

**Saint Thomas's Church**  
**The Sunday Called Sexagesima**  
**Sunday, February 4, 2024**  
**High Mass at 11:00 am**



The Starry Night, Vincent van Gogh, 1889  
Museum of Modern Art, New York City

**Saint Thomas's Anglican Church**  
383 Huron Street,  
Toronto, Ontario M5S 2G5  
416-979-2323  
[www.stthomas.on.ca](http://www.stthomas.on.ca)   [office@stthomas.on.ca](mailto:office@stthomas.on.ca)

## Welcome!

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

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

You are not obliged to engage any of us in conversation, though you should know that pretty much everyone here is happy to do so when we gather. You can always slip away without any judgement, 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](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. James Shire  
**Deacon & Homilist:** Fr. Nathan Humphrey  
**Reader:** Phil Spencer  
**Organist & Choirmaster:** Elizabeth Anderson  
**Assistant Organist & Choirmaster:** Manuel Piazza

---

**MUSIC OF THE MASS**

Missa Brevis, Jonathan Dove (b. 1959)

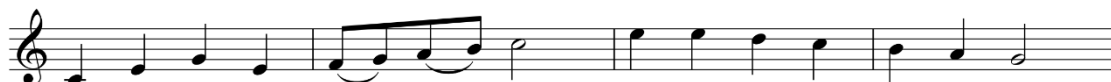
**VOLUNTARY**

Herr Gott, nun schleuss den Himmel auf, BWV 617  
J.S. Bach (1685-1750)

*At the sound of the bell, all stand for the entrance of the Choir and Sacred Ministers.*

**INTROIT HYMN 102**

Let us with a gladsome mind



1. Let us with a glad - some mind Praise the Lord, for he is kind:  
2. He with all - com - man - ding might Filled the new - made world with light:  
3. He the gol - den - tres - sèd. sun Caused all day his course to run:  
4. All things liv - ing he doth feed, His full hand sup - plies their need:  
5. Let us then with glad - some mind, Praise the Lord, for he is kind!



For his mer - cies aye en - dure, Ev - er faith - ful, ev - er sure!

MONKLAND  
John Milton, 1623

Arranged (1861) by J.B. Wilkes, from tune written 1824

*The People kneel.*

**COLLECT FOR PURITY**

Almighty God, unto whom all hearts be open, all desires known, and from whom no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of thy Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy Name; through Christ our Lord. **Amen.**

*All sing the Kyrie, the People still kneeling.*

## KYRIE ELEISON

*Missa de Angelis*

1. Cantor People  
Ky - ri - - - e - - - - - le - i - son.

2. People 3. Cantor  
Ky - ri - - - e - - - - - le - i - son.

1. People 2. Cantor 3. People  
Chri - ste - - - - - le - i - son.

1. Cantor 2. People  
Ky - ri - e - - - - - le - i - son.

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

*The People remain kneeling for the Collect.*

## COLLECT OF THE DAY

The Lord be with you.

**And with thy spirit.**

Let us pray.

O Lord God, who seest that we put not our trust in any thing that we do:  
Mercifully grant that by thy power we may be defended against all adversity;  
through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy  
Spirit, ever one God, world without end. **Amen.**

*The People sit.*

The First Lesson is written in the fortieth chapter of the book of the prophet Isaiah, beginning at the twenty-first verse.

Have you not known? Have you not heard? Has it not been told you from the beginning? Have you not understood from the foundations of the earth? It is he who sits above the circle of the earth, and its inhabitants are like grasshoppers; who stretches out the heavens like a curtain, and spreads them like a tent to live in; who brings princes to naught, and makes the rulers of the earth as nothing.

Scarcely are they planted, scarcely sown, scarcely has their stem taken root in the earth, when he blows upon them, and they wither, and the tempest carries them off like stubble.

To whom then will you compare me, or who is my equal? says the Holy One. Lift up your eyes on high and see: Who created these? He who brings out their host and numbers them, calling them all by name; because he is great in strength, mighty in power, not one is missing.

Why do you say, O Jacob, and speak, O Israel, 'My way is hidden from the Lord, and my right is disregarded by my God'? Have you not known? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. He gives power to the faint, and strengthens the powerless. Even youths will faint and be weary, and the young will fall exhausted; but those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.

The word of the Lord.

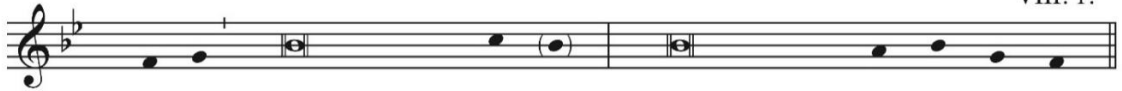
**Thanks be to God.**

*The People remain seated for the Psalm.*

**PSALM 147.1-11**

*Laudate Dominum*

VIII. 1.



*Cantor* 1 O PRAISE the Lord, for it is a good thing to sing praises unto our  
**God :**

*People* yea, a joyful and pleasant thing it is **to** be thank-ful.

1 The Lord doth build up Je-ru-sa<sup>l</sup>em :  
and gather together the out-casts of Is-ra<sup>e</sup>l.

*Cantor* 3 He healeth those that are broken in **heart :**  
and **bind**-eth up their<sup>^</sup>wounds.

*People* 4 He telleth the number of the **stars :**  
and calleth them **all** by their names.

*Cantor* 5 Great is our Lord, and great is his **power :**  
yea, and his wis-**dom** is in-fi<sup>n</sup>ite.

*People* 6 The Lord setteth up the **meek :**  
and bringeth the ungodly **down** to the ground.

*Cantor* 7 O sing unto the Lord with thanks-**giv**-ing :  
sing praises upon the harp **un**-to our God;

*People* 8 Who covereth the heaven with clōuds, and prepareth rain for the  
**earth :** and maketh grass to grow upon the mountains, and herb  
**for** the use of<sup>^</sup>men;

*Cantor* 9 Who giveth fodder unto the **cat**-tle :  
and feedeth the young ravens that **call** up-on him.

*People* 10 He hath no pleasure in the strength of an **horse :**  
neither delighteth he in **an**-y man's legs.

*Cantor* 11 But the Lord's delight is in them that **fear** him :

*People* and put their trust **in** his mer-cy.

## THE EPISTLE

1 Corinthians 9.16-23

The Epistle is written in the ninth chapter of St Paul's First Epistle to the Corinthians, beginning at the sixteenth verse.

If I proclaim the gospel, this gives me no ground for boasting, for an obligation is laid on me, and woe betide me if I do not proclaim the gospel! For if I do this of my own will, I have a reward; but if not of my own will, I am entrusted with a commission. What then is my reward? Just this: that in my proclamation I may make the gospel free of charge, so as not to make full use of my rights in the gospel.

For though I am free with respect to all, I have made myself a slave to all, so that I might win more of them. To the Jews I became as a Jew, in order to win Jews. To those under the law I became as one under the law (though I myself am not under the law) so that I might win those under the law. To those outside the law I became as one outside the law (though I am not free from God's law but am under Christ's law) so that I might win those outside the law. To the weak I became weak, so that I might win the weak. I have become all things to all people, so that I might by any means save some. I do it all for the sake of the gospel, so that I may share in its blessings.

The word of the Lord.

**Thanks be to God.**

## GOSPEL ACCLAMATION

*Cantor* Al - le - lu - ia. \* Al - le - lu - ia. *People* Al - le - lu - ia. *Tone VI*

*Cantor* HE TOOK our infir-**mi**-ties : and bore **our** dis-eas-es.

*The People repeat the Alleluia from the asterisk.*

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 twenty-ninth verse.

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

As soon as they left the synagogue, they entered the house of Simon and Andrew, with James and John. Now Simon's mother-in-law was in bed with a fever, and they told Jesus about her at once. He came and took her by the hand and lifted her up. Then the fever left her, and she began to serve them.

That evening, at sunset, they brought to him all who were sick or possessed with demons. And the whole city was gathered around the door. And he cured many who were sick with various diseases, and cast out many demons; and he would not permit the demons to speak, because they knew him.

In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. And Simon and his companions hunted for him. When they found him, they said to him, 'Everyone is searching for you.' He answered, 'Let us go on to the neighbouring towns, so that I may proclaim the message there also; for that is what I came out to do.' And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons.

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**

*Missa de Angelis*



*Celebrant* *People*


I be-lieve in one God the Fath-er Al-migh-ty, Mak-er of hea-ven and earth,  
And of all things vis-i-ble and in-vis-i-ble:  
And in one Lord Je-sus Christ, the on-ly-be-got-ten Son of God,  
Be-got-ten of the Fath-er 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 Fath-er; Through whom all things were made: Who for us men  
and for our sal-va-tion came down from hea-ven, 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 - ed and was bu - - - ri - ed, And the third day he rose a - gain



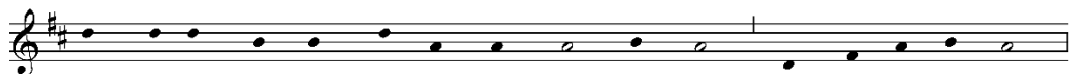
ac - cord - ing to the Scrip - tures, And as - cend - ed in - to hea - - - ven,



And sit - teth on the right hand of the Fath - er. 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 Fath - er and the Son, Who with the Fath - er and the Son



to - geth - er is wor - ship - ped and glo - ri - fi - ed, Who spake by the Pro - - - phets.



And I be - lieve One, Ho - ly, Cath - o - lic, and A - po - sto - 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

Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.

*The People remain standing for the hymn.*

## OFFERTORY HYMN 399

All creatures of our God and King

- All* 1 All creatures of our God and King,  
Lift up your voice and with us sing  
Alleluia, Alleluia!  
Thou burning sun with golden beam,  
Thou silver moon with softer gleam:  
  
*O praise him, O praise him,  
Alleluia, Alleluia, Alleluia.*
- Lower  
Voices* 2 Thou rushing wind that art so strong,  
Ye clouds that sail in heaven along,  
O praise him, Alleluia!  
Thou rising morn, in praise rejoice,  
Ye lights of evening, find a voice:  
  
*Refrain*
- All* 3 Thou flowing water, pure and clear,  
Make music for thy Lord to hear,  
Alleluia, Alleluia!  
Thou fire so masterful and bright,  
That givest man both warmth and light;  
  
*Refrain*
- Upper  
Voices* 4 Dear mother earth, who day by day  
Unfoldest blessings on our way,  
O praise him, Alleluia!  
The flowers and fruits that in thee grow,  
Let them his glory also show:  
  
*Refrain*

*All*      5    And all we men of tender heart,  
                  Forgiving others, take your part,  
                  O sing ye, Alleluia!  
                  Ye who long pain and sorrow bear,  
                  Praise God and on him cast your care:

*Refrain*

*All*      6    Let all things their Creator bless,  
                  And worship him in humbleness,  
                  O praise him, Alleluia!  
                  Praise, praise the Father, praise the Son,  
                  Praise the Spirit, Three in One:

*Refrain*

*LASST UNS ERFREUEN*  
*Melody from Geistliche Kirchengesang*

*Rev. W.H. Draper (c. 1910)*  
*based on St Francis of Assisi, 1182-1226*

*The People sit if the Choir also sits, standing again as the thurifer approaches for the censuring.*

## **PRAYER OVER THE GIFTS**

Blessed be thou, Lord God of Israel, for ever and ever. All that is in the heaven and in the earth is thine. All things come of thee, and of thine own have we given thee. **Amen.**

*The People kneel.*

## **INTERCESSIONS**

*Celebrant:* Sisters and brothers in Christ, with joyous hearts and in communion with the Holy Catholic Church, let us offer up our prayers to Almighty God.

*Intercessor:* I bid your prayers for the church universal throughout the world; for Andrew our bishop, for Kevin and Riscylla his suffragans, for The Anglican Church of South America according to the Anglican cycle of prayer, for the Bishop's Committee on Interfaith Ministry according to the Diocesan cycle of prayer, and for Janet Nichols, Stuart & Sheila Niermeier, Mary, Sean, Sharon & Mitchel Nwanokwai, Bright and Gloria Obazee, Barbara Obrai, & Robert O'Keefe according to the Parish cycle of prayer, and for all who serve and minister to God's people. (*Silence.*)

*Intercessor* *People*

Lord, in thy mer - cy, we be - seech thee, hear our prayer.

*Intercessor:* I bid your prayers for Charles, King of Canada, and for all in civil authority under him in our country, province, and city. May God guide them in the ways of justice and peace; that all may honour one another and serve the common good. (*Silence.*)

Lord, in thy mercy,  
**We beseech thee, hear our prayer.**

*Intercessor:* I bid your prayers for the world, for those places affected by war, conflict, calamity, or disaster, especially for Israel, Palestine, Ukraine and Sudan, and all other places we now name, silently or aloud. May God grant us the spirit of respect and forbearance for all nations and peoples. (*Silence.*)

Lord, in thy mercy,  
**We beseech thee, hear our prayer.**

*Intercessor:* I bid your prayers for all who serve the needs of others in our community, for the volunteers and guests of the Friday Food Ministry, and for all those who labour in and use shelters, drop-in programs, foodbanks, and other social services. May God aid us to love him with all our hearts, souls, minds, and strength, and to love our neighbours as ourselves. (*Silence.*)

Lord, in thy mercy,  
**We beseech thee, hear our prayer.**

*Intercessor:* I bid your prayers for God's blessings upon all people, giving thanks to God for the people, neighbours, and friends of this parish, and especially for all those present in person or via livestream, and for newcomers and visitors this morning, both near and far. [We give thanks especially on this day for \_\_\_\_\_.] And for [\_\_\_\_\_ and] all other thanksgivings we now name, silently or aloud.

May God's abiding presence be with us always, that we may be a blessing to all people. (*Silence.*)

Lord, in thy mercy,  
**We beseech thee, hear our prayer.**

*Intercessor:* I bid your prayers for all those in need, for the sick\_\_\_\_\_, and for all those suffering in mind, body, or estate; for elders, for prisoners, for refugees and migrants, for the oppressed, for those who mourn, and for all others for whom our prayers are asked\_\_\_\_\_. May God grant that they will be comforted by the ever-present love of our Lord. (*Silence.*)

Lord, in thy mercy,  
**We beseech thee, hear our prayer.**

*Intercessor:* I bid your prayers for the souls of the departed, especially\_\_\_\_\_ who have died in recent days, and those whose year's mind is at this time \_\_\_\_\_, that they may share with the Blessed Virgin Mary, Blessed Thomas, and all the saints in God's eternal kingdom. May God grant that their souls, and the souls of all the faithful departed, rest in peace and rise in glory. (*Silence.*)

Lord, in thy mercy,  
**We beseech thee, hear our prayer.**

*Celebrant:* Almighty God, to whom our needs are known before we ask: Help us to ask only that which is in accordance with thy will; and those good things which we dare not, or in our blindness we cannot ask, grant us for the sake of thy Son Jesus Christ our Lord. **Amen.**

## **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>
<p>The__ Lord be__ with__ you;      And__ with thy__ spi - rit.</p>	

<i>Celebrant</i>	<i>People</i>
<p>Lift__ up your hearts;      We lift__ them up un - to__ the Lord.__</p>	

<i>Celebrant</i>	<i>People</i>
<p>Let us__ give__ thanks un - to__ our Lord God;      It is meet and right so__ to do.__</p>	

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 on this first day of the week overcame death and the grave, and by his glorious resurrection opened to us the way of everlasting life. 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,


The musical notation is on a single staff with a treble clef and a key signature of two flats (B-flat and E-flat). The tempo is marked 'Celebrant' and the lyrics are 'O Fa - ther al - might - ty, world with - out \_\_\_ end. A - men. \_\_\_'. The melody consists of a series of quarter notes: G4, A4, Bb4, C5, Bb4, A4, G4, F4, E4, D4, C4. There is a fermata over the final note C4. The tempo is marked 'People' and the lyrics are 'A - men. \_\_\_'. The melody consists of a single quarter note: G4.



# THE LORD'S PRAYER


John Merbecke (1505-1585)

*Celebrant*

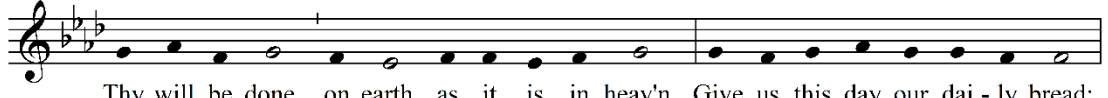


And now, as our Sa-viour Christ hath com-mand-ed and taught us, we are bold to say:

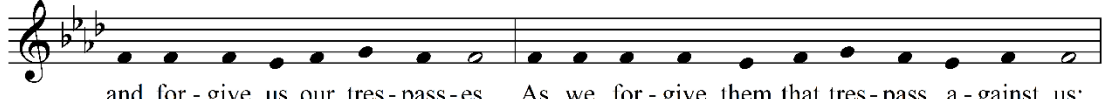
*People*




Our Fa-ther, who art in heav'n, Hal-low-ed be thy Name, Thy king-dom come,



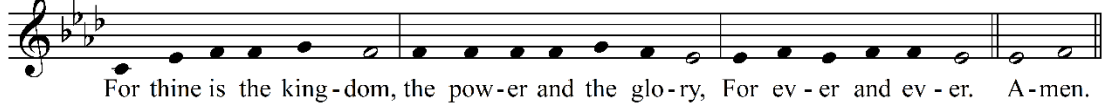
Thy will be done, on earth, as it is in heav'n. Give us this day our dai-ly bread;



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*



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 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**

Blagoslovi, dushe moya, Gospoda  
(Bless the Lord, O my soul), Sergei Rachmaninoff (1873-1943)

Blagoslovi, dushe moya, Gospoda. Blagosloven yesi, Gospodi. Gospodi Bozhe moy, vozvelichilsya yesi zelo. Blagosloven yesi, Gospodi. Vo ispovedaniye i v velepotu obleklsya yesi. Blagosloven yesi, Gospodi. Na gorakh stanut vody. Divna dela Tvoya, Gospodi. Posrede gor proydut vodi. Divna dela Tvoya, Gospodi. Vsy premudrostiyu sotvoril yesi. Slava ti, Gospodi, sotvorivshemu vsya.

Bless thou the Lord, O my soul. Blessed art thou, O Lord my God. O Lord my God, thou art become exceedingly glorious. Blessed art thou, O Lord my God. Thou art clothed with majesty and honor. Blessed art thou, O Lord my God. The waters stood above the mountains. Marvelous are thy works, O Lord. Among the hills flow the waters. Marvelous are thy works, O Lord. In wisdom hast thou made them all. Glory to thee O Lord, who hast made them all.

*The People may sit or kneel for the hymn.*

**COMMUNION HYMN 490**

How sweet the Name of Jesus sounds

- 1 How sweet the Name of Jesus sounds  
In a believer's ear!  
It soothes his sorrows, heals his wounds,  
And drives away his fear.
- 2 It makes the wounded spirit whole,  
And calms the troubled breast;  
'Tis manna to the hungry soul,  
And to the weary rest.
- 3 Dear Name! the rock on which I build!  
My shield and hiding-place!  
My never-failing treasury, filled  
With boundless stores of grace!
- 4 Jesus! My Shepherd, Brother, Friend,  
My Prophet, Priest, and King,  
My Lord, my Life, my Way, my End,  
Accept the praise I bring.

- 5 Weak is the effort of my heart,  
And cold my warmest thought;  
But when I see thee as thou art  
I'll praise thee as I ought.
- 6 Till then I would thy love proclaim  
With every fleeting breath;  
And may the music of thy Name  
Refresh my soul in death!

*S<sup>t</sup> PETER*  
*A.R. Reinagle, 1836*

*Rev. John Newton, 1779*

*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.**

### **BLESSING**

The peace of God, which passeth all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord: And the blessing of God Almighty, the ✠ Father, the Son, and the Holy Ghost, be amongst you and remain with you always. **Amen.**

*The People stand.*

**DISMISSAL**

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

**CONCLUDING HYMN 360**

O worship the King

*All* 1 O worship the King,  
All glorious above,  
O gratefully sing  
His power and his love  
Our Shield and Defender,  
The Ancient of days,  
Pavilioned in splendour,  
And girded with praise.

*All* 4 Thy bountiful care  
What tongue can recite?  
It breathes in the air,  
It shines in the light;  
It streams from the hills,  
It descends to the plain,  
And sweetly distils  
In the dew and the rain.

*Lower  
Voices* 2 O tell of his might,  
O sing of his grace,  
Whose robe is the light,  
Whose canopy space;  
His chariots of wrath  
The deep thunderclouds form  
And dark is his path  
On the wings of the storm.

*All* 5 Frail children of dust,  
And feeble as frail,  
In thee do we trust,  
Nor find thee to fail;  
Thy mercies how tender,  
How firm to the end,  
Our Maker, Defender,  
Redeemer, and Friend.

*Upper  
Voices* 3 The earth, with its store  
Of wonders untold,  
Almighty, thy power  
Hath founded of old,  
Hath stablished it fast  
By a changeless decree,  
And round it hath cast,  
Like a mantle, the sea.

*All* 6 O measureless Might,  
Ineffable Love,  
While angels delight  
To hymn thee above,  
The humbler creation,  
Though feeble their lays,  
With true adoration  
Shall sing to thy praise.

**VOLUNTARY**

Mit Fried' und Freud' ich fahr dahin, BWV 616, J.S. Bach

*The People may be seated for the Postlude. Please maintain an atmosphere of reverent silence in the church during and after the Postlude.*

*Coffee Hour follows this service in the Parish Hall.*

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

*Those at the High Altar in loving memory of Francis Burk Sutton, by his family;  
and*

*Those on the Lady Altar are in loving memory of Jean and Doug Creighton  
by Dan and Jeff Josselyn-Creighton.*

Copyright Information:

*Missa Brevis* Music by: *Dove, Jonathan*

Copyright Year: 2009 Publisher: *Hinrichsen Edition, Peters Edition*

One License Licensing Permission:

Reprinted/Streamed with Permission Under One License #A-700000

All Rights Reserved.

Unless otherwise noted above, all images, music graphics, and texts are either in the public domain or proprietary to Saint Thomas's Anglican Church.



## **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](http://www.stthomas.on.ca)   [office@stthomas.on.ca](mailto:office@stthomas.on.ca)