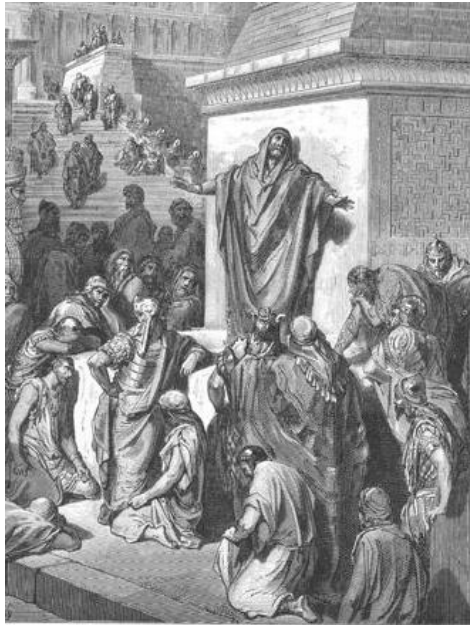


Saint Thomas's Church

The Third Sunday After the Epiphany

Sunday, January 21, 2024

Sung Mass at 9:30 am



Jonah preaches to the Ninevites, Paul Gustave Doré, 1866
Illustration from Doré's English Bible

Saint Thomas's Anglican Church

383 Huron Street,

Toronto, Ontario M5S 2G5

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

Welcome!

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

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

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

Fr. Nathan Humphrey, Rector

Low gluten communion hosts are available upon request. 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.**

18



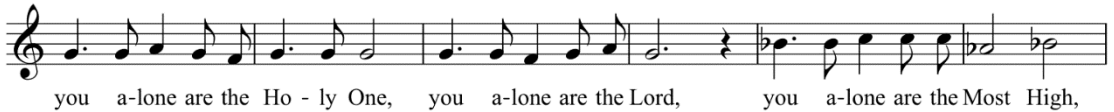
24



30



37



43



49



THE COLLECT OF THE DAY

Let us pray.

Almighty God, by grace alone you call us and accept us in your service. Strengthen us by your Spirit, and make us worthy of your call; 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

Jonah 3.1-5, 10

A reading from the book of Jonah.

The word of the Lord came to Jonah a second time, saying, 'Get up, go to Nineveh, that great city, and proclaim to it the message that I tell you.' So Jonah set out and went to Nineveh, according to the word of the Lord. Now Nineveh was an exceedingly large city, a three days' walk across. Jonah began to go into the city, going a day's walk. And he cried out, 'Forty days more, and Nineveh shall be overthrown!' And the people of Nineveh believed God; they proclaimed a fast, and everyone, great and small, put on sackcloth. When God saw what they did, how they turned from their evil ways, God changed his mind about the calamity that he had said he would bring upon them; and he did not do it.

The word of the Lord.

Thanks be to God.

PSALM 62.6-14



For God alone my soul in silence waits; truly, my hope is in him. He alone is my rock and my salvation, my stronghold, so that I shall not be shaken. *Refrain.*

In God is my safety and my honour; God is my strong rock and my refuge. Put your trust in him always, O people, pour out your hearts before him, for God is our refuge. *Refrain.*

Those of high degree are but a fleeting breath, even those of low estate cannot be trusted. On the scales they are lighter than a breath, all of them together. *Refrain.*

Put no trust in extortion; in robbery take no empty pride; though wealth increase, set not your heart upon it. God has spoken once, twice I have heard it, that power belongs to God. Steadfast love is yours, O Lord, for you repay everyone according to his deeds. *Refrain.*

SECOND READING

1 Corinthians 7.29-31

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

I mean, brothers and sisters, the appointed time has grown short; from now on, let even those who have wives be as though they had none, and those who mourn as though they were not mourning, and those who rejoice as though they were not rejoicing, and those who buy as though they had no possessions, and those who deal with the world as though they had no dealings with it. For the present form of this world is passing away.

The word of the Lord
Thanks be to God

The People stand.

GOSPEL ACCLAMATION

The Cantor sings the Alleluias, which are repeated by the People. The Cantor then sings the verse, and all repeat the Alleluias.



Verse: The time is fulfilled, and the kingdom of God is at hand; repent, and believe in the gospel. Alleluia. *Repeat Alleluias.*

THE HOLY GOSPEL

Mark 1.14-20

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.

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.' As Jesus passed along the Sea of Galilee, he saw Simon and his brother Andrew casting a net into the lake – for they were fishermen. And Jesus said to them, 'Follow me and I will make you fish for people.' And immediately they left their nets and followed him. As he went a little farther, he saw James son of Zebedee and his brother John, who were in their boat mending the nets. Immediately he called them; and they left their father Zebedee in the boat with the hired men, and followed him.

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 the assurance of Salvation let us pray to our God saying;

Lord, you are our rock.
We shall not be shaken.

For the Church ____ and ____ and our Bishops Andrew, Rycilla, and Kevin; with all those who worship and minister in this parish, that learning God will repay to all according to their work, we find renewed zeal to do his commands.

Lord, you are our rock.
We shall not be shaken.

For all we hold up in thanksgiving this day ____, that hearing all power belongs to God and that he maintains steadfast love towards all, they rejoice in their comforter.

Lord, you are our rock.
We shall not be shaken.

For the sick ____, that with the support of God's steadfast love, they and their caregivers will find wholeness and peace.

Lord, you are our rock.

We shall not be shaken.

For the others for whom we are asked to pray ____, that believing and following the Lord's strictures, they arrive at a reconciliation with the source of strain in their lives and a new balance leading to growing peace.

Lord, you are our rock.

We shall not be shaken.

For the dead ____, that in the new kingdom of God, they follow close to the Master.

Lord, you are our rock.

We shall not be shaken.

God our strength and renewer, lead us, and all your creation, to peace, to caring love for all; and act as our fortress as we find a new balance of freedom and growth. We ask through Jesus your Son. **Amen.**

INVITATION, CONFESSION, & ABSOLUTION

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

The People bow or kneel. Silence is kept.

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

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

THE PEACE

All standing, the Celebrant bids the Peace.

The peace of the Lord be always with you.

And also with you.

The People remain standing for the hymn during the Offertory.

OFFERTORY HYMN 93

The people that in darkness sat



1. The peo - ple that in dark-ness sat A glo - rious light have seen;
2. To hail thee, Sun of right-eous-ness, The gath-ering na - tions come;
3. For thou their bur - den dost re - move, And break the ty - rant's rod,
4. For un - to us a Child is born, To us a Son is giv'n,
5. His Name shall be the Prince of Peace, The E - ver - last - ing Lord,
6. Lord Je - sus, reign in us we pray, And make us thine a - lone,



- The Light has shined on them who long In shades of death have been.
They joy as when the rea - pers bear Their har - vest trea - sures home.
As in the day when Mi - dian fell Be - fore the sword of God.
And on his shoul - der e - ver rests All pow'r in earth and heav'n.
The won - der - ful, the coun - sel - lor, The God by all a - dored.
Who with the Fa - ther e - ver art And Ho - ly Spi - rit One.

DUNDEE

The cl Palmes, Edinburgh, 1615

Rev. John Morison, 1781

PRAYER OVER THE GIFTS

Loving God, before the world began you called us. Make holy all we offer you this day, and strengthen us in that calling. We ask this in the name of Jesus Christ the Lord. **Amen.**

The People and Choir sing,

SANCTUS & BENEDICTUS

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.**

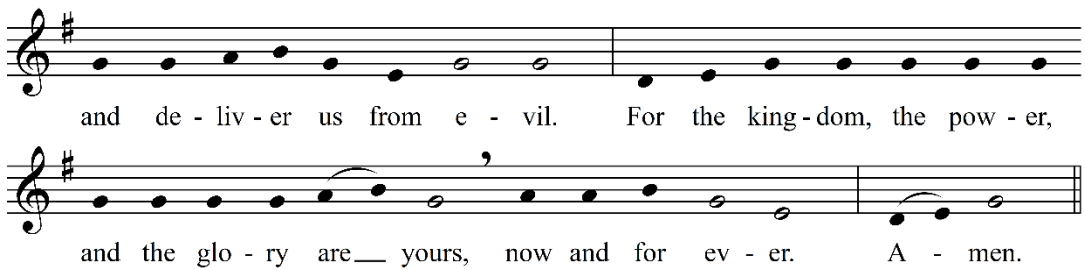
And we offer our sacrifice of praise and thanksgiving to you, Lord of all; presenting to you, from your creation, this bread and this wine. We pray you, gracious God, to send your Holy Spirit upon these gifts, that they may be the sacrament of the body of Christ and his blood of the new covenant.

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

Music by McNeil Robinson

The musical score is written on four staves of music. The first staff is labeled 'Celebrant' and the second staff is labeled 'People'. The music is in G major (one sharp) and 4/4 time. The lyrics are: '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

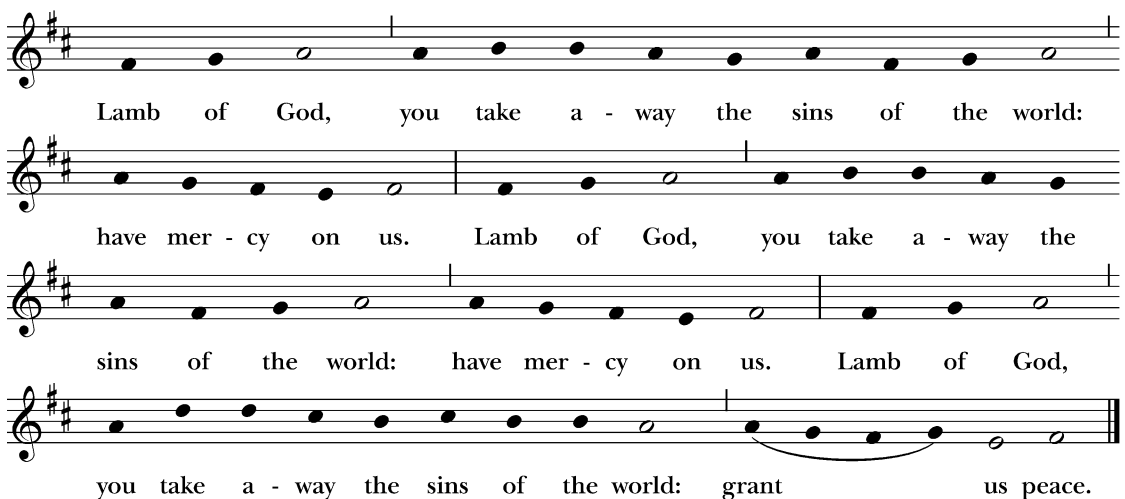
We break the bread of life, and that life is the light of the world.
God here among us, light in the midst of us, bring us to light and life.

HOLY COMMUNION

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

The People and Choir sing:

AGNUS DEI



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

‘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 (1593-1633)

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.

Gracious God, our hands have taken holy things; our lives have been nourished by the body of your Son. May we who have eaten at this holy table be strengthened for service in your world. 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 186

Jesus calls us



1. Je - sus calls us o'er the tu - mult of our life's wild, rest-less sea,
2. As of old Saint An-drew heard it by the Ga - li - le - an lake,
3. Je - sus calls us from the wor - ship of the vain world's gol - den store,
4. In our joys and in our sor - rows, days of toil and hours of ease,
5. Je - sus calls us! By thy mer - cies, Sa - viour, may we hear thy call,



- Day by day his sweet voice sound-eth, say - ing, "Chris - tian, fol - low me."
Turned from home, and toil, and kind - red, lea - ving all for his dear sake.
From each i - dol that would keep us, say - ing, "Chris - tian, love me more."
Still he calls, in cares and plea-sures, "Chris - tian, love me more than these."
Give our hearts to thine o - be - dience, Serve and love thee, best of all.

RESTORATION
William Walker (1809-1875)

Cecil Frances Alexander, 1852

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

*Those at the High Altar in loving memory of Margaret and Benjamin Stitt,
and Madeline Graham by Gail Fox;*

and

*Those on the Lady Altar are in loving remembrance of Janice Elizabeth Fortner.
Once a bright light in my life, now forever a memory in my heart.
Given by her mother, Nancy Fortner.*

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The Call Music by: Vaughan Williams, R.
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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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