

# Saint Thomas's Church

## The Fourth Sunday in Lent

Sunday, March 19, 2023

Sung Mass at 9:30 am



*Stained glass window depicting Psalm 23*  
Holy Innocents Church, Essex

**Saint Thomas's Anglican Church**

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Toronto, Ontario M5S 2G5

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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/smokytops](http://qrco.de/smokytops). Scroll to the bottom of the webpage to fill out the online form. **We no longer pass the plate, so if you want to give the old-fashioned way, an alms basin is available in the narthex.**

**Celebrant:** Fr. Humphrey  
**Homilist:** Fr. Shire  
**Reader:** Ose Okoigun  
**Director of Music & Organist:** Elizabeth Anderson

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**MUSIC OF THE MASS**                      New Plainsong Mass, David Hurd (b. 1950)

**VOLUNTARY**                      Psalm Prelude on 'Caithness,' Eric Robertson (b. 1948)

**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 forever.**

**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



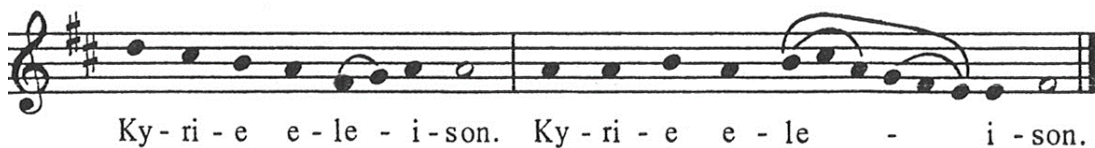
Ky - ri - e e - le - i - son. Ky - ri - e e - le - i - son.



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



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



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

### THE COLLECT OF THE DAY

Let us pray.

Almighty God, through the waters of baptism your Son has made us children of light. May we ever walk in his light and show forth your glory in the world; 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 READING** 1 Samuel 16.1-13

A reading from the first book of the prophet Samuel.

The Lord said to Samuel, 'How long will you grieve over Saul? I have rejected him from being king over Israel. Fill your horn with oil and set out; I will send you to Jesse the Bethlehemite, for I have provided for myself a king among his sons.' Samuel said, 'How can I go? If Saul hears of it, he will kill me.' And the Lord said, 'Take a heifer with you, and say, "I have come to sacrifice to the Lord." Invite Jesse to the sacrifice, and I will show you what you shall do; and you shall anoint for me the one whom I name to you.' Samuel did what the Lord commanded, and came to Bethlehem. The elders of the city came to meet him trembling, and said, 'Do you come peaceably?' He said, 'Peaceably; I have come to sacrifice to the Lord; sanctify yourselves and come with me to the sacrifice.' And he sanctified Jesse and his sons and invited them to the sacrifice. When they came, he looked on Eliab and thought, 'Surely the Lord's anointed is now before the Lord.' But the Lord said to Samuel, 'Do not look on his appearance or on the height of his stature, because I have rejected him; for the Lord does not see as mortals see; they look on the outward appearance, but the Lord looks on the heart.' Then Jesse called Abinadab, and made him pass before Samuel. He said, 'Neither has the Lord chosen this one.' Then Jesse made Shammah pass by. And he said, 'Neither has the Lord chosen this one.' Jesse made seven of his sons pass before Samuel, and Samuel said to Jesse, 'The Lord has not chosen any of these.' Samuel said to Jesse, 'Are all your sons here?' And he said, 'There remains yet the youngest, but he is keeping the sheep.' And Samuel said to Jesse, 'Send and bring him; for we will not sit down until he comes here.' He sent and brought him in. Now he was ruddy, and had beautiful eyes, and was handsome. The Lord said, 'Rise and anoint him; for this is the one.' Then Samuel took the horn of oil, and anointed him in the presence of his brothers; and the spirit of the Lord came mightily upon David from that day forward. Samuel then set out and went to Ramah.

The word of the Lord.

**Thanks be to God.**

## RESPONSORIAL PSALM 23



The Lord has anointed his servant with oil.

*Response:* **The Lord has anointed his servant with oil.**

The Lord is my shepherd; I shall not be in want. He makes me lie down in green pastures and leads me beside still waters. **R/.**

He revives my soul and guides me along right pathways for his Name's sake. Though I walk through the valley of the shadow of death, I shall fear no evil; for you are with me; your rod and your staff, they comfort me. **R/.**

You spread a table before me in the presence of those who trouble me; you have anointed my head with oil, and my cup is running over. Surely your goodness and mercy shall follow me all the days of my life, and I will dwell in the house of the Lord for ever. **R/.**

## SECOND READING Ephesians 5.8-14

A reading from St Paul's Epistle to the Ephesians.

For once you were darkness, but now in the Lord you are light. Live as children of light – for the fruit of the light is found in all that is good and right and true. Try to find out what is pleasing to the Lord. Take no part in the unfruitful works of darkness, but instead expose them. For it is shameful even to mention what such people do secretly; but everything exposed by the light becomes visible, for everything that becomes visible is light. Therefore it says, 'Sleeper, awake! Rise from the dead, and Christ will shine on you.'

The word of the Lord.

**Thanks be to God.**

*The People stand.*

## GOSPEL ACCLAMATION

*Cantor* Praise to you, Lord, King of eternal glory.

*Choir* I am the light of the world, says the Lord;  
those who follow me will have the light of life.

*All*

*Stephen Somerville*

Praise to you, Lord, King of e - ter - nal glo - ry.

## THE HOLY GOSPEL John 9.1-41

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.**

As he walked along, he saw a man blind from birth. His disciples asked him, 'Rabbi, who sinned, this man or his parents, that he was born blind?' Jesus answered, 'Neither this man nor his parents sinned; he was born blind so that God's works might be revealed in him. We must work the works of him who sent me while it is day; night is coming when no one can work. As long as I am in the world, I am the light of the world.' When he had said this, he spat on the ground and made mud with the saliva and spread the mud on the man's eyes, saying to him, 'Go, wash in the pool of Siloam' (which means Sent). Then he went and washed and came back able to see. The neighbours and those who had seen him before as a beggar began to ask, 'Is this not the man who used to sit and beg?' Some were saying, 'It is he.' Others were saying, 'No, but it is someone like him.' He kept saying, 'I am the man.' But they kept asking him, 'Then how were your eyes opened?' He answered, 'The man called Jesus made mud, spread it on my eyes, and said to me, "Go to Siloam and wash." Then I went and washed and received my sight.' They said to him, 'Where is he?' He said, 'I do not know.' They brought to the Pharisees the man who had formerly been blind. Now it was a sabbath day when Jesus made the mud and opened his eyes. Then the Pharisees also began to ask him how he had received his sight. He said to them, 'He put mud on my eyes. Then I washed, and now I see.' Some of the Pharisees said, 'This man is not from God, for he does not observe the sabbath.' But others said,

'How can a man who is a sinner perform such signs?' And they were divided. So they said again to the blind man, 'What do you say about him? It was your eyes he opened.' He said, 'He is a prophet.' The Jews did not believe that he had been blind and had received his sight until they called the parents of the man who had received his sight and asked them, 'Is this your son, who you say was born blind? How then does he now see?' His parents answered, 'We know that this is our son, and that he was born blind; but we do not know how it is that now he sees, nor do we know who opened his eyes. Ask him; he is of age. He will speak for himself.' His parents said this because they were afraid of the Jews; for the Jews had already agreed that anyone who confessed Jesus to be the Messiah would be put out of the synagogue. Therefore his parents said, 'He is of age; ask him.' So for the second time they called the man who had been blind, and they said to him, 'Give glory to God! We know that this man is a sinner.' He answered, 'I do not know whether he is a sinner. One thing I do know, that though I was blind, now I see.' They said to him, 'What did he do to you? How did he open your eyes?' He answered them, 'I have told you already, and you would not listen. Why do you want to hear it again? Do you also want to become his disciples?' Then they reviled him, saying, 'You are his disciple, but we are disciples of Moses. We know that God has spoken to Moses, but as for this man, we do not know where he comes from.' The man answered, 'Here is an astonishing thing! You do not know where he comes from, and yet he opened my eyes. We know that God does not listen to sinners, but he does listen to one who worships him and obeys his will. Never since the world began has it been heard that anyone opened the eyes of a person born blind. If this man were not from God, he could do nothing.' They answered him, 'You were born entirely in sins, and are you trying to teach us?' And they drove him out. Jesus heard that they had driven him out, and when he found him, he said, 'Do you believe in the Son of Man?' He answered, 'And who is he, sir? Tell me, so that I may believe in him.' Jesus said to him, 'You have seen him, and the one speaking with you is he.' He said, 'Lord, I believe.' And he worshipped him. Jesus said, 'I came into this world for judgement so that those who do not see may see, and those who do see may become blind.' Some of the Pharisees near him heard this and said to him, 'Surely we are not blind, are we?' Jesus said to them, 'If you were blind, you would not have sin. But now that you say, "We see", your sin remains.

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:* Friends in Christ, let us bring our thoughts, prayers and supplications to our Lord God, knowing that He is hearing us better than we're speaking.

*Intercessor:* For the Church in the world, \_\_\_\_\_ in the Anglican Cycle of Prayer, \_\_\_\_\_ in the Diocesan Cycle, for our suffragan bishops Ryscilla and Kevin, for Andrew our Bishop, Nathan, our Rector, James, our Interim Associate Priest and all who work tirelessly for the Church and for the glory of God. *Silence.*

Lord, in your mercy,

**Hear our prayer.**

I ask your prayers for true leadership in our city, province and country. Let us thank God for leading us into a time where more of reality is being unveiled for us all to see. Let us pray for the guests, volunteers and organizer of the Friday Food Ministry. Thank you, Lord, for guiding us in the ways of justice and peace; that we may honour one another and place the common good before personal gains. *Silence.*

Lord, in your mercy,

**Hear our prayer.**

I ask your prayers for God's blessings upon the world, and we give thanks to God for the people and friends of this parish, and especially for all those present with us in person or via livestream; our newcomers and visitors this morning; and for all others we now name, silently or aloud. *Silence.*

Lord, in your mercy,

**Hear our prayer.**

I ask your prayers for all those in need, for the sick\_\_\_\_\_, for those who suffer from random acts of violence, especially the daycare workers and families of those affected by the recent tragedy in Quebec ; for victims of warfare, the elderly, refugees and migrants, prisoners, for those who mourn, and for all others for whom our prayers are asked \_\_\_\_\_. Grant us strength and

protection to walk safely in the streets of our city and to remain compassionate to those who are in despair. May we place our hope in what matters and what lasts, trusting in God's eternal presence and love. *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, help us be mindful of the blessings already present in our lives, and look with hope and gratitude 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.*

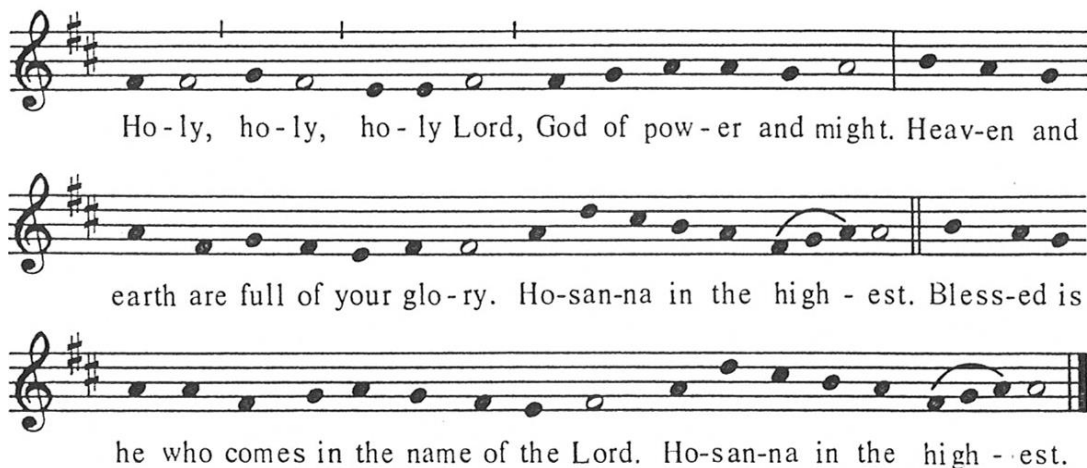
**OFFERTORY HYMN 118** – Come, let us to the Lord our God

- 1 Come, let us to the Lord our God  
With contrite hearts return;  
Our God is gracious, nor will leave  
The desolate to mourn.
- 2 His voice commands the tempest forth  
And stills the stormy wave;  
And though his arm be strong to smite,  
'Tis also strong to save.
- 3 Long hath the night of sorrow reigned;  
The dawn shall bring us light;  
God shall appear, and we shall rise  
With gladness in his sight.
- 4 Our hearts, if God we seek to know,  
Shall know him, and rejoice;  
His coming like the morn shall be,  
Like morning songs his voice.
- 5 As dew upon the tender herb,  
Diffusing fragrance round;  
As showers that usher in the spring,  
And cheer the thirsty ground:
- 6 So shall his presence bless our souls,  
And shed a joyful light;  
That hallowed morn shall chase away  
The sorrows of the night.



*The Choir and People sing:*

## **SANCTUS & BENEDICTUS**



Ho-ly, ho-ly, ho-ly Lord, God of pow-er and might. Heav-en 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.

*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.**

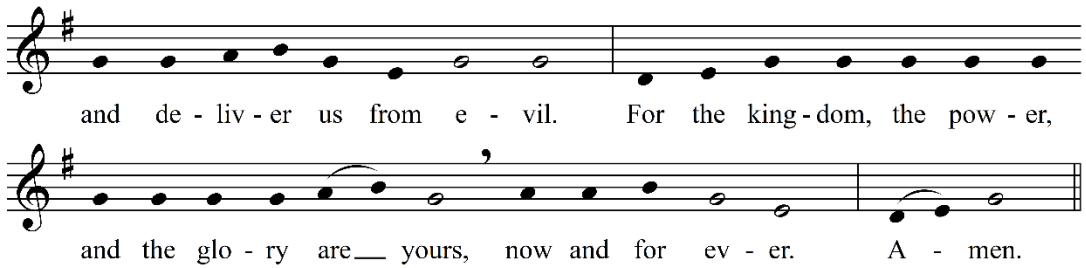
and we offer our sacrifice of praise and thanksgiving to you, Lord of all; presenting to you, from your creation, this bread and this wine. We pray you, gracious God, to send your Holy Spirit upon these gifts, that they may be the sacrament of the body of Christ and his blood of the new covenant.

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 in G major (one sharp). The first staff is for the Celebrant and the second for the People. 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 this bread,  
**Communion in Christ's body once broken.**

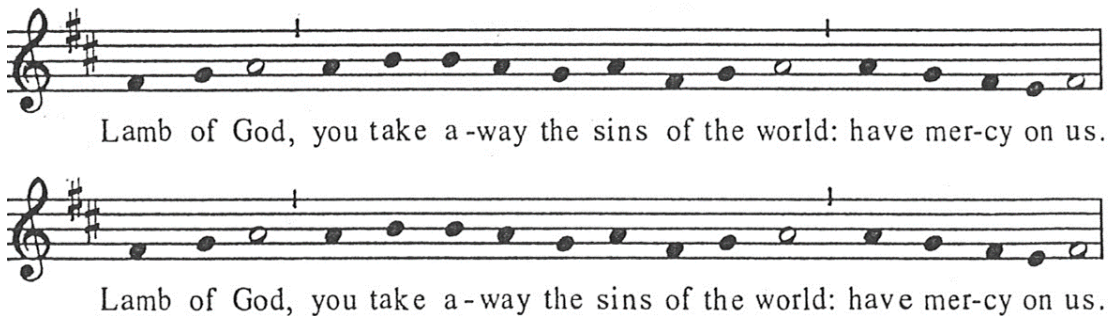
Let your Church be the wheat which bears its fruit in dying.  
**If we have died with him, we shall live with him; if we hold firm, we shall reign with him.**

## HOLY COMMUNION

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

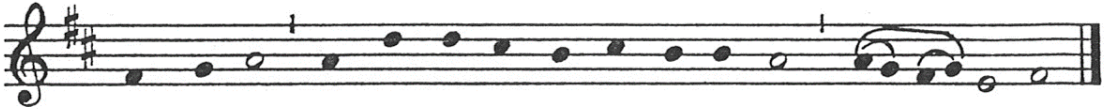
*The Choir and People sing:*

## AGNUS DEI



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.

## 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** Remember not, Lord, our offences, Henry Purcell (1659-1695)

Remember not, Lord, our offences, nor the offences of our forefathers; neither take thou vengeance of our sins, but spare us, good Lord, spare thy people, whom thou hast redeemed with thy most precious blood, and be not angry with us forever. Spare us, good Lord.

*(Collect from The Great Litany, BCP)*

## 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.

Father, though your goodness we receive your Son in word and sacrament. May we always have faith in him, 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.**

## PRAYER OVER THE PEOPLE

Bow down before the Lord.

*The People bow.*

Look down in mercy, Lord, on the people who kneel before you, and grant that those whom you have nourished by your Word and Sacraments may bring forth fruit worthy of repentance; through Christ our Lord. **Amen.**

## DISMISSAL

Let us bless the Lord.

**Thanks be to God.**

## CONCLUDING 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.

*KINGSFOLD*

*Arr. from an English Traditional Melody*

*Rev. Horatio Bonar, 1846*

**VOLUNTARY**

Fantasia in G minor, BWV 542, J.S. Bach (1685-1750)

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*New Plainsong* Text by: David Hurd Tune by: David Hurd

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*Psalm Prelude on 'Caithness* Music by: Eric Robertson

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