

# Saint Thomas's Church

## The Eleventh Sunday After Trinity

Sunday, August 20, 2023

Sung Mass at 10:30 am



The Canaanite Woman asks for healing for her daughter, Juan de Flandes, c. 1500  
The Royal Palace, Madrid

**Saint Thomas's Anglican Church**  
383 Huron Street,  
Toronto, Ontario M5S 2G5  
416-979-2323  
[www.stthomas.on.ca](http://www.stthomas.on.ca) [office@stthomas.on.ca](mailto: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](http://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. Nathan Humphrey  
**Reader:** Michael Rowland  
**Intercessor:** Kate Andison  
**Director of Music:** Elizabeth Anderson  
**Assistant Director of Music:** Manuel Piazza

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**MUSIC OF THE MASS**      Mass of the Good Shepherd, Matthew Larkin (b. 1963)

**VOLUNTARY**      Vater unser im Himmelreich, BWV 636, J.S. Bach (1685-1750)

**GREETING**

The grace of our Lord Jesus Christ,  
and the love of God,  
and the fellowship of the Holy Spirit,  
be with you all.

**And also with you.**

**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:*

## GLORIA IN EXCELSIS DEO



Glo - ry to God in the high - est, and peace to his peo - ple on



earth. Lord God, hea - ven - ly king, al - migh - ty God and



Fa - ther, we wor - ship you, we give you thanks, we



praise you for your glo - ry. Lord Je - sus Christ, on - ly



Son of the Fa - ther, Lord God, Lamb of God, you



take a - way the sin of the world: have mer - cy on



us; you are seat - ed at the right hand of the Fa - ther: re -

ceive our prayer. For you a-lone are the Ho-ly One,  
 you a-lone are the Lord, you a-lone are the  
 Most High, Je-sus Christ, with the Ho-ly Spi-rit, in the  
 glo-ry of God the Fa-ther. A-men. A-men.  
 A - - - - - men.

### THE COLLECT OF THE DAY

Let us pray.

Almighty God, you have broken the tyranny of sin and sent into our hearts the Spirit of your Son. Give us the grace to dedicate our freedom to your service, that all people may know the glorious liberty of the children of God; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

*The People sit.*

## FIRST LESSON Isaiah 56.1, 6-8

The First Lesson is written in the book of the prophet Isaiah.

Thus says the Lord: Maintain justice, and do what is right, for soon my salvation will come, and my deliverance be revealed. And the foreigners who join themselves to the Lord, to minister to him, to love the name of the Lord, and to be his servants, all who keep the sabbath, and do not profane it, and hold fast my covenant — these I will bring to my holy mountain, and make them joyful in my house of prayer; their burnt-offerings and their sacrifices will be accepted on my altar; for my house shall be called a house of prayer for all peoples. Thus says the Lord God, who gathers the outcasts of Israel, I will gather others to them, besides those already gathered.

The word of the Lord.

**Thanks be to God.**

## PSALM 133



*Response:* **O how good and pleasant it is to live together in unity.**

Oh, how good and pleasant it is, when brethren live together in unity! It is like fine oil upon the head that runs down upon the beard, upon the beard of Aaron, and runs down upon the collar of his robe. **R/.**

It is like the dew of Hermon that falls upon the hills of Zion. For there the Lord has ordained the blessing: life for evermore. **R/.**

## SECOND READING Romans 11.1-2a, 29-32

A reading from Saint Paul's Epistle to the Romans.

I ask, then, has God rejected his people? By no means! I myself am an Israelite, a descendant of Abraham, a member of the tribe of Benjamin. God has not rejected his people whom he foreknew. For the gifts and the calling of God are irrevocable. Just as you were once disobedient to God but have now received mercy because of their disobedience, so they have now been disobedient in order that, by the mercy shown to you, they too may now receive mercy. For God has imprisoned all in disobedience so that he may be merciful to all.

The word of the Lord.

**Thanks be to God.**

*The People stand.*

## GOSPEL ACCLAMATION

Alleluia. Alleluia. Alleluia. Jesus preached the gospel of the kingdom and healed every infirmity among the people. Alleluia. Alleluia. Alleluia.

## THE HOLY GOSPEL Matthew 15.10-28

The Lord be with you.

**And also with you.**

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

**Glory to you, Lord Jesus Christ.**

Then Jesus called the crowd to him and said to them, 'Listen and understand: it is not what goes into the mouth that defiles a person, but it is what comes out of the mouth that defiles.' Then the disciples approached and said to him, 'Do you know that the Pharisees took offence when they heard what you said?' He answered, 'Every plant that my heavenly Father has not planted will be uprooted. Let them alone; they are blind guides of the blind. And if one blind person guides another, both will fall into a pit.' But Peter said to him, 'Explain this parable to us.' Then he said, 'Are you also still without understanding? Do you not see that whatever goes into the mouth enters the stomach, and goes out into the sewer? But what

comes out of the mouth proceeds from the heart, and this is what defiles. For out of the heart come evil intentions, murder, adultery, fornication, theft, false witness, slander. These are what defile a person, but to eat with unwashed hands does not defile.'

Jesus left that place and went away to the district of Tyre and Sidon. Just then a Canaanite woman from that region came out and started shouting, 'Have mercy on me, Lord, Son of David; my daughter is tormented by a demon.' But he did not answer her at all. And his disciples came and urged him, saying, 'Send her away, for she keeps shouting after us.' He answered, 'I was sent only to the lost sheep of the house of Israel.' But she came and knelt before him, saying, 'Lord, help me.' He answered, 'It is not fair to take the children's food and throw it to the dogs.' She said, 'Yes, Lord, yet even the dogs eat the crumbs that fall from their masters' table.' Then Jesus answered her, 'Woman, great is your faith! Let it be done for you as you wish.' And her daughter was healed instantly.

The Gospel of Christ.

**Praise to you, Lord Jesus Christ.**

*The People sit.*

## **SERMON**

*After the Sermon, the People remain seated for a period of silent reflection, standing when the Celebrant stands.*

## **THE NICENE CREED**

Let us confess our faith, as we say,

**We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one being with the Father. Through him all things were**



**made. For us and for our salvation he came down from heaven: (*Bow.*) by the power of the Holy Spirit he became incarnate from the Virgin Mary, and was made man. (*Rise.*)**

**For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again in accordance with the scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end.**

**We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father. With the Father and the Son he is worshipped and glorified. He has spoken through the prophets.**

**We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.**

*The People remain standing.*

## **INTERCESSIONS**

*Celebrant:* O God, you are the same yesterday, today, and forever; abounding in love and rich in mercy. Hear now, most merciful God, the needs and desires of these your faithful people as we say, Lord in your mercy, hear our prayer.

For the Church; in the Anglican Cycle of Prayer \_\_\_\_\_, in the Diocesan Prayer Cycle, \_\_\_\_\_, for Andrew, Ryscilla, and Kevin of your bishops, for all who claim membership in the family of God. That you would grant them courage to be the salt and light of this earth.

**Lord in your mercy, hear our prayer.**

For the thanks given here \_\_\_\_\_, that we may all have a renewed sense of gratitude for the ways in which you have poured your blessings upon us.

**Lord in your mercy, hear our prayer.**

For the sick \_\_\_\_\_, that you would grant them both healing of the body and of the soul, and peace for those that care for them.

**Lord in your mercy, hear our prayer.**

For the others for whom we are asked to pray \_\_\_\_\_ that their sufferings never lead them away from the hope of eternity with you.

**Lord in your mercy, hear our prayer.**

For those in this parish, particularly \_\_\_\_\_ give them patience to accept your timing, O Lord, and surround them with your peace during times of trial. For the dead \_\_\_\_\_, that they may rejoice with you in your heavenly kingdom.

**Lord in your mercy, hear our prayer.**

That our minds may be always open to receiving your wisdom, our hearts always in a posture of repentance, and our souls turning to you, O Lord, for the peace only you can give.

**Lord in your mercy, hear our prayer.**

That the truth and life-giving spirit of your Gospel would reach those that have not yet heard it, and that we may be humble servants of your work here on earth. That we may not only proclaim the truth of your Gospel, but live into its redeeming hope each day.

**Lord in your mercy, hear our prayer.**

*Celebrant:* Renew within us, O Lord, a heart that is humbled toward you in seeking forgiveness. We ask that when we meet you in prayer, we would have the gift of your Holy Spirit among us, guiding our tongue and guarding our heart. We ask all these things in the Holy name of your Son Jesus Christ. **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 3 – New every morning is the love**

- 1 New every morning is the love  
Our wakening and uprising prove;  
Through sleep and darkness safely brought,  
Restored to life, and power, and thought.
- 2 New mercies, each returning day,  
Hover around us while we pray;  
New perils past, new sins forgiven,  
New thoughts of God, new hopes of heaven.
- 3 If on our daily course our mind  
Be set to hallow all we find,  
New treasures still of countless price,  
God will provide for sacrifice.

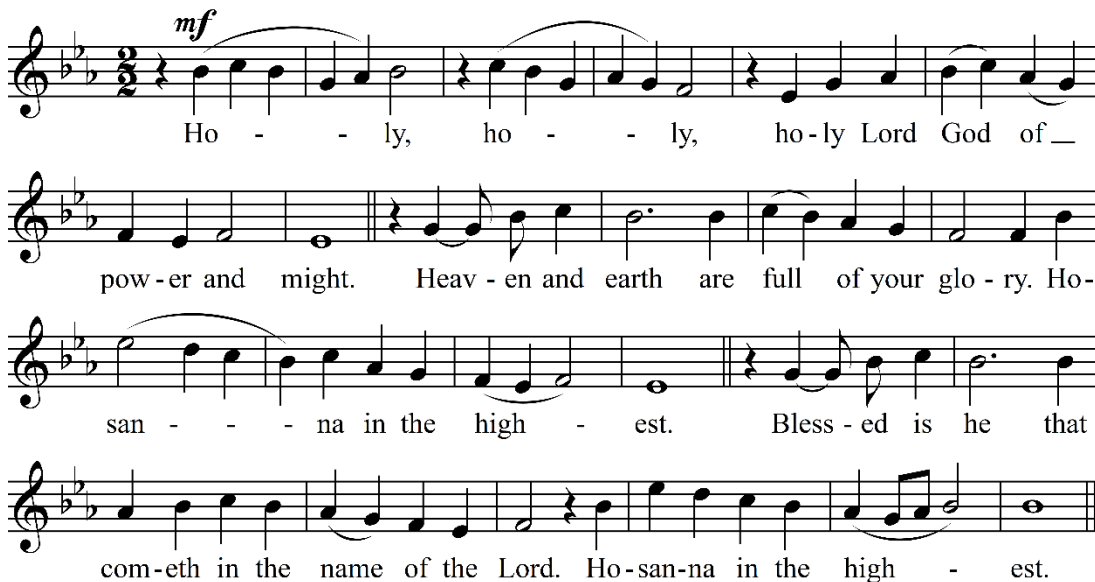


Blessed are you, gracious God, creator of heaven and earth; we give you thanks and praise through Jesus Christ our Lord, who on this first day of the week overcame death and the grave, and by his glorious resurrection opened to us the way of everlasting life.

In our unending joy we echo on earth the song of the angels in heaven as we raise our voices to proclaim the glory of your name.

*The Choir and People sing:*

### SANCTUS & BENEDICTUS



The musical score is written on a single treble clef staff in 2/2 time, with a key signature of two flats (B-flat and E-flat). It begins with a mezzo-forte (*mf*) dynamic marking. The melody consists of quarter and eighth notes, with some phrases spanning across bar lines. The lyrics are printed below the staff, aligned with the notes.

*mf*  
Ho - - ly, ho - - ly, ho-ly Lord God of \_  
pow-er and might. Heav - en and earth are full of your glo - ry. Ho-  
san - - na in the high - est. Bless - ed is he that  
com-eth in the name of the Lord. Ho-san-na in the high - est.

*The People remain standing.*

We give thanks to you, Lord our God, for the goodness and love you have made known to us in creation; in calling Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Saviour and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night he was handed over to suffering and death, a death he freely accepted, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: this is my body which is given for you. Do this for the remembrance of me."

After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: this is my blood of the new covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore, Father, according to his command:

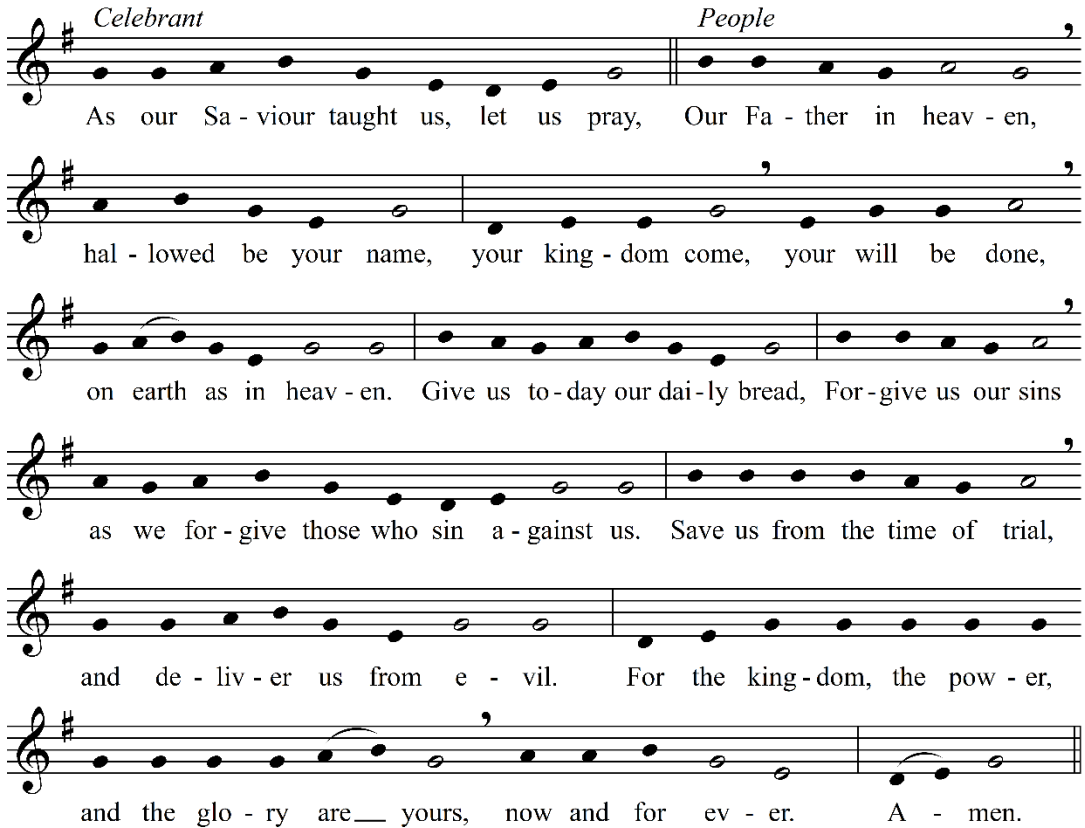
**We remember his death,  
we proclaim his resurrection,  
we await his coming in glory.**

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

Unite us to your Son in his sacrifice, that we, made acceptable in him, may be sanctified by the Holy Spirit. In the fullness of time, reconcile all things in Christ, and make them new, and bring us to that city of light where you dwell with all your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation; by whom, and with whom, and in whom, in the unity of the Holy Spirit, all honour and glory are yours, almighty Father, now and for ever. **Amen.**

## THE LORD'S PRAYER

*Music by McNeil Robinson*



*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

"I am the bread which has come down from heaven," says the Lord.

**Give us this bread for ever.**

"I am the vine, you are the branches."

**May we dwell in him, as he lives in us.**

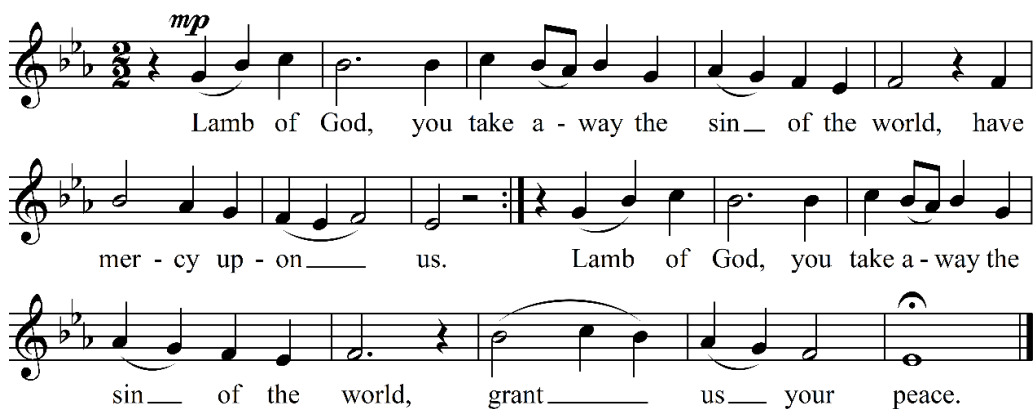
## HOLY COMMUNION

The gifts of God for the people of God.

**Thanks be to God.**

*The Choir and People sing:*

## AGNUS DEI



*mp*  
Lamb of God, you take a - way the sin\_ of the world, have  
mer - cy up - on\_ us. Lamb of God, you take a - way the  
sin\_ of the world, grant\_ us\_ your peace.

## COMMUNION INSTRUCTIONS

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

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

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

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



**MOTET**

‘Fair in face,’ Healey Willan (1880-1968)

Fair in face, but fairer far in thy faith, blessed art Thou, O Virgin Mary; despising the world, thou shalt rejoice with the angels; Pray thou for us all. O holy and spotless maidenhood, I wot not how to praise thee. Pray thou for us all.

(8<sup>th</sup> century Office of our Lady Responsory.)**COMMUNION HYMN 544** – Dear Lord and Father of mankind

- All* 1 Dear Lord and Father of mankind,  
Forgive our foolish ways!  
Re-clothe us in our rightful mind;  
In purer lives thy service find,  
In deeper reverence, praise.
- Lower* 2 In simple trust like theirs who heard  
*Voices* Beside the Syrian sea  
The gracious calling of the Lord,  
Let us, like them, without a word  
Rise up and follow thee.
- All* 3 O Sabbath rest by Galilee!  
O calm of hills above,  
Where Jesus knelt to share with thee  
The silence of eternity,  
Interpreted by love!
- Upper* 4 Drop thy still dews of quietness,  
*Voices* Till all our strivings cease:  
Take from our souls the strain and stress,  
And let our ordered lives confess  
The beauty of thy peace.
- All* 5 Breathe through the heats of our desire  
Thy coolness and thy balm;  
Let sense be dumb, let flesh retire;  
Speak through the earthquake, wind, and fire,  
O still small voice of calm!

## 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.

Eternal God, we have received a token of your promise. May we who have been nourished by holy things live as faithful heirs of your promised kingdom, in the name of Jesus Christ our 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.**

## BLESSING

The peace of God which passes all understanding, keep your hearts and minds in  
the knowledge and love of God, and of his Son Jesus Christ our Lord; and the  
blessing of God Almighty, the Father, the Son, and the Holy Spirit, be among you  
and remain with you always. **Amen.**

## DISMISSAL

Go in peace to love and serve the Lord.  
**Thanks be to God.**

## CONCLUDING HYMN 400 – Rejoice to-day with one accord

- |   |   |   |   |
|---|---|---|---|
| 1 | Rejoice to-day with one accord,<br>Sing out with exultation;<br>Rejoice and praise our mighty Lord,<br>Whose arm hath brought salvation;<br>His works of love proclaim<br>The greatness of his Name;<br>For he is God alone<br>Who hath his mercy shown;<br>Let all his saints adore him! | 2 | When in distress to him we cried,<br>He heard our sad complaining;<br>O trust in him, whate'er betide,<br>His love is all-sustaining;<br>Triumphant songs of praise<br>To him our hearts shall raise;<br>Now every voice shall say,<br>'O praise our God alway;'<br>Let all his saints adore him! |
|---|---|---|---|

*EIN' FESTE BURG*  
*Martin Luther, 1529*

*Rev. Sir Henry W. Baker, 1861*

## VOLUNTARY

Ein feste Burg, Johann Walther (1684-1748)

*The Altar flowers are given to the honour and glory of Almighty God.*

*If you would like to make a memorial or thanksgiving offering towards the flowers,  
please see the dates available in the Parish Notices*

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