

Saint Thomas's Church
The Third Sunday in Lent
Sunday, March 3, 2024
High Mass at 11:00 am



Moses with the Ten Commandments, Philippe de Champaigne, 1648
The Hermitage, St. Petersburg

Saint Thomas's Anglican Church
383 Huron Street,
Toronto, Ontario M5S 2G5
416-979-2323
www.stthomas.on.ca 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, though we hope you will avail yourself of **coffee hour in the parish hall** following this service, if possible. 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. 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. Theo Ipema
Deacon: Fr. James Shire
Reader: Earl Barnsley
Organist & Choirmaster: Elizabeth Anderson
Assistant Organist & Choirmaster: Manuel Piazza

MUSIC OF THE MASS

Missa VII Kyrie rex splendens

VOLUNTARY

Erhalt' uns, Herr, Dietrich Buxtehude (1637-1707)

At the sound of the bell, all stand for the entrance of the Sacred Ministers and remain standing for the Litany in procession.

THE LITANY



have mer - cy up - on us.

O God the Father, Creator of heaven and earth : have mercy upon us.

O God the Father, Creator of heaven and earth : have mercy upon us.

O God the Son, Redeemer of the world : have mercy upon us.

O God the Son, Redeemer of the world : have mercy upon us.

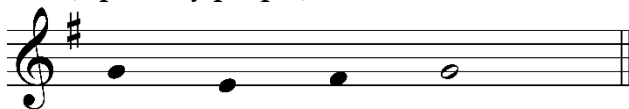
O God the Holy Ghost, Sanctifier of the faithful: have mercy upon us.

O God the Holy Ghost, Sanctifier of the faithful: have mercy upon us.

O holy, blessed, and glorious Trinity, three Persons and one God : have mercy upon us.

O holy, blessed, and glorious Trinity, three Persons and one God: have mercy upon us.

Remember not, Lord, our offences, nor the offences of our forefathers; spare us, good Lord, spare thy people, whom thou hast redeemed with thy most precious blood.



Spare us, good Lord.

From all evil and mischief; from sin, from the crafts and assaults of the devil; from thy wrath, and from everlasting condemnation,



Good Lord, de - liv - er us.

From all blindness of heart; from pride, vainglory, and hypocrisy; from envy, hatred, and malice, and all uncharitableness,

Good Lord, deliver us.

From all uncleanness in thought, word, and deed; and from all the deceits of the world, the flesh, and the devil,

Good Lord, deliver us.

From lightning and tempest; from earthquake, fire, and flood; from plague, pestilence, and famine; from battle and murder, and from sudden death,

Good Lord, deliver us.

From all sedition, conspiracy, and rebellion; from all false doctrine, heresy, and schism; from hardness of heart, and contempt of thy Word and Commandment,

Good Lord, deliver us.

By the mystery of thy holy Incarnation; by thy holy Nativity; by thy Baptism, Fasting, and Temptation,

Good Lord, deliver us.

By thine Agony and bloody Sweat; by thy Cross and Passion; by thy precious Death and Burial,

Good Lord, deliver us.

By thy glorious Resurrection and Ascension; by thy sending of the Holy Spirit; by thy heavenly Intercession; and by thy Coming again in glory,

Good Lord, deliver us.

In all times of tribulation; in all times of prosperity; in the hour of death, and in the day of judgement,

Good Lord, deliver us.

We sinners do beseech thee to hear us, O Lord God: and that it may please thee to rule and govern thy holy Church universal in the right way.



We be - seech thee, good Lord.

To keep and strengthen in the true worshipping of thee, in holiness of life, and in devotion to his people, thy servant Charles, our most gracious King and Governor,
We beseech thee, good Lord.

To be his defender and keeper, giving him the victory over all his enemies,
We beseech thee, good Lord.

To bless and preserve Queen Camilla, William, Prince of Wales, the Princess of Wales, and all the Royal Family,
We beseech thee, good Lord.

To give to Andrew our bishop, to Kevin and Riscylla his suffragans, and all Bishops, Priests, and Deacons, true knowledge and understanding of thy Word; and that both by their preaching and living they may set it forth and show it accordingly,
We beseech thee, good Lord.

To send forth labourers into thy harvest; to prosper their work by thy Holy Spirit; to make thy saving health known unto all nations; and to hasten thy kingdom,
We beseech thee, good Lord.

To bless the people of our Country and the Commonwealth, and to endue those set in authority with grace, wisdom, and understanding,
We beseech thee, good Lord.

To bless and guide the Judges and Magistrates, giving them grace to execute justice, and to maintain truth,
We beseech thee, good Lord.

To bless and keep the King's forces by sea, and land, and air, and to shield them in all dangers and adversities,
We beseech thee, good Lord.

To give to all nations unity, peace, and concord, that they may serve thee without fear,

We beseech thee, good Lord.

To bless and protect all who serve mankind by their labour and learning,

We beseech thee, good Lord.

To preserve all that travel, all women labouring of child, all sick persons and young children; and to show thy pity upon all prisoners and captives,

We beseech thee, good Lord.

To defend, and provide for, all widows and orphans, and all who are desolate and oppressed,

We beseech thee, good Lord.

To bless and keep all thy people,

We beseech thee, good Lord.

To give to all thy people increase of grace, to hear meekly thy Word, and to receive it with pure affection, and to bring forth the fruit of the Spirit,

We beseech thee, good Lord.

To bring into the way of truth all who have erred and are deceived,

We beseech thee, good Lord.

To strengthen such as do stand; to encourage the faint-hearted; to raise up those who fall; and finally to beat down Satan under our feet,

We beseech thee, good Lord.

To succour, help, and comfort all that are in danger, necessity, and tribulation,

We beseech thee, good Lord.

To have mercy upon all men,

We beseech thee, good Lord.

To give and preserve to our use the kindly fruits of the earth, so that in due time we may enjoy them,

We beseech thee, good Lord.

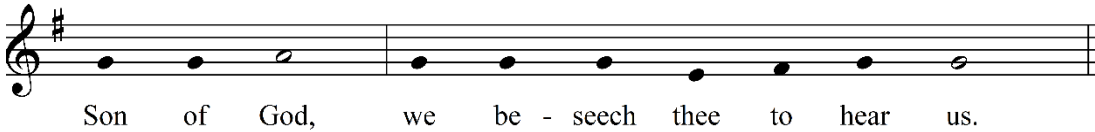
To forgive our enemies, persecutors, and slanderers, and to turn their hearts,

We beseech thee, good Lord.

To give us true repentance; to forgive us all our sins, negligences, and ignorances; and to endue us with the grace of thy Holy Spirit, to amend our lives according to thy holy Word,

We beseech thee, good Lord.

Son of God, we beseech thee to hear us.



The People kneel. 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 remain kneeling for the Collects.

COLLECT OF THE DAY

The Lord be with you.
And with thy spirit.
Let us pray.

We beseech thee, Almighty God, look upon the hearty desires of thy humble servants, and stretch forth the right hand of thy Majesty, to be our defence against all our enemies; through Jesus Christ our Lord. **Amen.**

COLLECT FOR LENT

Almighty and everlasting God, who hatest nothing that thou hast made, and dost forgive the sins of all them that are penitent: Create and make in us new and contrite hearts, that we worthily lamenting our sins, and acknowledging our wretchedness, may obtain of thee, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord. **Amen.**

The People sit.

The First Lesson is written in the twentieth chapter of the book Exodus, beginning at the first verse.

Then God spoke all these words: I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery; you shall have no other gods before me. You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. You shall not bow down to them or worship them; for I the Lord your God am a jealous God, punishing children for the iniquity of parents, to the third and the fourth generation of those who reject me, but showing steadfast love to the thousandth generation of those who love me and keep my commandments. You shall not make wrongful use of the name of the Lord your God, for the Lord will not acquit anyone who misuses his name. Remember the sabbath day, and keep it holy. For six days you shall labour and do all your work. But the seventh day is a sabbath to the Lord your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. For in six days the Lord made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the Lord blessed the sabbath day and consecrated it. Honour your father and your mother, so that your days may be long in the land that the Lord your God is giving you. You shall not murder. You shall not commit adultery. You shall not steal. You shall not bear false witness against your neighbour. You shall not covet your neighbour's house; you shall not covet your neighbour's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbour.

The word of the Lord.

Thanks be to God.

The People remain seated for the Psalm.

PSALM 19

Cæli enarrant

III. 4.



- Cantor* 1 THE HEA-vens declare the **glo**-ry of God :
People and the firmament showeth **his** han-dy[^]-work.
- 2 One day tell-**eth** an-oth-er : and one night certifieth **an**-o-ther.
- Cantor* 3 There is neither **speech** nor lan-guage : their voice can-**not** be heard;
People 4 Yet their sound is gone out **in**-to all lands :
and their words into the ends **of** the world.
- Cantor* 5 In them hath he set a taber-**na**-cle[^] for the sun :
which cometh forth as a bridegroom out of his chamber,
and rejoiceth as a giant **to** run his[^]-course.
- People* 6 It goeth forth from the uttermost part of the heaven, and runneth
about unto the **end** of[^] it a-gain :
and there is nothing hid from **the** heat there[^]-of.
- Cantor* 7 The law of the Lord is an undefil-ed law, re-**stor**-ing the soul : the
testimony of the Lord is sure, and giveth wisdom unto **the** sim-ple.
- People* 8 The precepts of the Lord are right, **and** re[^]-joice the heart : the
commandment of the Lord is pure, and giveth light un-**to** the eyes.
- Cantor* 9 The fear of the Lord is clean, and endur-**eth** for ev-er : the
judgements of the Lord are true, and righteous al-**to**-ge-ther.
- People* 10 More to be desir-ed are they than gold, **yea**, than[^] much fine gold :
sweeter also than honey, and **the** hon-ey[^]-comb.
- Cantor* 11 Moreover, by them **is** thy[^]-ser-vant taught :
and in keeping of them there **is** great re[^]-ward.
- People* 12 Who can tell how oft **he** of-fend-eth? :
O cleanse thou me from **my** se-cret[^] faults.
- Cantor* 13 Keep thy servant also from presumptuous sins,
lest they get the do-**min**-ion[^] o-ver me :
so shall I be undefil-ed and innocent from **the** great of[^]-fence.
- People* 14 Let the words of my mouth, and the meditation of my heart, be
always ac-**cept**-a[^]-ble[^] in thy sight :
O Lord, my strength and my **re**-deem-er.

The Epistle is written in the first chapter of St Paul's First Epistle to the Corinthians, beginning at the eighteenth verse.

For the message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written, 'I will destroy the wisdom of the wise, and the discernment of the discerning I will thwart.' Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling-block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength.

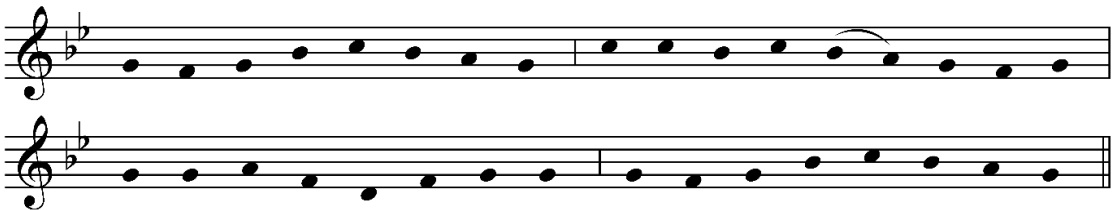
The word of the Lord.

Thanks be to God.

The People stand.

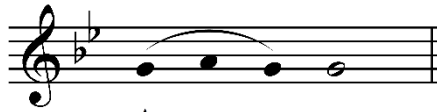
SEQUENCE HYMN 828

Now is the healing time decreed



- 1 Now is the healing time decreed / For sins of heart, of word or deed,
When we in humble fear record / The wrong that we have done the Lord:
- 2 Who, alway merciful and good, / Has borne so long our wayward mood,
Nor cut us off unsparingly / In our so great iniquity.
- 3 Therefore with fasting and with prayer, / Our secret sorrow we declare;
With all good striving seek his face, / And lowly hearted plead for grace.
- 4 Cleanse us, O Lord, from every stain, / Help us the meed of praise to gain,
Till with the Angels linked in love / Joyful we tread thy courts above.

5 Father and Son and Spirit blest, / To thee be every prayer address,
Who art in threefold Name adored, / From age to age, the only Lord.



A - men.

RECTOR POTENS (mode ii)

*Latin ascribed to S^t Gregory 540-604
Tr T.A. Lacey 1853-1931*

THE HOLY GOSPEL

John 2.13-22

The Lord be with you.

And with thy spirit.

The Holy Gospel is written in the second chapter of the Gospel according to Saint John, beginning at the thirteenth verse.

Glory be to thee, O Lord.

The Passover of the Jews was near, and Jesus went up to Jerusalem. In the temple he found people selling cattle, sheep, and doves, and the money-changers seated at their tables. Making a whip of cords, he drove all of them out of the temple, both the sheep and the cattle. He also poured out the coins of the money-changers and overturned their tables. He told those who were selling the doves, 'Take these things out of here! Stop making my Father's house a market-place!' His disciples remembered that it was written, 'Zeal for your house will consume me.' The Jews then said to him, 'What sign can you show us for doing this?' Jesus answered them, 'Destroy this temple, and in three days I will raise it up.' The Jews then said, 'This temple has been under construction for forty-six years, and will you raise it up in three days?' But he was speaking of the temple of his body. After he was raised from the dead, his disciples remembered that he had said this; and they believed the scripture and the word that Jesus had spoken.

The Gospel of Christ.

Praise be to thee, O Christ.

The People sit at the invitation of the Preacher.

SERMON

The People stand to sing the Creed. All who are able to kneel, please do so at “and was incarnate,” rising after “and was made man.”

THE NICENE CREED

John Merbecke (1505-1585)



I be - lieve in one God: The Fa-ther Al-migh-ty, Ma-ker of hea-ven and earth,
and of all things vi - si - ble and in - vi - si - ble:
And in one Lord Je - sus Christ, the on - ly be - got - ten Son of God,
Be - got - ten of the Fa - ther be - fore all worlds;
God of God, Light of Light, Ve - ry God of ve - ry God;
Be - got - ten, not made; Be - ing of one sub - stance with the Fa - ther;
Through whom all things were made. Who for us men and for our sal - va - tion
came down from Heaven,
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 - red 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 heaven,



And sit - teth on the right hand of the Fa - ther,



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 Fa - ther and the Son,



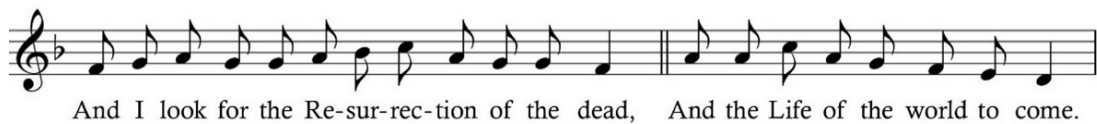
Who with the Fa - ther and the Son to - geth - er is wor - ship - ped and glo - ri - fied,



Who spake by the Pro - phets. And I be - lieve One, Ho - ly, Ca - tho - lic, and A - pos - to - lic Church.



I ac - know - ledge one Bap - tism for the re - mis - sion of sins.



OFFERTORY SENTENCE

I beseech you brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.

The People remain standing for the hymn.

OFFERTORY HYMN 110

By the Holy Spirit sent



- 1 By the Holy Spirit sent, / Jesus to the desert went,
That he might his children show / How sin's power to overthrow.
- 2 With a word he could have made / Bread from stones around him laid,
Yet till forty days were past / Still he kept a holy fast.
- 3 When the devil at his side / Tried to make him sin through pride,
He would give no outward sign / That he was God's Son divine.
- 4 Calmly he refused to win / By a single act of sin
Of the whole wide world the throne; / He would worship God alone.
- 5 Since our loving Saviour thus / Kept a sacred Lent for us,
We, through him, can conquer sin / And a royal victory win.

LEW TRENCHARD
From an English Traditional Melody

Gertrude Hollis, 1926

The People sit if the Choir also sits, standing again as the thurifer approaches for the censuring.

PRAYER OVER THE GIFTS

Spring of life and Source of goodness, receive all we offer you this day, and bring us to the living water, Jesus Christ, your son our Lord. **Amen.**

INTENTIONS OF THE MASS

The Subdeacon reads the Intentions and bids the People's additions, silently or aloud.

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 spirit.

Celebrant *People*



Lift up your hearts; We lift them up unto the Lord.

Celebrant *People*



Let us give thanks unto 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, in all places, give thanks unto thee, O Lord, Holy Father, Almighty, Everlasting God, through Jesus Christ our Lord; who was in every way tempted as we are, yet did not sin; by whose grace we are able to triumph over every evil, and to live no longer unto ourselves, but unto him who died for us and rose again.

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 on a single staff with a treble clef and a key signature of two flats (B-flat and E-flat). The tempo is marked 'Celebrant' and the lyrics are 'O Fa - ther al - might - ty, world with - out ___ end.' The melody consists of quarter notes for 'O Fa - ther' and eighth notes for 'al - might - ty, world with - out ___ end.' The tempo is marked 'People' and the lyrics are 'A - men. ___'. The melody consists of quarter notes for 'A - men. ___'.

THE LORD'S PRAYER


John Merbecke

Celebrant

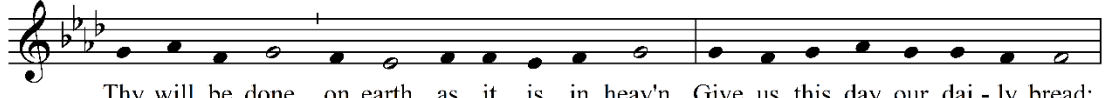


And now, as our Sa-viour Christ hath com-mand-ed and taught us, we are bold to say:

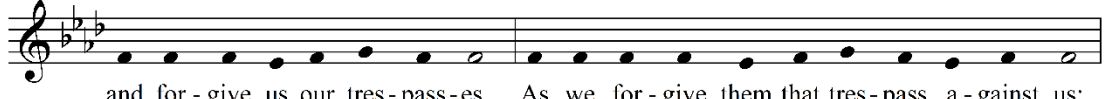
People




Our Fa-ther, who art in heav'n, Hal-low-ed be thy Name, Thy king-dom come,



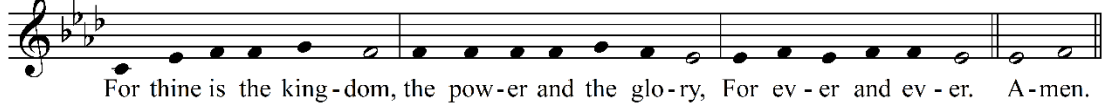
Thy will be done, on earth, as it is in heav'n. Give us this day our dai-ly bread;



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. | Agnus Dei, qui tollis peccata mundi, miserere nobis. |
| O Lamb of God, that takest away the sin of the world, have mercy upon us. | Agnus Dei, qui tollis peccata mundi, miserere nobis. |
| O Lamb of God, that takest away the sin of the world, grant us thy peace. | 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

Salve Montserratina, Pablo Casals (1876-1973)

Hail to thee, Queen of heaven, Mother of mercy: Thou our life, thou our sweetness and thou our hope, hail. To thee we cry out, exiles, children of Eve. To thee we sigh with mourning and weeping, here in this vale of sorrow. Turn then, thou most gracious advocate, turn thy merciful eyes upon us. And Jesus, blessed fruit of thy womb, show us after our exile here, O merciful, O loving, O sweet Virgin Maria.

Salve, Regina, mater misericordiae: Vita, dulcedo, et spes nostra, salve. Ad te clamamus, exsules, filii Hevae. Ad te suspiramus, gementes et flentes in hac lacrimarum valle. Eia ergo, Advocata nostra, illos tuos misericordes oculos ad nos converte. Et Iesum, benedictum fructum ventris tui, nobis, post hoc exilium ostende. O clemens: O pia: O dulcis Virgo Maria.

The People may sit or kneel for the hymn.

COMMUNION HYMN 584

Jesu, grant me this, I pray



- 1 Jesu, grant me this, I pray, / Ever in thy heart to stay;
Let me evermore abide / Hidden in thy wounded side.
- 2 If the evil one prepare, / Or the world, a tempting snare,
I am safe when I abide / In thy heart and wounded side.
- 3 If the flesh, more dangerous still, / Tempt my soul to deeds of ill,
Naught I fear when I abide / In thy heart and wounded side.
- 4 Death will come one day to me; / Jesu, cast me not from thee:
Dying let me still abide / In thy heart and wounded side.

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.**

LENTEN BENEDICTION

The Lord bless us and keep us. The Lord make his face to shine upon us, and be gracious unto us. The Lord lift up his countenance upon us, and give us peace, both now and evermore. **Amen.**

The People stand.

DISMISSAL

Let us bless the Lord.

Thanks be to God.

CONCLUDING HYMN

The glory of these forty days



- 1 The glory of these forty days / We celebrate with songs of praise;
For Christ, by whom all things were made, / Himself has fasted and has prayed.
- 2 Alone and fasting Moses saw / The loving God who gave the Law;
And to Elijah, fasting, came / The steeds and chariots of flame.
- 3 So Daniel trained his mystic sight, / Delivered from the lions' might;
And John, the Bridegroom's friend, became / The herald of Messiah's name.
- 4 Then grant us, Lord, like them to be / Full oft in fast and pray'r with thee;
Our spirits strengthen with thy grace, / And give us joy to see thy face.
- 5 O Father and Son and Spirit blest, / To thee be eve'ry pray'r addressed,
Who art in three-fold Name adored, / From age to age, the only Lord.

ERHALT' UNS, HERR
Geistliche Lieder, 1547
harmonized by J.S. Bach

Ascribed to St Gregory the Great, 6th Cent.

The People may be seated. Please maintain an atmosphere of reverent silence during and after the Voluntary.

VOLUNTARY

Fugue in B Minor, BWV 544, J.S. Bach (1685-1750)

Coffee Hour follows this service in the Parish Hall.

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