

# Saint Thomas's Church

## The Fourth Sunday After the Epiphany

Sunday, January 28, 2024

Sung Mass at 9:30 am



Jesus chases a possessed man from the Synagogue, James Tissot, c. 1890  
The Brooklyn Museum

**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/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 & Homilist:** Fr. Nathan Humphrey  
**Reader:** Georgiana Beal  
**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.

## 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- mighty - y God and Fa-ther, we wor-ship you, we



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



on - ly Son of the Fa-ther, Lord God, Lamb of God, you take a-way the sin of the

24



world: have mer - cy on us; you are seat - ed at the right\_ hand of the

30



Fa - ther: re - ceive our prayer. For

37



you a-lone are the Ho - ly One, you a-lone are the Lord, you a-lone are the Most High,

43



Je - sus Christ, with the Ho - ly\_ Spi - rit, in the

49



glo - ry of God the Fa - ther.\_\_\_\_ A - - - men.

## THE COLLECT OF THE DAY

Let us pray.

Living God, in Christ, you make all things new. Transform the poverty of our nature by the riches of your grace, and in the renewal of our lives make known your glory; 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

Deuteronomy 18.15-20

A reading from the book of Deuteronomy.

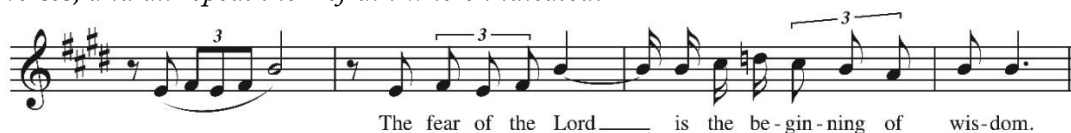
The Lord your God will raise up for you a prophet like me from among your own people; you shall heed such a prophet. This is what you requested of the Lord your God at Horeb on the day of the assembly when you said: 'If I hear the voice of the Lord my God any more, or ever again see this great fire, I will die.' Then the Lord replied to me: 'They are right in what they have said. I will raise up for them a prophet like you from among their own people; I will put my words in the mouth of the prophet, who shall speak to them everything that I command. Anyone who does not heed the words that the prophet shall speak in my name, I myself will hold accountable. But any prophet who speaks in the name of other gods, or who presumes to speak in my name a word that I have not commanded the prophet to speak—that prophet shall die.'

The word of the Lord.

**Thanks be to God.**

## RESPONSORIAL PSALM 111

*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! I will give thanks to the Lord with my whole heart, in the assembly of the upright, in the congregation. Great are the deeds of the Lord! they are studied by all who delight in them. *Refrain.*

His work is full of majesty and splendour, and his righteousness endures for ever. He makes his marvellous works to be remembered; the Lord is gracious and full of compassion. *Refrain.*

He gives food to those who fear him; he is ever mindful of his covenant. He has shown his people the power of his works in giving them the lands of the nations. *Refrain.*

The works of his hands are faithfulness and justice; all his commandments are sure. They stand fast for ever and ever, because they are done in truth and equity. *Refrain.*

He sent redemption to his people; he commanded his covenant for ever; holy and awesome is his name. The fear of the Lord is the beginning of wisdom; those who act accordingly have a good understanding; his praise endures for ever. *Refrain.*

## SECOND LESSON

1 Corinthians 8.1-13

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

Now concerning food sacrificed to idols: we know that 'all of us possess knowledge.' Knowledge puffs up, but love builds up. Anyone who claims to know something does not yet have the necessary knowledge; but anyone who loves God is known by him. Hence, as to the eating of food offered to idols, we know that 'no idol in the world really exists', and that 'there is no God but one.' Indeed, even though there may be so-called gods in heaven or on earth—as in fact there are many gods and many lords—yet for us there is one God, the Father, from whom are all things and for whom we exist, and one Lord, Jesus Christ, through whom are all things and through whom we exist. It is not everyone, however, who has this knowledge. Since some have become so accustomed to idols until now, they still think of the food they eat as food offered to an idol; and their conscience, being weak, is defiled. 'Food will not bring us close to God.' We are no worse off if we do not eat, and no better off if we do. But take care that this liberty of yours does not somehow become a stumbling-block to the weak. For if others see you, who possess knowledge, eating in the temple of an idol, might they not, since their conscience is weak, be encouraged to the point of eating food sacrificed to idols? So by your knowledge those weak believers for whom Christ died are destroyed. But when you thus sin against members of your family, and wound their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of their falling, I will never eat meat, so that I may not cause one of them to fall.

The word of the Lord  
**Thanks be to God**

*The People stand.*

## 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: Jesus went about Galilee, teaching, preaching, and healing every disease. Alleluia. Repeat Alleluias.*

## THE HOLY GOSPEL

Mark 1.21-28

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.**

They went to Capernaum; and when the sabbath came, Jesus entered the synagogue and taught. They were astounded at his teaching, for he taught them as one having authority, and not as the scribes. Just then there was in their synagogue a man with an unclean spirit, and he cried out, 'What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One of God.' But Jesus rebuked him, saying, 'Be silent, and come out of him!' And the unclean spirit, throwing him into convulsions and crying with a loud voice, came out of him. They were all amazed, and they kept on asking one another, 'What is this? A new teaching – with authority! He commands even the unclean spirits, and they obey him.' At once his fame began to spread throughout the surrounding region of Galilee.

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

Praise the Lord!

Give thanks to the Lord in the company of the upright, in the congregation saying 'The fear of the Lord is the beginning of wisdom, and his praise endures forever.'

For the Church \_\_\_\_\_ & \_\_\_\_\_, our Bishops Andrew, Riscylla, and Kevin, for all who worship and minister in this parish that, great as the deeds of the Lord are, we support and encourage those who study them.

The fear of the Lord is the beginning of wisdom,  
**and his praise endures forever.**

For those for whom we give thanks \_\_\_\_\_, that as the works of his hands are faithful and just, we trust those who exhibit them as gifts.

The fear of the Lord is the beginning of wisdom,  
**and his praise endures forever.**

For the sick \_\_\_\_\_, that, full of honour and majesty, the comfort and lovingkindness of the Lord brings them wholeness.

The fear of the Lord is the beginning of wisdom,  
**and his praise endures forever.**

For the others for whom we are asked to pray \_\_\_\_\_, that they believe the Lord has brought redemption to his people, a renewal of their lives.

The fear of the Lord is the beginning of wisdom,  
**and his praise endures forever.**

For the dead \_\_\_\_\_ & \_\_\_\_\_, that ever mindful of his covenant, the Lord feeds them milk and honey; growth and joy, in their new life.

The fear of the Lord is the beginning of wisdom,  
**and his praise endures forever.**

Gracious God, we, your people, rise and fall at your command, prosper and struggle in your creation, reach for your comfort and ever hunger for your love. Forget us not, neither leave us to drown in our sins we plead. Through Jesus your Son, who with you and the Spirit is one God, now and ever. **Amen. Praise the Lord!**

### **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 96

Songs of thankfulness and praise



1. Songs of thank - ful - ness and praise, Je - su, Lord, to thee we raise,  
2. Ma - ni - fest at Jor - dan's stream, Pro - phet, Priest, and King sup - reme;  
3. Ma - ni - fest in ma - king whole pal - sied limbs and fain - ting soul;  
4. Sun and moon shall dark - ened be, Stars shall fall, the heav'n's shall flee;  
5. Grant us grace to see thee, Lord, Mir - rored in thy ho - ly Word;



Ma - ni - fes - ted by the star To the sa - ges from a - far;  
And at Ca - na, wed - ding - guest In thy God - head ma - ni - fest;  
Ma - ni - fest in val - iant fight, Quel - ling all the de - vil's might;  
Christ will then like light - ning shine, All will see his glo - rious sign;  
May we i - mi - tate thee now, And be pure, as pure art thou;



Branch of ro - yal Da - vid's stem In thy birth at Beth - le - hem;  
Ma - ni - fest in power di - vine, Chang - ing wa - ter in - to wine;  
Ma - ni - fest in gra - cious will, E - ver bring - ing good from ill;  
All will then the trum - pet hear, All will see the Judge ap - pear;  
That we like to thee may be At thy great E - pi - pha - ny;



An - thems be to thee ad - dressed, God in Man made ma - ni - fest.  
An - thems be to thee ad - dressed, God in Man made ma - ni - fest.  
An - thems be to thee ad - dressed, God in Man made ma - ni - fest.  
Thou by all wilt be con - fessed, God in Man made ma - ni - fest.  
And may praise thee, e - ver blest, God in Man made ma - ni - fest.



*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

*Music by McNeil Robinson*

The musical score is written on four staves of music. The first staff is labeled 'Celebrant' and the second staff is labeled 'People'. The music is in G major (one sharp) and 4/4 time. The lyrics are: '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.**

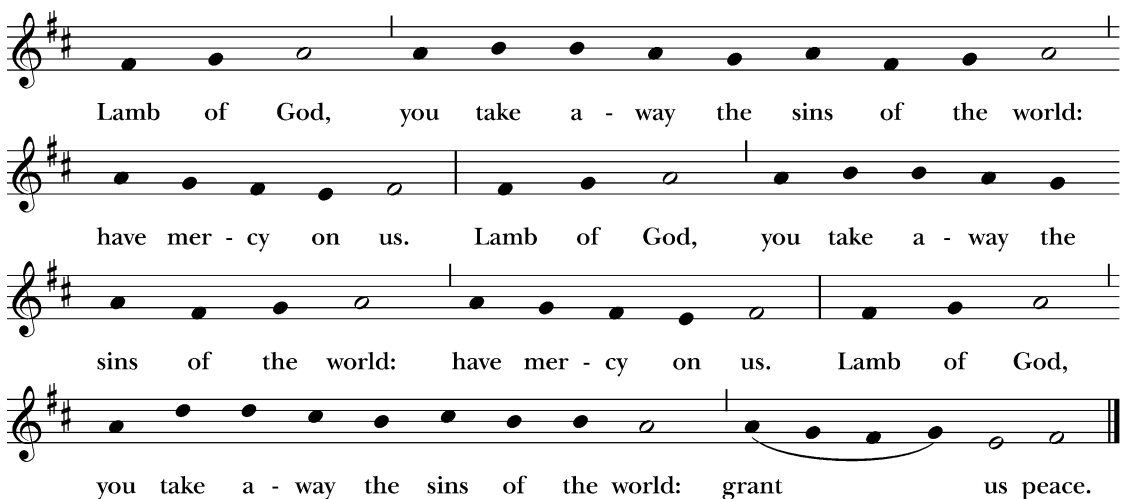
## HOLY COMMUNION

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

Seek Ye First, Karen Lafferty (b. 1948)

Seek ye first the Kingdom of God and His righteousness, and all these things shall be added unto you, Alleluia. Ask and it shall be given unto you, seek and ye shall find, knock and it shall be opened unto you, Alleluia.

## 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.

Source of all goodness, in this Eucharist we are nourished by the bread of heaven and invigorated with new wine. May these gifts renew our lives, that we may show your glory to all the world, 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 393

Praise to the Lord, the Almighty



1. Praise to the Lord, the Al - might - y, the King of cre - a - tion;
2. Praise to the Lord, who o'er all things so won - drous - ly reign - eth,
3. Praise to the Lord, who when tem - pests their war - fare are wa - ging,
4. Praise to the Lord! O let all that is in me a - dore him!



O my soul, praise him, for he is thy health and sal - va - tion:  
Shel - ters thee un - der his wings, yea, so gen - tly sus - tain - eth:  
Who when the el - e - ments mad - ly a - round thee are ra - ging,  
All that hath life and breath come now with prai - ses be - fore him!



All ye who hear, Now to his tem - ple draw near,  
Hast thou not seen, how thy en - treat - ies have been,  
Bid - deth them cease, turn - neth their - fu - ry to peace,  
Let the A - men sound from his peo - ple a - gain!



Join - ing in glad a - do - ra - tion.  
Gran - ted in what he or - dain - eth?  
Whirl - winds and wa - ters as - suag - ing.  
Glad - ly for aye we a - dore him.

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

*Those on the High Altar in memory of Lilly and Neilson Swan;*

*and*

*Those on the Lady Altar in loving memory of Jean and Joe Josselyn  
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

*Seek Ye First* Music by: Lafferty, Karen

Copyright Year: 1972 Publisher: Maranatha Music!

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)