

Saint Thomas's Church

The First Sunday in Lent

Sunday, February 26, 2023

Sung Mass at 9:30 am



Christ in the Wilderness, Ivan Nikolayevich Kramskoy, 1872
State Tretyakov Gallery, Moscow

Saint Thomas's Anglican Church

383 Huron Street,

Toronto, Ontario M5S 2G5

416-979-2323

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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/smokytoms. 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. Shire
Reader: Ose Okoigun
Interim Director of Music & Organist: Elizabeth Anderson

MUSIC OF THE MASS New Plainsong Mass, David Hurd (b. 1950)

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

GREETING

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

And also with you.

Bless the Lord who forgives all our sins.


His mercy endures for ever.

COLLECT FOR PURITY

Almighty God, **to you all hearts are open, all desires known, and from you no secrets are hidden. Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. Amen.**

The Choir and People:

KYRIE ELEISON



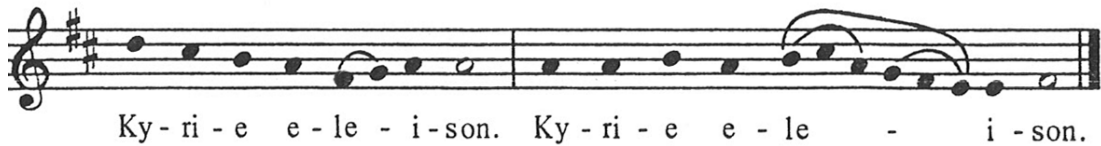
Ky - ri - e e - le - i - son. Ky - ri - e e - le - i - son.



Ky-ri - e e - le - i - son. Chri - ste e - le - i - son. Chri - ste e - le - i - son.



Chri - ste e - le - i - son. Ky - ri - e e - le - i - son.



Ky - ri - e e - le - i - son. Ky - ri - e e - le - i - son.

THE COLLECT OF THE DAY

Let us pray.

Almighty God, whose Son fasted forty days in the wilderness, and was tempted as we are but did not sin, give us grace to discipline ourselves in submission to your Spirit, that as you know our weakness, so we may know your power to save; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

The People sit.

FIRST READING Genesis 2.15-17, 3.1-7

A reading from the book of Genesis.

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.

RESPONSORIAL PSALM 32



Happy are they whose transgressions are forgiven, and whose sin is put away!
Happy are they to whom the Lord imputes no guilt, and in whose spirit there is no
guile! **R/.**

While I held my tongue, my bones withered away, because of my groaning all day
long. For your hand was heavy upon me day and night; my moisture was dried up
as in the heat of summer. **R/.**

Then I acknowledged my sin to you, and did not conceal my guilt. I said, “I will
confess my transgressions to the Lord.” Then you forgave me the guilt of my sin.
Therefore all the faithful will make their prayers to you in time of trouble; when
the great waters overflow, they shall not reach them. **R/.**

You are my hiding-place; you preserve me from trouble; you surround me with
shouts of deliverance. “I will instruct you and teach you in the way that you
should go; I will guide you with my eye. Do not be like horse or mule, which have
no understanding; who must be fitted with bit and bridle, or else they will not stay
near you.” **R/.**

Great are the tribulations of the wicked; but mercy embraces those who trust in
the Lord. Be glad, you righteous, and rejoice in the Lord; shout for joy, all who
are true of heart. **R/.**

SECOND READING Romans 5.12-19

A reading from St Paul’s Epistle to the Romans:

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.

GOSPEL ACCLAMATION

Praise to you, Lord. King of eternal glory. We shall not live by bread alone, but by every word that proceeds from the mouth of God. Praise to you, Lord. King of eternal glory.

THE HOLY GOSPEL Matthew 4.1-11

The Lord be with you.

And also with you.

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

Glory to you, Lord Jesus Christ.

Then Jesus 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 to you, Lord Jesus Christ.

The People sit.

SERMON

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

THE NICENE CREED

Let us confess our faith, as we say,

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

We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one being with the Father. Through him all things were made. For us and for our salvation he came down from heaven: *(Bow.)* by the power of the Holy Spirit he became incarnate from the Virgin Mary, and was made man. *(Rise.)*

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

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

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

The People remain standing.

INTERCESSIONS

Celebrant: With confidence and trust let us pray to the Lord, asking, “Lord, have mercy.”

Intercessor: For the one Church throughout the world, we pray to you, Lord.
Lord, have mercy.

For the mission of the Church, that in faithful witness we may preach and live the gospel before the whole of Creation, we pray to you Lord.
Lord, have mercy.

For those preparing for baptism and their mentors, for those renewing their vows publicly or in private at this time of recollection, we pray to you, Lord.
Lord, have mercy.

For peace and equity in the world, that a spirit of respect and reconciliation may grow among nations and peoples, we pray to you, Lord.
Lord, have mercy.

For the sick and all who suffer _____ for refugees, migrants, prisoners, and all in danger; that they may be relieved and protected, we pray to you Lord.

Lord, have mercy.

For the dead, _____ those dead in and from conflict and those who achieved a fullness of days, that they all may find comfort and love in the embrace of their God, we pray to you Lord.

Lord, have mercy.

Celebrant: Creator of the universe, the light of your glory shines in the darkness of our lives. Make us attentive to your presence, prompt to serve you, and ever eager to follow in the steps of the one who is our true light, Jesus Christ your Son our Lord. **Amen.**

INVITATION, CONFESSION, & ABSOLUTION

Dear friends in Christ, God is steadfast in love and infinite in mercy; he welcomes sinners and invites them to his table. Let us confess our sins, confident in God's forgiveness.

The People bow or kneel. Silence is kept.

Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbours as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us, that we may delight in your will, and walk in your ways, to the glory of your name. Amen.

Almighty God have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and keep you in eternal life; through Jesus Christ our Lord. **Amen.**

THE PEACE

All standing, the Celebrant bids the Peace.

The peace of the Lord be always with you.

And also with you.

The People remain standing for the hymn during the Offertory.

OFFERTORY HYMN – 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

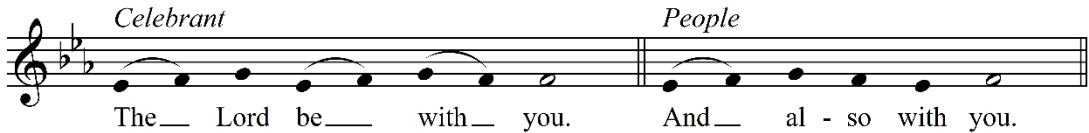
Ascribed to St Gregory the Great, 6th Cent.

PRAYER OVER THE GIFTS

God our refuge and our strength, receive all we offer you this day, and through the death and resurrection of your Son transform us to his likeness. We ask this in his name. **Amen.**

THE GREAT THANKSGIVING

Celebrant *People*



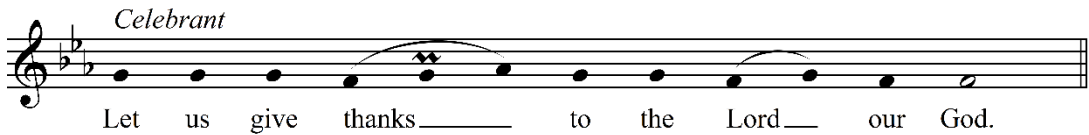
The Lord be with you. And also with you.

Celebrant *People*



Lift up your hearts. We lift them to the Lord.

Celebrant



Let us give thanks to the Lord our God.

People



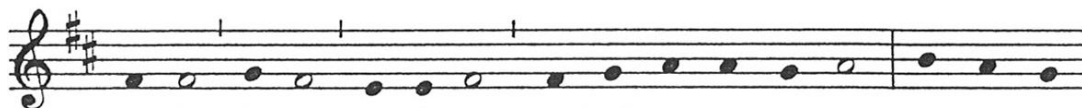
It is right to give our thanks and praise.

Blessed are you, gracious God, creator of heaven and earth; we give you thanks and praise through Jesus Christ our Lord, who was tempted in every way, yet did not sin. By his grace we are able to triumph over every evil, and to live no longer for ourselves alone, but for him who died for us and rose again.

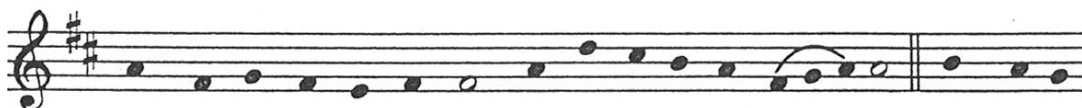
Therefore with angels and archangels, and with all the holy people who have served you in every age, we raise our voices to proclaim the glory of your name.

The Choir and People sing,

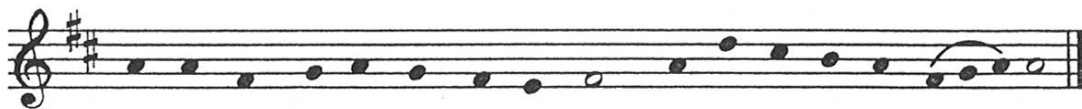
SANCTUS & BENEDICTUS



Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might. Heav - en and



earth are full of your glo - ry. Ho - san - na in the high - est. Bless - ed is



he who comes in the name of the Lord. Ho - san - na in the high - est.

The People remain standing.

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

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

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

Therefore, Father, according to his command:

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

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

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

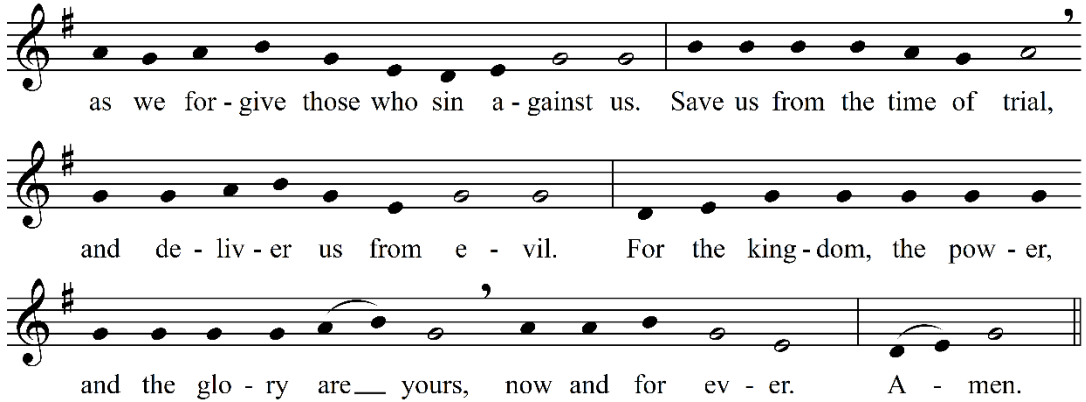
THE LORD'S PRAYER

Music by McNeil Robinson

Celebrant *People*

As our Sa - viour taught us, let us pray, Our Fa - ther in heav - en,
hal - lowed be your name, your king - dom come, your will be done,
on earth as in heav - en. Give us to - day our dai - ly bread, For - give us our sins

The musical score is written on three staves in G major. The first staff is for the Celebrant and the second and third staves are for the People. The lyrics are placed below the notes. The piece concludes with a fermata over the final note of the third staff.



as we for-give those who sin a-gainst us. Save us from the time of trial,
 and de-liv-er us from e-vil. For the king-dom, the pow-er,
 and the glo-ry are__ yours, now and for ev-er. A-men.

THE BREAKING OF THE BREAD

We break this bread,
Communion in Christ's body once broken.

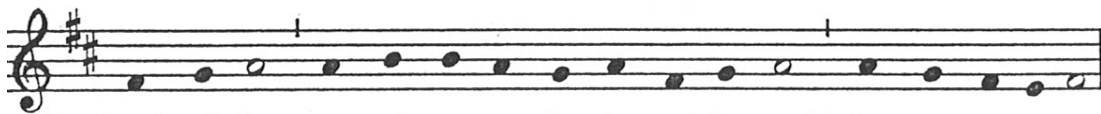
Let your Church be the wheat which bears fruit in dying.
If we have died with him, we shall live with him; if we hold firm, we shall reign with him.

HOLY COMMUNION

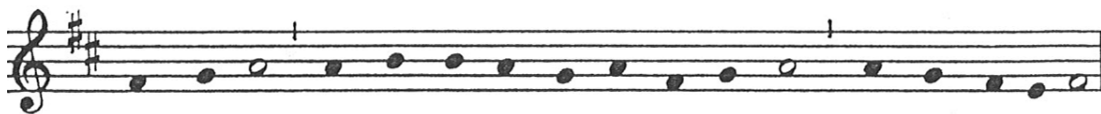
The gifts of God for the people of God.
Thanks be to God.

The Choir and People sing:

AGNUS DEI



Lamb of God, you take a-way the sins of the world: have mer-cy on us.



Lamb of God, you take a-way the sins of the world: have mer-cy on us.



Lamb of God, you take a-way the sins of the world: grant— us peace.

COMMUNION INSTRUCTIONS

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

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

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

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

MOTET 'Call to remembrance, O Lord,' Richard Farrant (c. 1525-1580)

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

(Psalm 25.5-6)

COMMUNION DEVOTIONS

An Act of Spiritual Communion, which may be prayed silently by those not receiving:

My Jesus, I believe that you are truly present in the Holy Sacrament. And since I cannot now receive you sacramentally, I humbly ask you to come spiritually into my heart. I unite myself to you, and embrace you with all the affections of my soul. Let me never be separated from you. Let me live and die in your love. Amen.

ANIMA CHRISTI

The following devotion may be prayed silently by communicants and non-communicants.

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O good Jesu, hear me.
Within thy wounds hide me.
Suffer me not to be separated from thee.
From the malicious enemy defend me.
In the hour of my death call me.
And bid me come to thee,
That with thy saints I may praise thee,
For ever and ever. Amen.

The People stand.

PRAYER AFTER COMMUNION

Let us pray.

Faithful God, in this holy bread you increase our faith and hope and love. Lead us in the path of Christ who is your Word of life. We ask this in his name. **Amen.**

DOXOLOGY

Glory to God,
whose power, working in us, can do infinitely more than we can ask or imagine. Glory to God from generation to generation, in the Church and in Christ Jesus, for ever and ever. Amen.

PRAYER OVER THE PEOPLE

Bow down before the Lord.

The People bow.

Grant, Almighty God, that your people may recognize their weakness and put their whole trust in your strength, so that they may rejoice for ever in the protection of your loving providence; through Christ our Lord. **Amen.**

DISMISSAL

Let us bless the Lord.

Thanks be to God.

CONCLUDING 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

VOLUNTARY

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

Copyright Information:

New Plainsong Music by: David Hurd

Copyright Year: 1981 Publisher: G.I.A. Publications, Inc.

Prelude on Christe, Redemptor omnium Music by: Healey Willan

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Call to remembrance Music by: Richard Farrant

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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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