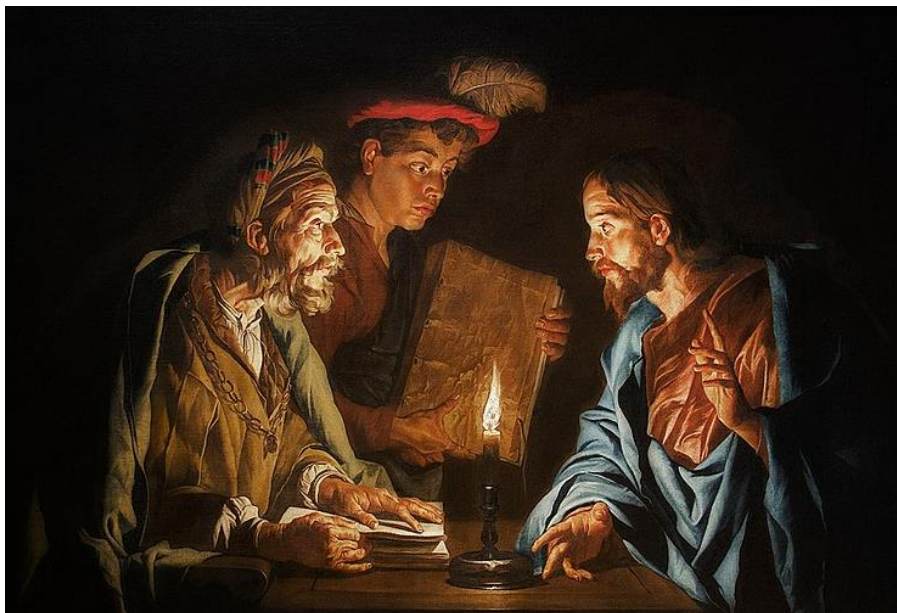


Saint Thomas's Church

The Second Sunday in Lent

Sunday, March 5, 2023

Sung Mass at 9:30 am



Jesus Christ and Nicodemus, Matthias Stom, c. 1650
Hessisches Landesmuseum, Darmstadt, Germany

Saint Thomas's Anglican Church

383 Huron Street,

Toronto, Ontario M5S 2G5

416-979-2323

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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. 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. Humphrey
Reader: Carroll Guen Hart
Interim Director of Music & Organist: Elizabeth Anderson

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

VOLUNTARY ‘Tiento’ from Suite Médiévale, Jean Langlais (1901-1990)

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



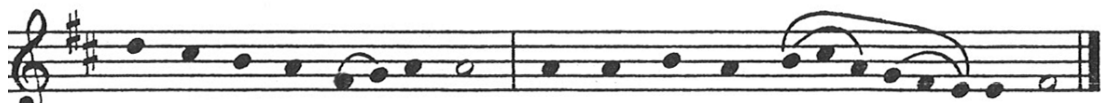
Ky - ri - e e - le - i - son. Ky - ri - e e - le - i - son.



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, whose Son was revealed in majesty before he suffered death upon the cross, give us faith to perceive his glory, that being strengthened by his grace we may be changed into his likeness, from glory to glory; who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

The People sit.

FIRST READING Genesis 12.1-4a

A reading from the book of Genesis.

Now the Lord said to Abram, 'Go from your country and your kindred and your father's house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed.' So Abram went, as the Lord had told him; and Lot went with him.

The word of the Lord.

Thanks be to God.

RESPONSORIAL PSALM 121



Response: **My help comes from the Lord.**

I lift up my eyes to the hills; from where is my help to come? My help comes from the Lord, the maker of heaven and earth. **R/.**

He will not let your foot be moved and he who watches over you will not fall asleep. Behold, he who keeps watch over Israel shall neither slumber nor sleep. **R/.**

The Lord himself watches over you; the Lord is your shade at your right hand, so that the sun shall not strike you by day, nor the moon by night. **R/.**

The Lord shall preserve you from all evil; it is he who shall keep you safe. The Lord shall watch over your going out and your coming in, from this time forth for evermore. **R/.**

SECOND READING Romans 4.1-5, 13-17

A reading from St Paul's Epistle to the Romans:

What then are we to say was gained by Abraham, our ancestor according to the flesh? For if Abraham was justified by works, he has something to boast about, but not before God. For what does the scripture say? 'Abraham believed God, and it was reckoned to him as righteousness.' Now to one who works, wages are not reckoned as a gift but as something due. But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness. For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation. For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, 'I have made you the father of many nations') - in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

The word of the Lord.

Thanks be to God.

The People stand.

GOSPEL ACCLAMATION

Praise to you, Lord, King of eternal glory. We shall not live by bread alone, but by every word that proceeds from the mouth of God. Praise to you, Lord, King of eternal glory.

THE HOLY GOSPEL John 3.1-17

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 there was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, 'Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God.' Jesus answered him, 'Very truly, I tell you, no one can see the kingdom of God without being born from above.' Nicodemus said to him, 'How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?' Jesus answered, 'Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, "You must be born from above." The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.' Nicodemus said to him, 'How can these things be?' Jesus answered him, 'Are you a teacher of Israel, and yet you do not understand these things?

'Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.

'For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

'Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.

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:

Almighty God, lead us beside still waters and restore our souls so that we may show forth your glory in our troubled world. We pray for all who need your peace, guidance and strength asking:

Lord God: **Hear our prayers.**

Intercessor:

For help for the helpless, saving grace for the lost and refuge for the oppressed,

Lord God: **Hear our prayers.**

As we look forward with hope to the renewal of life in Christ, let us be mindful of those who live without hope, without adequate housing, without sufficient food. That our hearts may be moved to action in the sharing of our bounty,

Lord God: **Hear our prayers.**

Pray for King Charles and all those who govern in his name at all levels of government. We pray that peace, good order and just government may be their guiding principles,

Lord God: **Hear our prayers.**

In the Anglican cycle of Prayer we pray for _____ and your people in that place. In the Diocesan cycle of prayer we pray for the parish of _____ and for Andrew and Kevin, our Bishops. Pray for Fr. Nathan, Fr. James, and all who care for our spiritual welfare in this place. May we share a fruitful time of Lenten reflection with them and practice the ministry of reconciliation in word and deed,

Lord God: **Hear our prayers.**

Lord God we commend to you all those who commit themselves to Christ today. May they be strengthened by their resolve and may their lives, through the guidance of your Holy Spirit, bear fruit. May they grow in grace as they grow in years,

Lord God: **Hear our prayers.**

We pray for those who walk in the valley of the shadow of pain, sorrow and depression. Pray for the sick, especially _____. We remember before you those for whom we have been asked to pray _____ and for _____. We pray for those whose lives are in troubles of various kinds, and those who minister to them of God's healing graces. That your healing and comforting touch may be a sign of grace in time of need,

Lord God: **Hear our prayers.**

We remember before you those who died in recent days _____, and those whose year's mind is at this time _____. Rest eternal grant unto them, O Lord, and let light perpetual shine upon them.

May they rest in peace.

Celebrant:

God of mercy, God of love, renew in us the commitment to service which honours your name; grant us knowledge of your will and the grace to perform it; strengthen our resolve for Lenten disciplines. We pray in the name of our Saviour and Redeemer who, with you and the Holy Spirit, is one God, now and forever. **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 116 – Giver of the perfect gift

- 1 Giver of the perfect gift,
Only Hope of human race,
Hear the prayer our hearts uplift
Trembling at thy throne of grace.
- 2 Though the accusing voice within
Speaks of many a wrong to thee,
Thou canst cleanse from every sin,
Thou canst set the conscience free.

- 3 Who can save us, Lord, but thou?
Let thy mercy show thy power;
Lo, we plead thy promise now,
Now, in this the accepted hour.
- 4 Oh! may these our Lenten days,
Blest by thee, with thee be passed,
That with purer, nobler praise
We may keep thy Feast at last.
- 5 God the Holy Trinity,
Grant the mercy we implore;
God the One, all praise to thee
Through the ages evermore.

SONG 13
Orlando Gibbons, 1623

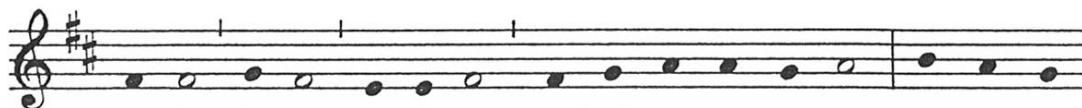
Tr (1871) from the Latin (c. 11th Cent.)
by Rev. J. Ellerton

PRAYER OVER THE GIFTS

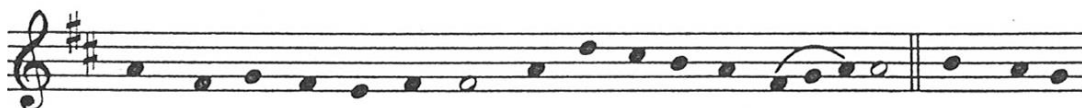
God of wisdom, may the light of the eternal Word, our Lord and Saviour Jesus Christ, guide us to your glory. We ask this in his name. **Amen.**

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

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 musical score is written on a single treble clef staff with a key signature of one sharp (F#). It consists of six lines of music. The first line is divided into two parts: 'Celebrant' and 'People'. The lyrics are written below the notes. The music is in a simple, hymn-like style with a steady rhythm. The final line ends with a double bar line and repeat dots.

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.

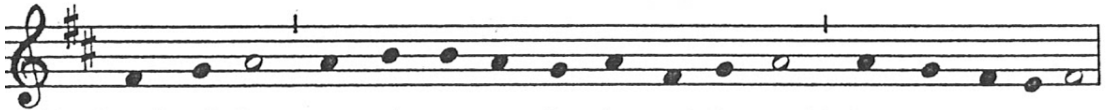
HOLY COMMUNION

The gifts of God for the people of God.

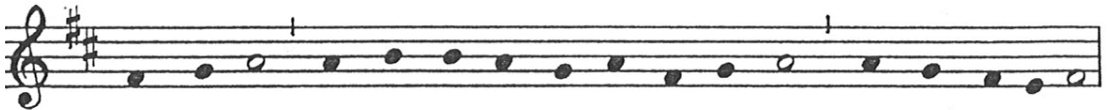
Thanks be to God.

The Choir and People sing:

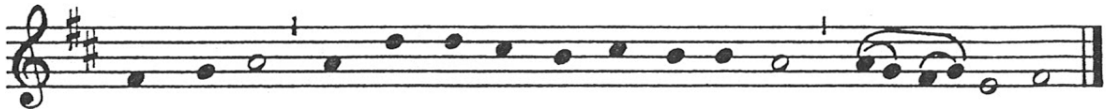
AGNUS DEI



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 ‘O nata lux de lumine,’ Thomas Tallis (c. 1505-1585)

O nata lux de lumine, Jesu redemptor saeculi, Dignare clemens supplicum Laudes preces que sumere. Qui carne quondam contegi Dignatus es pro perditis. Nos membra confer effici, Tui beati corporis.

O Light of light, by love inclined, Jesu, redeemer of mankind, With loving-kindness deign to hear From suppliant voices praise and prayer. Thou who to raise our souls from hell Didst deign in fleshly form to dwell, Vouchsafe us, when our race is run, In thy fair Body to be one.

(Office Hymn for Lauds on the Feast of the Transfiguration)

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.

Creator of heaven and earth, we thank you for these holy mysteries, which bring us now a share in the life to come, through Jesus Christ our 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.

PRAYERS OVER THE PEOPLE

Bow down before the Lord.

The People bow.

Keep this your family, O Lord, with your never-failing mercy, that relying solely in the help of your heavenly grace, they may be upheld by your divine protection; through Christ our Lord. **Amen.**

DISMISSAL

Let us bless the Lord.

Thanks be to God.

CONCLUDING HYMN 5 – Christ, whose glory fills the skies

- 1 Christ, whose glory fills the skies,
Christ, the true, the only Light,
Sun of righteousness, arise,
Triumph o'er the shades of night;
Day-spring from on high, be near;
Day-star, in my heart appear.

- 2 Dark and cheerless is the morn
Unaccompanied by thee;
Joyless is the day's return,
Till thy mercy's beams I see;
Till they inward light impart,
Glad my eyes, and warm my heart.

- 3 Visit then this soul of mine,
Pierce the gloom of sin and grief;
Fill me, Radiancy Divine,
Scatter all my unbelief;
More and more thyself display,
Shining to the perfect day.

RATISBON
Werner's Choralbuch, 1815

Rev. Charles Wesley, 1740

VOLUNTARY

Prelude in B minor, BWV 544, J.S. Bach (1685-1750)

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New Plainsong Mass Music by: David Hurd

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