

Saint Thomas's Church
The First Sunday in Lent
Sunday, February 18, 2024
High Mass at 11:00 am



The Creation of Eve, William Blake, 1808
Watercolour illustration in 'Paradise Lost,' Book VII

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, though we hope you will avail yourself of **coffee hour in the parish hall** following this service, if possible. 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. James Shire
Deacon: Fr. Nathan Humphrey
Reader: Jean Nichols
Organist & Choirmaster: Elizabeth Anderson
Assistant Organist & Choirmaster: Manuel Piazza

MUSIC OF THE MASS

Missa XII, Pater Cuncta

VOLUNTARY

Adoration
Florence Price (1887-1953)

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.

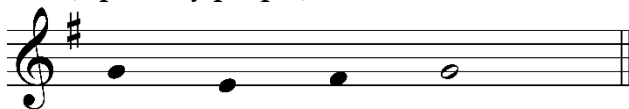
O God the Holy Ghost, Sanctifier of the faithful: have mercy upon us.

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 Queen Camilla, William, Prince of Wales, 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.

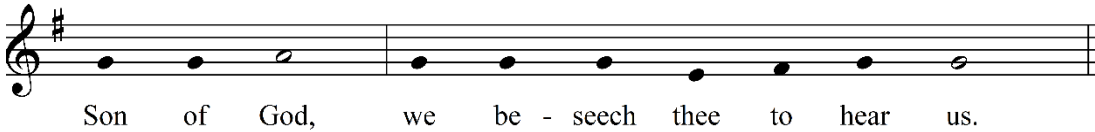
To forgive our enemies, persecutors, and slanderers, and to turn their hearts,

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 Collects.

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.**

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 2.8-9, 15-24

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

And the Lord God planted a garden in Eden, in the east; and there he put the man whom he had formed. Out of the ground the Lord God made to grow every tree that is pleasant to the sight and good for food, the tree of life also in the midst of the garden, and the tree of the knowledge of good and evil. The Lord God took the man and put him in the garden of Eden to till it and keep it. And the Lord God commanded the man, 'You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die.'

Then the Lord God said, 'It is not good that the man should be alone; I will make him a helper as his partner.' So out of the ground the Lord God formed every animal of the field and every bird of the air, and brought them to the man to see what he would call them; and whatever the man called each living creature, that was its name. The man gave names to all cattle, and to the birds of the air, and to every animal of the field; but for the man there was not found a helper as his partner. So the Lord God caused a deep sleep to fall upon the man, and he slept; then he took one of his ribs and closed up its place with flesh.

And the rib that the Lord God had taken from the man he made into a woman and brought her to the man. Then the man said, 'This at last is bone of my bones and flesh of my flesh; this one shall be called Woman, for out of Man this one was taken.' Therefore a man leaves his father and his mother and clings to his wife, and they become one flesh.

The word of the Lord.

Thanks be to God.

The People remain seated for the Psalm.

PSALM 25.1-10

Ad te, Domine, levavi

I. 4.



- Cantor* 1 UN-TO thee, O Lord, do I lift up **my** soul :
People my God, I have **put** my trust in thee.
- 2 O let me not be con-**found**-ed :
neither let mine enemies **tri**-umph ov^rer me.
- Cantor* 3 For all they that hope in thee shall not be a-**sham**-ed :
but such as transgress without a cause shall be put **to** con-fu-sion.
- People* 4 Show me thy ways, **O** Lord : and **teach** me thy paths.
- Cantor* 5 Lead me forth in thy truth and **teach** me :
for thou art the God of my salvation; in thee is my hope **all**
the day long.
- People* 6 Call to remembrance, O Lord, thy tender **mer**-cies :
and thy loving-kindnesses, which have been **ev**-er of old.
- Cantor* 7 O remember not the sins and offences of **my** youth :
but according to thy mercy think thou upon me,
O Lord, **for** thy good-ness.
- People* 8 Gracious and righteous is **the** Lord :
therefore will he teach **sin**-ners in the way.
- Cantor* 9 Them that are meek shall he guide in **judge**-ment :
and such as are gentle, them **shall** he teach his way.
- People* 10 All the paths of the Lord are mercy **and** truth :
unto such as keep his covenant and his **tes**-ti-mo-nies.

The Epistle is written in the third chapter of the First Epistle of St. Peter, beginning at the eighteenth verse.

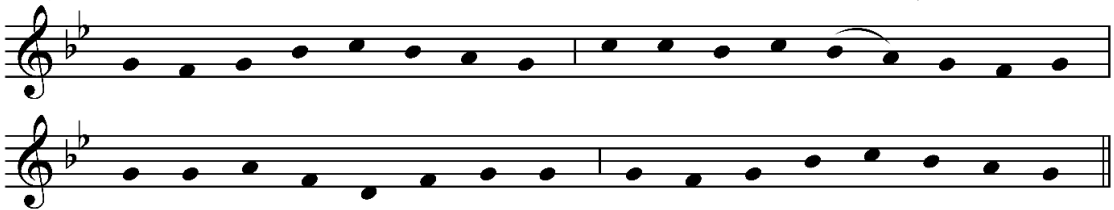
For Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, in which also he went and made a proclamation to the spirits in prison, who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight people, were saved through water. And baptism, which this prefigured, now saves you – not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

The word of the Lord.
Thanks be to God.

The People stand.

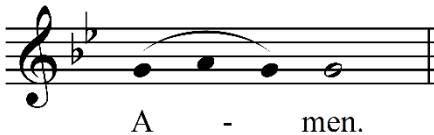
SEQUENCE HYMN 827

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' Gregory 540-604
Tr T.A. Lacey 1853-1931*

THE HOLY GOSPEL

Mark 1.9-15

The Lord be with you.

And with thy spirit.

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

Glory be to thee, O Lord.

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, 'You are my Son, the Beloved; with you I am well pleased.' And the Spirit immediately drove him out into the wilderness. He was in the wilderness for forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him. Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, 'The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.'

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 (1505-1585)

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,



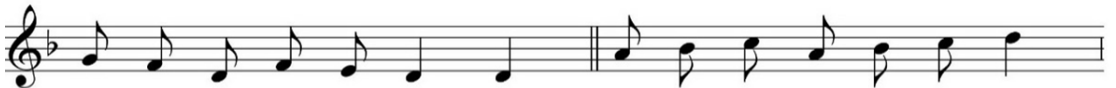
And was in-car-nate by the Ho-ly Ghost of the Vir-gin Ma-ry, And was made man.



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 475

O Love, how deep!

All 1 O Love, how deep! how broad! how high!
It fills the heart with ecstasy,
That God, the Son of God, should take
Our mortal form for mortals' sake.

All 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.

Upper 3 For us, he was baptized, and bore
Voices His holy fast, and hungered sore;
For us temptations sharp he knew;
For us the tempter overthrew.

Lower 4 For us he prayed, for us he taught,
Voices For us his daily works he wrought,
By words, and signs, and actions, thus
Still seeking not himself but us.

All 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.

All 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.

All 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
Harmonized by Rev. G.R. Woodward

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

The People sit if the Choir also sits, standing again 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 Sub-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.

EUCHARISTIC PRAYER

| | |
|---|---------------|
| <i>Celebrant</i> | <i>People</i> |
| | |
| The__ Lord be___ with__ you; And__ with thy__ spi - rit. | |

| | |
|---|---------------|
| <i>Celebrant</i> | <i>People</i> |
| | |
| Lift___ up your hearts; We lift___ them up un - to___ the Lord.___ | |

| | |
|---|---------------|
| <i>Celebrant</i> | <i>People</i> |
| | |
| Let us__ give__ thanks un - to___ 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, in all places, give thanks unto thee, O Lord, Holy Father, Almighty, Everlasting God, 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

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 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. | Agnus Dei, qui tollis peccata mundi, miserere nobis. |
| O Lamb of God, that takest away the sin of the world, have mercy upon us. | Agnus Dei, qui tollis peccata mundi, miserere nobis. |
| O Lamb of God, that takest away the sin of the world, grant us thy peace. | 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 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

Prayer to Jesus, George Oldroyd (1887-1956)

Jhesu, since Thou me made and bought, Be Thou my love and all my thought, And help that I may to Thee be brought, Withouten Thee I may do nought. Jhesu, since Thou must do Thy will, And naething is that Thee may let, With Thy grace my heart fulfil, My love and my liking in Thee is set. Jhesu at Thy will I pray that I might be, All my heart fulfil, with perfect love to Thee. That I have done ill Jhesu forgive Thou me, And suffer me never to spill Jhesu for pity. Amen.

(Richard Rolle 1300-1349)

The People may sit or kneel for the hymn.

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
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
The People kneel.

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

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 105

Forty days and forty nights



All 1. For - ty days and for - ty nights Thou wast fas - ting in the wild;
 All 2. Sun - beams scorch - ing all the day; Chil - ly dew - drops night - ly shed;
 All 3. Shall we not thy tri - al share, And from earth - ly joys ab - stain,
 Lower 4. And if Sa - tan, vex - ing sore, Flesh or spi - rit should as - sail,
 Upper 5. Shall not we have peace di - vine; Ho - lier glad - ness ours shall be;
 All 6. Keep, O keep us, Sa - viour dear, Ev - er con - stant by thy side;



For - ty days and for - ty nights Temp - ted, and yet un - de - filed.
 Prow - ling beasts a - bout thy way; Stones thy pil - low; earth thy bed.
 Fast - ing with un - ceas - ing prayer, Strong with thee to suf - fer pain?
 Thou, his van - qui - sher be - fore, Grant we may not faint nor fail.
 Round us too shall an - gels shine, Such as mi - ni - stered to thee.
 That with thee, we may ap - pear At the e - ter - nal Eas - ter - tide.

HEINLEIN (AUS DER TIEFE)

Martin Herbst 1654-81

in Nürnbergisches Gesangbuch, 1676

G.H. Smyttan 1822-70

& Francis Pott 1832-1901

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

VOLUNTARY

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

Coffee Hour follows this service in the Parish Hall.

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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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