

Saint Thomas's Church

The Fourth Sunday in Lent

Sunday, March 19, 2023

High Mass at 11 o'clock



Cristo guarisce il ciechi, mosaico bizantino, c. 630
La nuova Basilica di Sant' Apollinare, Ravenna, Italia

Saint Thomas's Anglican Church

383 Huron Street,

Toronto, Ontario M5S 2G5

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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
Deacon: Fr. Ipema
Reader: Maureen Somerville
Director of Music & Organist: Elizabeth Anderson

MUSIC OF THE MASS

Missa VII: *Pater Cuncta*

PRELUDE

Psalm Prelude on 'Caithness,' Eric Robertson (b. 1948)

Please stand as the choir enters the church during the prelude, sitting again when the choir sits.

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

INTROIT: *Lætare (Cf. Is 66:10-11; Ps 122:1); Mode v*

Laetare Ierusalem: et conventum facite omnes qui diligitis eam; gaudete cum laetitia, qui in tristitia fuistis: ut exsultetis, et satiemini ab uberibus consolationis vestrae.

∿. Laetatus sum in his quae dicta sunt mihi: in domum Domini ibimus.

Rejoice, O Jerusalem; and gather round, all you who love her; rejoice in gladness, after having been in sorrow; exult and be replenished with the consolation flowing from her motherly bosom.

∿. I rejoiced when it was said unto me: "Let us go to the house of the Lord."

The People kneel.

COLLECT FOR PURITY

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

THE DECALOGUE

Responses by Pelham Humfrey (1647-1674)

The People still kneeling, the Decalogue is sung by the Celebrant and Choir.

Celebrant: God spake these words and said: I am the Lord thy God who brought thee out of the land of Egypt, out of the house of bondage. Thou shalt have none other gods but me.

Choir: Lord, have mercy upon us, and incline our hearts to keep this law.

Celebrant: Thou shalt not make to thyself any graven image, nor the likeness of any thing that is in heaven above, or in the earth beneath, or in the water under the earth. Thou shalt not bow down to them, nor worship them.

Choir: Lord, have mercy upon us, and incline our hearts to keep this law.

Celebrant: Thou shalt not take the Name of the Lord thy God in vain.

Choir: Lord, have mercy upon us, and incline our hearts to keep this law.

Celebrant: Remember that thou keep holy the Sabbath day.

Choir: Lord, have mercy upon us, and incline our hearts to keep this law.

Celebrant: Honour thy father and thy mother.

Choir: Lord, have mercy upon us, and incline our hearts to keep this law.

Celebrant: Thou shalt do no murder.

Choir: Lord, have mercy upon us, and incline our hearts to keep this law.

Celebrant: Thou shalt not commit adultery.

Choir: Lord, have mercy upon us, and incline our hearts to keep this law.

Celebrant: Thou shalt not steal.

Choir: Lord, have mercy upon us, and incline our hearts to keep this law.

Celebrant: Thou shalt not bear false witness against thy neighbour.

Choir: Lord, have mercy upon us, and incline our hearts to keep this law.

Celebrant: Thou shalt not covet.

Choir: Lord, have mercy upon us, and write all these thy laws in our hearts, we beseech thee.

The People remain kneeling. The Choir alone sings the Kyrie.

KYRIE ELEISON

Lord, have mercy upon us.

Kyrie Eleison.

Christ, have mercy upon us.

Christe Eleison.

Lord, have mercy upon us.

Kyrie Eleison.

The People remain kneeling for the Collect.

COLLECT OF THE DAY

The Lord be with you.

And with thy spirit.

Let us pray.

Grant, we beseech thee, Almighty God, that we, who for our evil deeds do worthily deserve to be punished, by the comfort of thy grace may mercifully be relieved; through our Lord and Saviour Jesus Christ; who liveth and reigneth with thee and the Holy Spirit, one God, world without end. **Amen.**

THE COLLECT FOR LENT

Almighty and everlasting God, who hatest nothing that thou hast made, and dost forgive the sins of all them that are penitent: Create and make in us new and contrite hearts, that we worthily lamenting our sins, and acknowledging our wretchedness, may obtain of thee, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord. **Amen.**

The People sit.

FIRST LESSON 1 Samuel 16.1-13

The First Lesson is written in the sixteenth chapter of the first book of the prophet Samuel, beginning at the first verse.

The Lord said to Samuel, 'How long will you grieve over Saul? I have rejected him from being king over Israel. Fill your horn with oil and set out; I will send you to Jesse the Bethlehemite, for I have provided for myself a king among his sons.' Samuel said, 'How can I go? If Saul hears of it, he will kill me.' And the Lord said, 'Take a heifer with you, and say, "I have come to sacrifice to the Lord." Invite Jesse to the sacrifice, and I will show you what you shall do; and you shall anoint for me the one whom I name to you.' Samuel did what the Lord commanded, and came to Bethlehem. The elders of the city came to meet him trembling, and said, 'Do you come peaceably?' He said, 'Peaceably; I have come to sacrifice to the Lord; sanctify yourselves and come with me to the sacrifice.' And he sanctified Jesse and his sons and invited them to the sacrifice. When they came, he looked on Eliab and thought, 'Surely the Lord's anointed is now before the Lord.' But the Lord said to Samuel, 'Do not look on his appearance or on the height of his stature, because I have rejected him; for the Lord does not see as mortals see; they look on the outward appearance, but the Lord looks on the heart.' Then Jesse called Abinadab, and made him pass before Samuel. He said, 'Neither has the Lord chosen this one.' Then Jesse made Shammah pass by. And he said, 'Neither has the Lord chosen this one.' Jesse made seven of his sons pass before Samuel, and Samuel said to Jesse, 'The Lord has not chosen any of these.' Samuel said to Jesse, 'Are all your sons here?' And he said, 'There remains yet the youngest, but he is keeping the sheep.' And Samuel said to Jesse, 'Send and bring him; for we will not sit down until he comes here.' He sent and brought him in. Now he was ruddy, and had beautiful eyes, and was handsome. The Lord said, 'Rise and anoint him; for this is the one.' Then Samuel took the horn of oil, and anointed him in the presence of his brothers; and the spirit of the Lord came mightily upon David from that day forward. Samuel then set out and went to Ramah.

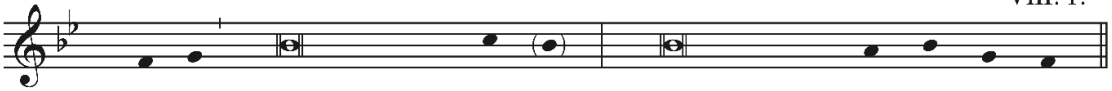
The word of the Lord.

Thanks be to God.

PSALM 23

Dominus regit me

VIII. 1.



- Cantor* 1 THE LORD is my **shep**-herd :
People therefore can I lack no-thing.
- 2 He shall feed me in a green **pas**-ture :
and lead me forth beside the wa-**ters** of com-fort.
- Cantor* 3 He shall restore my **soul** : and bring me forth in the paths of
righteousness, **for** his Name's sake.
- People* 4 Yea, though I walk through the valley of the shadow of death,
I will fear no e-vil : for thou art with me; thy rod and thy **staff**
com-fort me.
- Cantor* 5 Thou shalt prepare a table before me in the presence of them that
trou-ble^me : thou hast anointed my head with oil, and my **cup**
shall be full.
- People* 6 Surely thy loving-kindness and mercy shall follow me all the days
of my **life** : and I will dwell in the house of the **Lord** for ev-er.

THE EPISTLE Ephesians 5.8-14

The Epistle is written in the fifth chapter of St Paul's Epistle to the Ephesians, beginning at the eighth verse.

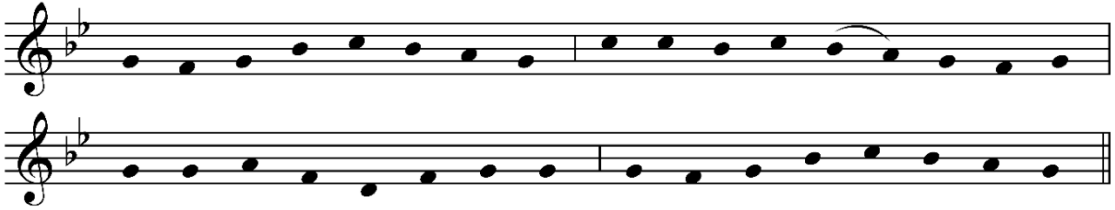
For once you were darkness, but now in the Lord you are light. Live as children of light – for the fruit of the light is found in all that is good and right and true. Try to find out what is pleasing to the Lord. Take no part in the unfruitful works of darkness, but instead expose them. For it is shameful even to mention what such people do secretly; but everything exposed by the light becomes visible, for everything that becomes visible is light. Therefore it says, 'Sleeper, awake! Rise from the dead, and Christ will shine on you.'

The word of the Lord.

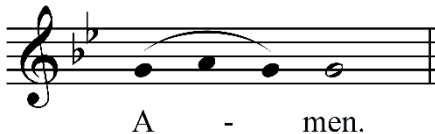
Thanks be to God.

The People stand.

SEQUENCE HYMN 828 – Now is the healing time decreed



- 1 Now is the healing time decreed
For sins of heart, of word or deed,
When we in humble fear record
The wrong that we have done the Lord:
- 2 Who, always merciful and good,
Has borne so long our wayward mood,
Nor cut us off unsparingly
In our so great iniquity.
- 3 Therefore with fasting and with prayer,
Our secret sorrow we declare;
With all good striving seek his face,
And lowly hearted plead for grace.
- 4 Cleanse us, O Lord, from every stain,
Help us the meed of praise to gain,
Till with the Angels linked in love
Joyful we tread thy courts above.
- 5 Father and Son and Spirit blest,
To thee be every prayer address,
Who art in threefold Name adored,
From age to age, the only Lord.



THE HOLY GOSPEL John 9.1-41

The Lord be with you.

And with thy spirit.

The Holy Gospel is written in the ninth chapter of the Gospel according to Saint John, beginning at the first verse.

Glory be to thee O Lord.

As he walked along, he saw a man blind from birth. His disciples asked him, 'Rabbi, who sinned, this man or his parents, that he was born blind?' Jesus answered, 'Neither this man nor his parents sinned; he was born blind so that God's works might be revealed in him. We must work the works of him who sent me while it is day; night is coming when no one can work. As long as I am in the world, I am the light of the world.' When he had said this, he spat on the ground and made mud with the saliva and spread the mud on the man's eyes, saying to him, 'Go, wash in the pool of Siloam' (which means Sent). Then he went and washed and came back able to see. The neighbours and those who had seen him before as a beggar began to ask, 'Is this not the man who used to sit and beg?' Some were saying, 'It is he.' Others were saying, 'No, but it is someone like him.' He kept saying, 'I am the man.' But they kept asking him, 'Then how were your eyes opened?' He answered, 'The man called Jesus made mud, spread it on my eyes, and said to me, "Go to Siloam and wash." Then I went and washed and received my sight.' They said to him, 'Where is he?' He said, 'I do not know.' They brought to the Pharisees the man who had formerly been blind. Now it was a sabbath day when Jesus made the mud and opened his eyes. Then the Pharisees also began to ask him how he had received his sight. He said to them, 'He put mud on my eyes. Then I washed, and now I see.' Some of the Pharisees said, 'This man is not from God, for he does not observe the sabbath.' But others said, 'How can a man who is a sinner perform such signs?' And they were divided. So they said again to the blind man, 'What do you say about him? It was your eyes he opened.' He said, 'He is a prophet.' The Jews did not believe that he had been blind and had received his sight until they called the parents of the man who had received his sight and asked them, 'Is this your son, who you say was born blind? How then does he now see?' His parents answered, 'We know that this is our son, and that he was born blind; but we do not know how it is that now he sees, nor do we know who opened his eyes. Ask him; he is of age. He will speak for himself.' His parents said this because they were afraid of the Jews; for the Jews had already agreed that anyone who confessed Jesus to be the Messiah would be put out of the

synagogue. Therefore his parents said, 'He is of age; ask him.' So for the second time they called the man who had been blind, and they said to him, 'Give glory to God! We know that this man is a sinner.' He answered, 'I do not know whether he is a sinner. One thing I do know, that though I was blind, now I see.' They said to him, 'What did he do to you? How did he open your eyes?' He answered them, 'I have told you already, and you would not listen. Why do you want to hear it again? Do you also want to become his disciples?' Then they reviled him, saying, 'You are his disciple, but we are disciples of Moses. We know that God has spoken to Moses, but as for this man, we do not know where he comes from.' The man answered, 'Here is an astonishing thing! You do not know where he comes from, and yet he opened my eyes. We know that God does not listen to sinners, but he does listen to one who worships him and obeys his will. Never since the world began has it been heard that anyone opened the eyes of a person born blind. If this man were not from God, he could do nothing.' They answered him, 'You were born entirely in sins, and are you trying to teach us?' And they drove him out. Jesus heard that they had driven him out, and when he found him, he said, 'Do you believe in the Son of Man?' He answered, 'And who is he, sir? Tell me, so that I may believe in him.' Jesus said to him, 'You have seen him, and the one speaking with you is he.' He said, 'Lord, I believe.' And he worshipped him. Jesus said, 'I came into this world for judgement so that those who do not see may see, and those who do see may become blind.' Some of the Pharisees near him heard this and said to him, 'Surely we are not blind, are we?' Jesus said to them, 'If you were blind, you would not have sin. But now that you say, "We see," your sin remains.

The Gospel of Christ.

Praise be to thee, O Christ.

The People sit at the invitation of the Preacher.

SERMON

The People stand. The vestments are brought before the sanctuary to be blessed.

BLESSING OF VESTMENTS

Thou shalt make holy garments for Aaron, for glory and for beauty.

Clothe thy ministers with righteousness:
Let thy people sing with joy.

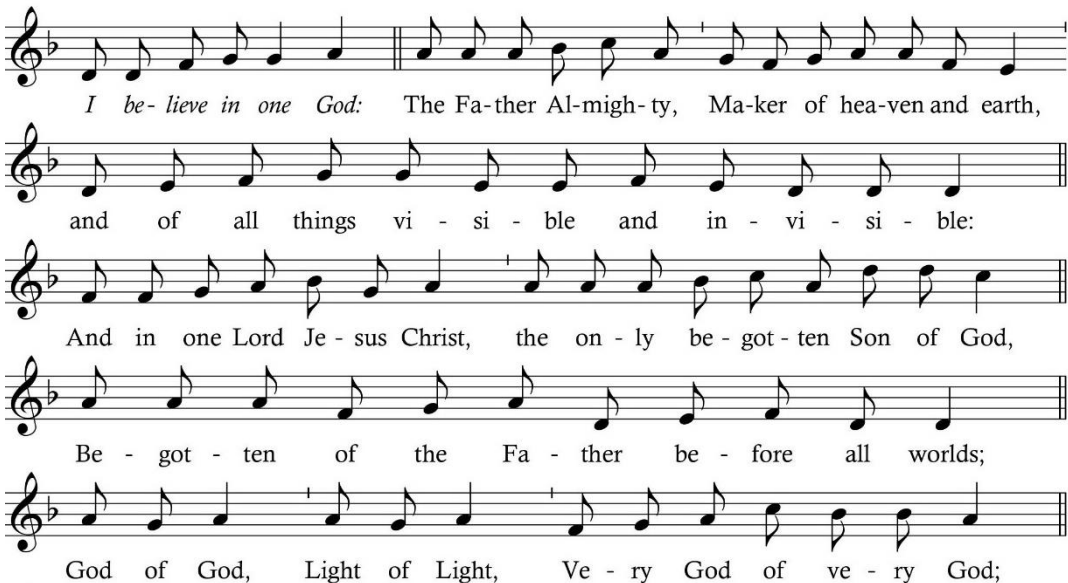
Let us pray. (*Silence*)

O God, thou hast revealed thy Son clothed in majesty and glory: Accept these vestments for the use of the clergy and people of thy Church in memory of David Astle, that, being clothed with humility as they minister to thee, they may show forth his eternal splendour; through Jesus Christ our Lord. **Amen.**

The People stand to sing the Creed. All who are able to kneel, please do so at “and was incarnate,” rising after “and was made man.”

THE NICENE CREED

John Merbecke



I be- lieve in one God: The Fa-ther Al-migh-ty, Ma-ker of hea-ven and earth,

and of all things vi - si - ble and in - vi - si - ble:

And in one Lord Je - sus Christ, the on - ly be - got - ten Son of God,

Be - got - ten of the Fa - ther be - fore all worlds;

God of God, Light of Light, Ve - ry God of ve - ry God;



Be - got - ten, not made; Be - ing of one sub - stance with the Fa - ther;



Through whom all things were made. Who for us men and for our sal - va - tion



came down from Heaven,



And was in - car - nate by the Ho - ly Ghost of the Vir - gin Ma - ry, And was made man.



And was cru - ci - fi - ed al - so for us un - der Pon - tius Pi - late.



He suf - fer - red and was bu - ri - ed, And the third day he rose a - gain



ac - cord - ing to the Scrip - tures, And as - cend - ed in - to heaven,



And sit - teth on the right hand of the Fa - ther,




And he shall come a - gain with glo - ry to judge both the quick and the dead:



Whose king - dom shall have no end. And I be - lieve in the Ho - ly Ghost, the Lord,



the Giv - er of life, Who pro - ceed - eth from the Fa - ther and the Son,




Who with the Fa - ther and the Son to - geth - er is wor - ship - ped and glo - ri - fied,



Who spake by the Pro - phets. And I be - lieve One, Ho - ly, Ca - tho - lic, and A - pos - to - lic Church.



I ac - know - ledge one Bap - tism for the re - mis - sion of sins.



And I look for the Re - sur - rec - tion of the dead, And the Life of the world to come.



A - men.

OFFERTORY

I beseech you brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.

OFFERTORY HYMN 118 – Come, let us to the Lord our God

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

S^T BERNARD
arranged from Tochter Sion, Cologne, 1741

Rev. John Morison, 1781

The People remain standing as the thurifer approaches for the censuring.

PRAYER OVER THE GIFTS

O God who art our refuge and our strength, receive thou these gifts, and through the death and resurrection of thy Son, Jesus Christ, change us unto his likeness, through the same Christ our Lord. **Amen.**

The People kneel.

INTERCESSIONS

Celebrant: Dear friends in Christ, let us pray for the Church and for the world.

Intercessor: I bid your prayers for the church universal throughout the world; for Andrew our bishop, for Kevin and Riscylla his suffragans, for _____ according to the Anglican cycle of prayer, for _____ according to the Diocesan prayer cycle, and for all who serve and minister to God's people. (*Silence.*)



The image shows a musical staff with a treble clef. The staff is divided into two sections by a double bar line. The first section is labeled 'Intercessor' and contains the notes G4, A4, B4, C5, and B4. The second section is labeled 'People' and contains the notes G4, A4, B4, C5, B4, A4, G4, and F4. Below the staff, the lyrics are written: 'Lord, in thy mer - cy, we be - seech thee, hear our prayer.'

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

Lord, in thy mercy,
We beseech thee, hear our prayer.

Intercessor: I bid your prayers for God's blessings upon all people, giving thanks to God for the people, neighbours, and friends of this parish, and especially for all those present in person or via livestream; for newcomers and visitors this morning, both near and far; and for all other thanksgivings we now name, silently or aloud _____ [We give thanks especially for _____.] May God's abiding presence be with us always, that we may be a blessing to all people. (*Silence.*)

Lord, in thy mercy,
We beseech thee, hear our prayer.

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

Lord, in thy mercy,
We beseech thee, hear our prayer.

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

Lord, in thy mercy,
We beseech thee, hear our prayer.

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

Lord, in thy mercy,
We beseech thee, hear our prayer.

Celebrant: Heavenly Father, thou hast promised to hear what we ask in the Name of thy Son: Accept and fulfill our petitions. we pray thee, not as we ask in our ignorance, nor as we deserve in our sinfulness, but as thou knowest and lovest us in thy Son Jesus Christ our Lord. **Amen.**

INVITATION, CONFESSION AND ABSOLUTION

Ye that do truly and earnestly repent you of your sins, and are in love and charity with your neighbours, and intend to lead the new life, following the commandments of God, and walking from henceforth in his holy ways: Draw near with faith, and take this holy Sacrament to your comfort; and make your humble confession to Almighty God, meekly kneeling upon your knees.

Almighty God, Father of our Lord Jesus Christ, Maker of all things, Judge of all men: We acknowledge and confess our manifold sins and wickedness, Which we from time to time most grievously have committed, By thought, word, and deed, Against thy Divine Majesty. We do earnestly repent, And are heartily sorry for these our misdoings. Have mercy upon us, most merciful Father; For thy Son our Lord Jesus Christ's sake, Forgive us all that is past; And grant that we may ever hereafter Serve and please thee In newness of life, To the honour and glory of thy Name; Through Jesus Christ our Lord. Amen.

The Celebrant alone stands to impart the Absolution.

Almighty God, our heavenly Father, who of his great mercy hath promised forgiveness of sins to all them that with hearty repentance and true faith turn unto him: Have mercy upon you; pardon and deliver you from all your sins; confirm and strengthen you in all goodness; and bring you to everlasting life; through Jesus Christ our Lord. **Amen.**

EUCCHARISTIC PRAYER

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

It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, Holy Father, Almighty, Everlasting God, Creator and Preserver of all things.

Who hast bidden us thy faithful people to cleanse our hearts, and to prepare with joy for the paschal feast; that, reborn through the waters of baptism, and renewed in the eucharistic mystery, we may be more fervent in prayer and more generous in works of love.

Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee and saying:

The Choir alone sings:

SANCTUS & BENEDICTUS

Holy, Holy, Holy,
Lord God of Hosts:
Heaven and earth are full of thy glory.
Glory be to thee, O Lord Most High.
✠ Blessed is he that cometh
in the Name of the Lord.
Hosanna in the highest.

Sanctus, Sanctus, Sanctus,
Dominus Deus Sabaoth:
Pleni sunt caeli et terra gloria tua.
Hosanna in excelsis.
✠ Benedictus qui venit
in nomine Domini.
Hosanna in excelsis.

The Celebrant continues,

Blessing and glory and thanksgiving be unto thee Almighty God, our heavenly Father, who of thy tender mercy didst give thine only Son Jesus Christ to take our nature upon him, and to suffer death upon the Cross for our redemption; who made there, by his one oblation of himself once offered, a full, perfect, and sufficient sacrifice, oblation, and satisfaction, for the sins of the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memorial of that his precious death, until his coming again.

Hear us, O merciful Father, we most humbly beseech thee; and grant that we receiving these thy creatures of bread and wine, according to thy Son our Saviour Jesus Christ's holy institution, in remembrance of his death and passion, may be partakers of his most blessed Body and Blood; who, in the same night that he was betrayed, took Bread; and, when he had given thanks, he brake it; and gave it to his disciples, saying, Take, eat; this is my Body which is given for you: Do this in remembrance of me.

Likewise after supper he took the Cup; and, when he had given thanks, he gave it to them, saying, Drink ye all, of this; for this is my Blood of the new Covenant, which is shed for you and for many for the remission of sins: Do this, as oft as ye shall drink it, in remembrance of me.

Wherefore, O Father, Lord of heaven and earth, we thy humble servants, with all thy holy Church, remembering the precious death of thy beloved Son, his mighty resurrection, and glorious ascension, and looking for his coming again in glory, do make before thee, in this sacrament of the holy Bread of eternal life and the Cup of everlasting salvation, the memorial which he hath commanded; And we entirely

desire thy fatherly goodness mercifully to accept this our sacrifice of praise and thanksgiving, most humbly beseeching thee to grant, that by the merits and death of thy Son Jesus Christ, and through faith in his blood, we and all thy whole Church may obtain remission of our sins, and all other benefits of his passion; And we pray that by the power of thy Holy Spirit, all we who are partakers of this holy Communion may be fulfilled with thy grace and heavenly benediction; through Jesus Christ our Lord, by whom and with whom, in the unity of the Holy Spirit, all honour and glory be unto thee,

Celebrant *People*

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

THE LORD'S PRAYER

Music by John Merbecke

Celebrant

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

People

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

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

and for - give us our tres-pass-es, As we for - give them that tres-pass a- gainst us;

And lead us not in - to temp - ta - tion, But de - li - ver us from ev - il.

For thine is the king - dom, the pow - er and the glo - ry, For ev - er and ev - er. A - men.

FRACTION & PEACE

A substantial period of silence is kept. The consecrated Bread is broken.

The musical notation is written on a single staff in G major (one sharp) and 4/4 time. It is divided into two parts: 'Celebrant' and 'People'. The melody consists of quarter notes for the first part and quarter notes with a fermata for the second part. The lyrics are: 'The peace of the Lord be al-ways with you. And with thy spi - rit.'

PRAYER OF HUMBLE ACCESS

All who intend to receive Holy Communion pray together:

We do not presume

to come to this thy Table, O merciful Lord, Trusting in our own righteousness, But in thy manifold and great mercies. We are not worthy So much as to gather up the crumbs under thy Table. But thou art the same Lord, Whose property is always to have mercy: Grant us therefore, gracious Lord, So to eat the Flesh of thy dear Son Jesus Christ, And to drink his Blood, That our sinful bodies may be made clean by his Body, And our souls washed through his most precious Blood, And that we may evermore dwell in him, And he in us. Amen.

The Choir alone sings:

AGNUS DEI

O Lamb of God, that takest away the sin
of the world, have mercy upon us.
O Lamb of God, that takest away the sin
of the world, have mercy upon us.
O Lamb of God, that takest away the sin
of the world, grant us thy peace.

Agnus Dei, qui tollis peccata mundi,
miserere nobis.
Agnus Dei, qui tollis peccata mundi,
miserere nobis.
Agnus Dei, qui tollis peccata mundi,
dona nobis pacem.

The Celebrant turns to face the People and says,

INVITATION TO COMMUNION

Behold the Lamb of God; behold him that taketh away the sin of the world.
Lord, I am not worthy that thou shouldst come under my roof, but speak the word only, and my soul shall be healed.

COMMUNION INSTRUCTIONS

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

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

If you have not been baptized or are not receiving communion, please cross your arms over your chest in the shape of an X to receive a blessing. If you 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!

COMMUNION DEVOTIONS

An Act of Spiritual Communion, which may be prayed silently by those not receiving:

My Jesus, I believe that thou art truly present in the Holy Sacrament. And since I cannot now receive thee sacramentally, I beseech thee to come spiritually into my heart. I unite myself unto thee, and embrace thee with all the affections of my soul. Let me never be separated from thee. Let me live and die in thy love. Amen.

ANIMA CHRISTI

The following devotion may be prayed silently by communicants and non-communicants.

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O good Jesu, hear me.
Within thy wounds hide me.
Suffer me not to be separated from thee.
From the malicious enemy defend me.
In the hour of my death call me.
And bid me come to thee,
That with thy saints I may praise thee,
For ever and ever. Amen.

MOTET ‘Bring us, O Lord God,’ Sir William H. Harris (1883-1973)

Bring us, O Lord God, at our last awakening into the house and gate of heaven, to enter into that gate and dwell in that house, where there shall be no darkness nor dazzling, but one equal light; no noise nor silence, but one equal music; no fears nor hopes, but one equal possession; no ends nor beginnings, but one equal eternity; in the habitation of thy glory and dominion, world without end. Amen.

(John Donne)

The People may sit or kneel for the hymn.

COMMUNION HYMN 582 - O for a closer walk with God

- All* 1 O for a closer walk with God,
 A calm and heavenly frame;
 A light to shine upon the road
 That leads me to the Lamb!
- Lower* 2 What peaceful hours I once enjoyed!
Voices How sweet their memory still!
 But they have left an aching void
 The world can never fill.
- Upper* 3 Return, O Holy Dove, return,
Voices Sweet messenger of rest:
 I hate the sins that made thee mourn,
 And drove thee from my breast.
- All* 4 The dearest idol I have known,
 Whate'er that idol be,
 Help me to tear it from thy throne,
 And worship only thee.
- All* 5 So shall my walk be close with God,
 Calm and serene my frame;
 So purer light shall mark the road
 That leads me to the Lamb.

CAITHNESS
Melody in Scottish Psalter, 1635

William Cowper, 1772

The People kneel.

PRAYER AFTER COMMUNION

Let us pray.

Almighty and everliving God, we most heartily thank thee that thou dost graciously feed us, in these holy mysteries, with the spiritual food of the most precious Body and Blood of thy Son our Saviour Jesus Christ; assuring us thereby of thy favour and goodness towards us; and that we are living members of his mystical body, which is the blessed company of all faithful people; and are also heirs through hope of thy everlasting kingdom. And here we offer and present unto thee, O Lord, ourselves, our souls and bodies, to be a reasonable, holy, and living sacrifice unto thee. And although we are unworthy, yet we beseech thee to accept this our bounden duty and service, not weighing our merits, but pardoning our offences; through Jesus Christ our Lord, to whom, with thee and the Holy Ghost, be all honour and glory, world without end. **Amen.**

LENTEN BENEDICTION

The Lord bless us and keep us. The Lord make his face to shine upon us, and be gracious unto us. The Lord lift up his countenance upon us, and give us peace, both now and evermore. **Amen.**

The People stand.

DISMISSAL

Let us bless the Lord.

Thanks be to God.

CONCLUDING HYMN 503 – I heard the voice of Jesus say

- 1 I heard the voice of Jesus say,
‘Come unto me and rest;
Lay down, thou weary one, lay down
Thy head upon my breast’:
I came to Jesus as I was,
Weary, and worn, and sad;
I found in him a resting-place,
And he has made me glad.

- 2 I heard the voice of Jesus say,
‘Behold, I freely give
The living water, thirsty one,
Stoop down, and drink, and live’:
I came to Jesus, and I drank
Of that life-giving stream;
My thirst was quenched, my soul revived,
And now I live in him.

- 3 I heard the voice of Jesus say,
‘I am this dark world’s Light;
Look unto me, thy morn shall rise,
And all thy day be bright’:
I looked to Jesus, and I found
In him my Star, my Sun;
And in that light of life I’ll walk
Till travelling days are done.

KINGSFOLD
Arr. from an English Traditional Melody

Rev. Horatio Bonar, 1846

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

VOLUNTARY

Fantasia in G minor, BWV 542, J.S. Bach (1685-1750)

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Bring us, O Lord God Text by: *John Donne* Music by: *William H. Harris*

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DAILY OFFICE SCHEDULE

*Morning Prayer and Evening Prayer services generally last 15-25 minutes
and are a great way to begin and/or end the day!*

MORNING PRAYER

8:30 AM, MONDAY-FRIDAY

9:30 AM, SATURDAY

7:30 AM, SUNDAY

EVENING PRAYER

5:00 PM, MONDAY-FRIDAY

5:00 PM SUNDAY (CHORAL EVENSONG)

Choral Evensong on Sundays is followed by Eucharistic devotions.

DAILY MASS SCHEDULE

SUNDAY

LOW MASS 8:00 AM

SUNG MASS 9:30 AM

HIGH MASS 11:00 AM

WEEKDAY LOW MASS

12:15 PM, MONDAY, WEDNESDAY, FRIDAY

5:30 PM TUESDAY, THURSDAY

10:00 AM SATURDAY

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