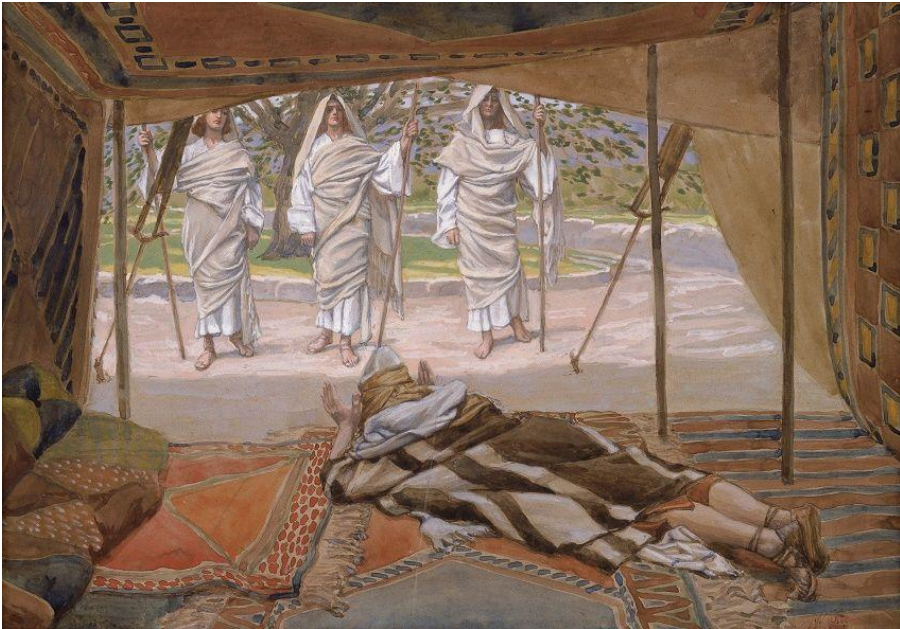


**Saint Thomas's Church**  
**The Second Sunday in Lent**  
**Sunday, February 25, 2024**  
**High Mass at 10:30 am**



Abraham and the Three Angels, James Tissot, c. 1900  
The Jewish Museum, New York City

**Saint Thomas's Anglican Church**  
383 Huron Street,  
Toronto, Ontario M5S 2G5  
416-979-2323  
[www.stthomas.on.ca](http://www.stthomas.on.ca)   [office@stthomas.on.ca](mailto: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. 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](http://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. Nathan Humphrey  
**Deacon:** Fr. James Shire  
**Readers:** Maureen Somerville & Georgiana Beal  
**Organist & Choirmaster:** Elizabeth Anderson  
**Assistant Organist & Choirmaster:** Manuel Piazza

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**MUSIC OF THE MASS**

Mass II, Kyrie fons Bonitatis

**VOLUNTARY**

Choral Dorien, Jehan Alain (1911-1940)

*At the sound of the bell, all stand for the entrance of the Choir and Sacred Ministers, and remain standing for the Litany in procession.*

**THE LITANY**



have mer - cy up - on us.

O God the Father, Creator of heaven and earth : have mercy upon us.

**O God the Father, Creator of heaven and earth : have mercy upon us.**

O God the Son, Redeemer of the world : have mercy upon us.

**O God the Son, Redeemer of the world : have mercy upon us.**

O God the Holy Ghost, Sanctifier of the faithful: have mercy upon us.

**O God the Holy Ghost, Sanctifier of the faithful: have mercy upon us.**

O holy, blessed, and glorious Trinity, three Persons and one God : have mercy upon us.

**O holy, blessed, and glorious Trinity, three Persons and one God: have mercy upon us.**

Remember not, Lord, our offences, nor the offences of our forefathers; spare us, good Lord, spare thy people, whom thou hast redeemed with thy most precious blood.



Spare us, good Lord.

From all evil and mischief; from sin, from the crafts and assaults of the devil; from thy wrath, and from everlasting condemnation,



Good Lord, de - liv - er us.

From all blindness of heart; from pride, vainglory, and hypocrisy; from envy, hatred, and malice, and all uncharitableness,

**Good Lord, deliver us.**

From all uncleanness in thought, word, and deed; and from all the deceits of the world, the flesh, and the devil,

**Good Lord, deliver us.**

From lightning and tempest; from earthquake, fire, and flood; from plague, pestilence, and famine; from battle and murder, and from sudden death,

**Good Lord, deliver us.**

From all sedition, conspiracy, and rebellion; from all false doctrine, heresy, and schism; from hardness of heart, and contempt of thy Word and Commandment,

**Good Lord, deliver us.**

By the mystery of thy holy Incarnation; by thy holy Nativity; by thy Baptism, Fasting, and Temptation,

**Good Lord, deliver us.**

By thine Agony and bloody Sweat; by thy Cross and Passion; by thy precious Death and Burial,

**Good Lord, deliver us.**

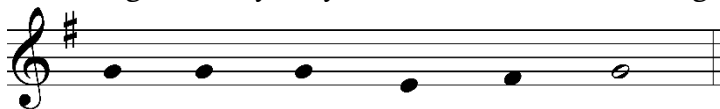
By thy glorious Resurrection and Ascension; by thy sending of the Holy Spirit; by thy heavenly Intercession; and by thy Coming again in glory,

**Good Lord, deliver us.**

In all times of tribulation; in all times of prosperity; in the hour of death, and in the day of judgement,

**Good Lord, deliver us.**

We sinners do beseech thee to hear us, O Lord God: and that it may please thee to rule and govern thy holy Church universal in the right way.



We be - seech thee, good Lord.

To keep and strengthen in the true worshipping of thee, in holiness of life, and in devotion to his people, thy servant Charles, our most gracious King and Governor,  
**We beseech thee, good Lord.**

To be his defender and keeper, giving him the victory over all his enemies,  
**We beseech thee, good Lord.**

To bless and preserve Queen Camilla, William, Prince of Wales, the Princess of Wales, and all the Royal Family,  
**We beseech thee, good Lord.**

To give to Andrew our bishop, to Kevin and Riscylla his suffragans, and all Bishops, Priests, and Deacons, true knowledge and understanding of thy Word; and that both by their preaching and living they may set it forth and show it accordingly,  
**We beseech thee, good Lord.**

To send forth labourers into thy harvest; to prosper their work by thy Holy Spirit; to make thy saving health known unto all nations; and to hasten thy kingdom,  
**We beseech thee, good Lord.**

To bless the people of our Country and the Commonwealth, and to endue those set in authority with grace, wisdom, and understanding,  
**We beseech thee, good Lord.**

To bless and guide the Judges and Magistrates, giving them grace to execute justice, and to maintain truth,  
**We beseech thee, good Lord.**

To bless and keep the King's forces by sea, and land, and air, and to shield them in all dangers and adversities,  
**We beseech thee, good Lord.**

To give to all nations unity, peace, and concord, that they may serve thee without fear,

**We beseech thee, good Lord.**

To bless and protect all who serve mankind by their labour and learning,

**We beseech thee, good Lord.**

To preserve all that travel, all women labouring of child, all sick persons and young children; and to show thy pity upon all prisoners and captives,

**We beseech thee, good Lord.**

To defend, and provide for, all widows and orphans, and all who are desolate and oppressed,

**We beseech thee, good Lord.**

To bless and keep all thy people,

**We beseech thee, good Lord.**

To give to all thy people increase of grace, to hear meekly thy Word, and to receive it with pure affection, and to bring forth the fruit of the Spirit,

**We beseech thee, good Lord.**

To bring into the way of truth all who have erred and are deceived,

**We beseech thee, good Lord.**

To strengthen such as do stand; to encourage the faint-hearted; to raise up those who fall; and finally to beat down Satan under our feet,

**We beseech thee, good Lord.**

To succour, help, and comfort all that are in danger, necessity, and tribulation,

**We beseech thee, good Lord.**

To have mercy upon all men,

**We beseech thee, good Lord.**

To give and preserve to our use the kindly fruits of the earth, so that in due time we may enjoy them,

**We beseech thee, good Lord.**

To forgive our enemies, persecutors, and slanderers, and to turn their hearts,

**We beseech thee, good Lord.**

To give us true repentance; to forgive us all our sins, negligences, and ignorances; and to endue us with the grace of thy Holy Spirit, to amend our lives according to thy holy Word,

**We beseech thee, good Lord.**

Son of God, we beseech thee to hear us.



*The People kneel. The Choir alone sings the Kyrie.*

### **KYRIE ELEISON**

Lord, have mercy upon us.  
Christ, have mercy upon us.  
Lord, have mercy upon us.

Kyrie Eleison.  
Christe Eleison.  
Kyrie Eleison.

*The People remain kneeling for the Collect.*

### **COLLECT OF THE DAY**

The Lord be with you.  
**And with thy spirit.**  
Let us pray.

Almighty God, who seest that we have no power of ourselves to help ourselves: Keep us both outwardly in our bodies, and inwardly in our souls; that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord; who liveth and reigneth with thee and the Holy Spirit, one God, world without end.  
**Amen.**

## THE COLLECT FOR LENT

Almighty and everlasting God, who hatest nothing that thou hast made, and dost forgive the sins of all them that are penitent: Create and make in us new and contrite hearts, that we worthily lamenting our sins, and acknowledging our wretchedness, may obtain of thee, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord. **Amen.**

*The People sit.*

## FIRST LESSON

Genesis 17.1-7, 15-16

The First Lesson is written in seventeenth chapter of the book Genesis, beginning at the first verse.

When Abram was ninety-nine years old, the Lord appeared to Abram, and said to him, 'I am God Almighty; walk before me, and be blameless. And I will make my covenant between me and you, and will make you exceedingly numerous.' Then Abram fell on his face; and God said to him, 'As for me, this is my covenant with you: You shall be the ancestor of a multitude of nations. No longer shall your name be Abram, but your name shall be Abraham; for I have made you the ancestor of a multitude of nations. I will make you exceedingly fruitful; and I will make nations of you, and kings shall come from you. I will establish my covenant between me and you, and your offspring after you throughout their generations, for an everlasting covenant, to be God to you and to your offspring after you. God said to Abraham, 'As for Sarai your wife, you shall not call her Sarai, but Sarah shall be her name. I will bless her, and moreover I will give you a son by her. I will bless her, and she shall give rise to nations; kings of peoples shall come from her.'

The word of the Lord.

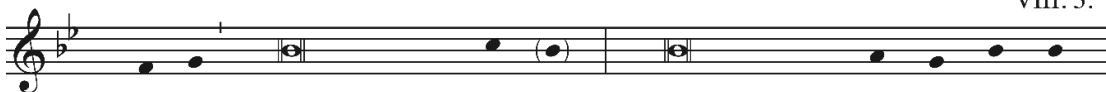
**Thanks be to God.**



*The People remain seated for the Psalm.*

**PSALM 22.23-31**

VIII. 3.



- Cantor* 23 O PRAISE the Lord, ye that **fear** him :  
*People* magnify him, all ye of the seed of Jacob, and stand in awe of him,  
all ye **seed** of Is-ra<sup>e</sup>el.
- 24 For he hath not despis-ed nor abhor-red the low estate of the **poor** :  
he hath not hid his face from him; but when he call-ed unto **him** he  
heard him.
- Cantor* 25 Of thee cometh my praise in the great congre-**ga**-tion :  
my vows will I perform in the sight of **them** that fear him.
- People* 26 The poor shall eat and be satisfi-**ed**; they that seek after the Lord  
shall **praise** him : may your heart **live** for ev-er.
- Cantor* 27 All the ends of the world shall remember, and be turn-ed unto the  
**Lord** : and all the kindreds of the nations shall wor-**ship** be-fore him.
- People* 28 For the kingdom is the **Lord's** :  
and he is the Governor a-**mong** the na-tions.
- Cantor* 29 Surely to him shall all the proud of the earth bow **down** :  
and before him shall kneel all that go down into the dust,  
and he that cannot **keep** his soul a<sup>e</sup>live.
- People* 30 Their posterity shall **serve** him :  
it shall be told of the Lord unto a generation **yet** to come.
- Cantor* 31 And men shall declare his **righ**-teous<sup>e</sup>ness :  
*People* unto a people that shall be born, that **he** hath done it.

**THE EPISTLE**

Romans 4.13-25

The Epistle is written in the fourth chapter of St Paul's Epistle to the Romans, beginning at the thirteenth verse.

For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation. For this reason it depends on faith, in order that the promise may rest on

grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, 'I have made you the father of many nations') – in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist. Hoping against hope, he believed that he would become 'the father of many nations', according to what was said, 'So numerous shall your descendants be.' He did not weaken in faith when he considered his own body, which was already as good as dead (for he was about a hundred years old), or when he considered the barrenness of Sarah's womb. No distrust made him waver concerning the promise of God, but he grew strong in his faith as he gave glory to God, being fully convinced that God was able to do what he had promised. Therefore his faith 'was reckoned to him as righteousness.' Now the words, 'it was reckoned to him', were written not for his sake alone, but for ours also. It will be reckoned to us who believe in him who raised Jesus our Lord from the dead, who was handed over to death for our trespasses and was raised for our justification.

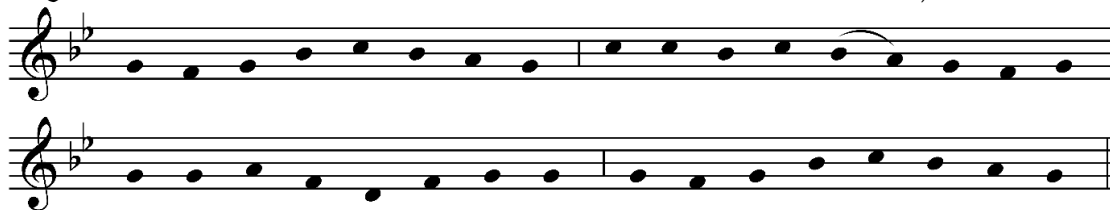
The word of the Lord.

**Thanks be to God.**

*The People stand.*

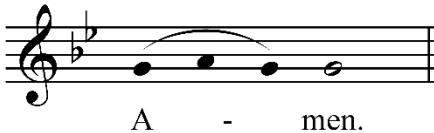
**SEQUENCE HYMN 827**

O kind Creator, bow thine ear



- 1 O kind Creator, bow thine ear  
To mark the cry, to know the tear  
Before thy throne of mercy spent  
In this thy holy fast of Lent.
- 2 Our hearts are open, Lord, to thee  
Thou knowest our infirmity;  
Pour out on all who seek thy face  
Abundance of thy pardoning grace.

- 3 Our sins are many, this we know;  
Spare us, good Lord, thy mercy show;  
And for the honour of thy name  
Our fainting souls to life reclaim.
- 4 Give us the self-control that springs  
From discipline of outward things,  
That fasting inward secretly  
The soul may purely dwell with thee.
- 5 We pray thee, Holy Trinity,  
One God, unchanging Unity,  
That we from this our abstinence  
May reap the fruits of penitence.



*RECTOR POTENS (mode ii)*

*Latin ascribed to S' Gregory 540-604  
Tr T.A. Lacey 1853-1931*

## THE HOLY GOSPEL

Mark 8.31-38

The Lord be with you.

**And with thy spirit.**

The Holy Gospel is written in the eighth chapter of the Gospel according to Saint Mark, beginning at the thirty-first verse.

**Glory be to thee, O Lord.**

Jesus began to teach them that the Son of Man must undergo great suffering, and be rejected by the elders, the chief priests, and the scribes, and be killed, and after three days rise again. He said all this quite openly. And Peter took him aside and began to rebuke him. But turning and looking at his disciples, he rebuked Peter and said, 'Get behind me, Satan! For you are setting your mind not on divine things but on human things.'

He called the crowd with his disciples, and said to them, 'If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my

sake, and for the sake of the gospel, will save it. For what will it profit them to gain the whole world and forfeit their life? Indeed, what can they give in return for their life? Those who are ashamed of me and of my words in this adulterous and sinful generation, of them the Son of Man will also be ashamed when he comes in the glory of his Father with the holy angels.'

The Gospel of Christ.  
**Praise be to thee, O Christ.**

*The People sit at the invitation of the Preacher.*

### SERMON

*The People stand to sing the Creed. All who are able to kneel, please do so at "and was incarnate," rising after "and was made man."*

### THE NICENE CREED

John Merbecke (1505-1585)



I be- lieve in one God: The Fa-ther Al-migh-ty, Ma-ker of hea-ven and earth,  
and of all things vi - si - ble and in - vi - si - ble:  
And in one Lord Je - sus Christ, the on - ly be - got - ten Son of God,  
Be - got - ten of the Fa - ther be - fore all worlds;  
God of God, Light of Light, Ve - ry God of ve - ry God;  
Be - got - ten, not made; Be - ing of one sub - stance with the Fa - ther;



Through whom all things were made. Who for us men and for our sal - va - tion



came down from Heaven,



*\*And was in - car - nate by the Ho - ly Ghost of the Vir - gin Ma - ry, And was made man.\**



And was cru - ci - fi - ed al - so for us un - der Pon - tius Pi - late.



He suf - fer - red and was bu - ri - ed, And the third day he rose a - gain



ac - cord - ing to the Scrip - tures, And as - cend - ed in - to heaven,



And sit - teth on the right hand of the Fa - ther,



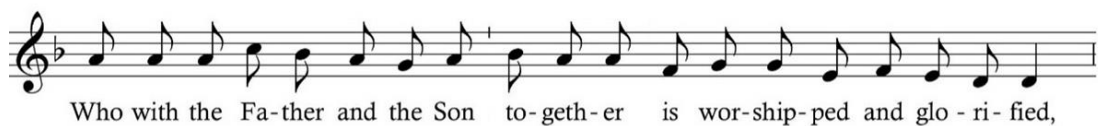
And he shall come a - gain with glo - ry to judge both the quick and the dead:



Whose king - dom shall have no end. And I be - lieve in the Ho - ly Ghost, the Lord,



the Giv - er of life, Who pro - ceed - eth from the Fa - ther and the Son,



Who with the Fa-ther and the Son to-geth-er is wor-ship-ped and glo-ri-fied,



Who spake by the Pro-phets. And I be-lieve One, Ho-ly, Ca-tho-lic, and A-pos-to-lic Church.



I ac-know-ledge one Bap-tism for the re-mis-sion of sins.



And I look for the Re-sur-rec-tion of the dead, And the Life of the world to come.



A - men.

### OFFERTORY SENTENCE

I beseech you brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.

*The People remain standing for the hymn.*

### OFFERTORY HYMN 589

Take up thy cross, the Saviour said

- 1 Take up thy cross, the Saviour said,  
If thou wouldst my disciple be;  
Deny thyself, the world forsake,  
And humbly follow after me.
- 2 Take up thy cross; let not its weight  
Fill thy weak spirit with alarm;  
His strength shall bear thy spirit up,  
And brace thy heart, and nerve thine arm.

- 3 Take up thy cross, nor heed the shame,  
Nor let thy foolish pride rebel;  
Thy Lord for thee the Cross endured,  
To save thy soul from death and hell.
- 4 Take up thy cross then in his strength,  
And calmly every danger brave;  
'Twill guide thee to a better home,  
And lead to victory o'er the grave.
- 5 Take up thy cross and follow Christ,  
Nor think till death to lay it down;  
For only he who bears the cross  
May hope to wear the glorious crown.
- 6 To thee, great Lord, the One in Three,  
All praise for evermore ascend;  
O grant us in our home to see  
The heavenly life that knows no end.

*BRESLAU*  
*As hymnodus sacer, Leipzig, 1625*

*Rev. C.W. Everest, 1833*

*The People remain standing as the thurifer approaches for the censuring.*

### **PRAYER OVER THE GIFTS**

O God who art our refuge and our strength, receive thou these gifts, and through the death and resurrection of thy Son, Jesus Christ, change us unto his likeness, through the same Christ our Lord. **Amen.**

### **INTENTIONS OF THE MASS**

*The Subdeacon reads the Intentions and bids the People's additions, silently or aloud.*

## INVITATION, CONFESSION AND ABSOLUTION

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

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

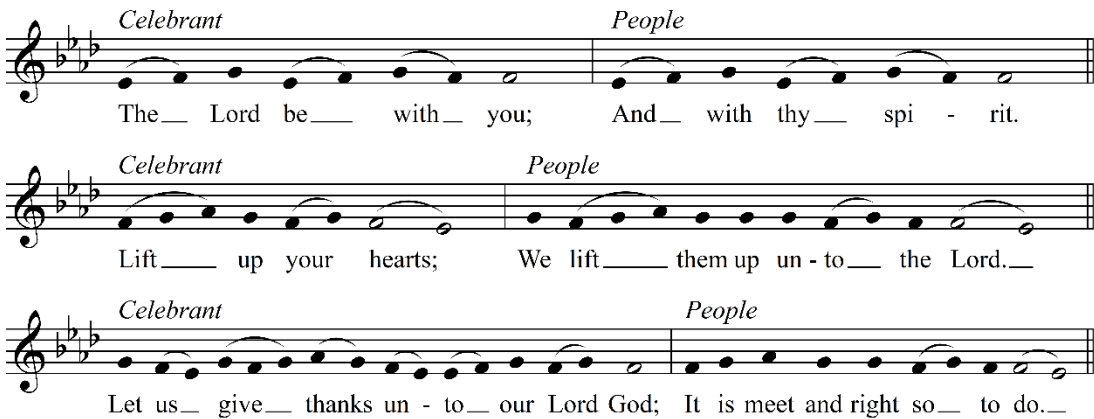
*The Celebrant alone stands to impart the Absolution.*

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



*The People remain kneeling.*

## **EUCCHARISTIC PRAYER**



*Celebrant* *People*  
The\_\_ Lord be\_\_ with\_\_ you; And\_\_ with thy\_\_ spi - rit.

*Celebrant* *People*  
Lift\_\_ up your hearts; We lift\_\_ them up un - to\_\_ the Lord.\_\_

*Celebrant* *People*  
Let us\_\_ give\_\_ thanks un - to\_\_ our Lord God; It is meet and right so\_\_ to do.\_\_

It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, Holy Father, Almighty, Everlasting God, through Jesus Christ our Lord; who was in every way tempted as we are, yet did not sin; by whose grace we are able to triumph over every evil, and to live no longer unto ourselves, but unto him who died for us and rose again.

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

*The Choir alone sings:*

## **SANCTUS & BENEDICTUS**

Holy, Holy, Holy,  
Lord God of Hosts:  
Heaven and earth are full of thy glory.  
Glory be to thee, O Lord Most High.  
✠ Blessed is he that cometh  
in the Name of the Lord.  
Hosanna in the highest.

Sanctus, Sanctus, Sanctus,  
Dominus Deus Sabaoth:  
Pleni sunt caeli et terra gloria tua.  
Hosanna in excelsis.  
✠ Benedictus qui venit  
in nomine Domini.  
Hosanna in excelsis.

*The Celebrant continues,*

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

Hear us, O merciful Father, we most humbly beseech thee; and grant that we receiving these thy creatures of bread and wine, according to thy Son our Saviour Jesus Christ's holy institution, in remembrance of his death and passion, may be partakers of his most blessed Body and Blood; who, in the same night that he was betrayed, took Bread; and, when he had given thanks, he brake it; and gave it to his disciples, saying, Take, eat; this is my Body which is given for you: Do this in remembrance of me.

Likewise after supper he took the Cup; and, when he had given thanks, he gave it to them, saying, Drink ye all, of this; for this is my Blood of the new Covenant, which is shed for you and for many for the remission of sins: Do this, as oft as ye shall drink it, in remembrance of me.

Wherefore, O Father, Lord of heaven and earth, we thy humble servants, with all thy holy Church, remembering the precious death of thy beloved Son, his mighty resurrection, and glorious ascension, and looking for his coming again in glory, do make before thee, in this sacrament of the holy Bread of eternal life and the Cup of everlasting salvation, the memorial which he hath commanded; And we entirely desire thy fatherly goodness mercifully to accept this our sacrifice of praise and thanksgiving, most humbly beseeching thee to grant, that by the merits and death of thy Son Jesus Christ, and through faith in his blood, we and all thy whole Church may obtain remission of our sins, and all other benefits of his passion; And we pray that by the power of thy Holy Spirit, all we who are partakers of this holy Communion may be fulfilled with thy grace and heavenly benediction; through Jesus Christ our Lord, by whom and with whom, in the unity of the Holy Spirit, all honour and glory be unto thee,

The musical notation is written on a single staff in G major (one sharp) and 4/4 time. It is divided into two parts: 'Celebrant' and 'People'. The 'Celebrant' part consists of a series of quarter notes: G4, A4, B4, C5, B4, A4, G4, followed by a half note G4. The 'People' part consists of a half note G4, followed by a half note A4, and then a half note G4. The lyrics are placed below the notes.

*Celebrant* *People*

O Fa - ther al - might - ty, world with - out end. A - men.

## THE LORD'S PRAYER

John Merbecke

*Celebrant*



And now, as our Sa-viour Christ hath com-mand-ed and taught us, we are bold to say:

*People*



Our Fa-ther, who art in heav'n, Hal-low-ed be thy Name, Thy king-dom come,



Thy will be done, on earth, as it is in heav'n. Give us this day our dai-ly bread;



and for-give us our tres-pass-es, As we for-give them that tres-pass a-gainst us;



And lead us not in-to temp-ta-tion, But de-li-ver us from ev-il.



For thine is the king-dom, the pow-er and the glo-ry, For ev-er and ev-er. A-men.

## FRACTION & PEACE

*A substantial period of silence is kept. The consecrated Bread is broken.*

*Celebrant* *People*



The peace of the Lord be al-ways with you. And with thy spi-rit.

## PRAYER OF HUMBLE ACCESS

*All who intend to receive Holy Communion pray together:*

We do not presume

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

*The Choir alone sings:*

### AGNUS DEI

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

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

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

Agnus Dei, qui tollis peccata mundi,  
miserere nobis.

Agnus Dei, qui tollis peccata mundi,  
miserere nobis.

Agnus Dei, qui tollis peccata mundi,  
dona nobis pacem.

*The Celebrant turns to face the People and says,*

### INVITATION TO COMMUNION

Behold the Lamb of God; behold him that taketh away the sin of the world.

**Lord, I am not worthy that thou shouldst come under my roof, but speak the word only, and my soul shall be healed.**

### 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!*

## **COMMUNION DEVOTIONS**

*An Act of Spiritual Communion, which may be prayed silently 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**

*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.

## MOTET

'View me, Lord,' Richard Lloyd (1933-2021)

View me, Lord, a work of thine! Shall I then lie drown'd in night? Might thy grace in me but shine, I should seem made all of light. Cleanse me, Lord, that I may kneel at thine altar pure and white; they that once thy mercies feel, gaze no more on earth's delight. Worldly joys, like shadows, fade when the heav'nly light appears; but the cov'nants Thou hast made, endless, know nor days nor years. In thy word, Lord, is my trust, to thy mercies fast I fly; though I am but clay and dust, yet thy grace can lift me high.

(Thomas Campion, 1567-1620)

*The People may sit or kneel for the hymn.*

## COMMUNION HYMN 107

O Lord, turn not thy face from me



- 1 O Lord, turn not thy face from me  
Who lie in woeful state,  
Lamenting all my sinful life  
Before thy mercy-gate;
- 2 A gate which opens wide to those  
That do lament their sin;  
Shut not that gate against me, Lord,  
But let me enter in.
- 3 So come I to thy mercy-gate,  
Where mercy doth abound,  
Requiring mercy for my sin  
To heal my deadly wound.
- 4 Mercy, good Lord, mercy I ask;  
This is the total sum;  
For mercy, Lord is all my suit,  
Lord, let mercy come.

*The People kneel.*

## **PRAYER AFTER COMMUNION**

Let us pray.

Almighty and everliving God, we most heartily thank thee that thou dost graciously feed us, in these holy mysteries, with the spiritual food of the most precious Body and Blood of thy Son our Saviour Jesus Christ; assuring us thereby of thy favour and goodness towards us; and that we are living members of his mystical body, which is the blessed company of all faithful people; and are also heirs through hope of thy everlasting kingdom. And here we offer and present unto thee, O Lord, ourselves, our souls and bodies, to be a reasonable, holy, and living sacrifice unto thee. And although we are unworthy, yet we beseech thee to accept this our bounden duty and service, not weighing our merits, but pardoning our offences; through Jesus Christ our Lord, to whom, with thee and the Holy Ghost, be all honour and glory, world without end. **Amen.**

## **LENTEN BENEDICTION**

The Lord bless us and keep us. The Lord make his face to shine upon us, and be gracious unto us. The Lord lift up his countenance upon us, and give us peace, both now and evermore. **Amen.**

*The People stand.*

## **DISMISSAL**

Let us bless the Lord.  
**Thanks be to God.**

## CONCLUDING HYMN 588

In the Cross of Christ I glory

- 1 In the Cross of Christ I glory,  
Towering o'er the wrecks of time;  
All the light of sacred story  
Gathers round its head sublime.
- 2 When the woes of life o'ertake me,  
Hopes deceive, and fears annoy,  
Never shall the Cross forsake me;  
Lo! it glows with peace and joy.
- 3 When the sun of bliss is beaming  
Light and love upon my way,  
From the Cross the radiance  
streaming  
Adds more lustre to the day.
- 4 Bane and blessing, pain and  
pleasure,  
By the Cross are sanctified;  
Peace is there that knows no  
measure,  
Joys that through all time abide.
- 5 In the Cross of Christ I glory,  
Towering o'er the wrecks of time;  
All the light of sacred story  
Gathers round its head sublime.

*CROSS OF JESUS*  
*Sir John Stainer, 1897*

*Sir John Bowring, 1825*

**VOLUNTARY** Prélude, from *Suite pour orgue Op. 5*, Maurice Duruflé (1902-1986)

*Parishioners are invited to gather in the Parish Hall for a light lunch, followed by our annual Vestry Meeting.*

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