

Saint Thomas's Church
The Fourth Sunday After Epiphany

Sunday, January 29, 2023

Sung Mass at 9:30 am



Detail of *The Sermon on the Mount*, James Tissot, c. 1890
The Brooklyn Museum, New York City

Saint Thomas's Anglican Church
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Welcome!

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

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

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

Fr. Nathan Humphrey, Rector

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

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.



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. Shire
Reader: Carroll Guen Hart
Interim Director of Music & Organist: Elizabeth Anderson

MUSIC OF THE MASS: Communion Service in F, *Peter Aston*

VOLUNTARY: Chorale Prelude on a Melody by Orlando Gibbons, *Healey Willan (1888-1968)*

GREETING

The grace of our Lord Jesus Christ,
and the love of God,
and the fellowship of the Holy Spirit,
be with you all.

And also with you.

COLLECT FOR PURITY

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hidden. Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. Amen.

The People stand.

GLORIA IN EXCELSIS DEO

Lively

Organ



f All



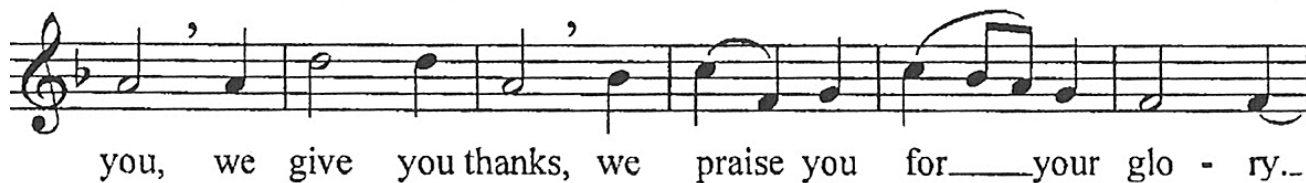
Glo-ry to God in the high- est, and peace to his



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



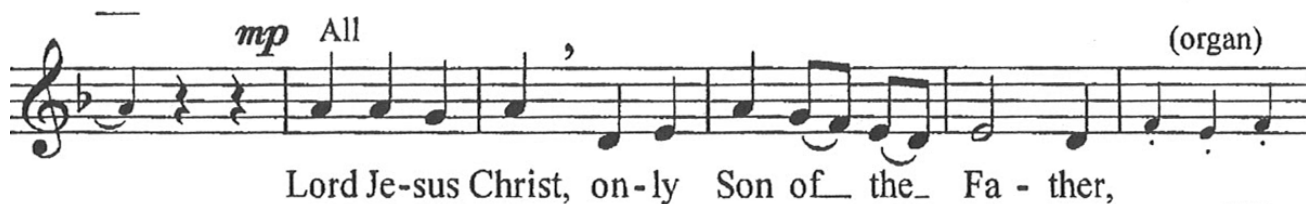
— al - migh - ty God_ and Fa- ther, we wor - ship



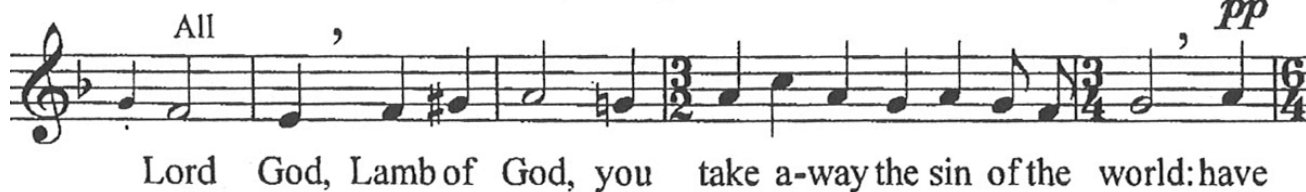
you, we give you thanks, we praise you for your glo - ry..



Organ



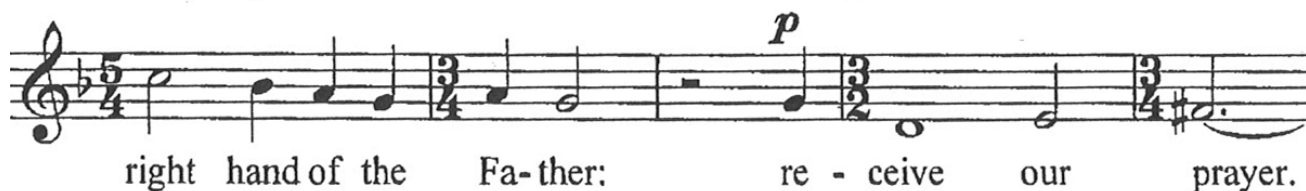
mp All (organ)
Lord Je-sus Christ, on-ly Son of the Fa - ther,



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



(organ) *mp* All
mer - cy on us; you are seat-ed at the_



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



Organ *f* All
— For you a - lone are the

(organ) (organ)

Ho-ly One, you a-lone are the Lord,

you a-lone are the Most High, Je-sus Christ, with the Ho-ly

Spi-rit, in the glo-ry of God the

Fa-ther. A-men, A-men, A-men. *Broaden*

THE COLLECT OF THE DAY

Let us pray.

Living God, in Christ, you make all things new. Transform the poverty of our nature by the riches of your grace, and in the renewal of our lives make known your glory; through Jesus Christ our Lord, who is alive and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

The People sit.

FIRST READING: Micah 6.1-8

A reading from the prophet Micah:

Hear what the Lord says: Rise, plead your case before the mountains, and let the hills hear your voice. Hear, you mountains, the controversy of the Lord, and you enduring foundations of the earth; for the Lord has a controversy with his people, and he will contend with Israel. 'O my people, what have I done to you? In what have I wearied you? Answer me! For I brought you up from the land of Egypt, and redeemed you from the house of slavery; and I sent before you Moses, Aaron, and Miriam. O my people,

remember now what King Balak of Moab devised, what Balaam son of Beor answered him, and what happened from Shittim to Gilgal, that you may know the saving acts of the Lord.' 'With what shall I come before the Lord, and bow myself before God on high? Shall I come before him with burnt-offerings, with calves a year old? Will the Lord be pleased with thousands of rams, with tens of thousands of rivers of oil? Shall I give my firstborn for my transgression, the fruit of my body for the sin of my soul?' He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?

The word of the Lord.

Thanks be to God.

RESPONSORIAL PSALM 15



Response: **Lord who may abide upon your holy hill?**

Lord, who may dwell in your tabernacle? who may abide upon your holy hill? Whoever leads a blameless life and does what is right, who speaks the truth from his heart. There is no guile upon his tongue; he does no evil to his friend; he does not heap contempt upon his neighbour. **R/.**

In his sight the wicked is rejected, but he honours those who fear the Lord. He has sworn to do no wrong and does not take back his word. **R/.**

He does not give his money in hope of gain, nor does he take a bribe against the innocent. Whoever does these things shall never be overthrown. **R/.**

SECOND READING: 1 Corinthians 1.18-31

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

For the message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written, 'I will destroy the wisdom of the wise, and the discernment of the discerning I will thwart.' Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling-block to Jews and foolishness to Gentiles, but to those who

are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength. Consider your own call, brothers and sisters: not many of you were wise by human standards, not many were powerful, not many were of noble birth. But God chose what is foolish in the world to shame the wise; God chose what is weak in the world to shame the strong; God chose what is low and despised in the world, things that are not, to reduce to nothing things that are, so that no one might boast in the presence of God. He is the source of your life in Christ Jesus, who became for us wisdom from God, and righteousness and sanctification and redemption, in order that, as it is written, 'Let the one who boasts, boast in the Lord.'

The word of the Lord.

Thanks be to God.

The People stand. The choir will sing the first three Alleluias, followed by the people; a cantor will sing the verse and then all sing the final three Alleluias.

GOSPEL ACCLAMATION

Alleluia, Alleluia. Alleluia. Rejoice and be glad, for your reward is great in heaven. Alleluia, Alleluia, Alleluia.

THE HOLY GOSPEL: Matthew 5.1-12

The Lord be with you.

And also with you.

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

Glory to you, Lord Jesus Christ.

When Jesus saw the crowds, he went up the mountain; and after he sat down, his disciples came to him. Then he began to speak, and taught them, saying:

'Blessed are the poor in spirit, for theirs is the kingdom of heaven.

'Blessed are those who mourn, for they will be comforted.

'Blessed are the meek, for they will inherit the earth.

'Blessed are those who hunger and thirst for righteousness, for they will be filled.

'Blessed are the merciful, for they will receive mercy.

'Blessed are the pure in heart, for they will see God.

'Blessed are the peacemakers, for they will be called children of God.

'Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

'Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you.

The Gospel of Christ.

Praise to you, Lord Jesus Christ.

The People sit.

SERMON

After the Sermon, the People remain seated for a period of silent reflection, standing when the Celebrant stands.

THE NICENE CREED

Let us confess our faith, as we say,

We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen.

We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one being with the Father. Through him all things were made. For us and for our salvation he came down from heaven: *(Bow.)* by the power of the Holy Spirit he became incarnate from the Virgin Mary, and was made man. *(Rise.)*

For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again in accordance with the scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father. With the Father and the Son he is worshipped and glorified. He has spoken through the prophets.

We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.

The People remain standing.

INTERCESSIONS

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

Intercessor:

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

Lord, in your mercy

Hear our prayer.

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

Lord, in your mercy

Hear our prayer.

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

Lord, in your mercy

Hear our prayer.

I ask your prayers for all those in need, for the sick_____, for all those suffering due to the pandemic and the lack of adequate healthcare; for transit workers and those who suffer from random acts of violence; for victims of warfare, the elderly, refugees and migrants, prisoners, for the oppressed, those who mourn, and for all others for whom our prayers are asked. Grant us strength and protection to walk safely in the streets of our city and to remain compassionate to those who are in despair. May we place our hope in what matters and what lasts, trusting in God's eternal presence and love. (Silence.)

Lord, in your mercy

Hear our prayer.

I ask your prayers for the souls of the departed, especially_____ who have died in recent days, and on their year's mind for_____, that they may share with the Blessed Virgin Mary, Blessed Thomas, and all the saints in God's eternal kingdom. (Silence.)

Lord, in your mercy

Hear our prayer.

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

INVITATION, CONFESSION, & ABSOLUTION

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

The People bow or kneel. Silence is kept.

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

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

THE PEACE

All standing, the Celebrant bids the Peace.

The peace of the Lord be always with you.

And also with you.

The People remain standing for the hymn during the Offertory.

OFFERTORY HYMN 374 – Ye boundless realms of joy

- 1 Ye boundless realms of joy,
Exalt your Maker's fame,
His praise your song employ
Above the starry frame;
Your voices raise,
Ye cherubim
And seraphim,
To sing his praise.

- 2 Thou moon, that rul'st the night,
And sun, that guid'st the day,
Ye glittering stars of light,
To him your homage pay.
His praise declare,
Ye heavens above,
And clouds that move
In liquid air.

- 3 Let them adore the Lord,
And praise his holy Name,
By whose almighty word
They all from nothing came;
And all shall last
From changes free;
His firm decree
Stands ever fast.

- 4 United zeal be shown
His wondrous fame to raise,
Whose glorious Name alone
Deserves our endless praise.
Earth's utmost ends
His power obey:
His glorious sway
The sky transcends.

The People and Choir sing,

SANCTUS & BENEDICTUS

Organ *mf* Sopranos and Altos All

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

Sopranos and Altos

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

f All

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

p Tenors and Basses **3**

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

f All

Lord. Ho-san-na, ho-

san-na, ho-san-na in the high-est.

The People remain standing.

We give thanks to you, Lord our God, for the goodness and love you have made known to us in creation; in calling Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Saviour and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night he was handed over to suffering and death, a death he freely accepted, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: this is my body which is given for you. Do this for the remembrance of me."

After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: this is my blood of the new covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore, Father, according to his command:

**We remember his death,
we proclaim his resurrection,
we await his coming in glory.**

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

Unite us to your Son in his sacrifice, that we, made acceptable in him, may be sanctified by the Holy Spirit. In the fullness of time, reconcile all things in Christ, and make them new, and bring us to that city of light where you dwell with all your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation; by whom, and with whom, and in whom, in the unity of the Holy Spirit, all honour and glory are yours, almighty Father, now and for ever. **Amen.**

THE LORD'S PRAYER

Music by McNeil Robinson

Celebrant *People*

As our Sa - viour taught us, let us pray, Our Fa - ther in heav - en,
hal - lowed be your name, your king - dom come, your will be done,
on earth as in heav - en. Give us to - day our dai - ly bread, For - give us our sins
as we for - give those who sin a - gainst us. Save us from the time of trial,
and de - liv - er us from e - vil. For the king - dom, the pow - er,
and the glo - ry are ___ yours, now and for ev - er. A - men.

THE BREAKING OF THE BREAD

We break the bread of life, and that life is the light of the world.

God here among us, light in the midst of us, bring us to light and life.

HOLY COMMUNION

The gifts of God for the people of God.

Thanks be to God.

The People and Choir sing:

AGNUS DEI

p
Je - sus, Lamb of God: have mer - cy on
us. Je - sus, bear - er of our sins: have mer - cy on us.
mp *pp* *slower*
Je - sus, re - deem - er of the world: give us your peace. _

COMMUNION INSTRUCTIONS

All baptized Christians are warmly invited to receive Communion as directed by the Sidespeople. Please receive the host (bread) on the right palm of the hand (supported underneath by the left palm). To receive the cup, gently guide with your hand the base of the chalice. Please refrain from intinction (dipping the host into the cup), as diocesan policy does not allow us to do so.

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

If you have not been baptized or are not receiving communion, please cross your arms over your chest in the shape of an X to receive a blessing. If you are not receiving from the cup, please pause to reverence it with a bow before returning to your pew.

If you wish to inquire about baptism for yourself or your child, we would love to speak with you!

MOTET: 'O sacrum convivium,' Olivier Messiaen (1908-1992)

O sacrum convivium! In quo Christus sumitur: recolitur memoria passionis ejus: mens impletur gratia: et futurae gloriae nobis pignus datur. Alleluia.

O sacred feast, wherein Christ is received, the memory of His Passion is renewed in us, our souls are filled with grace, and the pledge of everlasting glory is given unto us. Alleluia.

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.

Source of all goodness, in this eucharist we are nourished by the bread of heaven and invigorated with new wine. May these gifts renew our lives, that we may show your glory to all the world, 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 493 – Jesu, the very thought of thee

- 1 Jesu, the very thought of thee
With sweetness fills the breast;
But sweeter far thy face to see,
And in thy presence rest.
- 2 No voice can sing, no heart can frame,
Nor can the memory find
A sweeter sound than Jesus' Name,
The Saviour of mankind.
- 3 O hope of every contrite heart,
O joy of all the meek,
To those who ask how kind thou art,
How good to those who seek!
- 4 But what to those who find? Ah! this
Nor tongue nor pen can show;
The love of Jesus, what it is
None but his loved ones know.

5 Jesu, our only joy be thou,
As thou our prize wilt be;
In thee be all our glory now,
And through eternity.

S^t BOTOLPH
Gordon Slater, 1930

Tr. (1849) from the Latin of St Bernard of Clairvaux (12th cent.)
by Rev. E. Caswall

The people may be seated. Please maintain an atmosphere of reverent silence during and after the Voluntary.

VOLUNTARY: Processional, *William Mathias (1934-1992)*