9

The Choir sings the Refrain, which is repeated by the People. The Choir then sings the verses, and all repeat the Refrain where indicated.



To you, O Lord, I lift up my soul; my God, I put my trust in you; let me not be humiliated, nor let my enemies triumph over me. Let none who look to you be put to shame; let the treacherous be disappointed in their schemes. *Refrain.*

Show me your ways, O Lord, and teach me your paths. Lead me in your truth and teach me, for you are the God of my salvation; in you have I trusted all the day long. *Refrain.*

Remember, O Lord, your compassion and love, for they are from everlasting. Remember not the sins of my youth and my transgressions; remember me according to your love, and for the sake of your goodness, O Lord. *Refrain.*

Gracious and up-right is the Lord; therefore he teaches sinners in his way. He guides the humble in doing right and teaches his way to the lowly. All the paths of the Lord are love and faithfulness to those who keep his covenant and his testimonies. *Refrain.*

SECOND LESSON

1 Peter 3.18-22

A reading from the first Epistle of Saint Peter.

For Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, in which also he went and made a proclamation to the spirits in prison, who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight people, were saved through water. And baptism, which this prefigured, now saves you—not as a

removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

The word of the Lord.

Thanks be to God.

GOSPEL ACCLAMATION

The Cantor sings the Acclamation, which is repeated by the People. The Cantor then sings the verse, and all repeat the Acclamation.



Verse: We shall not live by bread alone, but by every word that proceeds from the mouth of God. *Repeat Acclamation.*

THE HOLY GOSPEL

Mark 1.9-15

The Lord be with you.

And also with you.

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

Glory to you, Lord Jesus Christ.

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, 'You are my Son, the Beloved; with you I am well pleased.' And the Spirit immediately drove him out into the wilderness. He was in the wilderness for forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him. Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, 'The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.'

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

With all our hearts, lovingly, with all our mind, focused, and with all our strength, offered in service, let us pray to the Lord asking: Lord, have mercy.

For peace in this world, for the holy Church of God _____, and for the unity of all peoples, let us pray to the Lord:

Lord, have mercy.

For Andrew, Riscylla, and Kevin our Bishops and for all clergy; and in the Diocesan Cycle of Prayer _____; for all people particularly _____, for whom we give thanks today, let us pray to the Lord:

Lord, have mercy.

For Charles our King, for the leaders of the nations, for all with authority, let us pray to the Lord:

Lord, have mercy.

For the good earth which God has given us and for the wisdom and will to conserve it, let us pray to the Lord:

Lord, have mercy.

For all who are aged and infirm, for those widowed and orphaned, for all sick and suffering, mentioning today _____, let us pray to the Lord:

Lord, have mercy.

For deliverance from all danger, violence, oppression, and degradation. That all may live in faith and hope, without suffering and without reproach, let us pray to the Lord:

Lord, have mercy.

For all who have died in the hope of the resurrection and for all the departed especially, let us pray to the Lord:

Lord, have mercy.

In communion with all the saints, let us commend ourselves and one another to Christ our God.

**Holy God,
holy and mighty,
holy and immortal,
have mercy upon us.**

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 510

Jesu, lover of my soul



1. Je - su, lo - ver of my soul, Let me to thy bo - som fly,
 2. O - ther re - fuge have I none, Hangs my help - less soul_ on thee;
 3. Thou, O Christ, art all I want; More than all in thee_ I find:
 4. Plen - teous grace with thee is found, Grace to co - ver all_ my sin;



While the nea - rer wa - ters roll, While the tem - pest still is high;
 Leave, ah, leave_ me not a - lone, Still sup - port and com - fort me:
 Raise the fal - len, cheer the faint, Heal the sick and lead the blind.
 Let the heal - ing streams a - bound, Make and keep me pure with - in:



Hide me, O my Sa - viour, hide, Till the storm of life is past;
 All my trust on thee is stayed; All my help from thee I bring;
 Just and ho - ly is thy Name; I am all un - right - eous - ness:
 Thou of life the foun - tain art, Free - ly let me take of thee:



Safe in - to the ha - ven guide, O re - ceive my soul at last.
 Co - ver my de - fence - less head With the sha - dow of thy wing.
 False and full of sin I am; Thou art full of truth and grace.
 Spring thou up with - in my heart, Rise to all e - ter - ni - ty.

ABERYSTWYTH
 Joseph Parry, 1879

Rev. Charles Wesley, 1740

PRAYER OVER THE GIFTS

God our refuge and our strength, receive all we offer you this day, and through the death and resurrection of your Son transform us to his likeness. We ask this in his name. **Amen.**

THE GREAT THANKSGIVING

Celebrant *People*

The__ Lord be__ with__ you. And__ al - so 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; we give you thanks and praise through Jesus Christ our Lord, who was tempted in every way, yet did not sin. By his grace we are able to triumph over every evil, and to live no longer for ourselves alone, but for him who died for us and rose again.

Therefore with angels and archangels and all 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

Plainsong Mass, David Hurd

Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might, hea - ven and
earth are full of your glo - ry. Ho - san - na in the high - est.
Bless - ed is he who comes in the name of the Lord. Ho - san - na in the high - est.

Music: From *New Plainsong*; David Hurd (b. 1950). Copyright © 1981 GIA Publications, Inc.

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

McNeil Robinson (1943-2015)

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 BREAKING OF THE BREAD

Celebrant: We break this bread,

People: **Communion in Christ's body once broken.**

Celebrant: Let your Church be the wheat which bears fruit in dying.

People: **If we have died with him,
we shall live with him;
if we hold firm,
we shall reign with him;**

HOLY COMMUNION

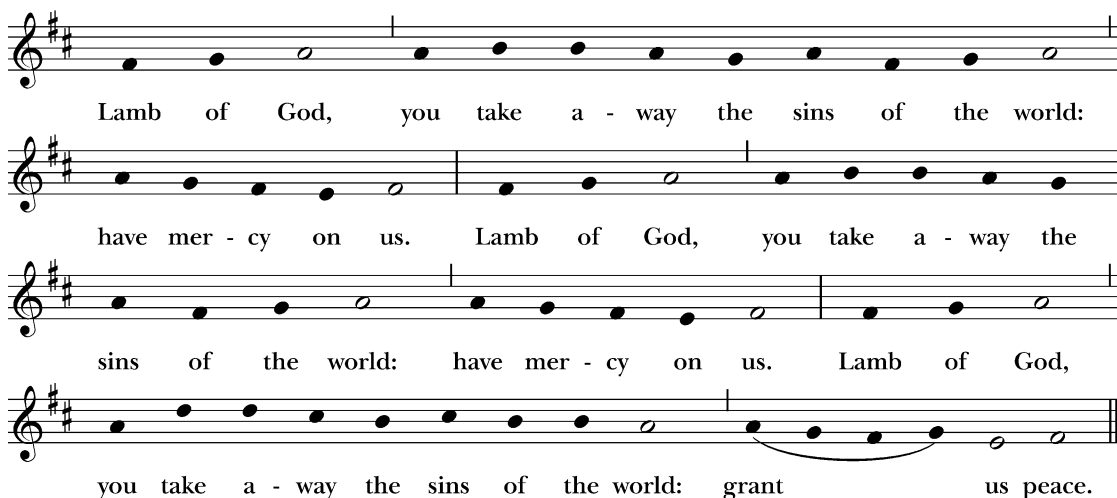
The gifts of God for the people of God.

Thanks be to God.

The People and Choir sing:

AGNUS DEI

Plainsong Mass, David Hurd



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

Music: From *New Plainsong*; David Hurd (b. 1950). Copyright © 1981 GIA Publications, Inc.

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

Cantique, Nadia Boulanger (1887-1979)

À toute âme qui pleure, à tout péché qui passe, J'ouvre au sein des étoiles mes mains pleines de grâces. Il n'est péché qui vive, quand l'amour a parlé. Il n'est âme qui meure, quand l'amour a pleuré. Et si l'amour s'égare aux sentiers d'ici-bas, ses larmes me retrouvent et ne s'égarent pas.

To all weeping souls, to all fleeting sins, I open, cradled by stars, my hands full of grace. No sin can live when Love has spoken. No soul can die when Love has wept. And if Love goes astray on terrestrial paths, its tears will find me and not go astray.

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.

Faithful God, in this holy bread you increase our faith and hope and love. Lead us in the path of Christ who is your Word of life. We ask this in his name.

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.

PRAYER OVER THE PEOPLE

Bow down before the Lord.

The People bow.

Grant, Almighty God, that your people may recognize their weakness and put their whole trust in your strength, so that they may rejoice for ever in the protection of your loving providence; through Christ our Lord. **Amen.**

DISMISSAL

Let us bless the Lord.

Thanks be to God.

CONCLUDING HYMN 105

Forty days and forty nights



1. For - ty days and for - ty nights	Thou wast fas - ting in the wild;
2. Sun - beams scorch - ing all the day;	Chil - ly dew - drops night - ly shed;
3. Shall we not thy tri - al share,	And from earth - ly joys ab - stain,
4. And if Sa - tan, vex - ing sore,	Flesh or spi - rit should as - sail,
5. Shall not we have peace di - vine;	Ho - lier glad - ness ours shall be;
6. Keep, O keep us, Sa - viour dear,	Ev - er con - stant by thy side;



For - ty days and for - ty nights	Temp - ted, and yet un - de - filed.
Prow - ling beasts a - bout thy way;	Stones thy pil - low; earth thy bed.
Fast - ing with un - ceas - ing prayer,	Strong with thee to suf - fer pain?
Thou, his van - qui - sher be - fore,	Grant we may not faint nor fail.
Round us too shall an - gels shine,	Such as mi - ni - stered to thee.
That with thee, we may ap - pear	At the e - ter - nal Eas - ter - tide.

HEINLEIN (AUS DER TIEFE)
Martin Herbst 1654-81
in Nürnbergisches Gesangbuch, 1676

G.H. Smyttan 1822-70
& Francis Pott 1832-1901

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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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