

Saint Thomas's Church
The Second Sunday in Lent
Sunday, March 5, 2023
High Mass at 11 o'clock



God's Promises to Abram, James Tissot, c. 1896
The Jewish Museum, New York City

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.



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: Fr. Shire
Deacon & Homilist: Fr. Humphrey
Reader: David Kent
Interim Director of Music & Organist: Elizabeth Anderson

MUSIC OF THE MASS

Kyrie fons Bonitatis, Mass II

VOLUNTARY

‘Tiento’ from Suite Médiévale,
Jean Langlais (1901-1990)

The People 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 and remain standing for the Litany in procession.

THE LITANY



have mer - cy up - on us.

O God the Father, Creator of heaven and earth : have mercy upon us.

O God the Father, Creator of heaven and earth : have mercy upon us.

O God the Son, Redeemer of the world : have mercy upon us.

O God the Son, Redeemer of the world : have mercy upon us.

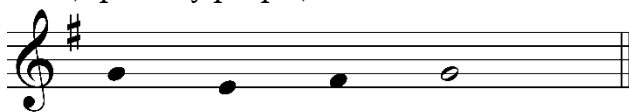
O God the Holy Ghost, Sanctifier of the faithful: have mercy upon us.

O God the Holy Ghost, Sanctifier of the faithful: have mercy upon us.

O holy, blessed, and glorious Trinity, three Persons and one God : have mercy upon us.

O holy, blessed, and glorious Trinity, three Persons and one God: have mercy upon us.

Remember not, Lord, our offences, nor the offences of our forefathers; spare us, good Lord, spare thy people, whom thou hast redeemed with thy most precious blood.



Spare us, good Lord.

From all evil and mischief; from sin, from the crafts and assaults of the devil; from thy wrath, and from everlasting condemnation,



Good Lord, de - liv - er us.

From all blindness of heart; from pride, vainglory, and hypocrisy; from envy, hatred, and malice, and all uncharitableness,

Good Lord, deliver us.

From all uncleanness in thought, word, and deed; and from all the deceits of the world, the flesh, and the devil,

Good Lord, deliver us.

From lightning and tempest; from earthquake, fire, and flood; from plague, pestilence, and famine; from battle and murder, and from sudden death,

Good Lord, deliver us.

From all sedition, conspiracy, and rebellion; from all false doctrine, heresy, and schism; from hardness of heart, and contempt of thy Word and Commandment,

Good Lord, deliver us.

By the mystery of thy holy Incarnation; by thy holy Nativity; by thy Baptism, Fasting, and Temptation,

Good Lord, deliver us.

By thine Agony and bloody Sweat; by thy Cross and Passion; by thy precious Death and Burial,

Good Lord, deliver us.

By thy glorious Resurrection and Ascension; by thy sending of the Holy Spirit; by thy heavenly Intercession; and by thy Coming again in glory,

Good Lord, deliver us.

In all times of tribulation; in all times of prosperity; in the hour of death, and in the day of judgement,

Good Lord, deliver us.

We sinners do beseech thee to hear us, O Lord God: and that it may please thee to rule and govern thy holy Church universal in the right way.



We be - seech thee, good Lord.

To keep and strengthen in the true worshipping of thee, in holiness of life, and in devotion to his people, thy servant Charles, our most gracious King and Governor,
We beseech thee, good Lord.

To be his defender and keeper, giving him the victory over all his enemies,
We beseech thee, good Lord.

To bless and preserve Camilla the Queen Consort, William, the Prince of Wales, Catherine, the Princess of Wales, and all the Royal Family,
We beseech thee, good Lord.

To give to Andrew our bishop, to Kevin and Riscylla his suffragans, and all Bishops, Priests, and Deacons, true knowledge and understanding of thy Word; and that both by their preaching and living they may set it forth and show it accordingly,
We beseech thee, good Lord.

To send forth labourers into thy harvest; to prosper their work by thy Holy Spirit; to make thy saving health known unto all nations; and to hasten thy kingdom,
We beseech thee, good Lord.

To bless the people of our Country and the Commonwealth, and to endue those set in authority with grace, wisdom, and understanding,
We beseech thee, good Lord.

To bless and guide the Judges and Magistrates, giving them grace to execute justice, and to maintain truth,
We beseech thee, good Lord.

To bless and keep the King's forces by sea, and land, and air, and to shield them in all dangers and adversities,
We beseech thee, good Lord.

To give to all nations unity, peace, and concord, that they may serve thee without fear,

We beseech thee, good Lord.

To bless and protect all who serve mankind by their labour and learning,

We beseech thee, good Lord.

To preserve all that travel, all women labouring of child, all sick persons and young children; and to show thy pity upon all prisoners and captives,

We beseech thee, good Lord.

To defend, and provide for, all widows and orphans, and all who are desolate and oppressed,

We beseech thee, good Lord.

To bless and keep all thy people,

We beseech thee, good Lord.

To give to all thy people increase of grace, to hear meekly thy Word, and to receive it with pure affection, and to bring forth the fruit of the Spirit,

We beseech thee, good Lord.

To bring into the way of truth all who have erred and are deceived,

We beseech thee, good Lord.

To strengthen such as do stand; to encourage the faint-hearted; to raise up those who fall; and finally to beat down Satan under our feet,

We beseech thee, good Lord.

To succour, help, and comfort all that are in danger, necessity, and tribulation,

We beseech thee, good Lord.

To have mercy upon all men,

We beseech thee, good Lord.

To give and preserve to our use the kindly fruits of the earth, so that in due time we may enjoy them,

We beseech thee, good Lord.

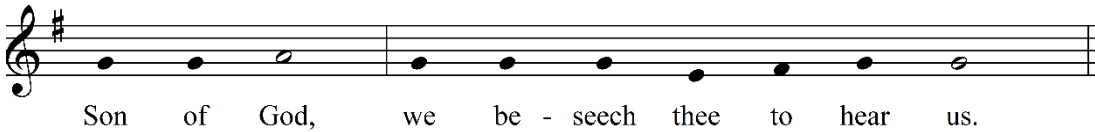
To forgive our enemies, persecutors, and slanderers, and to turn their hearts,

We beseech thee, good Lord.

To give us true repentance; to forgive us all our sins, negligences, and ignorances; and to endue us with the grace of thy Holy Spirit, to amend our lives according to thy holy Word,

We beseech thee, good Lord.

Son of God, we beseech thee to hear us.



The People kneel. The Choir alone sings the Kyrie.

KYRIE ELEISON

Lord, have mercy upon us.
Christ, have mercy upon us.
Lord, have mercy upon us.

Kyrie Eleison.
Christe Eleison.
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.

Almighty God, who seest that we have no power of ourselves to help ourselves: Keep us both outwardly in our bodies, and inwardly in our souls; that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord; who liveth and reigneth with the Father 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: Genesis 12.1-4a

The First Lesson is written in twelfth chapter of the book Genesis, beginning at the first verse.

Now the Lord said to Abram, 'Go from your country and your kindred and your father's house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed.' So Abram went, as the Lord had told him; and Lot went with him.

The word of the Lord.

Thanks be to God.

The People remain seated for the Psalm.

PSALM 121

Levavi oculos

II. 1.



- Cantor* 1 I WILL lift up mine eyes unto the **hills** :
- People* O whence com-**eth** my help?
- 2 My help cometh even from the **Lord** : who hath made hea-**ven**
and earth.
- Cantor* 3 He will not suffer thy foot to be **mov**-ed : and he that keepeth thee
will not sleep.
- People* 4 Behold, he that keepeth **Is-ra**^el : shall neither slum-**ber** nor sleep.
- Cantor* 5 The Lord himself is thy **keep**-er : the Lord is thy defence upon **thy**
right hand;
- People* 6 So that the sun shall not burn thee by **day** : neither **the** moon^by
night.
- Cantor* 7 The Lord shall preserve thee from all **e**-vil : yea, it is even he that
shall keep^thy soul.
- People* 8 The Lord shall preserve thy going out and thy coming **in** : from
this time forth **for** ev^er-more.

THE EPISTLE Romans 4.1-5, 13-17

The Epistle is written in the fourth chapter of St Paul's Epistle to the Romans, beginning at the first verse.

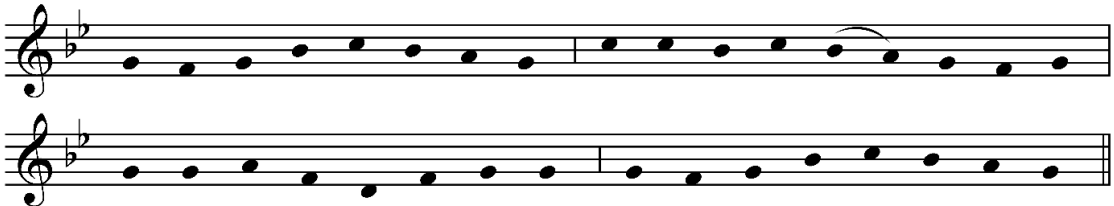
What then are we to say was gained by Abraham, our ancestor according to the flesh? For if Abraham was justified by works, he has something to boast about, but not before God. For what does the scripture say? 'Abraham believed God, and it was reckoned to him as righteousness.' Now to one who works, wages are not reckoned as a gift but as something due. But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness. For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation. For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, 'I have made you the father of many nations') - in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

The word of the Lord.

Thanks be to God.

The People stand.

SEQUENCE HYMN 827 - O kind Creator, bow thine ear



- 1 O kind Creator, bow thine ear
To mark the cry, to know the tear
Before thy throne of mercy spent
In this thy holy fast of Lent.

- 2 Our hearts are open, Lord, to thee
Thou knowest our infirmity;
Pour out on all who seek thy face
Abundance of thy pardoning grace.
- 3 Our sins are many, this we know;
Spare us, good Lord, thy mercy show;
And for the honour of thy name
Our fainting souls to life reclaim.
- 4 Give us the self-control that springs
From discipline of outward things,
That fasting inward secretly
The soul may purely dwell with thee.
- 5 We pray thee, Holy Trinity,
One God, unchanging Unity,
That we from this our abstinence
May reap the fruits of penitence.



RECTOR POTENS (mode ii)

*Latin ascribed to S^t Gregory 540-604
Tr T.A. Lacey 1853-1931*

THE HOLY GOSPEL John 3.1-17

The Lord be with you.

And with thy spirit.

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

Glory be to thee, O Lord.

Now there was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, 'Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God.' Jesus answered him, 'Very truly, I tell you, no one can see the kingdom of God without being born from above.' Nicodemus said to him, 'How can anyone be born after having grown old? Can one enter a second time into the

mother's womb and be born?' Jesus answered, 'Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, "You must be born from above." The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.' Nicodemus said to him, 'How can these things be?' Jesus answered him, 'Are you a teacher of Israel, and yet you do not understand these things?

'Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.

'For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

'Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.

The Gospel of Christ.

Praise be to thee, O Christ.

The People sit at the invitation of the Preacher.

SERMON

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

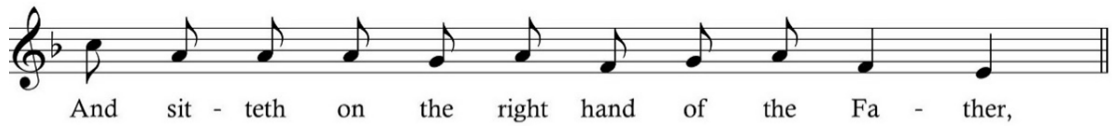
I be- lieve in one God: The Fa-ther Al-migh-ty, Ma-ker of hea-ven and earth,
and of all things vi - si - ble and in - vi - si - ble:
And in one Lord Je - sus Christ, the on - ly be - got - ten Son of God,
Be - got - ten of the Fa - ther be - fore all worlds;
God of God, Light of Light, Ve - ry God of 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,



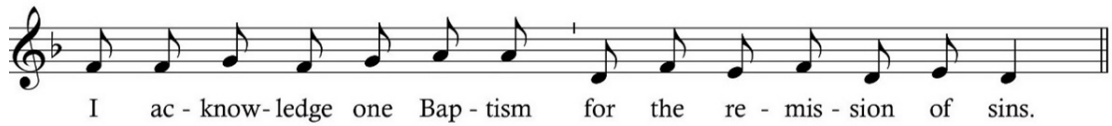
the Giv-er of life, Who pro-ceed-eth from the Fa-ther and the Son,



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 SENTENCE

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.

The People remain standing for the hymn.

OFFERTORY HYMN 116 – Giver of the perfect gift

- 1 Giver of the perfect gift,
Only Hope of human race,
Hear the prayer our hearts uplift
Trembling at thy throne of grace.
- 2 Though the accusing voice within
Speaks of many a wrong to thee,
Thou canst cleanse from every sin,
Thou canst set the conscience free.
- 3 Who can save us, Lord, but thou?
Let thy mercy show thy power;
Lo, we plead thy promise now,
Now, in this the accepted hour.
- 4 Oh! may these our Lenten days,
Blest by thee, with thee be passed,
That with purer, nobler praise
We may keep thy Feast at last.

5 God the Holy Trinity,
Grant the mercy we implore;
God the One, all praise to thee
Through the ages evermore.

SONG 13
Orlando Gibbons, 1623

Tr (1871) from the Latin (c. 11th Cent.)
by Rev. J. Ellerton

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.**

INTENTIONS OF THE MASS

The Deacon reads the Intentions and bids the People's additions, silently or aloud.

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.**

The People remain kneeling.

EUCCHARISTIC PRAYER

Celebrant *People*



The Lord be with you; And with thy spirit.

Celebrant *People*



Lift up your hearts; We lift them up unto the Lord.

Celebrant *People*



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.

Through Jesus Christ our Lord; who was in every way tempted as we are, yet did not sin; by whose grace we are able to triumph over every evil, and to live no longer unto ourselves, but unto him who died for us and rose again.

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.

Celebrant *People*

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

O nata lux, Morten Lauridsen (b. 1943)

O nata lux de lumine, Jesu redemptor saeculi, dignare clemens supplicum laudes
preces que sumere. Qui carne quondam contegi dignatus es pro perditis. Nos
membra confer effici, tui beati corporis.

O born light of light, Jesus, redeemer of the world, mercifully deem worthy and
accept the praises and prayers of your supplicants. Thou who once deigned to be
clothed in flesh for the sake of the lost ones, grant us to be made members of your
holy body.

The People may sit or kneel for the hymn.

COMMUNION HYMN 514 - Lord Jesus, think on me

All 1 Lord Jesus, think on me
And purge away my sin:
From earthborn passions set me free,
And make me pure within.

Upper 2 Lord Jesus, think on me,
Voices With many a care oppressed;
Let me thy loving servant be,
And taste thy promised rest.

Lower 3 Lord Jesus, think on me,
Voices Nor let me go astray;
Through darkness and perplexity
Point thou the heavenly way.

All 4 Lord Jesus, think on me,
That, when the flood is past,
I may the eternal brightness see,
And share thy joy at last.

All 5 Lord Jesus, think on me,
 That I may sing above
 To Father, Holy Ghost, and thee
 The songs of praise and love.

ST PAUL'S
Sir John Stainer, 1875

Tr by the Rev'd A.W. Chatfield, 1875
from the Greek of Synesius of Cyrene (5th c)

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 5 – Christ, whose glory fills the skies

- 1 Christ, whose glory fills the skies,
Christ, the true, the only Light,
Sun of righteousness, arise,
Triumph o'er the shades of night;
Day-spring from on high, be near;
Day-star, in my heart appear.

- 2 Dark and cheerless is the morn
Unaccompanied by thee;
Joyless is the day's return,
Till thy mercy's beams I see;
Till they inward light impart,
Glad my eyes, and warm my heart.

- 3 Visit then this soul of mine,
Pierce the gloom of sin and grief;
Fill me, Radiancy Divine,
Scatter all my unbelief;
More and more thyself display,
Shining to the perfect day.

RATSBON
Werner's Choralbuch, 1815

Rev. Charles Wesley, 1740

VOLUNTARY

Prelude in B minor, BWV 544, J.S. Bach (1685-1750)

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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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