

Saint Thomas's Church

**The First Sunday in Lent
Sunday, March 6, 2022**

High Mass at 11 o'clock



Christ Tempted

One of a series of glass mosaics, executed in Byzantine style between the late 12th and the mid-13th centuries by both local and Venetians masters Il Duomo di Monreale, Italia

Saint Thomas's Anglican Church

383 Huron Street,

Toronto, Ontario M5S 2G5

416-979-2323

www.stthomas.on.ca office@stthomas.on.ca

Celebrant: Fr. Humphrey
Homilist: Fr. Shire
Deacon: Fr. D'Angelo
Reader: Earl Barnsley
Organist & Director of Music: Matthew Whitfield

PROVISOS FOR IN-PERSON ATTENDANCE

1. *Masks are required. The mask must be an N95, KN95, or acceptable equivalent. Exemptions are allowed as provided for by law; please inform a sidesperson if an exemption applies to you.*

2. *The Diocese has approved a return to congregational singing! Please join in heartily, though the mask mandate and distancing restrictions remain in effect.*

MUSIC OF THE MASS – Missa XII, *Pater cuncta*

PRELUDE: Kyrie, Gott Vater In Ewigkeit, BWV 669, *J.S. Bach*

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.

Please kneel when the Sacred Ministers kneel.

THE LITANY

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, deliver 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 beseech thee, good Lord.

To keep and strengthen in the true worshipping of thee, in holiness of life, and in devotion to her people, thy servant *ELIZABETH*, our most gracious Queen and Governor, and all the Royal Family,

We beseech thee, good Lord.

To give to Andrew our bishop 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 Queen'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.
Son of God, we beseech thee to hear 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.

O Christ, hear us.
O Christ, hear us.

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

Lord, have mercy upon us.

THE COLLECT OF THE DAY

The Lord be with you.

And with thy spirit.

Let us pray.

O LORD who for our sake didst fast forty days and forty nights: Give us grace to use such abstinence, that, our flesh being subdued to the Spirit, we may ever obey thy godly motions in righteousness and true holiness, to thy honour and glory; who livest and reignest with the Father and the Holy Spirit, one God, world without end. **Amen.**

THE COLLECT OF ASH WEDNESDAY

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.**

Please be seated.

THE FIRST LESSON: Deuteronomy 26:1-11

The First Lesson is written in the twenty-sixth chapter of the book Deuteronomy, beginning at the first verse.

When you have come into the land that the LORD your God is giving you as an inheritance to possess, and you possess it, and settle in it, you shall take some of the first of all the fruit of the ground, which you harvest from the land that the LORD your God is giving you, and you shall put it in a basket and go to the place that the LORD your God will choose as a dwelling for his name. You shall go to the priest who is in office at that time, and say to him, "Today I declare to the LORD your God that I have come into the land that the LORD swore to our ancestors to give us." When the priest takes the basket from your hand and sets it down before the altar of the LORD your God, you shall make this response before the LORD your God: "A wandering Aramean was my ancestor; he went down into Egypt and lived there as an alien, few in number, and there he became a great nation, mighty and populous. When the Egyptians treated us harshly and afflicted us, by imposing hard labour on us, we cried to the LORD, the God of our ancestors; the LORD heard our voice and saw our affliction, our toil, and our oppression. The LORD brought us out of Egypt with a mighty hand and an outstretched arm, with a terrifying display of power, and with signs and wonders; and he brought us into this place and gave us this land, a land flowing with milk and honey. So now I bring the first of the fruit of the ground that you, O LORD, have given me." You shall set it down before the LORD your God and bow down before the LORD your God. Then you, together with the Levites and the aliens who reside among you, shall celebrate with all the bounty that the LORD your God has given to you and to your house.

The word of the Lord.

Thanks be to God.

PSALM 91.1-2,9-16 - Qui habitat; Tone VIII,1



- 1 WHO-SO dwelleth under the defence of the Most **High** :
shall abide under the shadow of **the** Al-migh-ty.
- 2 I will say unto the Lord, 'Thou art my refuge and my **strong**-hold:
my God in **whom** I will trust.'
- 9 Because thou hast said, 'The Lord is my **re**-fuge' :
and hast made the Most High thy **hab**-i-ta-tion,
- 10 There shall no evil happen unto **thee** :
neither shall any plague come **nigh** thy dwell-ing.
- 11 For he shall give his angels charge over **thee** :
to keep **thee** in all thy ways.
- 12 They shall bear thee in their **hands** :
that thou hurt not thy **foot** a-gainst a stone.
- 13 Thou shalt tread upon the lion and **ad**-der :
the young lion and the dragon shalt thou trample **un**-der thy feet.
- 14 Because he hath set his love upon m., therefore will I **de**-liv-er him:
I will set him up, because **he** hath known my Name.
- 15 He shall call upon me, and I will **hear** him :
yea, I am with him in trouble; I will deliver him,
and bring **him** to hon-our.
- 16 With long life will I satisfy **him** : and show him **my** sal-va-tion.

THE EPISTLE: Romans 10:8b-13

The Epistle is written in the tenth chapter of St Paul's epistle to the Romans, beginning at the eighth verse.

"The word is near you, on your lips and in your heart" (that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, "No one who believes in him will be put to shame." For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, "Everyone who calls on the name of the Lord shall be saved."

The word of the Lord.
Thanks be to God.

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. Amen.

RECTOR POTENS (mode ii)

Latin ascribed to S' Gregory 540-604

Tr T.A. Lacey 1853-1931

HOLY GOSPEL: Luke 4.1-13

The Lord be with you.

And with thy spirit.

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

Glory be to thee O Lord.

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, "If you are the Son of God, command this stone to become a loaf of bread." Jesus answered him, "It is written, 'One does not live by bread alone.'" Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, "To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours." Jesus answered him, "It is written, 'Worship the Lord your God, and serve only him.'" Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down from here, for it is written, 'He will command his angels concerning you, to protect you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'" Jesus answered him, "It is said, 'Do not put the Lord your God to the test.'" When the devil had finished every test, he departed from him until an opportune time.

The Gospel of Christ.

Praise be to thee, O Christ.

Please be seated.

SERMON

Please stand.

ADMISSION OF JAMES YUAN TO THE CATECHUMENATE

The Celebrant invites the candidate to be admitted as a catechumen to come forward with his sponsor.

Celebrant: What do you seek?

Answer: Life in Christ

The Celebrant then says:

Our Lord Jesus Christ said: Hear O Israel, The Lord our God is one Lord; and thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength. This is the first and great commandment. And the second is like unto it: Thou shalt love thy neighbour as thyself. On these two commandments hang all the Law and the Prophets. Do you accept these commandments?

Answer: I do.

Celebrant: Will you be regular in attending the public worship of God, and will you open your ears to hear the Word of God?

Answer: I will, with God's help.

Celebrant: Will you open your heart and mind to receive the Good News of Jesus Christ?

Answer: I will, with God's help.

The Celebrant then addresses the sponsor:

Will you who sponsor this person support him by prayer and example, and help him to grow in the knowledge and love of God?

Sponsor: I will.

The candidate kneels. The sponsor remains standing and places a hand upon the shoulder of the one they are sponsoring, while the Celebrant extends a hand toward them and says:

May Almighty God, our heavenly Father, who has put the desire into your heart to seek the grace of our Lord Jesus Christ, grant you the power of the Holy Spirit to persevere in this intention and to grow in faith and understanding. **Amen.**

The Candidate is presented by name, and the Celebrant marks a cross on the forehead:

James, receive the sign of the Cross on your forehead and in your heart, in the Name of the Father, and of the Son, and of the Holy Spirit.

People: **Amen.**

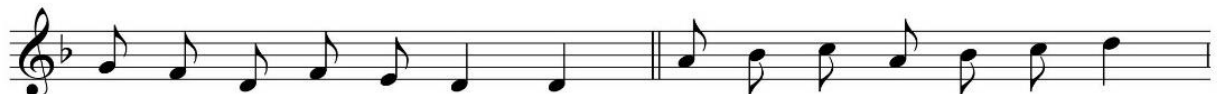
THE NICENE CREED

Please remain standing. All who are able to kneel, please do so at 'And was incarnate.'


Merbecke

Mode I

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.

Please remain standing for the hymn during the Offertory.

OFFERTORY HYMN 475 – O Love, how deep!

- 1 O Love, how deep! how broad! how high!
It fills the heart with ecstasy,
The God, the Son of God, should take
Our mortal form for mortals' sake.
- 2 He sent no angel to our race
Of higher or of lower place,
But wore the robe of human frame
Himself, and to this lost world came.
- 3 For us, he was baptized, and bore
His holy fast, and hungered sore;
For us temptations sharp he knew;
For us the tempter overthrew.
- 4 For us he prayed, for us he taught,
For us his daily works he wrought,
By words, and signs, and actions, thus
Still seeking not himself but us.
- 5 For us to wicked men betrayed,
Scourged, mocked, in purple robe arrayed,
He bore the shameful Cross and death;
For us at length gave up his breath.
- 6 For us he rose from death again,
For us he went on high to reign,
For us he sent his Spirit here
To guide, to strengthen, and to cheer.
- 7 To him whose boundless love has won
Salvation for us through his Son,
To God the Father, glory be
Both now and through eternity.

PUER NOBIS NASCITUR
Composed or adapted by M. Praetorius, 1571-1621

Tr. (1854) from the Latin by Canon Benjamin Webb

The congregation may sit at the conclusion of the offertory hymn. Please stand 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

Deacon: Let us humbly confess our sins unto Almighty God, devoutly kneeling.

Almighty and most merciful Father, **We have erred and strayed from thy ways like lost sheep, We have followed too much the devices and desires of our own hearts, We have offended against thy holy laws, We have left undone those things that we ought to have done, And we have done those things which we ought not to have done; And there is no health in us. But thou, O Lord, have mercy upon us, miserable offenders. Spare thou them, O God, which confess their faults. Restore thou them that are penitent; According to thy promises declared unto mankind in Christ Jesu our Lord. And grant, O most merciful Father, for his sake, That we may hereafter live a godly, righteous, and sober life, To the glory of thy holy Name. Amen.**

The Celebrant alone stands to pronounce the absolution.

Almighty God, the Father of our Lord Jesus Christ, who desireth not the death of a sinner, but rather that he may turn from his wickedness, and live, hath given power and commandment to his Ministers, to declare and pronounce

to his people, being penitent, the Absolution and Remission of their sins.

He pardoneth and absolveth all them that truly repent and unfeignedly believe his holy Gospel.

Wherefore we beseech him to grant us true repentance and his Holy Spirit, that those things may please him which we do at this present, and that the rest of our life hereafter may be pure and holy; so that at the last we may come to his eternal joy; through Jesus Christ our Lord. **Amen.**

EUCCHARISTIC PRAYER

The Lord be with you; **And with thy spirit.**

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

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 sings:

Holy, Holy, Holy, Lord God of hosts, heaven and earth are full of thy glory.
Glory be to thee, O Lord most High.

Blessèd is he that cometh in the Name of the Lord: Hosanna in the highest.

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, O Father Almighty, world without end. **Amen.**

THE LORD'S PRAYER, FRACTION AND PEACE

Celebrant: As our Saviour Christ hath commanded and taught us we are bold to say:

Our Father who art in heaven, Hallowed be thy Name, Thy kingdom come, Thy will be done, on earth as it is in heaven. Give us this day our daily bread; And forgive us our trespasses, As we forgive them that trespass against us; And lead us not into temptation, But deliver us from evil. For thine is the kingdom, the power, and the glory, For ever and ever. Amen.

The consecrated Bread is broken. A sustained period of silence is kept, after which the Celebrant bids the Peace.

The peace of the Lord be always with you.

And with thy spirit.

The Celebrant then kneels to begin the Prayer of Humble Access.

HOLY COMMUNION

All who intend to receive Holy Communion pray together:

Celebrant: 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 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.

All baptized Christians are invited to come forward to receive Holy Communion as directed by the Sidespeople.

MOTET

Call to remembrance, *Richard Farrant*

Call to remembrance, O Lord, thy tender mercy and thy loving kindness which hath been ever of old. O remember not the sins and offences of my youth: but according to thy mercy think thou on me, O Lord, for thy goodness. (Psalm 25.5-6)

Please kneel or sit.

COMMUNION 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
May we 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

Please kneel.

PRAYER AFTER COMMUNION

Celebrant: 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.**

Please stand.

DISMISSAL

Let us bless the Lord.
Thanks be to God.

CONCLUDING HYMN – The glory of these forty days

- 1 The glory of these forty days
We celebrate with songs of praise;
For Christ, by whom all things were made,
Himself has fasted and has prayed.
- 2 Alone and fasting Moses saw
The loving God who gave the Law;
And to Elijah, fasting, came
The steeds and chariots of flame.
- 3 So Daniel trained his mystic sight,
Delivered from the lions' might;
And John, the Bridegroom's friend, became
The herald of Messiah's name.

- 4 Then grant us, Lord, like them to be
Full off in fast and pray'r with thee;
Our spirits strengthen with thy grace,
And give us joy to see thy face.
- 5 O Father and Son and Spirit blest,
To thee be eve'ry pray'r addressed,
Who art in three-fold Name adored,
From age to age, the only Lord.

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

Ascribed to St Gregory the Great

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

POSTLUDE: *Mein Jesu, der du mich, Johannes Brahms*