

Saint Thomas's Church

The Third Sunday in Lent

Sunday, March 3, 2024

Sung Mass at 9:30 am



Moses showing the Ten Commandments, Gustave Doré, 1865
Bible illustration.

Saint Thomas's Anglican Church

383 Huron Street,

Toronto, Ontario M5S 2G5

416-979-2323

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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/smokytops. 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. Theo Ipema
Reader: John Stuart
Intercessor: Fr. Shire
Organist & Choirmaster: Elizabeth Anderson
Assistant Organist & Choirmaster: Manuel Piazza

MUSIC OF THE MASS

New Plainsong Mass, David Hurd (b. 1950)

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

Cantor *All*

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

Cantor *All*

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

Cantor *All*

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

THE COLLECT OF THE DAY

Let us pray.

Father of mercy, alone we have no power in ourselves to help ourselves. When we are discouraged by our weakness, strengthen us to follow Christ, our pattern and our hope; who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

The People sit.

FIRST LESSON

Exodus 20.1-17

A reading from the book Exodus.

Then God spoke all these words: I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery; you shall have no other gods before me. You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. You shall not bow down to them or worship them; for I the Lord your God am a jealous God, punishing children for the iniquity of parents, to the third and the fourth generation of those who reject me, but showing steadfast love to the thousandth generation of those who love me and keep my commandments. You shall not make wrongful use of the name of the Lord your God, for the Lord will not acquit anyone who misuses his name. Remember the sabbath day, and keep it holy. For six days you shall labour and do all your work. But the seventh day is a sabbath to the Lord your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. For in six days the Lord made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the Lord blessed the sabbath day and consecrated it. Honour your father and your mother, so that your days may be long in the land that the Lord your God is giving you. You shall not murder. You shall not commit adultery. You shall not steal. You shall not bear false witness against your neighbour. You shall not covet your neighbour's house; you shall not covet your neighbour's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbour.

The word of the Lord.

Thanks be to God.

RESPONSORIAL PSALM 25.1-9

The Choir sings the Refrain, which is repeated by the People. The Choir then sings the verses, and all repeat the Refrain where indicated.



The heavens declare the glory of God, and the firmament shows his handiwork. One day tells its tale to another, and one night imparts knowledge to another. Although they have no words or language, and their voices are not heard. Their sound has gone out into all lands, and their message to the ends of the world.

Refrain

In the deep has he set a pavilion for the sun; it comes forth like a bridegroom out of his chamber; it rejoices like a champion to run its course. It goes forth from the uttermost edge of the heavens, and runs about to the end of it again; nothing is hidden from its burning heat. *Refrain*

The law of the Lord is perfect and revives the soul; the testimony of the Lord is sure and gives wisdom to the innocent. The statutes of the Lord are just and rejoice the heart; the commandment of the Lord is clear and gives light to the eyes. The fear of the Lord is clean and endures for ever; the judgements of the Lord are true and righteous altogether. More to be desired are they than gold, more than much fine gold, sweeter far than honey, than honey in the comb.

Refrain

By them also is your servant enlightened, and in keeping of them there is great reward. Who can tell how often he offends? Cleanse me from my secret faults. Above all, keep your servant from presumptuous sins, let them not get dominion over me; then shall I be whole and sound, and innocent of a great offence. Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my strength and my redeemer. *Refrain*

THE EPISTLE

1 Corinthians 1.18-25

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

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

The word of the Lord.

Thanks be to God.

GOSPEL ACCLAMATION

The Cantor sings the Acclamation, which is repeated by the People. The Cantor then sings the verse, and all repeat the Acclamation.



Verse: God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life. *Repeat Acclamation.*

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.

The Passover of the Jews was near, and Jesus went up to Jerusalem. In the temple he found people selling cattle, sheep, and doves, and the money-changers seated at their tables. Making a whip of cords, he drove all of them out of the temple, both the sheep and the cattle. He also poured out the coins of the money-changers and overturned their tables. He told those who were selling the doves, 'Take these things out of here! Stop making my Father's house a market-place!' His disciples remembered that it was written, 'Zeal for your house will consume me.' The Jews then said to him, 'What sign can you show us for doing this?' Jesus answered them, 'Destroy this temple, and in three days I will raise it up.' The Jews then said, 'This temple has been under construction for forty-six years, and will you raise it up in three days?' But he was speaking of the temple of his body. After he was raised from the dead, his disciples remembered that he had said this; and they believed the scripture and the word that Jesus had spoken.

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

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

For the peace of the world, for the welfare of the Holy Church of God, and for the unity of all peoples, let us pray to the Lord.

Lord, have mercy.

For our Bishop, Andrew; for Kevin and Ryscilla his suffragans; for The Church of the Province of Uganda in the Anglican Cycle of Prayer; for The Anglican Fellowship of Prayer in the Diocesan Cycle of Prayer; for our Coffee Hour volunteers, Friars Guild, and Sidespeople in the parish cycle of prayer, and for all the clergy and people, let us pray to the Lord.

Lord, have mercy.

For the leaders of the nations, and for all in authority, let us pray to the Lord.

Lord, have mercy.

For this city for every city and community, and for those who live in them, let us pray to the Lord.

Lord, have mercy.

For the blessings given from God, for all that we are thankful for, let us pray to the Lord.

Lord, have mercy.

For the aged and infirm, for the widowed and orphans, and for the sick including _____ and for those in any need including _____, let us pray to the Lord.

Lord, have mercy.

For all who have died in the hope of the resurrection, for _____ who have died in recent days, for _____ whose year's mind is at this time, and for all the departed, let us pray to the Lord.

Lord, have mercy.

That we may end our lives in faith and hope, without suffering and without reproach, let us pray to the Lord.

Lord, have mercy.

In the communion of the Blessed Virgin Mary, Saint Thomas, and all the saints, let us commend ourselves, and one another, and all our life, to Christ our God.

To you, O Lord our God.

Celebrant: O Lord our God, accept the fervent prayers of your people; in the multitude of your mercies, look with compassion upon us and all who turn to you for help; for you are gracious, O lover of souls, and to you we give glory, Father, Son, and Holy Spirit, now and for 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 110

By the Holy Spirit sent



1. By the Ho - ly Spi - rit sent, Je - sus to the de - sert went,
2. With a word he could have made Bread from stones a - roud him laid,
3. When the de - vil at his side Tried to make him sin through pride,
4. Calm - ly he re - fused to win By a sing - le act of sin,
5. Since our lo - ving Sa - viour thus Kept a sa - cred Lent for us,



That he might his child - ren show how sin's power to ov - er - throw.
Yet till for - ty days were past still he kept a ho - ly fast.
He would give no out - ward sign that he was God's son di - vine.
Of the whole wide world the throne; He would wor - ship God a - lone.
We through him can con - quer sin And a roy - al vic - t'ry win.

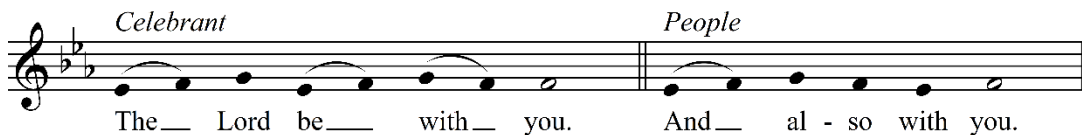
LEW TRENCHARD
From an English Traditional Melody

Gertrude Hollis, 1926

PRAYER OVER THE GIFTS

Gracious God, we know your power to triumph over weakness. May we who ask forgiveness be ready to forgive one another, in the name of Jesus the Lord. **Amen.**

THE GREAT THANKSGIVING



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; we give you thanks and praise through Jesus Christ our Lord, who was tempted in every way, yet did not sin. By his grace we are able to triumph over every evil, and to live no longer for ourselves alone, but for him who died for us and rose again.

Therefore with angels and archangels and all who have served you in every age, we raise our voices to proclaim the glory of your name.

The People and Choir sing,

SANCTUS & BENEDICTUS

Plainsong Mass, David Hurd

Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might, hea - ven 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.

Music: From *New Plainsong*; David Hurd (b. 1950). Copyright © 1981 GIA Publications, Inc.

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

McNeil Robinson (1943-2015)

Celebrant *People*

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

THE BREAKING OF THE BREAD

Celebrant: We break this bread,

People: **Communion in Christ's body once broken.**

Celebrant: Let your Church be the wheat which bears fruit in dying.

People: **If we have died with him,
we shall live with him;
if we hold firm,
we shall reign with him;**

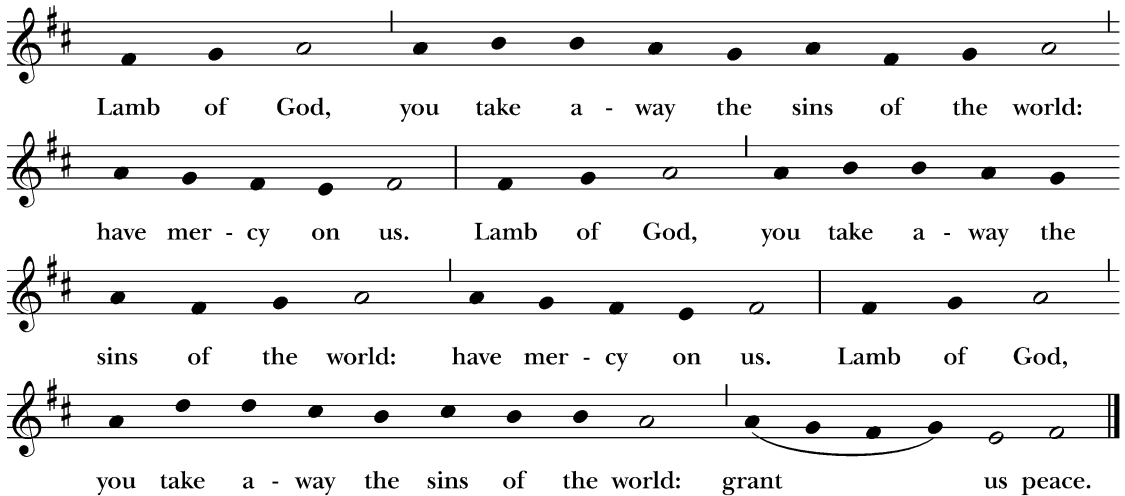
HOLY COMMUNION

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

The People and Choir sing:

AGNUS DEI

Plainsong Mass, David Hurd



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.

Music: From *New Plainsong*; David Hurd (b. 1950). Copyright © 1981 GIA Publications, Inc.

COMMUNION INSTRUCTIONS

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

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

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

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

MOTET O Mysterium Ineffabile, Jean Baptiste François Lallouette (1651-1728)

O mysterium ineffabile, O caritatis sacramentum admirabile, O bonitatis prodigium, O pietatis miraculum. O amor, O pietas, O epularum jucunditas, O convivarum felicitas.

O ineffable mystery, O wonderful sacrament of charity, O wonder of goodness, O miracle of mercy. O love, O mercy, O the delight of feasts, O the happiness of the guests.

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 mercy and forgiveness, may we who share this sacrament live together in unity and peace, 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

The glory of these forty days



1. The glo - ry of these for - ty days we ce - le - brate with songs of praise;
2. A - lone and fast - ing Mo - ses saw the lov - ing God who gave the Law;
3. So Da - niel trained his my - stic sight, De - li - vered from the li - on's might;
4. Then grant us, Lord, like them to be full oft in fast and prayer with thee;
5. O Fa - ther, Son, and Spi - rit blest, To thee be ev - ery prayer ad - dressed,



For Christ, by whom all things were made, Him - self has fas - ted and has prayed.
And to E - li - jah, fast - ing, came the steeds and cha - ri - ots of flame.
And John, the Bride - groom's friend be - came the he - rald of Mes - si - ah's name.
Our spi - rits strength - en with thy grace, And give us joy to see thy face.
Who art in three - fold name a - dored, From age to age, the on - ly Lord.

ERHALT' UNS, HERR
Geistliche Lieder, 1547
harmonized by J.S. Bach

Ascribed to St Gregory the Great, 6th Cent.

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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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