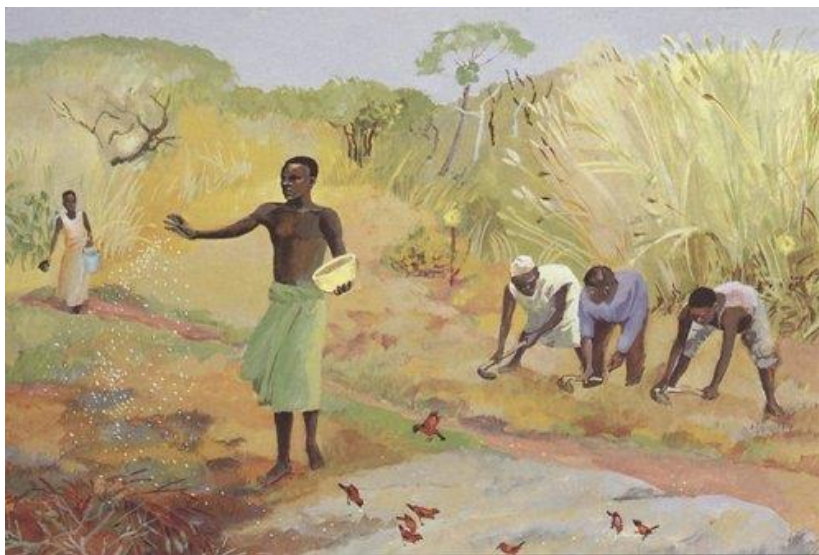


# Saint Thomas's Church

## The Sixth Sunday After Trinity

Sunday, July 16, 2023

Sung Mass at 10:30 am



JESUS MAFA. The parable of the sower, from Art in the Christian Tradition, a project of the Vanderbilt Divinity Library, Nashville, TN. <https://diglib.library.vanderbilt.edu/act-imagelink.pl?RC=48309> [retrieved June 30, 2023]. Original source: <http://www.librairie-emmanuel.fr> (contact page: <https://www.librairie-emmanuel.fr/contact>).

**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.*



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](http://qrco.de/smokytoms). Scroll to the bottom of the webpage to fill out the online form. **We no longer pass the plate, so if you want to give the old-fashioned way, an alms basin is available in the narthex.**

**Celebrant & Homilist:** Fr. James Shire  
**Reader:** Georgiana Beal  
**Intercessor:** Evelyn Chau  
**Director of Music:** Elizabeth Anderson  
**Assistant Director of Music:** Manuel Piazza

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**MUSIC OF THE MASS**      Mass of the Good Shepherd, Matthew Larkin (b. 1963)

**VOLUNTARY**

**GREETING**

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

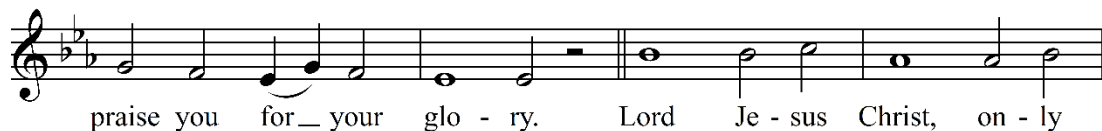
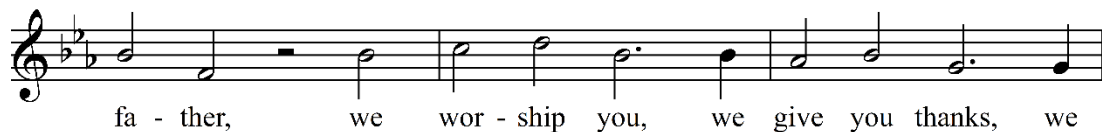
**And also with you.**

**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 Choir and People sing:*

## GLORIA IN EXCELSIS DEO



ceive our prayer. For you a-lone are the 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.  
*Choir only*  
 A - - - - - men.

## THE COLLECT OF THE DAY

Let us pray.

Almighty God, you have made us for yourself, and our hearts are restless until they find their rest in you. May we find peace in your service, and in the world to come, see you face to face; 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** Isaiah 55.10-13

A reading from the book of the prophet Isaiah.

For as the rain and the snow come down from heaven, and do not return there until they have watered the earth, making it bring forth and sprout, giving seed to the sower and bread to the eater, so shall my word be that goes out from my mouth; it shall not return to me empty, but it shall accomplish that which I purpose, and succeed in the thing for which I sent it. For you shall go out in joy, and be led back in peace; the mountains and the hills before you shall burst into song, and all the trees of the field shall clap their hands. Instead of the thorn shall come up the cypress; instead of the brier shall come up the myrtle; and it shall be to the Lord for a memorial, for an everlasting sign that shall not be cut off.

The word of the Lord.

**Thanks be to God.**

**PSALM 119.105-112**



My life is al-ways in my hand, yet I do not for-get your law.

The image shows a single line of musical notation on a five-line staff. The key signature has three sharps (F#, C#, G#) and the time signature is 3/4. The melody consists of eighth and quarter notes. A triplet of eighth notes is marked with a '3' and a slur above it. The lyrics are written below the staff, with hyphens under 'al-ways' and 'for-get'.

*Response:* **My life is always in my hand, yet I do not forget your law.**

Your word is a lantern to my feet and a light upon my path. I have sworn and am determined to keep your righteous judgements. **R/.**

I am deeply troubled; preserve my life, O Lord, according to your word. Accept, O Lord, the willing tribute of my lips, and teach me your judgements. **R/.**

My life is always in my hand, yet I do not forget your law. The wicked have set a trap for me, but I have not strayed from your commandments. **R/.**

Your decrees are my inheritance for ever; truly, they are the joy of my heart. I have applied my heart to fulfil your statutes for ever and to the end. **R/.**

## SECOND READING Romans 8.1-11

A reading from Saint Paul's Epistle to the Romans.

There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. For God has done what the law, weakened by the flesh, could not do: by sending his own Son in the likeness of sinful flesh, and to deal with sin, he condemned sin in the flesh, so that the just requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For this reason the mind that is set on the flesh is hostile to God; it does not submit to God's law—indeed it cannot, and those who are in the flesh cannot please God. But you are not in the flesh; you are in the Spirit, since the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, though the body is dead because of sin, the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you.

The word of the Lord.

**Thanks be to God.**

*The People stand.*

## GOSPEL ACCLAMATION

Alleluia. Alleluia. Alleluia. The word is very near you; it is in your mouth and in your heart, so that you can do it. Alleluia. Alleluia. Alleluia.

**THE HOLY GOSPEL** Matthew 13.1-9, 18-23

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.**

That same day Jesus went out of the house and sat beside the lake. Such great crowds gathered around him that he got into a boat and sat there, while the whole crowd stood on the beach. And he told them many things in parables, saying: 'Listen! A sower went out to sow. And as he sowed, some seeds fell on the path, and the birds came and ate them up. Other seeds fell on rocky ground, where they did not have much soil, and they sprang up quickly, since they had no depth of soil. But when the sun rose, they were scorched; and since they had no root, they withered away. Other seeds fell among thorns, and the thorns grew up and choked them. Other seeds fell on good soil and brought forth grain, some a hundredfold, some sixty, some thirty. Let anyone with ears listen!'

'Hear then the parable of the sower. When anyone hears the word of the kingdom and does not understand it, the evil one comes and snatches away what is sown in the heart; this is what was sown on the path. As for what was sown on rocky ground, this is the one who hears the word and immediately receives it with joy; yet such a person has no root, but endures only for a while, and when trouble or persecution arises on account of the word, that person immediately falls away. As for what was sown among thorns, this is the one who hears the word, but the cares of the world and the lure of wealth choke the word, and it yields nothing. But as for what was sown on good soil, this is the one who hears the word and understands it, who indeed bears fruit and yields, in one case a hundredfold, in another sixty, and in another thirty.'

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.

For the Church in the world, \_\_\_\_\_ in the Anglican Cycle of Prayer, \_\_\_\_\_ in the Diocesan Cycle, for all who proclaim the word of truth, Andrew, Riscylla, and Kevin our bishops, and for those who worship, volunteer and minister in our church, let us ask the infinite wisdom of Christ. (Silence.)

Lord, in your mercy

**Hear our prayer.**

For all who have consecrated their lives to the kingdom of God, those with anniversaries of baptism or ordination this week \_\_\_\_\_, for all struggling to follow the way of Christ and for whom we are asked to pray \_\_\_\_\_ let us ask the gifts of the Spirit. (Silence)

Lord, in your mercy

**Hear our prayer.**

For all the troubled places in the world, especially Ukraine, Sudan, for our country, province, city, for the new mayor of Toronto, for true leadership in businesses large and small, that they may strive for justice, equity, and peace, let us ask the strength of God. Help us Lord that we may honour one another and place the common good before personal gains. (Silence.)

Lord, in your mercy

**Hear our prayer.**

For scholars and researchers, for medical care-givers, all care-givers, that their work may benefit humanity and comfort the sick named today \_\_\_\_\_ let us ask the light and love of the Lord. (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. **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.*

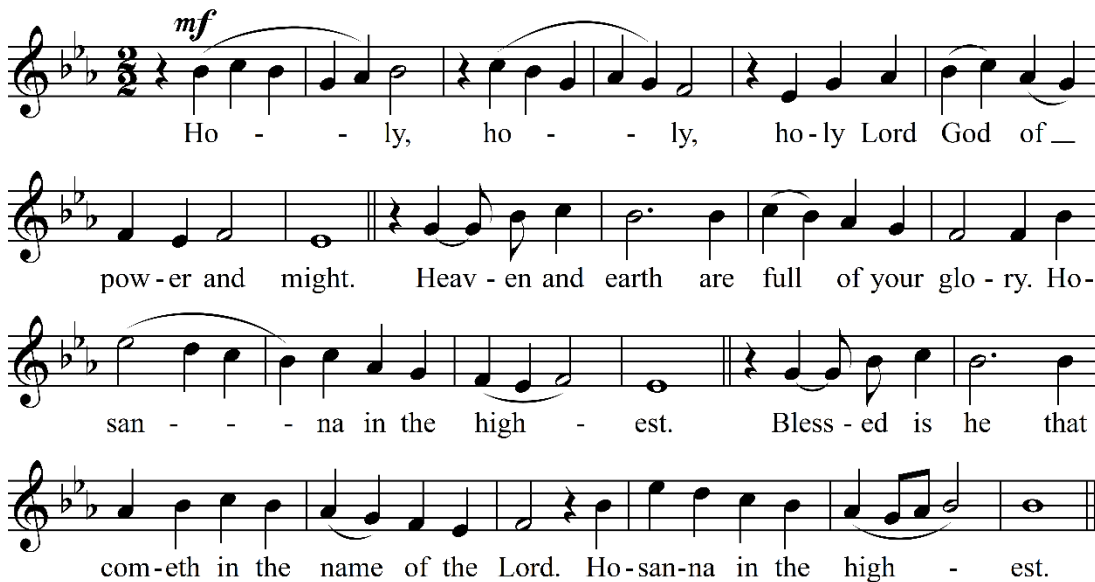
**OFFERTORY HYMN 284** – Thou whose almighty word

- 1 Thou whose almighty word  
Chaos and darkness heard,  
And took their flight,  
Hear us, we humbly pray,  
And, where the gospel-day  
Sheds not its glorious ray,  
Let there be light.
  
- 2 Thou who didst come to bring  
On thy redeeming wing  
Healing and sight,  
Health to the sick in mind,  
Sight to the inly blind,  
O now, to all mankind,  
Let here be light.
  
- 3 Spirit of truth and love,  
Life-giver from above,  
Speed forth thy flight:  
Move on the waters' face,  
Bearing the lamp of grace,  
And in the earth's darkest place  
Let there be light.
  
- 4 Holy and Blessèd Three,  
Glorious Trinity,  
Wisdom, Love, Might,  
Boundless as ocean tide,  
Rolling in fullest pride,  
Through the world, far and wide,  
Let there be light.



*The Choir and People sing:*

### SANCTUS & BENEDICTUS



*mf*

Ho - - - ly, ho - - - ly, ho - ly Lord God of -  
pow - er and might. Heav - en and earth are full of your glo - ry. Ho -  
san - - - na in the high - est. Bless - ed is he that  
com - eth in the name of the Lord. Ho - san - na in the high - est.

The musical score is written on four staves in a single system. It begins with a treble clef, a key signature of two flats (B-flat and E-flat), and a 2/2 time signature. The first staff starts with a mezzo-forte (*mf*) dynamic marking. The melody is primarily quarter and eighth notes, with some half notes and rests. The lyrics are placed below the notes, with hyphens indicating syllables that span across multiple notes. The piece concludes with a double bar line.

*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 musical score is written on six staves of music. The first staff is divided into two parts: 'Celebrant' on the left and 'People' on the right. The music is in G major (one sharp) and 4/4 time. The lyrics are written below the notes, with hyphens indicating syllables across notes. The score ends with a double bar line.

## THE BREAKING OF THE BREAD

"I am the bread which has come down from heaven," says the Lord.

**Give us this bread for ever.**

"I am the vine, you are the branches."

**May we dwell in him, as he lives in us.**

## HOLY COMMUNION

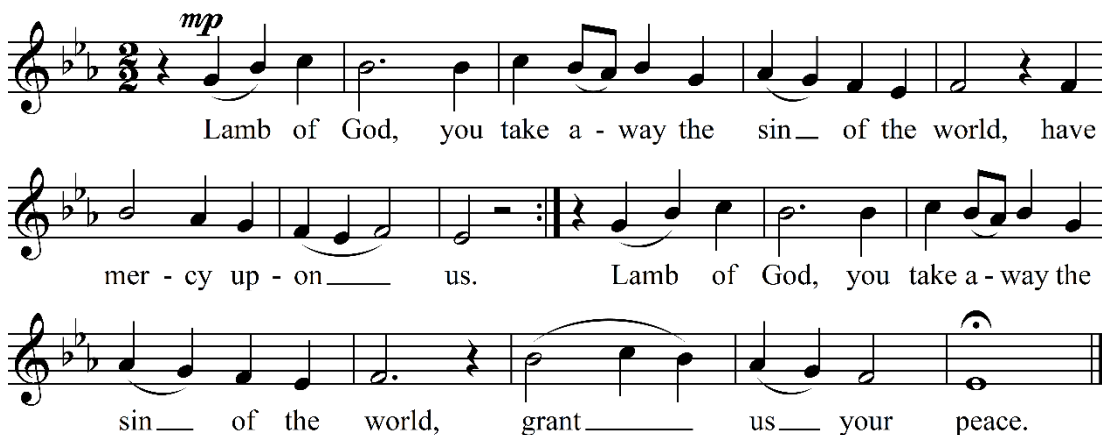
The gifts of God for the people of God.

**Thanks be to God.**



*The Choir and People sing:*

## AGNUS DEI



*mp*

Lamb of God, you take a - way the sin\_ of the world, have  
mer - cy up - on\_\_\_ us. Lamb of God, you take a - way the  
sin\_\_ of the world, grant\_\_\_\_\_ 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**

‘Ave verum corpus,’ William Byrd (1543-1623)

Ave verum Corpus, natum de Maria Virgine: vere passum, immolatum in cruce pro homine: Cujus latus perforatum, unda fluxit sanguine: Esto nobis praegustatum in mortis, examine. O dulcis, O pie, O Jesu Fili Mariae, miserere mei. Amen.

Hail, true Body, born of the Virgin Mary, Who has truly suffered, was sacrificed on the cross for mortals, Whose side was pierced, whence flowed water and blood: Be for us a foretaste of heaven during our final trial. O Jesu sweet, O Jesu merciful, O Jesu, Son of Mary, have mercy upon me. Amen

(Sequence Hymn for Corpus Christi)

**COMMUNION HYMN 498** – Lord, thy Word abideth

*All* 1 Lord, thy Word abideth,  
And our footsteps guideth;  
Who its truth believeth  
Light and joy receiveth.

*All* 2 When our foes are near us,  
Then thy Word doth cheer us,  
Word of consolation,  
Message of salvation.

*Lower* 3 When the storms are o'er us,  
*Voices* And dark clouds before us,  
Then its light directeth,  
And our way protecteth.

*Upper* 4 Who can tell the pleasure,  
*Voices* Who recount the treasure  
By thy Word imparted  
To the simple-hearted?

*All*    5    Word of mercy, giving  
Succour to the living;  
Word of life, supplying  
Comfort to the dying!

*All*    6    O that we discerning  
Its most holy learning,  
Lord, may love and fear thee,  
Evermore be near thee.

*RAVENSHAW*  
*Melody abridged by W.H. Monk*

*Rev. Sir. H.W. Baker, 1861*

## **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.

Living God, in this sacrament we have shared in your eternal kingdom. May we who taste this mystery forever serve you in faith, hope, and love. 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 803 – King of glory, King of peace

- 1 King of glory, King of peace,  
I will love thee;  
And that love may never cease,  
I will move thee,  
Thou hast granted my request,  
Thou hast heard me:  
Thou didst note my working breast,  
Thou hast spared me.
  
- 2 Wherefore with my utmost art  
I will sing thee,  
And the cream of all my heart  
I will bring thee.  
Though my sins against me cried,  
Thou didst clear me;  
And alone, when they replied,  
Thou didst hear me.
  
- 3 Seven whole days, not one in seven,  
I will praise thee:  
In my heart, though not in heaven,  
I can raise thee.  
Small it is, in this poor sort  
To enrol thee:  
E'en eternity's too short  
To extol thee.

*Gwalchmai*  
*Joseph David Jones, 1868*

*George Herbert, 1633*

## VOLUNTARY



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

*Those at the High Altar are in memory of Marjorie Linton;*

and

*Those on the Lady Altar in loving memory of William Imrie Kennedy  
and Constance Stewart Kennedy, by their daughter, Patricia.*

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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

### **Saint Thomas's Anglican Church**

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