

# Saint Thomas's Church

## The Fifth Sunday After the Epiphany

Sunday, February 4, 2024

Sung Mass at 9:30 am



Starry Night over the Rhone, Vincent van Gogh, 1888  
Musée d'Orsay, Paris

**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. 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](http://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. Nathan Humphrey  
**Reader:** John Stuart  
**Intercessor:** Ronwen Guest  
**Organist & Choirmaster:** Elizabeth Anderson  
**Assistant Organist & Choirmaster:** Manuel Piazza

---

## 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.**

## 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 People stand.*

## GLORIA IN EXCELSIS DEO Communion Service, William Mathias (1934-1992)



Glo-ry to God in the high- est, and peace to his peo-ple on



earth. Lord God, heav'n-ly King, al- might - y God and Fa-ther, we wor-ship you, we



give you thanks, we praise\_ you for\_ your glo - ry. Lord, Je- sus Christ,

18



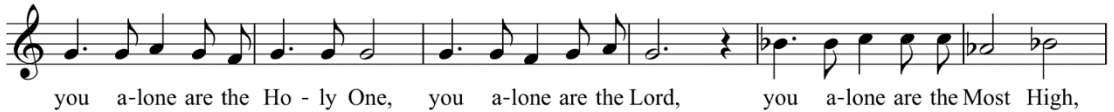
24



30



37



43



49



## THE COLLECT OF THE DAY

Let us pray.

Merciful Lord, grant to your faithful people pardon and peace, that we may be cleansed from all our sins and serve you with a quiet mind; through Jesus Christ our Lord, who is alive and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

*The People sit.*

**FIRST LESSON**

Isaiah 40.21-31

A reading from the book of the prophet Isaiah.

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.**

## PSALM 147.1-12, 21c

*The Choir sings the Refrain, which is repeated by the People. The Choir then sings the verses, and all repeat the Refrain where indicated.*



Hallelujah! How good it is to sing praises to our God! how pleasant it is to honour him with praise! The Lord rebuilds Jerusalem; he gathers the exiles of Israel.

*Refrain.*

He heals the broken-hearted and binds up their wounds. He counts the number of the stars and calls them all by their names. *Refrain.*

Great is our Lord and mighty in power; there is no limit to his wisdom. The Lord lifts up the lowly, but casts the wicked to the ground. *Refrain.*

Sing to the Lord with thanksgiving; make music to our God upon the harp. He covers the heavens with clouds and prepares rain for the earth; He makes grass to grow upon the mountains and green plants to serve mankind. He provides food for flocks and herds and for the young ravens when they cry. *Refrain.*

He is not impressed by the might of a horse, he has no pleasure in the strength of a man; but the Lord has pleasure in those who fear him, in those who await his gracious favour. Hallelujah! *Refrain.*

## SECOND LESSON

1 Corinthians 9.16-23

A reading from St. Paul's first Epistle to the Corinthians.

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**

*The Cantor sings the Alleluias, which are repeated by the People. The Cantor then sings the verse, and all repeat the Alleluias.*



*Verse: He took our infirmities and bore our diseases. Alleluia. Repeat Alleluias.*

### **THE HOLY GOSPEL**

Mark 1.29-39

The Lord be with you.

**And also with you.**

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

**Glory to you, Lord Jesus Christ.**

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 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**

Celebrate the Lord's steadfast love and praise him all his people. Let the drops of rain and flakes of snow, storm clouds and thunder bolts glorify the Lord, praise him and exalt him forever. As we do saying to all creation, Behold the power of our God.

For the Church and the lands in its care \_\_\_\_, and \_\_\_\_, to its bishops Andrew, Riscylla, and Kevin, to all who worship and minister in this parish that, understanding that there is none like our God, who has created, named, and cares for all, not one is missing. He is unique.

Say to all creation, **Behold the power of our God.**

For those we hold up in Thanksgiving \_\_\_\_ that knowing it is not those great in physical gifts alone that give him pleasure, but also those who fear him and hope in his steadfast love.

Say to all creation, **Behold the power of our God.**

For the sick \_\_\_\_, he heals the broken hearted, and binds up their wounds. He will renew the strength of those who wait, they will rise with wings like eagles.

Say to all creation, **Behold the power of our God.**

For others for whom we are asked to pray \_\_\_\_, that our God's understanding is unsearchable, he gives power to the faint, strengthening the powerless. He lifts up the tired, clearing their way.

Say to all creation, **Behold the power of our God.**

For the dead, \_\_\_\_ that, as the Lord can direct demons, we should believe he also can send his people safely to new life.

Say to all creation, **Behold the power of our God.**

Almighty God, in whom we live and move and have our being, look graciously upon your creation for which your Son gave his life. Bless all who work for unity over estrangement, forgiveness over enmity, and joy over despair. Through the same Son, Jesus our Lord who with you and the Spirit, are one God, now and ever. **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 372

O praise ye the Lord!

The musical score is written in 3/4 time with a key signature of one flat (B-flat). It consists of four systems of music, each with a vocal line and lyrics. The lyrics are arranged in four parts: 1. O praise ye the Lord! Praise Him in the Height! 2. O praise ye the Lord! Praise Him upon earth, 3. O praise ye the Lord! All things that give sound; 4. O praise ye the Lord! Thanks - gi - ving and song. The lyrics continue: Re - jice in his Word, ye an - gels of light; in tune - ful ac - cord, ye sons of new birth; Each ju - bi - lant chord, re - ec - ho a - round; To Him be out poured, all a - ges a - long; Ye hea - vens, a - dore Him by Whom ye were made, Praise Him who hath brought you His grace from a - bove, Loud or - gans, His glo - ry forth tell in deep tone, For love in cre - a - tion, for hea - ven re - stored, and wor - ship be - fore Him in bright - ness ar - rayed. praise Him who hath taught you to sing of His love. And sweet harp, the sto - ry of what He hath done. For grace of sal - va - tion, O praise ye the Lord!

## PRAYER OVER THE GIFTS

God of compassion and forgiveness, receive our offering this day, and make us one with him who is our peace, Jesus Christ our Saviour. **Amen.**

## THE GREAT THANKSGIVING

*Celebrant* *People*

The\_\_ Lord be\_\_ with\_\_ you.      And\_\_ al - so 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.\_\_

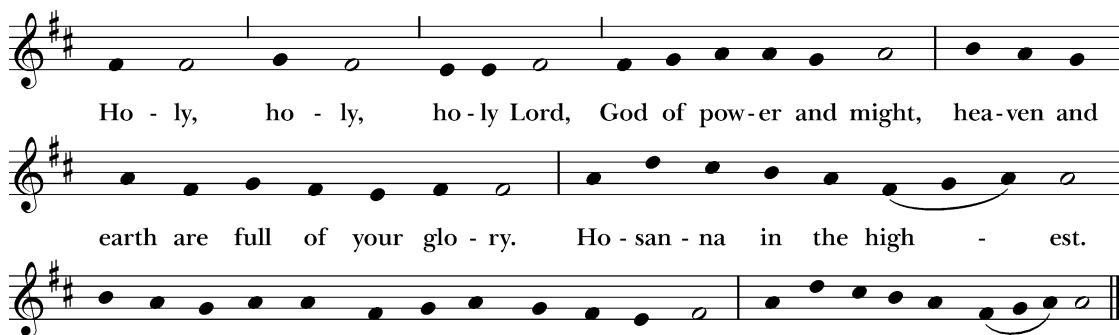
Blessed are you, gracious God, creator of heaven and earth; we give you thanks and praise through Jesus Christ our Lord, who on this first day of the week overcame death and the grave, and by his glorious resurrection opened to us the way of everlasting life.

In our unending joy we echo on earth the song of the angels in heaven as we raise our voices to proclaim the glory of your name.

*The People and Choir sing,*

## SANCTUS & BENEDICTUS

Plainsong Mass, David Hurd (b. 1950)



Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might, hea - ven 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.

Music: From *New Plainsong*; David Hurd (b. 1950). Copyright © 1981 GIA Publications, Inc.

*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

McNeil Robinson (1943-2015)

*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  
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 the bread of life, and that life is the light of the world.  
**God here among us, light in the midst of us, bring us to light and life.**

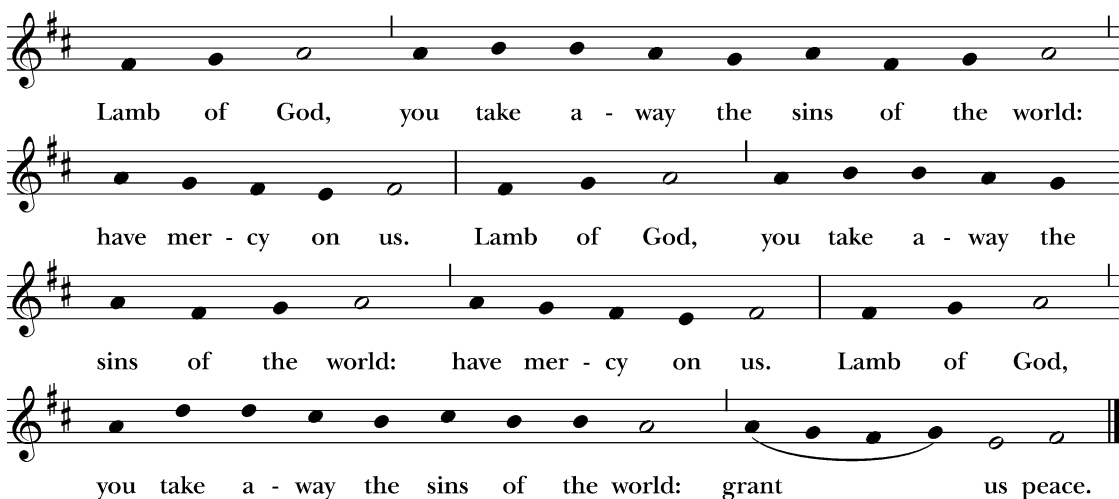
## HOLY COMMUNION

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

*The People and Choir sing:*

## AGNUS DEI

Plainsong Mass, David Hurd



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.

Music: From *New Plainsong*; David Hurd (b. 1950). Copyright © 1981 GIA Publications, Inc.

## 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

Nôtre Père, Maurice Duruflé (1902-1986)

Nôtre père qui es aux cieux, que ton nom soit sanctifié, que ton règne vienne, que ta volonté soit faite, sur la terre comme au ciel. Donne nous aujourd'hui notre pain de ce jour, pardonne nous nos offenses, comme nous pardonnons aussi à ceux qui nous ont offensés, et ne nous soumet pas à la tentation, mais délivre nous du mal.

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.

## 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.

Eternal God, in you we find peace beyond all telling. May we who share in this heavenly banquet be instruments of your peace on earth, in the name of Jesus Christ the Lord. **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.**

## BLESSING

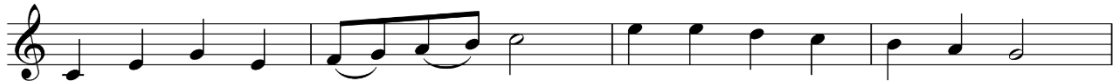
The peace of God which passes all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord; and the blessing of God almighty, the Father, the Son, and the Holy Spirit, be among you and remain with you always. **Amen.**

## DISMISSAL

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

## CONCLUDING 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 - sed_ 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 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:

*New Plainsong Mass* Music by: David Hurd  
Copyright Year: 1981 Publisher: G.I.A. Publications, Inc.  
*Communion Service* Music by: *Mathias, William*  
Copyright Year: 1976 Publisher: *Oxford University Press*  
*Nôtre Père* Music by: *Duruflé, Maurice*  
Copyright Year: 1977 Publisher: *Durand Editions*

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 lyrics 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)