

# Saint Thomas's Church

## The First Sunday in Lent

Sunday, February 26, 2023

High Mass at 11 o'clock



*Adam and Eve*, Lucas Cranach der Ältere, 1526  
The Courtauld Institute of Art, London

### **Saint Thomas's Anglican Church**

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Toronto, Ontario M5S 2G5

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## Welcome!

On behalf of everyone who claims St. Thomas's as their spiritual home, we are happy you are with us, whether in person or via our livestream. If you are a visitor or newcomer, or even a longtime parishioner, but find it awkward or difficult to stand or kneel at the places indicated, remaining seated is perfectly acceptable. Please assume the posture most conducive to prayer throughout this service, or simply observe.

St. Thomas's has many peculiar ways that we cherish and are happy to share. If there seems to be no rhyme or reason for something, there might not be! But feel free to ask anyone after the service; it usually makes for entertaining conversation.

You are not obliged to engage any of us in conversation, though you should know that pretty much everyone here is happy to do so when we gather. You can always slip away without any judgement. We seem to have a lot of introverts here, so we understand the energy it takes to put yourself out there. Even if you're a raging extrovert, the experience of church can be disorienting. Relax and be yourself. Believe it or not, whether from near or far, God has led you here today. We want to honour what God is up to in your life, and we are here for you as you (re-) discover the joy and the challenge of the saving Gospel of Jesus Christ.

Fr. Nathan Humphrey, Rector

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



St. Thomas's relies on the generosity of those whose offerings reflect gratitude for God's own generosity to us. To make a secure gift online, simply scan the QR code with your phone's camera app, or visit [qrco.de/smokytops](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:** Fr. Humphrey  
**Deacon & Homilist:** Fr. Shire  
**Reader:** Willem Hart  
**Interim Director of Music & Organist:** Elizabeth Anderson

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**MUSIC OF THE MASS**

Missa VII - Kyrie Rex Splendens

**VOLUNTARY**

Prelude on Christe, Redemptor omnium,  
Healey Willan (1880-1968)

*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.**

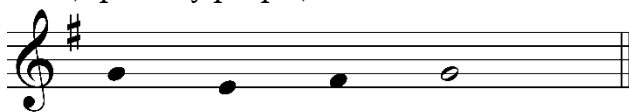
O God the Holy Ghost, Sanctifier of the faithful: have mercy upon us.

**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.**

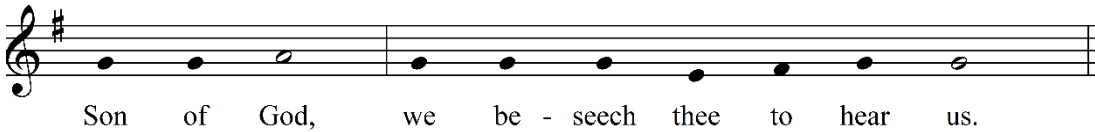
To forgive our enemies, persecutors, and slanderers, and to turn their hearts,

**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 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 2.15-17, 3.1-7

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

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.' Now the serpent was more crafty than any other wild animal that the Lord God had made. He said to the woman, 'Did God say, "You shall not eat from any tree in the garden"?' The woman said to the serpent, 'We may eat of the fruit of the trees in the garden; but God said, "You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die."' 'But the serpent said to the woman, 'You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.' So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

The word of the Lord.

**Thanks be to God.**

*The People remain seated for the Psalm.*

**PSALM 32**

*Beati, quorum*

VI.



*Cantor*  
*People*

- 1 BLESS-ED is he whose unrighteousness is for-giv-en :  
and whose **sin** is cov-er-ed.
- 2 Bless-ed is the man unto whom the Lord imputeth **no** sin : and in  
whose spi-rit there is no^guile.



- Cantor* 3 For while I held **my** tongue : my bones consum-ed away through my dai-**ly** cöm-plain-ing.
- People* 4 For thy hand was heavy upon me day **and** night : and my moisture was chang-ed as with the **drought** öf sum-mer.
- Cantor* 5 I acknowledge-ed my sin un-**to** thee : and mine unrighteousness **have** Ĩ not hid.
- People* 6 I said, ‘I will confess my sins unto **the** Lord’ : and so thou forgavest the wicked-**ness** öf my sin.
- Cantor* 7 For this shall every one that is godly make his prayer unto thee, in a time when thou mayest **be** found : when the great waters overflow, they shall **not** cöme nigh him.
- People* 8 Thou art a place to hide me ĩn; thou shalt preserve me from **trou**-ble : thou shalt compass me about with songs **of** dē-liv-er<sup>2</sup>-ance.
- Cantor* 9 I will inform thee, and teach thee in the way wherein thou **shalt** go : and I will guide thee with mine **eye** üp-on thee.
- People* 10 Be ye not like to horse and mule, which have no under-**stand**-ing : whose mouths must be held with bit and bridle, else they will **not** cöme nigh thee.
- Cantor* 11 Great plagues remain for the un-**god**-ly : but whoso putteth his trust in the Lord, mercy embraceth **him** ön ev-ery<sup>^</sup>side.
- People* 12 Be glad, O ye righteous, and rejoice in **the** Lord : and be joyful, all ye **that** äre true of<sup>^</sup>heart.

## THE EPISTLE Romans 5.12-19

The Epistle is written in the fifth chapter of St Paul’s epistle to the Romans, beginning at the twelfth verse.

Therefore, just as sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned — sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come. But the free gift is not like the trespass. For if the many died through the one man’s trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. And the free gift is not like the effect of the one man’s sin. For the judgement following one trespass brought condemnation, but the free gift following many trespasses brings justification. If,

because of the one man's trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ. Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

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. Amen.

*RECTOR POTENS (mode ii)*  
*Tr T.A. Lacey 1853-1931*

*Latin ascribed to S' Gregory 540-604*

## **THE HOLY GOSPEL** Matthew 4.1-11

The Lord be with you.

**And with thy spirit.**

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

**Glory be to thee, O Lord.**

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was famished. The tempter came and said to him, 'If you are the Son of God, command these stones to become loaves of bread.' But he answered, 'It is written, "One does not live by bread alone, but by every word that comes from the mouth of God."' Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, 'If you are the Son of God, throw yourself down; for it is written, "He will command his angels concerning you", and "On their hands they will bear you up, so that you will not dash your foot against a stone."' Jesus said to him, 'Again it is written, "Do not put the Lord your God to the test."' Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour; and he said to him, 'All these I will give you, if you will fall down and worship me.' Jesus said to him, 'Away with you, Satan! for it is written, "Worship the Lord your God, and serve only him."' Then the devil left him, and suddenly angels came and waited on 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

*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 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 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.*

## 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, 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

*The consecrated Bread is broken. A substantial period of silence is kept.*

*Celebrant* The peace of the Lord be al - ways with you. *People* 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 sins  
of the world, have mercy upon us.

O Lamb of God, that takest away the sins  
of the world, have mercy upon us.

O Lamb of God, that takest away the sins  
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 sins of the world.

**Lord, I am not worthy that thou shouldest 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

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 næthing 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 249** – Jesu, thou Joy of loving hearts!

- Upper* 1 Jesu, thou Joy of loving hearts!  
*Voices* Thou Fount of life, thou Light of men!  
From the best bliss that earth imparts  
We turn unfilled to thee again.
- Lower* 2 Thy truth unchanged hath ever stood;  
*Voices* Thou savest those that on thee call;  
To them that seek thee thou art good;  
To them that find thee All in all.
- Upper* 3 We taste thee, O thou living Bread,  
*Voices* And long to feast upon thee still;  
We drink of thee, the fountain-head,  
And thirst our souls from thee to fill.
- Lower* 4 Our restless spirits yearn for thee,  
*Voices* Where'er our changeful lot is cast;  
Glad, when thy gracious smile we see,  
Blest, when our faith can hold thee fast.
- All* 5 O Jesu, ever with us stay;  
Make all our moments calm and bright;  
Chase the dark night of sin away;  
Shed o'er the world thy holy light.

*CHRISTE REDEMPTOR OMNIUM  
Sarum Plainsong*

*Tr. from the Latin of St Bernard of Clairvaux, 12<sup>th</sup> Cent  
by Rev. Ray Palmer*

*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 – 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 oft 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, 6<sup>th</sup> Cent.*

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

## **VOLUNTARY**

Prelude in C Minor, J.S. Bach (1685-1750)

### Copyright Information:

*Prelude on Christe, Redemptor omnium* Text: Traditional Music by: Healey Willan

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*Prayer to Jesus* Text: Richard Rolle Music by: George Oldroyd

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