

Saint Thomas's Church

The Third Sunday in Lent

Sunday, March 12, 2023

Sung Mass at 9:30 am



Samaritan Woman, Julio Romero de Torres, 1920
Museo Julio Romero de Torres, Cordoba, Spain

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. 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: John Stuart
Intercessor: Ronwen Guest
Director of Music & Organist: Elizabeth Anderson

MUSIC OF THE MASS New Plainsong Mass, David Hurd (b. 1950)

VOLUNTARY O Lamm Gottes unschuldig, BWV 656, J.S. Bach (1685-1750)

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.

Bless the Lord who forgives all our sins.

His mercy endures for ever.

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:

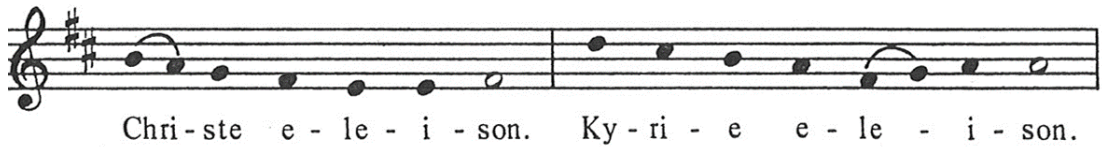
KYRIE ELEISON



Ky - ri - e e - le - i - son. Ky - ri - e e - le - i - son.



Ky-ri-e e-le-i-son. Chri-ste e-le-i-son. Chri-ste e-le-i-son.



Chri-ste e - le - i - son. Ky - ri - e e - le - i - son.



Ky - ri - e e - le - i - son. Ky - ri - e e - le - i - son.

THE COLLECT OF THE DAY

Let us pray.

Almighty God, whose Son Jesus Christ gives the water of eternal life, may we always thirst for you, the spring of life and source of goodness; through him who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

The People sit.

FIRST READING Exodus 17.1-7

A reading from the book of the Exodus.

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the Lord commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarreled with Moses, and said, 'Give us water to drink.' Moses said to them, 'Why do you quarrel with me? Why do you test the Lord?' But the people thirsted there for water; and the people complained against Moses and said, 'Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?' So Moses cried out to the Lord, 'What shall I do with this people? They are almost ready to stone me.' The Lord said to Moses, 'Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink.' Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarreled and tested the Lord, saying, 'Is the Lord among us or not?'

The word of the Lord.

Thanks be to God.

RESPONSORIAL PSALM 95



Response: **Remember, O Lord, your faithfulness and love.**

Come, let us sing to the Lord; let us shout for joy to the rock of our salvation. Let us come before his presence with thanksgiving and raise a loud shout to him with psalms. *R/.*

For the Lord is a great God, and a great king above all gods. In his hand are the caverns of the earth, and the heights of the hills are his also. The sea is his, for he made it, and his hands have moulded the dry land. **R/.**

Come, let us bow down, and bend the knee, and kneel before the Lord our Maker. For he is our God, and we are the people of his pasture and the sheep of his hand. Oh, that today you would hearken to his voice! **R/.**

Harden not your hearts, as your forebears did in the wilderness, at Meribah, and on that day at Massah, when they tempted me. They put me to the test, though they had seen my works. **R/.**

Forty years long I detested that generation and said, "This people are wayward in their hearts; they do not know my ways." So I swore in my wrath, "They shall not enter into my rest." **R/.**

SECOND READING Romans 5.1-11

A reading from St Paul's Epistle to the Romans:

Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us. For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person - though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us. Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. But more than that, we

even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

The word of the Lord.
Thanks be to God.

The People stand.

GOSPEL ACCLAMATION

Cantor Praise to you, Lord, King of eternal glory.

Choir Lord, you are indeed the Saviour of the world.
Give us living water, that we may not thirst.

All



Praise to you, Lord, King of e - ter - nal glo - ry.

Stephen Somerville

THE HOLY GOSPEL John 4.5-42

The Lord be with you.

And also with you.

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

Glory to you, Lord Jesus Christ.

So he came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon. A Samaritan woman came to draw water, and Jesus said to her, 'Give me a drink'. (His disciples had gone to the city to buy food.) The Samaritan woman said to him, 'How is it that you, a Jew, ask a drink of me, a woman of Samaria?' (Jews do not share things in common with Samaritans.) Jesus answered her, 'If you knew the gift of God, and who it is that is saying to you, "Give me a drink," you would have asked him, and he would have given you living water.' The woman said to him, 'Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks

drank from it?' Jesus said to her, 'Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life.' The woman said to him, 'Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water.' Jesus said to her, 'Go, call your husband, and come back.' The woman answered him, 'I have no husband.' Jesus said to her, 'You are right in saying, "I have no husband;" for you have had five husbands, and the one you have now is not your husband. What you have said is true!' The woman said to him, 'Sir, I see that you are a prophet. Our ancestors worshipped on this mountain, but you say that the place where people must worship is in Jerusalem.' Jesus said to her, 'Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshippers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth.' The woman said to him, 'I know that Messiah is coming' (who is called Christ). 'When he comes, he will proclaim all things to us.' Jesus said to her, 'I am he, the one who is speaking to you.' Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, 'What do you want?' or, 'Why are you speaking with her?' Then the woman left her water-jar and went back to the city. She said to the people, 'Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?' They left the city and were on their way to him. Meanwhile the disciples were urging him, 'Rabbi, eat something.' But he said to them, 'I have food to eat that you do not know about.' So the disciples said to one another, 'Surely no one has brought him something to eat?' Jesus said to them, 'My food is to do the will of him who sent me and to complete his work. Do you not say, "Four months more, then comes the harvest"?' But I tell you, look around you, and see how the fields are ripe for harvesting. The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, "One sows and another reaps." I sent you to reap that for which you did not labour. Others have laboured, and you have entered into their labour.' Many Samaritans from that city believed in him because of the woman's testimony, 'He told me everything I have ever done.' So when the Samaritans came to him, they asked him to stay with them; and he stayed there for two days. And many more believed because of his word. They said to the woman, 'It is no longer because of

what you said that we believe, for we have heard for ourselves, and we know that this is truly the Saviour of the world.'

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: With all our heart and with all our mind let us pray to the Lord, saying:
Lord, have mercy.

Intercessor: For the peace of the world, for the welfare of the holy Church of God,
_____, for the unity of all peoples, let us pray to the Lord:
Lord, have mercy.

For Andrew our bishop, to Kevin and Riscylla his suffragans, for _____, for
all the clergy and people, and in thanksgiving for _____ let us pray to the
Lord:
Lord, have mercy.

For Charles our king, for the leaders of the nations, and for all in authority, let us
pray to the Lord:
Lord, have mercy.

For the good earth which God has given us and for the wisdom and will to
conserve it, let us pray to the Lord:
Lord, have mercy.

For all who are aged and infirm, and for all who are sick and suffering,
_____, and for all who remember and care for them, let us pray to the Lord:
Lord, have mercy.

For deliverance from all danger, violence, oppression, and degradation, that we
may live in faith and hope, particularly, _____, let us pray to the Lord:
Lord, have mercy.

For all who have died in the hope of resurrection and for all the departed,
_____, let us pray to the Lord:

Lord, have mercy.

Celebrant: In communion with Thomas and all the saints, let us commend ourselves and one another and all our life to Christ our God.

Holy God, holy and mighty, holy immortal one, have mercy on us.

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 110 – By the Holy Spirit sent

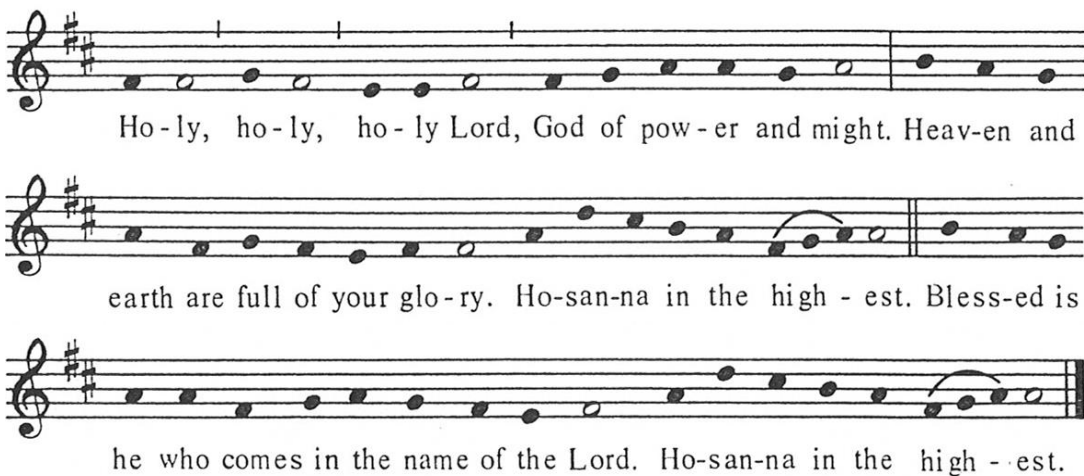
- 1 By the Holy Spirit sent,
Jesus to the desert went,
That he might his children show
How sin's power to overthrow.
- 2 With a word he could have made
Bread from stones around him laid,
Yet till forty days were past
Still he kept a holy fast.
- 3 When the devil at his side
Tried to make him sin through pride,
He would give no outward sign
That he was God's Son divine.
- 4 Calmly he refused to win
By a single act of sin
Of the whole wide world the throne;
He would worship God alone.
- 5 Since our loving Saviour thus
Kept a sacred Lent for us,
We, through him, can conquer sin
And a royal victory win.

LEW TRENCHARD
From an English Traditional Melody

Gertrude Hollis, 1926

The Choir and People sing:

SANCTUS & BENEDICTUS



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 who comes 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.**

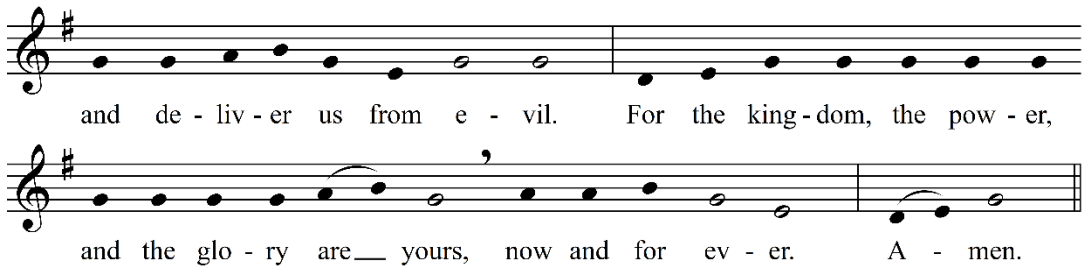
and we offer our sacrifice of praise and thanksgiving to you, Lord of all; presenting to you, from your creation, this bread and this wine. We pray you, gracious God, to send your Holy Spirit upon these gifts, that they may be the sacrament of the body of Christ and his blood of the new covenant.

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

The musical score is written on four staves in G major (one sharp). The first staff is for the Celebrant and the second for the People. The lyrics are: "As our Sa - viour taught us, let us pray, Our Fa - ther in heav - en, hal - lowed be your name, your king - dom come, your will be done, on earth as in heav - en. Give us to - day our dai - ly bread, For - give us our sins as we for - give those who sin a - gainst us. Save us from the time of trial,"



and de - liv - er us from e - vil. For the king - dom, the pow - er,
and the glo - ry are ___ yours, now and for ev - er. A - men.

THE BREAKING OF THE BREAD

We break this bread,
Communion in Christ's body once broken.

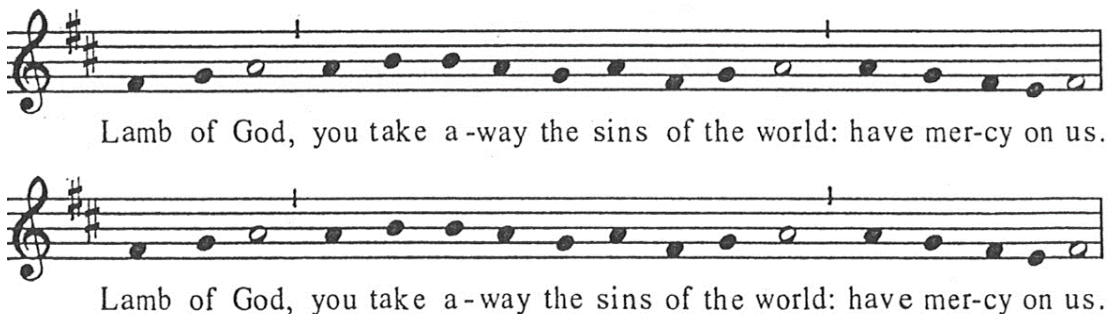
Let your Church be the wheat which bears its fruit in dying.
**If we have died with him, we shall live with him;
if we hold firm, we shall reign with him.**

PHOLY COMMUNION

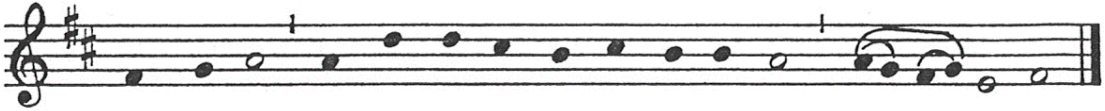
The gifts of God for the people of God.
Thanks be to God.

The Choir and People sing:

AGNUS DEI



Lamb of God, you take a-way the sins of the world: have mer-cy on us.
Lamb of God, you take a-way the sins of the world: have mer-cy on us.



Lamb of God, you take a - way the sins of the world: grant — us peace.

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

‘Litany to the Holy Spirit,’ Peter Hurford (1930-2019)

In the hour of my distress, when temptations me oppress, and when I my sins confess, Sweet Spirit, comfort me! Comfort me! When I lie within my bed, sick in heart and sick in head, and with doubts discomfited, Sweet Spirit, comfort me! Comfort me! When the house doth sigh and weep, and the world is drowned with sleep, yet mine eyes the watch do keep, Sweet Spirit, comfort me! Comfort me!

Robert Herrick (1591-1674)

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.

God of our pilgrimage, we have found the living water. Refresh and sustain us as we go forth of our journey, 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.**

PRAYER OVER THE PEOPLE

Bow down before the Lord.

The People bow.

Look mercifully on this thy family, Almighty God, that by thy great goodness
they may be governed and preserved evermore; through Christ our Lord. **Amen.**

DISMISSAL

Let us bless the Lord.
Thanks be to God.

CONCLUDING HYMN 119 – Have mercy, Lord, on me

- 1 Have mercy, Lord, on me,
As thou wert ever kind;
Let me, opprest with loads of guilt,
Thy wonted mercy find.
- 2 Wash off my foul offence,
And cleanse me from my sin;
For I confess my crime, and see
How great my guilt has been.

3 The joy thy favour gives
Let me again obtain,
And thy free Sprit's firm support
My fainting soul sustain.

4 To God the Father, Son,
And Spirit glory be,
As `twas, and is, and shall be so
To all eternity.

St. BRIDE
S. Howard, 1762

Tate and Brady, 1698

VOLUNTARY

Fugue in C minor, BWV 546, J.S. Bach (1685-1750)

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