

# Saint Thomas's Church

## The Fifth Sunday in Lent

Sunday, March 17, 2024

Sung Mass at 9:30 am



Angel holding the vessel and towel for washing the hands of Pontius Pilate,  
Simon Vouet, 1627  
Minneapolis Institute of Art

**Saint Thomas's Anglican Church**

383 Huron Street,  
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## Welcome!

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

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

You are not obliged to engage any of us in conversation, though you should know that pretty much everyone here is happy to do so when we gather. You can always slip away without any judgement. We seem to have a lot of introverts here, so we understand the energy it takes to put yourself out there. Even if you're a raging extrovert, the experience of church can be disorienting. Relax and be yourself. Believe it or not, whether from near or far, God has led you here today. We want to honour what God is up to in your life, and we are here for you as you (re-) discover the joy and the challenge of the saving Gospel of Jesus Christ.

Fr. Nathan Humphrey, Rector

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



St. Thomas's relies on the generosity of those whose offerings reflect gratitude for God's own generosity to us. To make a secure gift online, simply scan the QR code with your phone's camera app, or visit [qrco.de/smokytoms](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. James Shire  
**Reader:** Larry Beckwith  
**Intercessor:** Evelyn Chau  
**Organist & Choirmaster:** Elizabeth Anderson  
**Assistant Organist & Choirmaster:** Manuel Piazza

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**MUSIC OF THE MASS**

New Plainsong Mass, David Hurd (b. 1950)

**GREETING**

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

**And also with you.**

Bless the Lord who forgives all our sins.

**His mercy endures for ever.**

**COLLECT FOR PURITY**

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

*The Choir and People sing:*

**KYRIE ELEISON**

*Cantor* *All*

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

*Cantor* *All*

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

*Cantor* *All*

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

## THE COLLECT OF THE DAY

Let us pray.

Most merciful God, by the death and resurrection of your Son Jesus Christ, you created humanity anew. May the power of his victorious cross transform those who turn in faith to him who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

*The People sit.*

### FIRST LESSON

Jeremiah 31.31-34

A reading from the book of the prophet Jeremiah.

The days are surely coming, says the Lord, when I will make a new covenant with the house of Israel and the house of Judah. It will not be like the covenant that I made with their ancestors when I took them by the hand to bring them out of the land of Egypt - a covenant that they broke, though I was their husband, says the Lord. But this is the covenant that I will make with the house of Israel after those days, says the Lord: I will put my law within them, and I will write it on their hearts; and I will be their God, and they shall be my people. No longer shall they teach one another, or say to each other, 'Know the Lord', for they shall all know me, from the least of them to the greatest, says the Lord; for I will forgive their iniquity, and remember their sin no more.

The word of the Lord.

**Thanks be to God.**

## RESPONSORIAL PSALM 51.1-13

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



Have mercy on me, O God, according to your loving-kindness; in your great compassion blot out my offences. Wash me through and through from my wickedness and cleanse me from my sin. For I know my transgressions, and my sin is ever be-fore me. *Refrain.*

Against you only have I sinned and done what is evil in your sight. And so you are justified when you speak and upright in your judgement. Indeed, I have been wicked from my birth, a sinner from my mother's womb. For behold, you look for the true deep within me, and will make me to understand wisdom secretly. *Refrain.*

Purge me from my sin and I shall be pure, wash me, and I shall be clean in-deed. Make me hear of joy and gladness, that the body you have broken may rejoice. Hide your face from my sins and blot out all my iniquities. *Refrain.*

Create in me a clean heart, O God, and re-new a right spirit within me. Cast me not away from your presence and take not your Holy Spirit from me. Give me the joy of your saving help again and sustain me with your bountiful Spirit. *Refrain.*

## THE EPISTLE

Hebrews 5.5-10

A reading from the Epistle to the Hebrews.

So also Christ did not glorify himself in becoming a high priest, but was appointed by the one who said to him, 'You are my Son, today I have begotten you'; as he says also in another place, 'You are a priest for ever, according to the order of Melchizedek.' In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to the one who was able to save him from death, and he was heard because of his reverent submission. Although he was a Son, he learned

obedience through what he suffered; and having been made perfect, he became the source of eternal salvation for all who obey him, having been designated by God a high priest according to the order of Melchizedek.

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

### **GOSPEL ACCLAMATION**

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



*Verse:* Anyone who serves me must follow me, says the Lord, and where I am, there shall my servant be also. *Repeat Acclamation.*

### **THE HOLY GOSPEL**

John 12.20-33

The Lord be with you.

**And also with you.**

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

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

Now among those who went up to worship at the festival were some Greeks. They came to Philip, who was from Bethsaida in Galilee, and said to him, ‘Sir, we wish to see Jesus.’ Philip went and told Andrew; then Andrew and Philip went and told Jesus. Jesus answered them, ‘The hour has come for the Son of Man to be glorified. Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit. Those who love their life lose it, and those who hate their life in this world will keep it for eternal life. Whoever serves me must follow me, and where I am, there will my servant be also. Whoever serves me, the Father will honour.

‘Now my soul is troubled. And what should I say - “Father, save me from this hour”? No, it is for this reason that I have come to this hour. Father, glorify your name.’ Then a voice came from heaven, ‘I have glorified it, and I will glorify it again.’ The crowd standing there heard it and said that it was thunder. Others

said, 'An angel has spoken to him.' Jesus answered, 'This voice has come for your sake, not for mine. Now is the judgement of this world; now the ruler of this world will be driven out. And I, when I am lifted up from the earth, will draw all people to myself.' He said this to indicate the kind of death he was to die.

The Gospel of Christ.

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

*The People sit.*

## **SERMON**

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

## **THE NICENE CREED**

Let us confess our faith, as we say,

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

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

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

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

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

*The People remain standing.*

## **INTERCESSIONS**

*Celebrant:* Sisters and Brothers in Christ, with penitent hearts and united minds, let us humble ourselves before the Lord and pray for the needs of the Church and all of humanity.

For the Church in the world, for \_\_\_\_\_ in the Anglican Cycle of Prayer, for \_\_\_\_\_ according to the Diocesan Cycle, for all who proclaim the word of truth, Andrew, Riscylla, and Kevin our bishops, and for those who worship, volunteer and minister in our church, let us ask the infinite wisdom of Christ. *(Silence)*

Lord, in your mercy,

**Hear our prayer.**

For all who have consecrated their lives to the kingdom of God, those with anniversaries of baptism or ordination this week \_\_\_\_\_, for all struggling to follow the way of Christ and for whom we are asked to pray \_\_\_\_\_ let us ask the gifts of the life-giving Spirit. *(Silence)*

Lord, in your mercy,

**Hear our prayer.**

Guide and direct our governors and leaders around the world, all those in civil authority in our nation, province and city; aid them in administering justice and peace on all levels. *(Silence)*

Lord, in your mercy,

**Hear our prayer.**

Bless and protect those who live in the shadow of war, in particular Palestine, Israel, Ukraine, Sudan, Haiti; for those affected by weather-related challenges, for all who suffer from prejudice, unrest or calamity. Deliver this world and delay no longer. *(Silence)*

Lord, in your mercy,

**Hear our prayer.**



For scholars and researchers, for medical care-givers, that their work may comfort the sick named today, in particular King Charles and the Princess of Wales, \_\_\_\_\_ let us ask the light and love of the Lord. For all care-givers, guests and volunteers of the Friday Food Ministry and food banks in the world; lead us all to serve the needs of our fellow humans, loving them as ourselves.  
*(Silence)*

Lord, in your mercy,  
**Hear our prayer.**

We give thanks for the people, neighbours and friends of this parish, those who are with us in person or via livestream, and for newcomers and visitors this morning. [We give thanks especially on this day for \_\_\_\_\_.] And for other thanksgivings we now name, silently or aloud \_\_\_\_\_. *(Silence)*

Lord, in your mercy,  
**Hear our prayer.**

I ask your prayers for the souls of the departed, especially \_\_\_\_\_ who have died in recent days, and on their year's mind for \_\_\_\_\_, that they may share with the Blessed Virgin Mary, Blessed Thomas, and all the saints in God's eternal kingdom. *(Silence)*

Lord, in your mercy,  
**Hear our prayer.**

*Celebrant:* Lord, in this Lenten season, help us be faithful in prayer, patient in affliction, yet look with joy towards the grace that awaits us in the eternal kingdom. **Amen.**

### **INVITATION, CONFESSION, & ABSOLUTION**

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

*The People bow or kneel. Silence is kept.*

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

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

## THE PEACE

*All standing, the Celebrant bids the Peace.*

The peace of the Lord be always with you.  
**And also with you.**

*The People remain standing for the hymn during the Offertory.*

## OFFERTORY HYMN

The royal banners forward go

VEXILLA REGIS

*Sarum Plainsong  
7th century*

The roy - al ban - ners for - ward go,\_\_\_

The Cross shines forth\_\_\_ in mys - tic\_\_\_ glow;\_\_\_

Where he in flesh,\_\_\_ our flesh\_\_\_ who made,\_\_\_

Our sen - - - tence bore,\_\_\_ our ran - som paid.---

- 2 There whilst he hung, his sacred side  
By soldier's spear was opened wide,  
To cleanse us in the precious flood  
Of water mingled with his Blood.
- 3 Fulfilled is now what David told  
In true prophetic song of old,  
How God the heathen's King should be;  
For God is reigning from the Tree.
- 4 O Tree of glory, Tree most fair,  
Ordained those holy limbs to bear,  
How bright in purple robe it stood,  
The purple of a Saviour's Blood!
- 5 Upon its arms, like balance true,  
He weighed the price for sinners due,  
The price which none but he could pay,  
And spoiled the spoiler of his prey.
- 6 To thee, Eternal Three in One,  
Let homage meet by all be done:  
As by the Cross thou dost restore,  
So rule and guide us evermore.



*Vexilla Regis*  
*Venantius Fortunatis, 530-609*

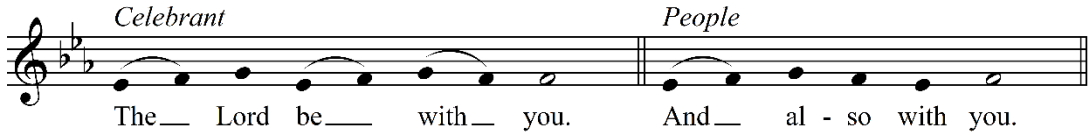
*Tr. J.M. Neale, 1818-66*

## **PRAYER OVER THE GIFTS**

Eternal God, your only Son suffered death upon the cross to bring the world salvation. Accept the praise and thanksgiving we offer you this day, in the name of Jesus Christ Our Lord. **Amen.**

## THE GREAT THANKSGIVING

*Celebrant* *People*



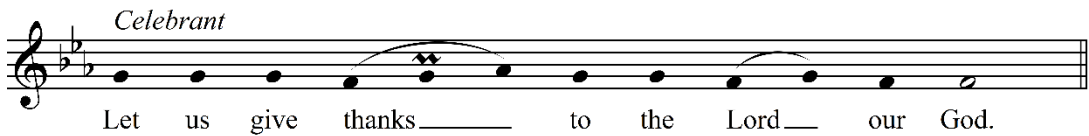
The Lord be with you. And also with you.

*Celebrant* *People*



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

*Celebrant*



Let us give thanks to the Lord our God.

*People*



It is right to give our thanks and praise.

Blessed are you, gracious God, creator of heaven and earth, because you bid your faithful people to cleanse their hearts and to prepare with joy for the paschal feast; that reborn through the waters of baptism and renewed in the eucharistic mystery, we may be more fervent in prayer and more generous in the works of love.

Therefore we raise our voices to you in praise to proclaim the glory of your name.

*The People and Choir sing,*

## SANCTUS & BENEDICTUS

Plainsong Mass, David Hurd

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

*Celebrant:* We break this bread,

*People:* **Communion in Christ's body once broken.**

*Celebrant:* Let your Church be the wheat which bears fruit in dying.

*People:* **If we have died with him,  
we shall live with him;  
if we hold firm,  
we shall reign with him.**

## HOLY COMMUNION

The gifts of God for the people of God.

**Thanks be to God.**

*The 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

'It is a thing most wonderful,' Philip Moore (b. 1943)

It is a thing most wonderful, almost too wonderful to be that God's own Son should come from heav'n, and die to save a child like me. And yet I know that it is true; he chose a poor and humble lot, and wept and mourned and toiled and died, for the love of those who loved him not. I sometimes think about the Cross, and shut my eyes and try to see the cruel nails and crown of thorns and Jesus crucified for me. But even could I see him die, I could but see a little part of that great love which like a fire, is always burning in his heart. And yet I want to love thee Lord; O light the flame within my heart, that I may love thee more and more, until I see thee as thou art. It is a thing most wonderful.

## 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.

Merciful God, you have called us to your table and fed us with the bread of life. Draw us and all people to your Son, our Saviour Jesus Christ. **Amen.**

### **DOXOLOGY**

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

### **PRAYER OVER THE PEOPLE**

Bow down before the Lord.

*The People bow.*

Look mercifully on this your family, Almighty God, that by your great goodness they may be governed and preserved evermore; through Christ our Lord. **Amen.**

### **DISMISSAL**

Let us bless the Lord.

**Thanks be to God.**

## CONCLUDING HYMN 241

Once, only once, and once for all



- |   |  |
|---|--|
| 1 Once, only once, and once for all<br>His precious life he gave;<br>Before the Cross our spirits fall,<br>And own it strong to save.             | 5 His Manhood pleads where now it<br>lives<br>On heaven's eternal throne,<br>And where in mystic rite he gives<br>Its presence to his own. |
| 2 'One offering single and complete,'<br>With lips and heart we say;<br>But what he never can repeat<br>He shows forth day by day.                | 6 And so we show thy death, O<br>Lord,<br>Till thou again appear;<br>And feel, when we approach thy<br>board,<br>We have an altar here.    |
| 3 For, as the priest of Aaron's line<br>Within the holiest stood,<br>And sprinkled all the mercy-shrine<br>With sacrificial blood;                | 7 All glory to the Father be,<br>All glory to the Son,<br>All glory, Holy Ghost, to thee,<br>While endless ages run.                       |
| 4 So he, who once atonement<br>wrought,<br>Our Priest of endless power,<br>Presents himself for those he<br>bought<br>In that dark noontide hour. |  |

*ALBANO*  
*Vincent Novello, 1868*

*Canon William Bright, 1866*

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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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