

**Saint Thomas's Church**  
**The Sunday Called Septuagesima**  
**Sunday, January 28, 2024**  
**High Mass at 11:00 am**



Jesus drives out a demon or unclean spirit  
detail from a page of Très Riches Heures, 15<sup>th</sup> century

**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, though we hope you will avail yourself of **coffee hour in the parish hall** following this service, if possible. 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:** Fr. Theo Ipema  
**Deacon & Homilist:** Fr. Nathan Humphrey  
**Reader:** Phil Spencer  
**Organist & Choirmaster:** Elizabeth Anderson  
**Assistant Organist & Choirmaster:** Manuel Piazza

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**MUSIC OF THE MASS**

Missa Brevis, Grayston Ives (b. 1948)

**VOLUNTARY**

Andante tranquillo from Sonata No. 3,  
Felix Mendelssohn (1809-1847)

*At the sound of the bell, all stand for the entrance of the Choir and Sacred Ministers.*

**INTROIT HYMN 118**

Come, let us to the Lord our God

- |   |   |   |  |
|---|---|---|--|
| 1 | Come, let us to the Lord our God<br>With contrite hearts return;<br>Our God is gracious, nor will leave<br>The desolate to mourn.                 | 4 | Our hearts, if God we seek to know,<br>Shall know him, and rejoice;<br>His coming like the morn shall be,<br>Like morning songs his voice. |
| 2 | His voice commands the tempest<br>forth<br>And stills the stormy wave;<br>And though his arm be strong to<br>smite,<br>'Tis also strong to save.  | 5 | As dew upon the tender herb,<br>Diffusing fragrance round;<br>As showers that usher in the spring,<br>And cheer the thirsty ground:        |
| 3 | Long hath the night of sorrow<br>reigned;<br>The dawn shall bring us light;<br>God shall appear, and we shall rise<br>With gladness in his sight. | 6 | So shall his presence bless our souls,<br>And shed a joyful light;<br>That hallowed morn shall chase<br>away<br>The sorrows of the night.  |

*The People kneel.*

**COLLECT FOR PURITY**

Almighty God, unto whom all hearts be open, all desires known, and from whom no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of thy Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy Name; through Christ our Lord. **Amen.**

*The Choir alone sings the Kyrie, the People kneeling.*

**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.

O Lord, we beseech thee favourably to hear the prayers of thy people; that we, who are justly punished for our offences, may be mercifully delivered by thy goodness, for the glory of thy Name; through Jesus Christ our Saviour, who liveth and reigneth with thee and the Holy Spirit, ever one God, world without end. **Amen.**

*The People sit.*

**FIRST LESSON**

Deuteronomy 18.15-20

The First Lesson is written in the eighteenth chapter of the book Deuteronomy, beginning at the fifteenth verse.

The Lord your God will raise up for you a prophet like me from among your own people; you shall heed such a prophet. This is what you requested of the Lord your God at Horeb on the day of the assembly when you said: 'If I hear the voice of the Lord my God any more, or ever again see this great fire, I will die.' Then the Lord replied to me: 'They are right in what they have said. I will raise up for them a prophet like you from among their own people; I will put my words in the mouth of the prophet, who shall speak to them everything that I command. Anyone who does not heed the words that the prophet shall speak in my name, I myself will hold accountable. But any prophet who speaks in the name of other gods, or who presumes to speak in my name a word that I have not commanded the prophet to speak—that prophet shall die.'

The word of the Lord.

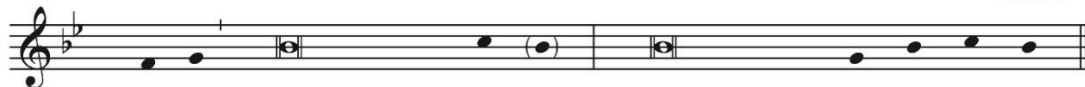
**Thanks be to God.**

*The People remain seated for the Psalm.*

**PSALM 111**

*Confitebor tibi*

VIII. 2.



- Cantor* 1 I WILL give thanks unto the Lord with my whole **heart** :
- People* in the council of the faithful and in the **con-gre-ga-tion**.
- 2 The works of the Lord are **great** :
- sought out of all them that have **plea-sure** there-in.
- Cantor* 3 His work is worthy to be prais-ed and had in **hon-our** :
- and his righteousness endur-**eth** for ev-er.
- People* 4 The merciful and gracious Lord hath so done his marvellous **works** :
- that they ought to be had **in** re-mem-brance.
- Cantor* 5 He hath given meat unto them that **fear** him :
- he shall ever be mindful **of** his co-veⁿnant.

*People* 6 He hath show-ed his people the power of his **works** :  
in giving them the heritage **of** the na-tions.

*Cantor* 7 The works of his hands are verity and **judge-ment** :  
all his **pre-cepts** are sure;

*People* 8 They stand fast for ever and **ev-er** : and are done in **truth** and e-qui-ty.

*Cantor* 9 He sent redemption unto his **peo-ple** : he hath commanded his  
covenant for ever; holy and rever-**end** is his Name.

*People* 10 The fear of the Lord is the beginning of **wis-dom** :  
a good understanding have all they that do thereafter;  
his praise endur-**eth** for ev-er.

## SECOND LESSON

1 Corinthians 8.1-13

The Epistle is written in in the eighth chapter of St Paul's first epistle to the Corinthians, beginning at the first verse.

Now concerning food sacrificed to idols: we know that 'all of us possess knowledge.' Knowledge puffs up, but love builds up. Anyone who claims to know something does not yet have the necessary knowledge; but anyone who loves God is known by him. Hence, as to the eating of food offered to idols, we know that 'no idol in the world really exists', and that 'there is no God but one.' Indeed, even though there may be so-called gods in heaven or on earth—as in fact there are many gods and many lords – yet for us there is one God, the Father, from whom are all things and for whom we exist, and one Lord, Jesus Christ, through whom are all things and through whom we exist. It is not everyone, however, who has this knowledge. Since some have become so accustomed to idols until now, they still think of the food they eat as food offered to an idol; and their conscience, being weak, is defiled. 'Food will not bring us close to God.' We are no worse off if we do not eat, and no better off if we do. But take care that this liberty of yours does not somehow become a stumbling-block to the weak. For if others see you, who possess knowledge, eating in the temple of an idol, might they not, since their conscience is weak, be encouraged to the point of eating food sacrificed to idols? So by your knowledge those weak believers for whom Christ died are destroyed. But when you thus sin against members of your family, and wound their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of their falling, I will never eat meat, so that I may not cause one of them to fall.

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

## GOSPEL ACCLAMATION

*Cantor* Al - le - lu - ia. \* Al - le - lu - ia. *People* Al - le - lu - ia. *Tone VI*

*Cantor* JE-SUS went about Ga-li-lee : teaching, preaching, and heal-ing ev'-ry dis-ease.

*The People repeat the Alleluia from the asterisk.*

## THE HOLY GOSPEL

Mark 1.21-28

The Lord be with you.

**And with thy spirit.**

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

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

They went to Capernaum; and when the sabbath came, Jesus entered the synagogue and taught. They were astounded at his teaching, for he taught them as one having authority, and not as the scribes. Just then there was in their synagogue a man with an unclean spirit, and he cried out, 'What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One of God.' But Jesus rebuked him, saying, 'Be silent, and come out of him!' And the unclean spirit, throwing him into convulsions and crying with a loud voice, came out of him. They were all amazed, and they kept on asking one another, 'What is this? A new teaching—with authority! He commands even the unclean spirits, and they obey him.' At once his fame began to spread throughout the surrounding region of Galilee.

The Gospel of Christ.

**Praise be to thee, O Christ.**





He suf - fer - ed 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 hea - - - ven,

And sit - teth on the right hand of the Fath - er. 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 Fath - er and the Son, Who with the Fath - er and the Son

to - geth - er is wor - ship - ped and glo - ri - fi - ed, Who spake by the Pro - - phets.

And I be - lieve One, Ho - ly, Cath - o - lic, and A - po - sto - 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

Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.

*The People sit as the Choir remains standing to sing the Motet.*

**MOTET** 'Surge, illuminare,' Giovanni Pierluigi da Palestrina (c. 1525-1594)

Surge, illuminare Jerusalem: quia venit lumen tuum, et gloria Domini super te orta est. Quia ecce tenebrae operient terram, et caligo populos: super te autem orietur Dominus et gloria ejus in te videbitur.

Arise, shine, Jerusalem, for your light has come, and the glory of the Lord has risen in you. For darkness shall cover the earth, and a mist envelop the people, but the Lord shall rise within you, and the glory of the Lord shall be seen in you.

(Isaiah 60.1-3)

*The People stand to sing.*

## OFFERTORY HYMN 96

Songs of thankfulness and praise

- All* 1 Songs of thankfulness and praise,  
Jesu, Lord, to thee we raise,  
Manifested by the star  
To the sages from afar;  
Branch of royal David's stem  
In thy birth at Bethlehem;  
Anthems be to thee address,  
God in Man made manifest.
- Upper* 2 Manifest at Jordan's stream,  
*Voices* Prophet, Priest, and King supreme;  
And at Cana wedding-guest  
In thy Godhead manifest;  
Manifest in power divine,  
Changing water into wine;  
Anthems be to thee address,  
God in Man made manifest.

- All* 3 Manifest in making whole  
Palsied limbs and fainting soul;  
Manifest in valiant fight,  
Quelling all the devil's might;  
Manifest in gracious will,  
Ever bringing good from ill;  
Anthems be to thee address,  
God in Man made manifest.
- Lower* 4 Sun and moon shall darkened be,  
*Voices* Stars shall fall, the heavens shall flee;  
Christ will then like lightning shine,  
All will see his glorious sign;  
All will then the trumpet hear,  
All will see the Judge appear;  
Thou by all wilt be confest,  
God in Man made manifest.
- All* 5 Grant us grace to see thee, Lord,  
Mirrored in thy holy Word;  
May we imitate thee now,  
And be pure, as pure art thou;  
That we like to thee may be  
At thy great Epiphany;  
And may praise thee, ever blest,  
God in Man made manifest.

*SALZBURG*  
*Jakob Hintze (1678)*

*Bishop Christopher Wordsworth, 1862*

### **PRAYER OVER THE GIFTS**

Blessed be thou, Lord God of Israel, for ever and ever. All that is in the heaven and in the earth is thine. All things come of thee, and of thine own have we given thee. **Amen.**

*The People kneel.*

## INTERCESSIONS

*Celebrant:* Sisters and brothers in Christ, with joyous hearts and in communion with the Holy Catholic Church, let us offer up our prayers to Almighty God.

*Intercessor:* I bid your prayers for the church universal throughout the world; for Andrew our bishop, for Kevin and Riscylla his suffragans, for The Anglican Church of Southern Africa according to the Anglican cycle of prayer, for Holland Deanery according to the Diocesan cycle of prayer, and for Roy, Arthy, Nala & Noah Naganathan, Harold & Janet Nahabedian, Jess Nee, David & Mary Neelands, Matthew & Sue Neugebauer, Ian & Jean Nichols according to the Parish cycle of prayer, and for all who serve and minister to God's people.

*(Silence.)*



The image shows a musical staff with two parts. The first part is labeled 'Intercessor' and the second part is labeled 'People'. The notes are as follows:

Intercessor	People
Lord,	we
in	be -
thy	seech
mer -	thee,
cy,	hear
	our
	prayer.

*Intercessor:* I bid your prayers for Charles, King of Canada, and for all in civil authority under him in our country, province, and city. May God guide them in the ways of justice and peace; that all may honour one another and serve the common good. *(Silence.)*

Lord, in thy mercy,

**We beseech thee, hear our prayer.**

*Intercessor:* I bid your prayers for the world, for those places affected by war, conflict, calamity, or disaster, especially for Israel, Palestine, Ukraine and Sudan, and all other places we now name, silently or aloud. May God grant us the spirit of respect and forbearance for all nations and peoples. *(Silence.)*

Lord, in thy mercy,

**We beseech thee, hear our prayer.**

*Intercessor:* I bid your prayers for all who serve the needs of others in our community, for the volunteers and guests of the Friday Food Ministry, and for all those who labour in and use shelters, drop-in programs, foodbanks, and other social services. May God aid us to love him with all our hearts, souls, minds, and strength, and to love our neighbours as ourselves. *(Silence.)*

Lord, in thy mercy,

**We beseech thee, hear our prayer.**

*Intercessor:* I bid your prayers for God's blessings upon all people, giving thanks to God for the people, neighbours, and friends of this parish, and especially for all those present in person or via livestream, and for newcomers and visitors this morning, both near and far. [We give thanks especially on this day for \_\_\_\_\_.] And for [\_\_\_\_\_] and all other thanksgivings we now name, silently or aloud.

May God's abiding presence be with us always, that we may be a blessing to all people. *(Silence.)*

Lord, in thy mercy,

**We beseech thee, hear our prayer.**

*Intercessor:* I bid your prayers for all those in need, for the sick\_\_\_\_\_, and for all those suffering in mind, body, or estate; for elders, for prisoners, for refugees and migrants, for the oppressed, for those who mourn, and for all others for whom our prayers are asked\_\_\_\_\_. May God grant that they will be comforted by the ever-present love of our Lord. *(Silence.)*

Lord, in thy mercy,

**We beseech thee, hear our prayer.**

*Intercessor:* I bid your prayers for the souls of the departed, especially\_\_\_\_\_ who have died in recent days, and those whose year's mind is at this time \_\_\_\_\_, that they may share with the Blessed Virgin Mary, Blessed Thomas, and all the saints in God's eternal kingdom. May God grant that their souls, and the souls of all the faithful departed, rest in peace and rise in glory. *(Silence.)*

Lord, in thy mercy,

**We beseech thee, hear our prayer.**

*Celebrant:* Lord, hear the prayers of thy people; and what we have asked faithfully, grant that we may obtain effectually, to the glory of thy Name; through Jesus Christ our Lord. **Amen.**

### **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**

The musical notation consists of three staves, each with a treble clef and a key signature of two flats (B-flat and E-flat). The first staff is divided into two parts: the left part is for the Celebrant and the right part is for the People. The lyrics are: "The Lord be with you; And with thy spirit." The second staff is also divided into two parts: Celebrant and People. The lyrics are: "Lift up your hearts; We lift them up unto the Lord." The third staff is divided into two parts: Celebrant and People. The lyrics are: "Let us give thanks unto 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, Creator and Preserver of all things.

Through Jesus Christ our Lord; who on this first day of the week overcame death and the grave, and by his glorious resurrection opened to us the way of everlasting life.

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.

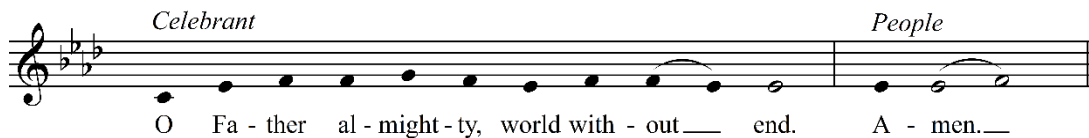
*The Celebrant continues,*

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 on a single staff with a treble clef and a key signature of two flats (B-flat and E-flat). The tempo is marked 'C' for common time. The notation is divided into two parts: 'Celebrant' and 'People'. The 'Celebrant' part consists of a series of quarter notes: O, Fa, ther, al, might, ty, world, with, out, followed by a half note 'end.'. The 'People' part consists of a half note 'A' followed by a half note 'men.'. There are horizontal lines under the lyrics 'out' and 'men.'.

*Celebrant* *People*


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



# THE LORD'S PRAYER


Music by John Merbecke

*Celebrant*

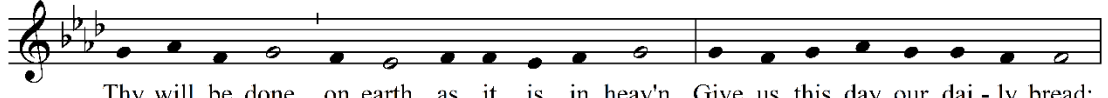


And now, as our Sa-viour Christ hath com-mand-ed and taught us, we are bold to say:

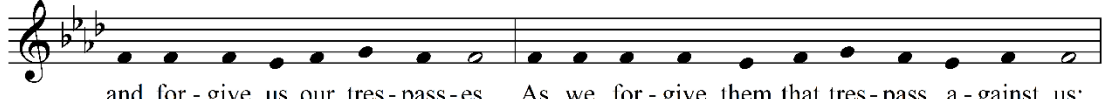
*People*




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



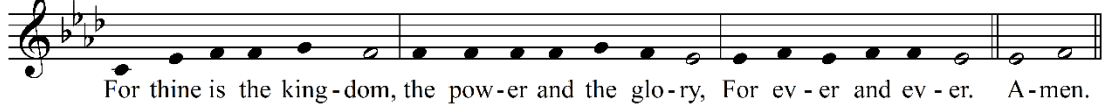
Thy will be done, on earth, as it is in heav'n. Give us this day our dai - ly bread;



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

*Celebrant*



The peace of the Lord be al-ways with you.

*People*



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.	Agnus Dei, qui tollis peccata mundi, miserere nobis.
O Lamb of God, that takest away the sin of the world, have mercy upon us.	Agnus Dei, qui tollis peccata mundi, miserere nobis.
O Lamb of God, that takest away the sin of the world, grant us thy peace.	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 shouldest 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 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.

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

**COMMUNION HYMN 401**

Immortal, invisible, God only wise

- 1 Immortal, invisible, God only wise,  
In light inaccessible hid from our eyes,  
Most blessed, most glorious, the Ancient of Days,  
Almighty, victorious, thy great Name we praise.
- 2 Unresting, unchanging, and silent as light,  
Nor wanting, nor wasting, thou rulest in might;  
Thy justice like mountains high soaring above  
Thy clouds which are fountains of goodness and love.
- 3 To all life thou givest—to both great and small;  
In all life thou livest, the true life of all;  
We blossom and flourish as leaves on the tree,  
And wither and perish—but nought changeth thee.
- 4 Great Father of Glory, pure Father of Light,  
Thine Angels adore thee, all veiling their sight;  
All laud we would render: O help us to see  
'Tis only the splendour of light hideth thee.

*St Basil  
Healey Willan (1880-1968), 1918*

*Walter Chalmers Smith (1824-1908), 1867*

*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.**

## **BLESSING**

The peace of God, which passeth 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 Ghost, be amongst you and remain with you always. **Amen.**

*The People stand.*

## **DISMISSAL**

Go in peace to love and serve the Lord.  
**Thanks be to God.**

## **CONCLUDING HYMN 377**

O for a thousand tongues to sing

- 1 O for a thousand tongues to sing  
My dear Redeemer's praise,  
The glories of my God and King,  
The triumphs of his grace!
- 2 Jesus – the Name that charms our fears,  
That bids our sorrows cease;  
'Tis music in the sinner's ears,  
'Tis life, and health, and peace.
- 3 He speaks – and, listening to his voice,  
New life the dead receive,  
The mournful broken hearts rejoice,  
The humble poor believe.
- 4 Hear him, ye deaf; his praise, ye dumb,  
Your loosened tongues employ;  
Ye blind, behold your Saviour come;  
And leap, ye lame, for joy!

5 My gracious Master and my God,  
Assist me to proclaim,  
To spread through all the earth abroad  
The honours of thy Name.

*RICHMOND*  
*Adapted from T. Haweis by S. Webbe (the younger)*

*Rev. Charles Wesley, 1740*

**VOLUNTARY** Sicilienne from Suite pour orgue, Maurice Duruflé (1902-1986)

*The People may be seated for the Postlude. Please maintain an atmosphere of reverent silence in the church during and after the Postlude.*

*Coffee Hour follows this service in the Parish Hall.*

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

*Those on the High Altar in memory of Lilly and Neilson Swan;*

*and*

*Those on the Lady Altar in loving memory of Jean and Joe Josselyn  
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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