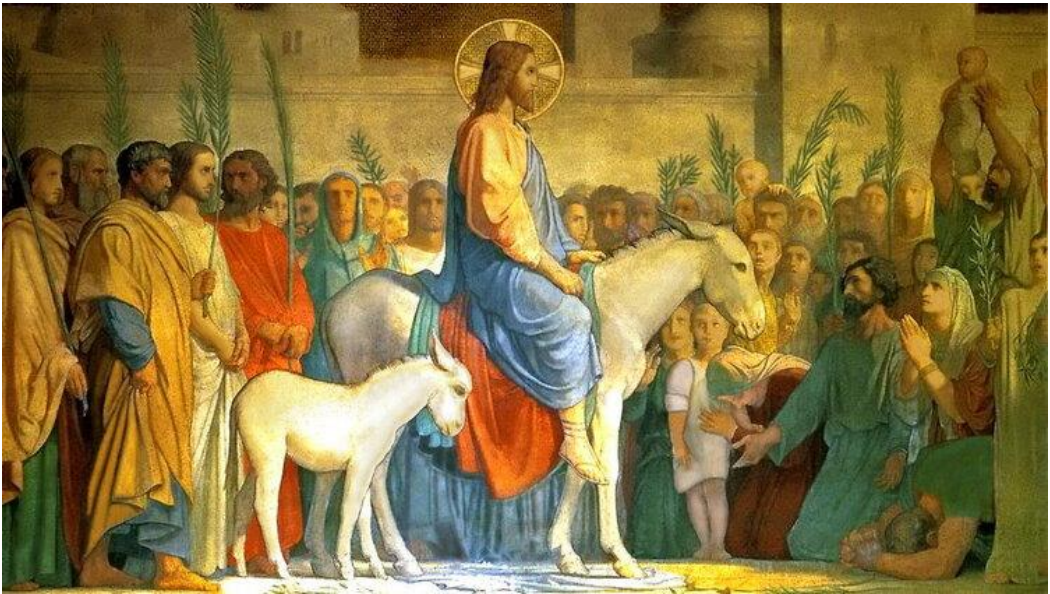


**Saint Thomas's Church**  
**The Fifth Sunday After Trinity**  
**Sunday, July 9, 2023**  
**High Mass at 11 o'clock**



Christ's Entry into Jerusalem, Jean-Hippolyte Flandrin, c. 1842  
This fresco is in the Church of St. Germain de Pres, 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.*

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

*Those at the High Altar in loving memory of Elizabeth Thoms, by her grateful family;*

*and*

*Those on the Lady Altar in memory of deceased members of the Acolytes' Guild.*



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:** Fr. Nathan Humphrey  
**Homilist:** Fr. Peter Anthony  
**Deacon:** Fr. James Shire  
**Reader:** Maureen Somerville  
**Director of Music:** Elizabeth Anderson  
**Assistant Director of Music:** Manuel Piazza

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**MUSIC OF THE MASS**                      Mass for Four Voices, William Byrd (1543-1623)

**VOLUNTARY**                                      Cantilène, Flor Peeters (1903-1986)

**ENTRANCE HYMN 393** – Praise to the Lord, the Almighty

*All*        1 Praise to the Lord, the Almighty, the King of creation;  
              O my soul, praise him, for he is thy health and salvation:  
              All ye who hear,  
              Now to his temple draw near  
              Joining in glad adoration.

*All*        2 Praise to the Lord, who o'er all things so wondrously reigneth,  
              Shelters thee under his wings, yea, so gently sustaineth;  
              Hast thou not seen  
              How thy entreaties have been  
              Granted in what he ordaineth?

*Upper 3*    Praise to the Lord, who doth prosper thy work, and defend thee;  
*Voices*      Surely his goodness and mercy here daily attend thee:  
              Ponder anew  
              What the Almighty can do,  
              If with his love he befriend thee.

*Lower*    4 Praise to the Lord, who, when tempests their warfare are waging,  
*Voices*      Who, when the elements madly around thee are raging,  
              Biddeth them cease,  
              Turneth their fury to peace,  
              Whirlwinds and waters assuaging.

*All* 5 Praise to the Lord, who, when darkness of sin is abounding,  
Who, when the godless do triumph, all virtue confounding,  
Sheddeth his light,  
Chaseth the horrors of night,  
Saints with his mercy surrounding.

*All* 6 Praise to the Lord! O let all that is in me adore him!  
All that hath life and breath come now with praises before him!  
Let the Amen  
Sound from his people again:  
Gladly for aye we adore him.

*LOBE DEN HERREN*  
*Stralsund Gesängbuch, 1665*

J. Neander (1680)  
*Tr. (1863) C. Winkworth and others*

*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.**

*The Choir alone sings the Kyrie.*

### **KYRIE ELEISON**

Lord, have mercy upon us.  
Christ, have mercy upon us.  
Lord, have mercy upon us.

Kyrie Eleison.  
Christe Eleison.  
Kyrie Eleison.

*The People stand.*

**GLORIA IN EXCELSIS DEO**

*Missa de Angelis*

*Celebrant* *People*

Glo-ry be to God on high, and in earth peace, good will to - wards men. We praise thee,  
we bless thee, we wor - ship thee, we glo-ri - fy thee, we give thanks to thee  
for thy great glo-ry, O Lord God hea-ven-ly King, God the Fath - er Al - migh - ty.  
O Lord, the on-ly-be-got-ten Son, Je - su Christ; O Lord God, Lamb of God,  
Son of the Fath - - er, that tak - est a - way the sin of the world,  
have mer - cy up - on us. Thou that tak - est a - way the sin of the world,  
re - ceive our prayer. Thou that sit - test at the right hand of God the Fath - er,  
have mer - cy up - on us. For thou on - ly art ho - ly; thou on - ly art the Lord;  
thou on - ly, O Christ, with the Ho - ly Ghost, art most high  
in the glo - ry of God the Fath - - - er. A men.

*The People remain standing for the Collect.*

**COLLECT OF THE DAY**

The Lord be with you.

**And with thy spirit.**

Let us pray.

Grant, O Lord, we beseech thee, that the course of this world may be so peaceably ordered by thy governance, that thy Church may joyfully serve thee in all godly quietness; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, world without end. **Amen.**

*The People sit.*

**FIRST LESSON Zechariah 9.9-12**

The First Lesson is written in the ninth chapter of the book of the prophet Zechariah, beginning at the ninth verse.

Rejoice greatly, O daughter Zion! Shout aloud, O daughter Jerusalem! Lo, your king comes to you; triumphant and victorious is he, humble and riding on a donkey, on a colt, the foal of a donkey. He will cut off the chariot from Ephraim and the warhorse from Jerusalem; and the battle-bow shall be cut off, and he shall command peace to the nations; his dominion shall be from sea to sea, and from the River to the ends of the earth. As for you also, because of the blood of my covenant with you, I will set your prisoners free from the waterless pit. Return to your stronghold, O prisoners of hope; today I declare that I will restore to you double.

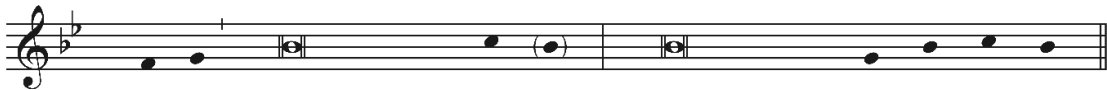
The word of the Lord.

**Thanks be to God.**

*The People remain seated for the Psalm.*

**PSALM 45.10-17**

VIII. 2.



*Cantor* 10 HEARK-EN, O daughter, consider, and incline thine **ear** :  
*People* forget also thine own people **and** thy fa-ther's<sup>^</sup>house;  
11 So shall the king have pleasure in thy **beau**-ty :  
since he is thy lord, **bow** thou down to<sup>^</sup>him.  
*Cantor* 12 And the daughter of Tyre shall be there with a **gift** :  
even the rich among the people shall en-**treat** thy fav-our.  
*People* 13 The king's daughter within the palace is all **glor**-ious :  
her clothing **is** of wrought gold.  
*Cantor* 14 She is brought to the king in raiment of **nee**-dle<sup>^</sup>work : the virgins  
that be her fellows bear her company, and are **brought** un-to thee.  
*People* 15 With joy and gladness are they led a-**long** :  
as they enter into the **king**'s pa-lace.  
*Cantor* 16 Instead of thy fathers thou shalt have **sons** :  
whom thou mayest make prin-**ces** in all the<sup>^</sup>earth.  
*People* 17 I will make thy name to be remember-ed from  
one generation to an-**o**-ther :  
therefore shall the peoples praise thee, **world** with-out end.

**THE EPISTLE Romans 7.15-25a**

The Epistle is written in the seventh chapter of St. Paul's Epistle to the Romans, beginning at the fifteenth verse.

I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. Now if I do what I do not want, I agree that the law is good. But in fact it is no longer I that do it, but sin that dwells within me. For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. For I do not do the good I want, but the evil I do not want is what I do. Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me. So I find it to be a law that when I want to do what is good, evil lies close at hand. For I delight in the law of God in my inmost self, but I see in my members another law at war with the law of my mind, making me captive to the

law of sin that dwells in my members. Wretched man that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord!

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

### GOSPEL ACCLAMATION

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

*Cantor* BLESS-ED is our Father, Lord of heaven **and** earth : who has reveal-ed these things **to** thē sim-ple.

*People* \* Alleluia.

### THE HOLY GOSPEL Matthew 11.16-19, 25-30

The Lord be with you.

**And with thy spirit.**

The Holy Gospel is written in the eleventh chapter of the Gospel according to Saint Matthew, beginning at the sixteenth verse.

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

Jesus said, 'But to what will I compare this generation? It is like children sitting in the market-places and calling to one another, "We played the flute for you, and you did not dance; we wailed, and you did not mourn." For John came neither eating nor drinking, and they say, "He has a demon"; the Son of Man came eating and drinking, and they say, "Look, a glutton and a drunkard, a friend of tax-collectors and sinners!" Yet wisdom is vindicated by her deeds.' At that time Jesus said, 'I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. 'Come to me, all you that are weary and are carrying heavy burdens,







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**

Blessed is he that considereth the poor and needy: the Lord shall deliver him in the time of trouble.

*The People remain standing for the hymn.*

**OFFERTORY HYMN 384 – Praise to the Holiest in the height**

- 1 Praise to the Holiest in the height,  
And in the depth be praise;  
In all his words most wonderful,  
Most sure in all his ways.
  
- 2 O loving wisdom of our God!  
When all was sin and shame,  
A second Adam to the fight  
And to the rescue came.
  
- 3 O wisest love! That flesh and blood,  
Which did in Adam fail,  
Should strive afresh against the foe,  
Should strive and should prevail;

- 4 And that a higher gift than grace  
Should flesh and blood refine,  
God's presence and his very Self,  
And essence all-divine.
- 5 O generous love! that he who smote  
In Man for man the foe,  
The double agony in Man  
For man should undergo,
- 6 And in the garden secretly,  
And on the Cross on high,  
Should teach his brethren, and inspire  
To suffer and to die.
- 7 Praise to the Holiest in the height,  
And in the depth be praise;  
In all his words most wonderful,  
Most sure in all his ways.

*RICHMOND*  
*adapted from Thomas Haweis, 1792 by S. Webbe (the younger), 1770-1843*

*Cardinal J.H. Newman, 1866*

*The People remain standing 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 \_\_\_\_\_ according to the Anglican cycle of prayer, for \_\_\_\_\_ according to the Diocesan cycle of prayer, and for \_\_\_\_\_ according to the Parish cycle of prayer, and for all who serve and minister to God's people. (*Silence.*)



The image shows a musical staff with a treble clef. The staff is divided into two parts by a double bar line. The first part is labeled 'Intercessor' and contains the notes G4, A4, B4, C5, and D5. The second part is labeled 'People' and contains the notes E5, F5, G5, A5, B5, C6, and D6. Below the staff, the lyrics are written: '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 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 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:* Eternal God, we offer up to thy care the needs of the earth. Where there is hatred and fear, strengthen with love. Where there is injury in all its many faces and deeds, sow repair and reflection. Where there is despair and disbelief, let all find renewal of hope. Where there is the darkness of evil, shine the light of thy Son into our hearts; through the same thy Son, Jesus Christ our Lord, who with thee and the Holy Spirit liveth and reigneth, one God, now and for ever. **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.

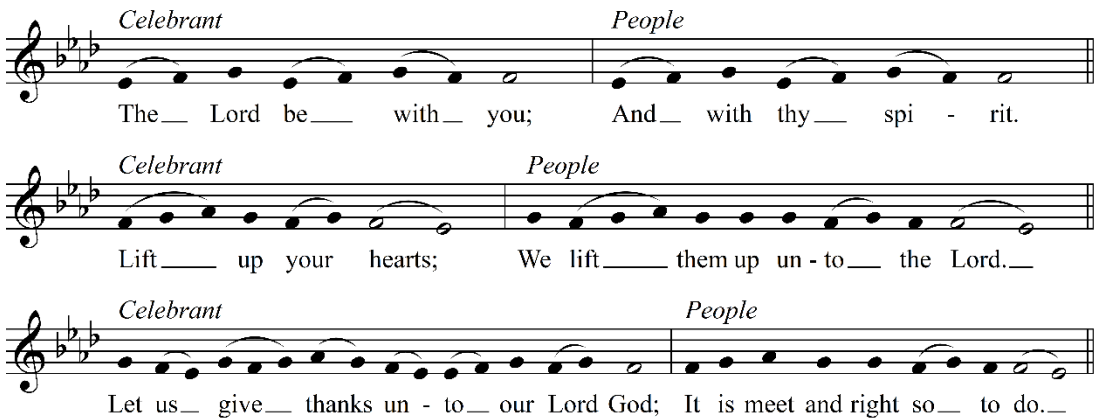
**Almighty God, Father of our Lord Jesus Christ, Maker of all things, Judge of all men: We acknowledge and confess our manifold sins and wickedness, Which we from time to time most grievously have committed, By thought, word, and deed, Against thy Divine Majesty. We do earnestly repent, And are heartily 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.*

## **EUCCHARISTIC PRAYER**



*Celebrant* *People*  
The\_\_ Lord be\_\_ with\_\_ you; And\_\_ with thy\_\_ spi - rit.

*Celebrant* *People*  
Lift\_\_ up your hearts; We lift\_\_ them up un - to\_\_ the Lord.\_\_

*Celebrant* *People*  
Let us\_\_ give\_\_ thanks un - to\_\_ our Lord God; It is meet and right so\_\_ to do.\_\_

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.

For thou art the fountain of light and life for all thy creation: thou hast made us in thine own image, and dost raise us to new life in Jesus Christ our Saviour.

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 written on a single staff in G major (one sharp) and 4/4 time. It is divided into two parts: 'Celebrant' and 'People'. The 'Celebrant' part consists of a series of quarter notes: O, Fa, - ther, al, - might, - ty, world, with, - out, end. The 'People' part consists of a half note: A - men. The lyrics are placed below the notes.

# THE LORD'S PRAYER

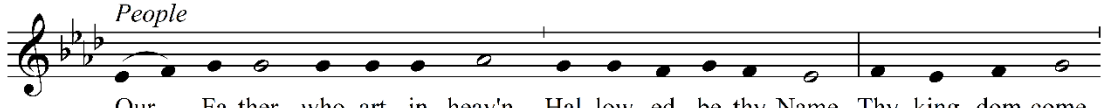
*Music by John Merbecke*

*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,



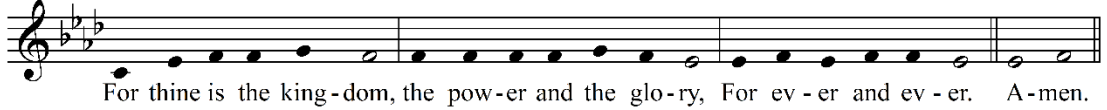
Thy will be done, on earth, as it is in heav'n. Give us this day our dai-ly bread;



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.

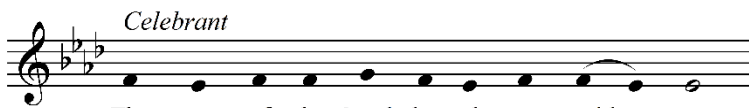


For thine is the king-dom, the pow-er and the glo-ry, For ev-er and ev-er. A-men.

# FRACTION & PEACE

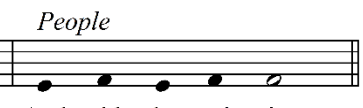
*A period of silence is kept. The consecrated Bread is broken.*

*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.

O Lamb of God, that takest away the sin  
of the world, have mercy upon us.

O Lamb of God, that takest away the sin  
of the world, grant us thy peace.

Agnus Dei, qui tollis peccata mundi,  
miserere nobis.

Agnus Dei, qui tollis peccata mundi,  
miserere nobis.

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**

‘Rise up, my love, my fair one,’ Healey Willan (1880-1968)

Rise up, my love, my fair one, and come away; for lo, the winter is past, the rain is over and gone; the flowers appear upon the earth; the time of the singing of birds is come; arise, my love, my fair one, and come away.

(Song of Solomon 2.10b-12a)

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

**COMMUNION HYMN 503** – I heard the voice of Jesus say

- 1 I heard the voice of Jesus say,  
‘Come unto me and rest;  
Lay down, thou weary one, lay down  
Thy head upon my breast’:  
I came to Jesus as I was,  
Weary, and worn, and sad;  
I found in him a resting-place,  
And he has made me glad.
- 2 I heard the voice of Jesus say,  
‘Behold, I freely give  
The living water, thirsty one,  
Stoop down, and drink, and live’:  
I came to Jesus, and I drank  
Of that life-giving stream;  
My thirst was quenched, my soul revived,  
And now I live in him.
- 3 I heard the voice of Jesus say,  
‘I am this dark world’s Light;  
Look unto me, thy morn shall rise,  
And all thy day be bright’:  
I looked to Jesus, and I found  
In him my Star, my Sun;  
And in that light of life I’ll walk  
Till travelling days are done.

*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.**

*Please stand.*

## **DISMISSAL**

Go in peace to love and serve the Lord.

**Thanks be to God.**

**CONCLUDING HYMN 7** – Forth in thy Name, O Lord, I go

- 1 Forth in thy Name, O Lord, I go,  
My daily labour to pursue;  
Thee, only thee, resolved to know,  
In all I think, or speak, or do.

- 2 The task thy wisdom hath assigned  
O let me cheerfully fulfil;  
In all my works thy presence find,  
And prove thy good and perfect will.
- 3 Thee may I set at my right hand,  
Whose eyes my inmost substance see,  
And labour on at thy command,  
And offer all my works to thee.
- 4 Give me to bear thy easy yoke,  
And every moment watch and pray,  
And still to things eternal look,  
And hasten to thy glorious day;
- 5 For thee delightfully employ  
Whate'er thy bounteous grace hath given,  
And run my course with even joy,  
And closely walk with thee to heaven.

*ANGEL'S SONG*  
*Original version of melody by Orlando Gibbons, 1623*

*Rev. Charles Wesley, 1749*

## **VOLUNTARY**

Dorian Prelude, Flor Peeters (1903-1986)  
Koraal (from Modale Suite), Flor Peeters (1903-1986)

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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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