

Saint Thomas's Church

The First Sunday in Lent

Sunday, February 26, 2023

Evensong & Devotions at 5:00 pm



The Last Supper, Ugo di Nerio, c. 1325
The Met Fifth Avenue, New York City

Saint Thomas's Anglican Church

383 Huron Street

Toronto, Ontario M5S 2G5

416-979-2323

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

Welcome!

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

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

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

Fr. Nathan Humphrey, Rector



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.**

Officiant: Fr. Shire
Homilist: The Rev. Canon Dr. Alyson Barnett-Cowan
Interim Director of Music & Organist: Elizabeth Anderson

VOLUNTARY

Fantasia in C minor, BWV 562, J.S. Bach (1685-1750)

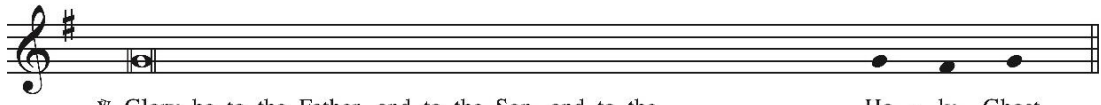
PRECES



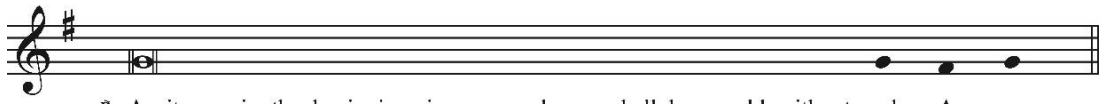
℣. O Lord, open thou our lips; ℞. And our mouth shall show forth thy praise.



℣. O God, make speed to save us; ℞. O Lord, make haste to help us.



℣. Glory be to the Father, and to the Son, and to the Ho - ly Ghost.



℞. As it was in the beginning, is now, and ever shall be, world without end. A - men.



℣. Praise ye — the Lord; — ℞. The Lord's name — be prais - ed.

The People sit when the Choir sits.

PSALM 36. *Dixit injustus.*

II. 1.



- Cantor* 1 SIN SPEAK-eth to the wicked deep in his **heart** :
People there is no fear of God **be**-fore[^]his eyes.
2 For he flattereth himself in his own **sight** : that his iniquity shall not
be found out and **be** hat-ed.
- Cantor* 3 The words of his mouth are unrighteous and full of de-**ceit** : he hath
left off to behave himself wisely and **to** do good.
People 4 He imagineth mischief upon his bed, and setteth himself in no good
way : neither doth he abhor any thing that **is** e-vil.
- Cantor* 5 Thy mercy, O Lord, reacheth unto the **hea**-vens : and thy
faithfulness un-**to** the clouds.
People 6 Thy righteousness standeth like the strong **moun**-tains : thy
judgements are like **the** great deep.
- Cantor* 7 Thou, Lord, shalt save both man and bea[^]st; how excellent is thy
mercy, O **God**! : and the children of men shall put their trust
under the sha-**dow** of[^]thy wings.
- People* 8 They shall be satisfi-ed with the plenteousness of thy **house** : and
thou shalt give them drink of thy pleasures, as out of **the** ri-ver.
- Cantor* 9 For with thee is the well of **life** : and in thy light shall **we** see light.
People 10 O continue forth thy loving-kindness unto them that **know** thee :
and thy righteousness unto them that **are** true[^]of heart.
- Cantor* 11 O let not the foot of pride come against **me** : and let not the hand of
the ungodly drive **me** a-way.
People 12 There are they fallen, that work **wick**-ed[^]ness : they are cast down,
and shall not be a-**ble** to stand.
- Cantor* Glory be to the Father, and to the **Son** : and to **the** Ho[^]ly Ghost;
People As it was in the beginning, is now, and ever **shall** be : world
without **end**. A-men.

FIRST LESSON Genesis 8

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

But God remembered Noah and all the wild animals and all the domestic animals that were with him in the ark. And God made a wind blow over the earth, and the waters subsided; the fountains of the deep and the windows of the heavens were closed, the rain from the heavens was restrained, and the waters gradually receded from the earth. At the end of one hundred fifty days the waters had abated; and in the seventh month, on the seventeenth day of the month, the ark came to rest on the mountains of Ararat. The waters continued to abate until the tenth month; in the tenth month, on the first day of the month, the tops of the mountains appeared.

At the end of forty days Noah opened the window of the ark that he had made and sent out the raven; and it went to and fro until the waters were dried up from the earth. Then he sent out the dove from him, to see if the waters had subsided from the face of the ground; but the dove found no place to set its foot, and it returned to him to the ark, for the waters were still on the face of the whole earth. So he put out his hand and took it and brought it into the ark with him. He waited another seven days, and again he sent out the dove from the ark; and the dove came back to him in the evening, and there in its beak was a freshly plucked olive leaf; so Noah knew that the waters had subsided from the earth. Then he waited another seven days, and sent out the dove; and it did not return to him any more.

In the six hundred first year, in the first month, on the first day of the month, the waters were dried up from the earth; and Noah removed the covering of the ark, and looked, and saw that the face of the ground was drying. In the second month, on the twenty-seventh day of the month, the earth was dry. Then God said to Noah, "Go out of the ark, you and your wife, and your sons and your sons' wives with you. Bring out with you every living thing that is with you of all flesh - birds and animals and every creeping thing that creeps on the earth - so that they may abound on the earth, and be fruitful and multiply on the earth." So Noah went out with his sons and his wife and his sons' wives. And every animal, every creeping thing, and every bird, everything that moves on the earth, went out of the ark by families.

Then Noah built an altar to the Lord, and took of every clean animal and of every clean bird, and offered burnt offerings on the altar. And when the Lord smelled the pleasing odour, the Lord said in his heart, "I will never again curse the ground because of humankind, for the inclination of the human heart is evil from youth; nor will I ever again destroy every living creature as I have done. As long as the earth endures, seedtime and harvest, cold and heat, summer and winter, day and night, shall not cease."

Here endeth the First Lesson.

THE MAGNIFICAT

Fauxbourdons, Frank Nakashima (b. 1951)

My soul doth magnify the Lord, / and my spirit hath rejoiced in God my Saviour.
For he hath regarded / the lowliness of his handmaiden.
For behold, from henceforth / all generations shall call me blessed.
For he that is mighty hath magnified me; / and holy is his Name.
And his mercy is on them that fear him / throughout all generations.
He hath showed strength with his arm; /
he hath scattered the proud in the imagination of their hearts.
He hath put down the mighty from their seat, /
and hath exalted the humble and meek.
He hath filled the hungry with good things; /
and the rich he hath sent empty away.
He remembering his mercy / hath holpen his servant Israel;
As he promised to our forefathers, / Abraham and his seed for ever.

Glory be to the Father, and to the Son, / and to the Holy Ghost;
As it was in the beginning, is now, and ever shall be, / world without end. Amen.

SECOND LESSON Mark 14.1-26

The Second Lesson is written in the Gospel according to Saint Mark, in the fourteenth chapter, beginning at the first verse.

It was two days before the Passover and the festival of Unleavened Bread. The chief priests and the scribes were looking for a way to arrest Jesus by stealth and kill him; for they said, "Not during the festival, or there may be a riot among the people."

While he was at Bethany in the house of Simon the leper, as he sat at the table, a woman came with an alabaster jar of very costly ointment of nard, and she broke open the jar and poured the ointment on his head. But some were there who said to one another in anger, “Why was the ointment wasted in this way? For this ointment could have been sold for more than three hundred denarii, and the money given to the poor.” And they scolded her. But Jesus said, “Let her alone; why do you trouble her? She has performed a good service for me. For you always have the poor with you, and you can show kindness to them whenever you wish; but you will not always have me. She has done what she could; she has anointed my body beforehand for its burial. Truly I tell you, wherever the good news is proclaimed in the whole world, what she has done will be told in remembrance of her.”

Then Judas Iscariot, who was one of the twelve, went to the chief priests in order to betray him to them. When they heard it, they were greatly pleased, and promised to give him money. So he began to look for an opportunity to betray him.

On the first day of Unleavened Bread, when the Passover lamb is sacrificed, his disciples said to him, “Where do you want us to go and make the preparations for you to eat the Passover?” So he sent two of his disciples, saying to them, “Go into the city, and a man carrying a jar of water will meet you; follow him, and wherever he enters, say to the owner of the house, ‘The Teacher asks, Where is my guest room where I may eat the Passover with my disciples?’ He will show you a large room upstairs, furnished and ready. Make preparations for us there.” So the disciples set out and went to the city, and found everything as he had told them; and they prepared the Passover meal.

When it was evening, he came with the twelve. And when they had taken their places and were eating, Jesus said, “Truly I tell you, one of you will betray me, one who is eating with me.” They began to be distressed and to say to him one after another, “Surely, not I?” He said to them, “It is one of the twelve, one who is dipping bread into the bowl with me. For the Son of Man goes as it is written of him, but woe to that one by whom the Son of Man is betrayed! It would have been better for that one not to have been born.”

While they were eating, he took a loaf of bread, and after blessing it he broke it, gave it to them, and said, “Take; this is my body.” Then he took a cup, and after giving thanks he gave it to them, and all of them drank from it. He said to them, “This is my blood of the covenant, which is poured out for many. Truly I tell you, I will never

again drink of the fruit of the vine until that day when I drink it new in the kingdom of God.” When they had sung the hymn, they went out to the Mount of Olives.

Here endeth the Second Lesson.

NUNC DIMITTIS

Fauxbourdons, Frank Nakashima (b. 1951)

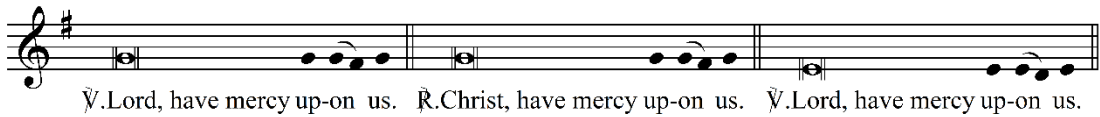
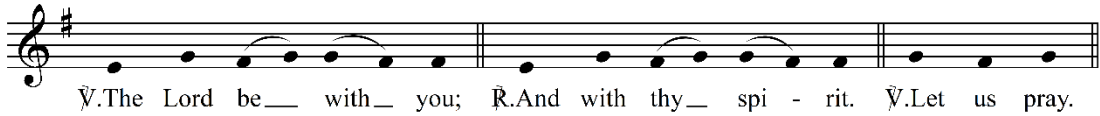
Lord, now lettest thou thy servant depart in peace, / according to thy word.
For mine eyes have seen thy salvation, /
which thou hast prepared before the face of all people;
To be a light to lighten the Gentiles, / and to be the glory of thy people Israel.
Glory be to the Father, and to the Son, / and to the Holy Ghost;
As it was in the beginning, is now, and ever shall be, /
world without end. Amen.

APOSTLES' CREED

The Creed is chanted on a monotone, the Officiant beginning,

I believe in God
the Father Almighty,
Maker of heaven and earth:
And in Jesus Christ his only Son our Lord,
Who was conceived by the Holy Ghost,
Born of the Virgin Mary,
Suffered under Pontius Pilate,
Was crucified, dead, and buried:
He descended into hell;
The third day he rose again from the dead;
He ascended into heaven,
And sitteth on the right hand of God the Father Almighty;
From thence he shall come to judge the quick and the dead.
I believe in the Holy Ghost;
The holy Catholic Church;
The Communion of Saints;
The Forgiveness of sins;
The Resurrection of the body,
And the Life everlasting. Amen.

THE SALUTATION AND LESSER LITANY



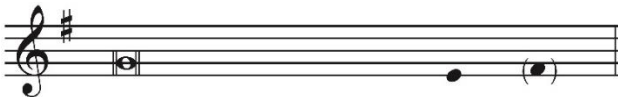
THE LORD'S PRAYER

The Lord's Prayer is chanted on a monotone, the Officiant beginning,

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. Amen.

THE RESPONSES



♩. O Lord, show thy mercy up-on us;
♫. And grant us thy salva-tion.

♩. O Lord, save **the** King,
♫. And mercifully hear us when we call up-on thee.

♩. Endue thy ministers with righ-teous-ness.
♫. And make thy chosen people joy-ful.

♩. O Lord, save thy peo-ple.
♫. And bless thine inhe-ri-tance.

♩. Give peace in our time, O Lord;
♫. And evermore mightily defend us.

Ÿ. O God, make clean our hearts with-**in** us;
R. And take not thy Holy Spirit **from** us.

THE COLLECT OF THE DAY

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.**

COLLECT FOR PEACE

O God, from whom all holy desires, all good counsels, and all just works do proceed: Give unto thy servants that peace which the world cannot give; that our hearts may be set to obey thy commandments, and also that by thee we being defended from the fear of our enemies may pass our time in rest and quietness; through the merits of Jesus Christ our Saviour. **Amen.**

COLLECT FOR AID AGAINST ALL PERILS

Lighten our darkness, we beseech thee, O Lord; and by thy great mercy defend us from all perils and dangers of this night; for the love of thy only Son, our Saviour Jesus Christ. **Amen.**

A LENTEN PROSE

Refrain

Cantor *All*

Hear us, O Lord, have mer - cy up - on us:

for we have sin - ned a - gainst___ thee.

Verse 1

Lower Voices

To thee, re - deem - er,___ on thy throne of glo - ry:

lift we our weep - ing eyes in ho - ly plead - ings:

lis - ten O Je - su, to our sup - pli - ca - tions.

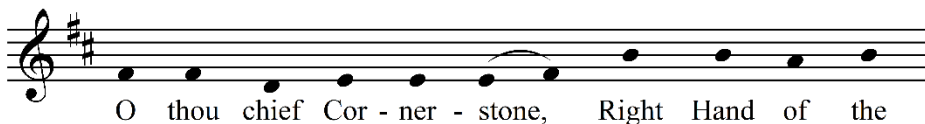
Refrain

All

Hear us, O Lord, have mer - cy up - on us:

for we have sin - ned a - gainst___ thee.

Verse 2
Upper Voices



O thou chief Cor - ner - stone, Right Hand of the



Fa - ther: Way of Sal - va - tion, Gate of Life Ce - le - stial:



cleanse thou our sin - ful souls from all de - file - ment.

Refrain
All



Hear us, O Lord, have mer - cy up - on us:

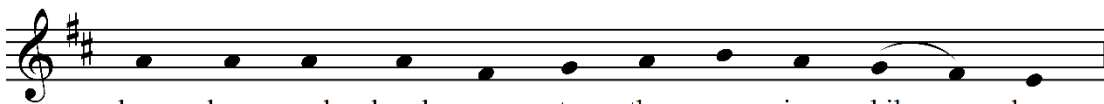


for we have sin - ned a - gainst___ thee.

Verse 3
Lower Voices



God, we im - plore thee, in thy glo - ry seat - ed:



bow down and heark - en to thy weep - ing chil - dren:



pi - ty and par - don all our grie - vous tres - pass - es.

Refrain
All



Hear us, O Lord, have mer - cy up - on us:



for we have sin - ned a - gainst___ thee.

Verse 4

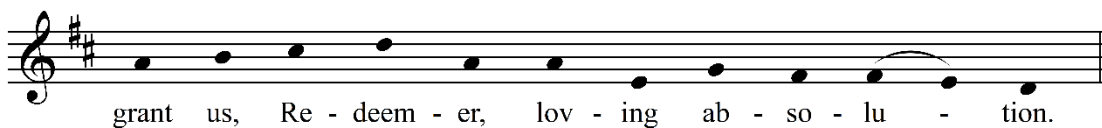
Upper Voices



Sins oft com - mit - ted__ now we lay be - fore thee:



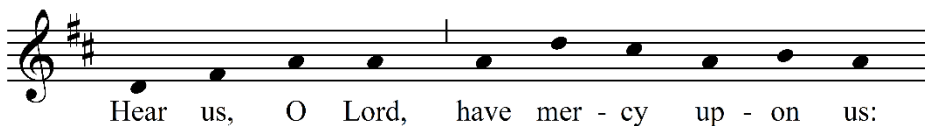
with true con - tri - tion, now no more we veil__ them:



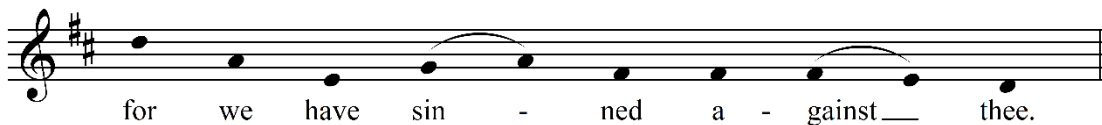
grant us, Re - deem - er, lov - ing ab - so - lu - tion.

Refrain

All



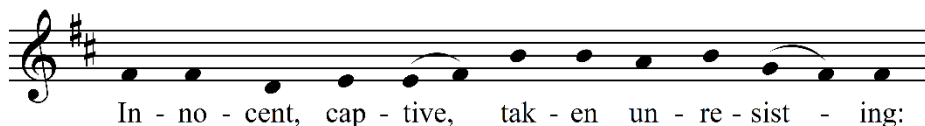
Hear us, O Lord, have mer - cy up - on us:



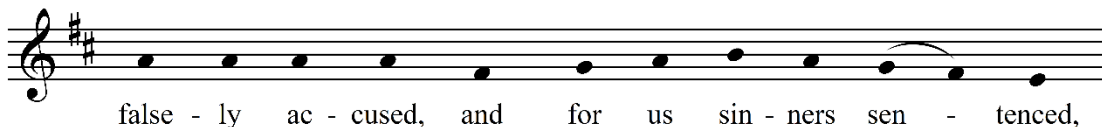
for we have sin - ned a - gainst__ thee.

Verse 5

Lower Voices



In - no - cent, cap - tive, tak - en un - re - sist - ing:



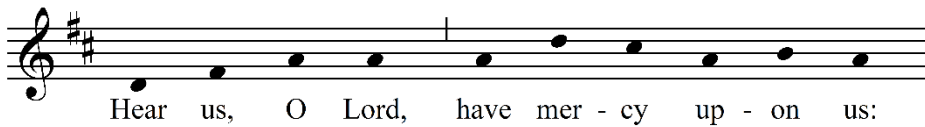
false - ly ac - cused, and for us sin - ners sen - tenced,



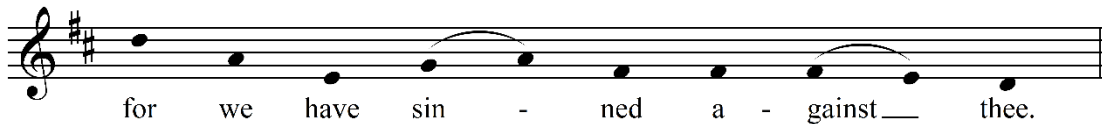
save us, we pray thee, Je - su our Re - deem - er.

Refrain

All



Hear us, O Lord, have mer - cy up - on us:



for we have sin - ned a - gainst__ thee.

CONCLUDING PRAYERS

The Officiant says selected prayers, following which all say the General Thanksgiving.

Almighty God, Father of all mercies,

We thine unworthy servants do give thee most humble and hearty thanks For all thy goodness and loving-kindness To us and to all men; We bless thee for our creation, preservation, and all the blessings of this life; But above all for thine inestimable love In the redemption of the world by our Lord Jesus Christ; For the means of grace, And for the hope of glory. And we beseech thee, give us that due sense of all thy mercies, That our hearts may be unfeignedly thankful, And that we show forth thy praise, Not only with our lips, but in our lives; By giving up ourselves to thy service, And by walking before thee in holiness and righteousness all our days; Through Jesus Christ our Lord, To whom, with thee and the Holy Ghost, be all honour and glory, world without end. Amen.

A PRAYER OF SAINT CHRYSOSTOM

Almighty God, who hast given us grace at this time with one accord to make our common supplications unto thee; and dost promise that when two or three are gathered together in thy Name thou wilt grant their requests: Fulfil now, O Lord, the desires and petitions of thy servants, as may be most expedient for them; granting us in this world knowledge of thy truth, and in the world to come life everlasting. **Amen.**

THE GRACE

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Ghost, be with us all evermore. **Amen.**

2 Corinthians 13.14

THE HOMILY

HYMN 105 – Forty days and forty nights

- All* 1 Forty days and forty nights
Thou wast fasting in the wild;
Forty days and forty nights
Tempted, and yet undefiled.
- All* 2 Sunbeams scorching all the day;
Chilly dew-drops nightly shed;
Prowling beasts about thy way;
Stones thy pillow; earth thy bed.
- All* 3 Shall not we thy trial share,
And from earthly joys abstain,
Fasting with unceasing prayer,
Strong with thee to suffer pain?
- Lower* 4 And if Satan, vexing sore,
Voices Flesh or spirit should assail,
Thou, his vanquisher before,
Grant we may not faint nor fail.
- Upper* 5 So shall we have peace divine;
Voices Holier gladness ours shall be;
Round us too shall angels shine,
Such as ministered to thee.
- All* 6 Keep, O keep us, Saviour dear,
Ever constant by thy side;
That with thee we may appear
At the eternal Eastertide.

HEINLEIN (AUS DER TIEFE)
Martin Herbst 1654-81
in Nürnbergisches Gesangbuch, 1676

G.H. Smyttan 1822-70
& Francis Pott 1832-1901

The People kneel at the sound of the Sanctus bells.

DEVOTIONS

O Salutaris Hostia (Hymn 237, Part 2)

VERBEM SUPERNUM

- 5 O Saving Victim, opening wide
The gate of heaven to man below:
Our foes press on from every side;
Thine aid supply, thy strength bestow.
- 6 All praise and thanks to thee ascend
For evermore, Blest One in Three;
O grant us life that shall not end
In our true native land with thee. Amen.

MOTET

‘Miserere mei,’ William Byrd (1543-1623)

Miserere mei, Deus, secundum magnam misericordiam tuam; Et secundum multitudinem miserationum tuarum dele iniquitatem meam.

Have mercy upon me, O God, after thy great goodness; according to the multitude of thy mercies do away mine offences.

(Psalm 51.1)

Tantum Ergo Sacramentum (Hymn 234, Part 2)

PANGE LINGUA

- 5 Therefore we, before him bending,
this great sacrament revere:
types and shadows have their ending,
for the newer rite is here;
faith, our outward sense befriending,
makes our inward vision clear.
- 6 Glory let us give and blessing
to the Father and the Son,
honour, might, and praise addressing,
while eternal ages run;
ever too his love confessing,
who, from both, with both is One. Amen.

The People match the pitch of the Minister on the underlined syllable.

Thou gavest them Bread from hea-ven;
Containing in itself all sweet-ness.

COLLECT OF CORPUS CHRISTI

O God, who in a wonderful sacrament hast left unto us a memorial of thy passion: Grant us so to reverence the holy mysteries of thy Body and Blood, that we may ever know within ourselves the fruit of thy redemption; who livest and reignest with the Father in the unity of the Holy Ghost, one God, world without end. **Amen.**

PSALM 117—Laudate Dominum; *Tone VI*

Antiphon:

Cantor

People



Tone VI



O PRAISE the Lord, all ye **na**-tions : laud him, **all** yē peo-ples.

For his merciful kindness is ever more and more to-**wards** us :
and the truth of the Lord endureth for **ev**-ēr. Praise the Lord.

Glory be to the Father, and to **the** Son : and to thē Ho-ly Ghost;

As it was in the beginning, is now, and ever **shall** be :
world with-**out** end. A-men.

All repeat the Antiphon from the beginning.

The People rise at the sound of the Sanctus bells.

THE REV. CANON ALYSON BARNETT-COWAN is the immediate Past President of the Canadian Council of Churches, a national ecumenical body comprised of 25 member churches.

In 2015, she retired from her work as the Director for Unity Faith and Order for the Anglican Communion, based in London, England. In that capacity she staffed the Inter-Anglican Commission for Unity, Faith and Order, which addresses issues of doctrine and communion life. She was the lead staff for the ecumenical dialogues of the Anglican Communion.

For the first six months of 2015 Alyson served as Interim Secretary General of the Anglican Communion, heading the Secretariat which supports the work of the Instruments of Communion (Lambeth Conference, Anglican Consultative Council, Primates Meeting and the Archbishop of Canterbury).

Before her appointment to the Anglican Communion Office, Alyson was the Director of the Faith, Worship, and Ministry Department of the Anglican Church of Canada, where she staffed its theological and ecumenical work. She has been a member of the Faith and Order Commission of the World Council of Churches and a Vice-President and President of the Canadian Council of Churches.

Alyson is a canon of the Diocese of Brandon, where with her late husband Bruce, she was co-president of the Henry Budd College for Ministry in the 1980s. She is a graduate of Trinity College, University of Toronto (BA, MDiv, MTh) and has been awarded honorary doctorates by Montreal Diocesan Theological College, Trinity College (Toronto), Lutheran Theological Seminary (Saskatoon), and the Atlantic School of Theology. She has three adult children and four grandchildren, with another on the way.

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Miserere mei Text: *Traditional* Music by: *William Byrd*

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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

Saint Thomas's Anglican Church

383 Huron Street,

Toronto, Ontario M5S 2G5

416-979-2323

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