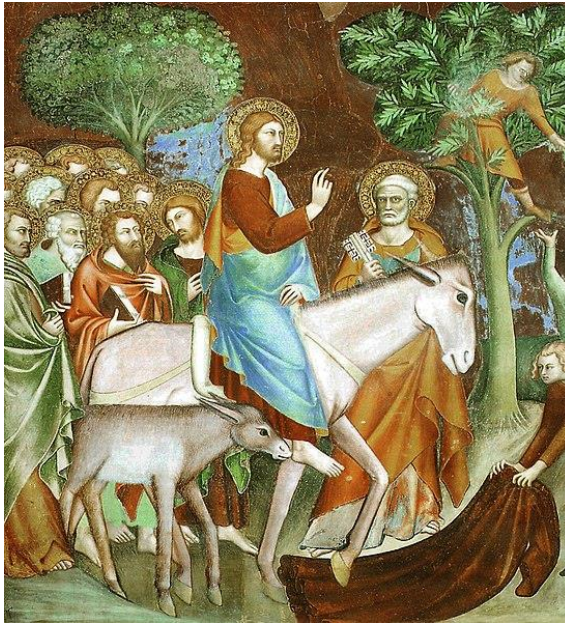


Saint Thomas's Church

The Fifth Sunday After Trinity

Sunday, July 9, 2023

Sung Mass at 9:30 am



Christ's Entry into Jerusalem, Lippo Memmi, 14th Cent.
Fresco in the church of San Gimignano, Italy

Saint Thomas's Anglican Church

383 Huron Street,

Toronto, Ontario M5S 2G5

416-979-2323

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.

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

Those at the High Altar in loving memory of Elizabeth Thoms, by her grateful family;

and

Those on the Lady Altar in memory of deceased members of the Acolytes' Guild.



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: Fr. James Shire
Homilist: Fr. Peter Anthony
Reader: Michael Rowland
Intercessor: Ronwen Guest
Director of Music: Elizabeth Anderson
Assistant Director of Music: Manuel Piazza

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

VOLUNTARY Cantilène, Flor Peeters (1903-1986)

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



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



earth. Lord God, hea - ven - ly king, al - migh - ty God and



fa - ther, we wor - ship you, we give you thanks, we



praise you for your glo - ry. Lord Je - sus Christ, on - ly



Son of the Fa - ther, Lord God, Lamb of God, you



take a - way the sin of the world: have mer - cy on



us; you are seat - ed at the right hand of the Fa - ther: re -

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, your Son Jesus Christ has taught us that what we do for the least of your children we do also for him. Give us the will to serve others as he was the servant of all, who gave up his life and died for us, but lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

The People sit.

FIRST LESSON Zechariah 9.9-12

A reading from the book of the prophet Zechariah.

Rejoice greatly, O daughter Zion! Shout aloud, O daughter Jerusalem! Lo, your king comes to you; triumphant and victorious is he, humble and riding on a donkey, on a colt, the foal of a donkey. He will cut off the chariot from Ephraim and the warhorse from Jerusalem; and the battle-bow shall be cut off, and he shall command peace to the nations; his dominion shall be from sea to sea, and from the River to the ends of the earth. As for you also, because of the blood of my covenant with you, I will set your prisoners free from the waterless pit. Return to your stronghold, O prisoners of hope; today I declare that I will restore to you double.

The word of the Lord.

Thanks be to God.

CANTICLE Song of Solomon 2.8-13



A - rise, my love, my fair one, and come a - way.

Response: A-rise my love, my fair one, and come a-way.

The voice of my beloved! Look, he comes, leaping upon the mountains, bounding over the hills. My beloved is like a gazelle or a young stag. Look, there he stands behind our wall, gazing in at the windows, looking through the lattice. **R/.**

My beloved speaks and says to me: “Arise, my love, my fair one, and come away; for now the winter is past, the rain is over and gone. **R/.**

The flowers appear on the earth; the time of singing is come, and the voice of the turtledove is heard in our land. The fig tree puts forth its figs, and the vines are in blossom; they give forth fragrance. **R/.**

SECOND READING Romans 7.15-25a

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

I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. Now if I do what I do not want, I agree that the law is good. But in fact it is no longer I that do it, but sin that dwells within me. For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. For I do not do the good I want, but the evil I do not want is what I do. Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me. So I find it to be a law that when I want to do what is good, evil lies close at hand. For I delight in the law of God in my inmost self, but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. Wretched man that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord!

The word of the Lord.

Thanks be to God.

The People stand.

GOSPEL ACCLAMATION

Alleluia. Alleluia. Alleluia. Blessed is our Father, Lord of heaven and earth, who has revealed these things to the simple. Alleluia. Alleluia. Alleluia.

THE HOLY GOSPEL Matthew 11.16-19, 25-30

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.

Jesus said, 'But to what will I compare this generation? It is like children sitting in the market-places and calling to one another, "We played the flute for you, and you did not dance; we wailed, and you did not mourn." For John came neither eating nor drinking, and they say, "He has a demon"; the Son of Man came eating and drinking, and they say, "Look, a glutton and a drunkard, a friend of tax-collectors and sinners!" Yet wisdom is vindicated by her deeds.' At that time Jesus said, 'I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. 'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.'

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

In this time of stress, climate change, migration, and territorial evolution, let us consider and request mercy, the gift of the lovingkindness of the Lord.

For the universal church, in the Anglican Cycle of Prayer, ____, in this Diocese ____, for Andrew our Bishop, Riscylla and Kevin his assistants, and all who worship and minister in this place particularly ____, that we shall be like the Lord. Leaping over mountains, bounding over hills in hopes of coming into new life, finding a new land and drawing forth new Love.

Lord, **show us your mercy.**

For the nations, those burning in fire, those burning in fear, those burning in war that the Lord God shall command peace, a cooling of waters, a spread of calm from the Mediterranean to the Gulf of Persia, from the River Euphrates to the ends of creation.

Lord, **show us your mercy.**

For the sick, ____, that cared for in grace with the benefits of science, they see that wisdom is vindicated by her deeds, finding the wholeness of healing within a caring community.

Lord, **show us your mercy.**

For those others for whom our prayers and care is asked ____. That as the acts of God are revealed to us through love, we will be strengthened to pass forward this active caring to those in need we come upon.

Lord, **show us your mercy.**

In thanksgiving with ____, let us find that the yoke of the Lord is easy, that the burdens he applies are light. Go out rejoicing that with him, we can affect change, that peace and healing in and on the world is something we all can help make.

Lord, **show us your mercy.**

For the dead ____, that rescued from their body of death, they shall find in the lovingkindness of the Lord, a new birth, free from the stress of fear and bathed in the water of righteousness.

Lord, **show us your mercy.**

Eternal God, we offer up for your attention the needs of the earth. Where there is hatred and fear, strengthen with love. Where there is injury in all its many faces and deeds, sow repair and reflection. Where there is despair and disbelief, let all find renewal of hope. Where there is the darkness of evil, shine the Light, your Son, into our hearts through that same Son, and your Spirit who with you is One, now and ever. **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 393 – Praise to the Lord, the Almighty

All 1 Praise to the Lord, the Almighty, the King of creation;
O my soul, praise him, for he is thy health and salvation:
All ye who hear,
Now to his temple draw near
Joining in glad adoration.

All 2 Praise to the Lord, who o'er all things so wondrously reigneth,
Shelters thee under his wings, yea, so gently sustaineth;
Hast thou not seen
How thy entreaties have been
Granted in what he ordaineth?

Upper 3 Praise to the Lord, who doth prosper thy work, and defend thee;
Voices Surely his goodness and mercy here daily attend thee:
Ponder anew
What the Almighty can do,
If with his love he befriend thee.

Lower 4 Praise to the Lord, who, when tempests their warfare are waging,
Voices Who, when the elements madly around thee are raging,
Biddeth them cease,
Turneth their fury to peace,
Whirlwinds and waters assuaging.

All 5 Praise to the Lord, who, when darkness of sin is abounding,
 Who, when the godless do triumph, all virtue confounding,
 Sheddeth his light,
 Chaseth the horrors of night,
 Saints with his mercy surrounding.

All 6 Praise to the Lord! O let all that is in me adore him!
 All that hath life and breath come now with praises before him!
 Let the Amen
 Sound from his people again:
 Gladly for aye we adore him.

LOBE DEN HERREN
Stralsund Gesängbuch, 1665

J. Neander (1680)
Tr. (1863) C. Winkworth and others

PRAYER OVER THE GIFTS

God of heaven and earth, receive our sacrifice of praise, and strengthen us for the perfect freedom of your service, through our Saviour Jesus Christ. **Amen.**

THE GREAT THANKSGIVING

Celebrant *People*

The__ Lord be__ with__ you. And__ al - so with you.

Celebrant *People*

Lift___ up your hearts. We lift___ them to__ the Lord.__

Celebrant

Let us give thanks_____ to the Lord__ our God.

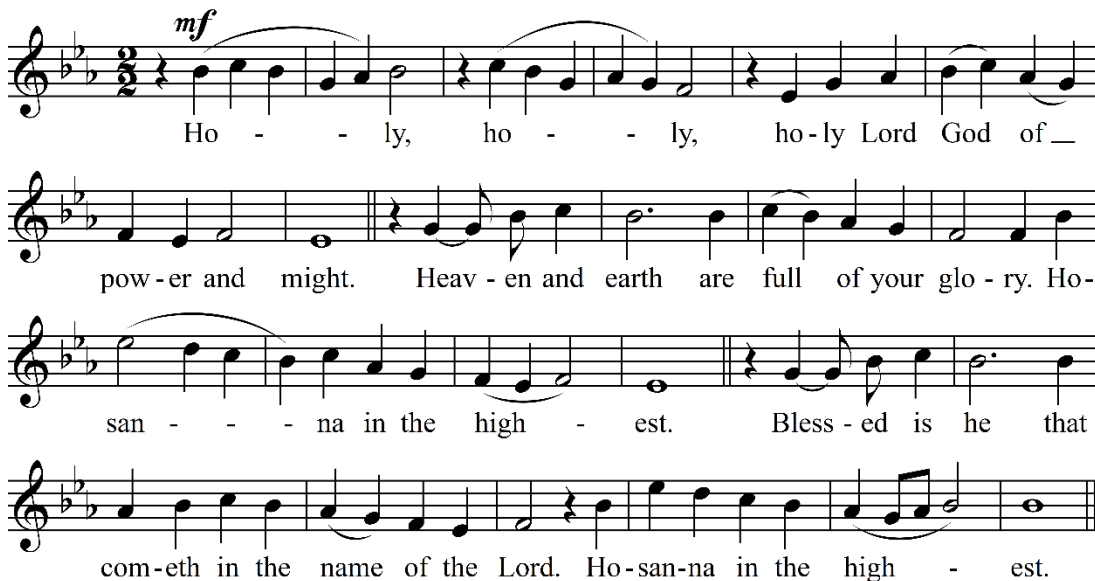
People

It is right_____ to give our thanks and praise.__

Blessed are you, gracious God, creator of heaven and earth; you are the source of light and life for all your creation, you made us in your own image, and call us to new life in Jesus Christ our Saviour. Therefore we praise you, joining our voices to proclaim the glory of your name.

The Choir and People sing:

SANCTUS & BENEDICTUS



The musical score is written on a single treble clef staff in 3/2 time, with a key signature of two flats (B-flat and E-flat). It begins with a mezzo-forte (*mf*) dynamic marking. The melody is composed of quarter and eighth notes, with some phrases spanning across bar lines. The lyrics are printed below the staff, aligned with the notes. The text is: "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 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*

The musical score is written on a single treble clef staff with a key signature of one sharp (F#). It consists of six lines of music. The first line begins with a double bar line and a repeat sign. 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 lyrics are aligned with the notes on the staff.

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

"I am the bread of life," says the Lord.
"Whoever comes to me will never be hungry;
whoever believes in me will never thirst."

**Taste and see that the Lord is good;
happy are they who trust in him!**

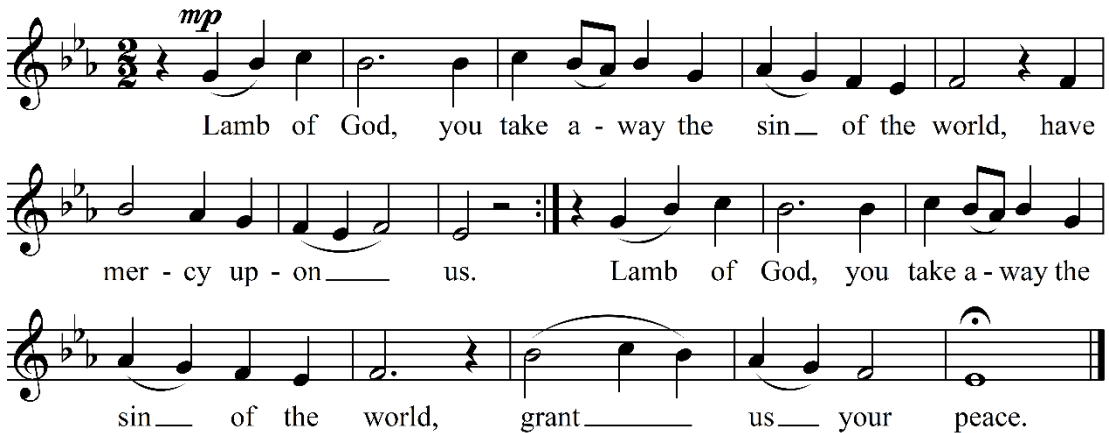
HOLY COMMUNION

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

‘Rise up, my love, my fair one,’ Healey Willan (1880-1968)

Rise up, my love, my fair one, and come away; for lo, the winter is past, the rain is over and gone; the flowers appear upon the earth; the time of the singing of birds is come; arise, my love, my fair one, and come away.

(Song of Solomon 2.10b-12a)

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.

O God, may we who have shared in holy things never fail to serve you in your world, and so come to the fullness of joy, in the name of Jesus Christ our 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 7 – Forth in thy Name, O Lord, I go

- 1 Forth in thy Name, O Lord, I go,
My daily labour to pursue;
Thee, only thee, resolved to know,
In all I think, or speak, or do.

- 2 The task thy wisdom hath assigned
O let me cheerfully fulfil;
In all my works thy presence find,
And prove thy good and perfect will.
- 3 Thee may I set at my right hand,
Whose eyes my inmost substance see,
And labour on at thy command,
And offer all my works to thee.
- 4 Give me to bear thy easy yoke,
And every moment watch and pray,
And still to things eternal look,
And hasten to thy glorious day;
- 5 For thee delightfully employ
Whate'er thy bounteous grace hath given,
And run my course with even joy,
And closely walk with thee to heaven.

ANGEL'S SONG
Original version of melody by Orlando Gibbons, 1623

Rev. Charles Wesley, 1749

VOLUNTARY

Dorian Prelude, Flor Peeters (1903-1986)
Koraal (from Modale Suite), Flor Peeters (1903-1986)

Copyright Information:

Mass for the Good Shepherd Music by: *Matthew Larkin*
Copyright Year: 2016 Publisher: *Matthew Larkin – used with permission*
Rise up, my love, my fair one Music by: *Willan, Healey*
Copyright Year: 1929 Publisher: *Oxford University Press*

One License Licensing Permission: Reprinted /Streamed with Permission Under One License #A-700000
All Rights Reserved.

Unless otherwise noted above, all images, music graphics, and lyrics are either in the public domain or proprietary to Saint Thomas's Anglican Church.