



Sung Eucharist at 10.30 am

Celebrant & Preacher: The Reverend Christopher Dangpilen
Organist: Robin Davis / Cantor: Ian Corlett

Mass Setting: *A New Plainsong* – Gloria – David Hurd
Missa Ubi Caritas – Sanctus/Benedictus, Agnus Dei – Bob Hurd



Welcome to the Church of St Peter and St Simon-the-Apostle.

The service begins on page 185 *Book of Alternative Services*.

The Gathering of the Community

Prelude *Wo soll ich fliehen hin ("Whither shall I flee?") BWV 646*

J.S. BACH

Introit *I, the Lord of Sea and Sky (Here I Am, Lord)*

(VU 509) HERE I AM LORD

*Cantor I, the Lord of sea and sky, I have heard my people cry,
All who dwell in deepest sin my hand will save.
I who made the stars of night, I will make their darkness bright.
Who will bear my light to them? Whom shall I send?*

Refrain: Here I am, Lord. Is it I, Lord?

*I have heard you calling in the night.
I will go, Lord, if you lead me.
I will hold your people in my heart.*

*I, the Lord of snow and rain, I have borne my people's pain,
I have wept for love of them; they turn away.
I will break their hearts of stone, give them hearts for love alone.
I will speak my word to them. Whom shall I send? Refrain.*

*I, the Lord of wind and flame, I will tend the poor and lame,
I will set a feast for them; my hand will save.
Finest bread I will provide till their hearts be satisfied.
I will give my life to them. Whom shall I send? Refrain.*

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

All **And also with you.**

Celebrant Almighty God,

All **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.**

Gloria (CP 686)

DAVID HURD

Cantor *Glory to God in the highest, and peace to his people on earth.
Lord God, heavenly king, almighty God and Father,
we worship you, we give you thanks, we praise you for your glory.
Lord Jesus Christ, only Son of the Father, Lord God, Lamb of God,
you take away the sin of the world: have mercy on us;
you are seated at the right hand of the Father: receive our prayer.
For you alone are the Holy One, you alone are the Lord,
you alone are the Most High, Jesus Christ with the Holy Spirit,
in the glory of God the Father. Amen.*

The Collect of the Day

Celebrant Almighty God, we are taught by your word that all our doings without love are worth nothing. Send your Holy Spirit and pour into our hearts that most excellent gift of love, the true bond of peace and of all virtue; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever.
Amen.

The Liturgy of the Word

Epistle *I Kings* 8.(1,6, 10-12) 22-30, 41-43

Reader A reading from the First Book of Kings.

[Then Solomon assembled the elders of Israel and all the heads of the tribes, the leaders of the ancestral houses of the Israelites, before King Solomon in Jerusalem, to bring up the ark of the covenant of the Lord out of the city of David, which is Zion. Then the priests brought the ark of the covenant of the Lord to its place, in the inner sanctuary of the house, in the most holy place, underneath the wings of the cherubim. And when the priests came out of the holy place, a cloud filled the house of the Lord, so that the priests could not stand to minister because of the cloud; for the glory of the Lord filled the house of the Lord.]

Then Solomon stood before the altar of the Lord in the presence of all the assembly of Israel, and spread out his hands to heaven. He said, "O Lord, God of Israel, there is no God like you in heaven above or on earth beneath, keeping covenant and steadfast love for your servants who walk before you with all their heart, the covenant that you kept for your servant my father David as you declared to him; you promised with your mouth and have this day fulfilled with your hand. Therefore, O Lord, God of Israel, keep for your servant my father David that which you promised him, saying, 'There shall never fail you a successor before me to sit on the throne of Israel, if only your children look to their way, to walk before me as you have walked before me.' Therefore, O God of Israel, let your word be confirmed, which you promised to your servant my father David. But will God indeed dwell on the earth? Even heaven and the highest heaven cannot contain you, much less this house that I have built! Regard your servant's prayer and his plea, O Lord my God, heeding the cry and the prayer that your servant prays to you today; that your eyes may be open night and day toward this house, the place of which you said, 'My name shall be there,' that you may heed the prayer that your servant prays toward this place. Hear the plea of your servant and of your people Israel when they pray toward this place; O hear in heaven your dwelling place; heed and forgive. Likewise when a foreigner, who is not of your people Israel, comes from a distant land because of your name - for they shall hear of your great name, your mighty hand, and your outstretched arm - when a foreigner comes and prays toward this house, then hear in heaven your dwelling place, and do according to all that the foreigner calls to you, so that all the peoples of the earth may know your name and fear you, as do your people Israel, and so that they may know that your name has been invoked on this house that I have built."

Reader The word of the Lord.

All **Thanks be to God.**

Psalm 84 *Quam dilecta!* Sung by the Cantor.

Tone I.2



- ¹ O HOW lovely are thy **dwel**-lings, /
(- -) thou Lörd of-hösts!
- ² My soul hath a desire and longing to enter into the courts of **the** Lord: /
my heart and my flesh rejoice **in** the li-ving Göd.
- ³ Yea, the sparrow hath found her an house, and the swallow a nest
where she may lay **her** young: /
even thine altars, O Lord of hosts, my **King** and mÿ Göd.
- ⁴ Blessed are they that dwell **in thy** house; /
they will be **al**-way präis-ing-thëe.
- ⁵ Blessed are the men whose strength is **in** thee, /
in whose heart **are** the pil-grim-wäys;
- ⁶ Who going through the Vale of Misery use it for **a** well; /
yea, the early rain covereth **it** with blëss-ings.
- ⁷ They go from strength **to** strength, /
and unto the God of gods appeareth every one of **them** in Si-ön.
- ⁸ O Lord God of hosts, hear **my** prayer: /
hearken, O **God** of Jä-cöb.
- ⁹ Behold, O God, **our** shield, /
and look upon the face of **thine** an-oïnt-öd.
- ¹⁰ For one day in **thy** courts /
is better **than** a thöu-sänd.
- ¹¹ I had rather be a door-keeper in the house of **my** God, /
than to dwell in the tents **of** un-göd-li-nëss.
- ¹² For the Lord God is a light and defence; the Lord will give grace and **glo**-ry; /
and no good thing shall he withhold from them that **lead** a göd-ly-life.
- ¹³ O Lord God **of** hosts, /
blessed is the man that put-**teth** his trüist in-thëe.

Second Lesson *Ephesians 6.10-20*

Reader A reading from the Letter of Paul to the Ephesians.

Finally, be strong in the Lord and in the strength of his power. Put on the whole armour of God, so that you may be able to stand against the wiles of the devil. For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places. Therefore take up the whole armour of God, so that you may be able to withstand on that evil day, and having done everything, to stand firm. Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness. As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace. With all of these, take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one. Take the helmet of salvation, and the sword of the Spirit, which is the word of God. Pray in the Spirit at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints. Pray also for me, so that when I speak, a message may be given to me to make known with boldness the mystery of the gospel, for which I am an ambassador in chains. Pray that I may declare it boldly, as I must speak.

Reader The word of the Lord.

All **Thanks be to God.**

Gradual 405 *Alleluia No. 1*

ALLELUIA NO. 1

Cantor Refrain:

Alleluia, alleluia! Give thanks to the risen Lord.

Alleluia, alleluia! Give praise to his name.

*Jesus is Lord of all the earth;
he is the king of creation. Refrain.*

*Spread the good news o'er all the earth:
Jesus has died and has risen. Refrain.*

The Holy Gospel *John 6.56-69*

Gospeller The Lord be with you.

All **And also with you.**

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

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

Jesus said, "Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live

because of me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live forever." He said these things while he was teaching in the synagogue at Capernaum. When many of his disciples heard it, they said, "This teaching is difficult; who can accept it?" But Jesus, being aware that his disciples were complaining about it, said to them, "Does this offend you? Then what if you were to see the Son of Man ascending to where he was before? It is the spirit that gives life; the flesh is useless. The words that I have spoken to you are spirit and life. But among you there are some who do not believe." For Jesus knew from the first who were the ones that did not believe, and who was the one that would betray him. And he said, "For this reason I have told you that no one can come to me unless it is granted by the Father." Because of this many of his disciples turned back and no longer went about with him. So Jesus asked the twelve, "Do you also wish to go away?" Simon Peter answered him, "Lord, to whom can we go? You have the words of eternal life. We have come to believe and know that you are the Holy One of God."

Gospeller The Gospel of Christ.

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

Homily The Reverend Christopher Dangpilen

Anthem *Ego sum Panis Vitae*

PALESTRINA

Choir *Ego sum panis vitae.*

Patres vestri manducaverunt manna in deserto, et mortui sunt.

Hic est panis de coelo descendens: si quis ex ipso manducaverit, non morietur.

Ego sum panis vivus, qui de cælo descendi.

Si quis manducaverit ex hoc pane, vivet in æternum:

et panis quem ego dabo, caro mea est pro mundi vita.

I am that bread of life.

Your fathers did eat manna in the wilderness, and are dead.

This is the bread which cometh down from heaven, that a man may eat thereof, and not die.

I am the living bread which came down from heaven:

if any man eat of this bread, he shall live for ever:

and the bread that I will give is my flesh, which I will give for the life of the world.

Alleluia.

Nicene Creed

Celebrant Let us confess our faith, as we say,

All **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: by the power of the Holy Spirit he became incarnate from the Virgin Mary and was made man. 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.**

Prayers of the People

Confession and Absolution

Celebrant 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. *Silence is kept.*

Celebrant Most merciful God,

All **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.**

Celebrant 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.

All **Amen.**

The Peace

Celebrant The peace of the Lord be always with you.

All **And also with you.**

Celebration of the Eucharist

Offertory Hymn 300 *Christ Is Made the Sure Foundation*

WESTMINSTER ABBEY

Choir *Christ is made the sure foundation, Christ the head and cornerstone,
chosen of the Lord and precious, binding all the church in one,
holy Zion's help forever, and her confidence alone.*

*All that dedicated city, dearly loved of God on high,
in exultant jubilation pours perpetual melody,
God the One in Three adoring in glad hymns eternally.*

*To this temple, where we call thee, come, O Lord of hosts, today;
with thy wonted loving-kindness, hear thy servants as they pray;
and thy fullest benediction shed within its walls alway.*

*Here vouchsafe to all thy servants what they ask of thee to gain,
what they gain from thee forever with the blessed to retain,
and hereafter in thy glory evermore with thee to reign.*

*Laud and honor to the Father, laud and honor to the Son,
laud and honor to the Spirit, ever three and ever one,
one in might, and one in glory, while unending ages run.*

Prayer over the Gifts

Celebrant God of glory, receive all we offer this day as a symbol of our love, and increase in us that true and perfect gift. We ask this in the name of Jesus Christ our Lord.

Amen.

The Great Thanksgiving

Celebrant The Lord be with you.

All **And also with you.**

Celebrant Lift up your hearts.

All We lift them to the Lord.

Celebrant Let us give thanks to the Lord our God.

All It is right to give our thanks and praise.

Celebrant It is indeed right that we should praise you, gracious God, for you created all things. You formed us in your own image: male and female you created us. When we turned away from you in sin, you did not cease to care for us, but opened a path of salvation for all people. You made a covenant with Israel, and through your servants Abraham and Sarah gave the promise of a blessing to all nations. Through Moses you led your people from bondage into freedom; through the prophets you renewed your promise of salvation. Therefore, with them, and with all your saints who have served you in every age, we give thanks and raise our voices to proclaim the glory of your name.

Sanctus

BOB HURD

Choir 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.

[Holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory.

Hosanna in the highest.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest.]

Celebrant Holy God, source of life and goodness, all creation rightly gives you praise. In the fullness of time, you sent your Son Jesus Christ, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all. He healed the sick and ate and drank with outcasts and sinners; he opened the eyes of the blind and proclaimed the good news of your kingdom to the poor and to those in need. In all things he fulfilled your gracious will.

On the night he freely gave himself to death, 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.”

Gracious God, his perfect sacrifice destroys the power of sin and death; by raising him to life you give us life for evermore. Therefore we proclaim the mystery of faith.

All **Christ has died. Christ is risen. Christ will come again.**

Celebrant Recalling his death, proclaiming his resurrection, and looking for his coming again in glory, we offer you, Father, this bread and this cup. Send your Holy Spirit upon us and upon these gifts, that all who eat and drink at this table may be one body and one holy people, a living sacrifice in Jesus Christ, our Lord. Through Christ, with Christ, and in Christ, in the unity of the Holy Spirit, all glory is yours, almighty Father, now and for ever.

All **Amen.**

Celebrant And now as our Saviour Christ has commanded and taught us, we are bold to pray:

All **Our Father, who art in heaven, hallowed be thy Name.
Thy Kingdom come, thy will be done on earth, as it is in heaven.
Give us this day our daily bread. And forgive us our trespasses,
As we forgive them that trespass against us.
And lead us not into temptation, but deliver us from evil.
For thine is the kingdom, the power, and the glory,
For ever and ever. Amen.**

The Breaking of the Bread

Celebrant “I am the bread of life,” says the Lord. “Whoever comes to me will never be hungry; whoever believes in me will never thirst.”

All **Taste and see that the Lord is good; happy are they who trust in him!**

Agnus Dei: Missa Ubi Caritas

BOB HURD

Choir *Agnus Dei, qui tollis peccata mundi: miserere nobis, miserere nobis
[O Lamb of God, that takest away the sin of the world, have mercy upon us]
Jesus, the Bread of Life, you take away the sin of the world:
Jesus, the Prince of Peace, you take away the sin of the world:*

*Jesus, the Servant of God, you take away the sin of the world:
Jesus, our Paschal Sacrifice, you take away the sin of the world:
Agnus Dei, qui tollis peccata mundi: Dona nobis pacem, dona nobis pacem.
[O Lamb of God, that takest away the sin of the world, grant us your peace]*

Holy Communion

A Prayer for Spiritual Communion

For those worshipping from home, we commend this prayer for Spiritual Communion.

Thanks be to you, Lord Jesus Christ, for all the benefits you have given me,
for all the pains and insults you have borne for me.

Since I cannot now receive you sacramentally,

I ask you to come spiritually into my heart.

O most merciful redeemer, friend and brother,
may I know you more clearly, love you more dearly,
and follow you more nearly, day by day. Amen.

(The Prayer of St Richard of Chichester - adapted)

Communion Hymn Hymn for the Eucharist

DAVID OGDEN

*Choir Take and eat of me, the Saviour said, take my body: it shall be your bread.
That to you is ease, to me is pain, that to me is loss, to you is gain.*

*Take and drink of me, I am the vine, take my blood to you it shall be wine.
That to you is peace, to me is strife, that to me is death, to you is life.*

*Eat and drink of me, the Saviour said, drink my living wine, eat living bread.
That by me is giv'n, in you find place, that in you is sin, to me is grace.*

Prayer after Communion & Doxology

Celebrant Living God, increase in us the healing power of your love.

Guide and direct us that we may please you in all things, for the sake of Jesus
Christ our Lord. **Amen.**

Celebrant Glory to God,

All **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.**

Blessing & Dismissal

Celebrant Let us bless the Lord.

All **Thanks be to God.**

Postlude *Prelude in A Major BWV 536*

J.S. BACH

In our Prayers this Week

The Anglican Communion The Anglican Church of South America.

Diocesan Cycle of Prayer Bishop Riscylla Shaw.

Outreach & Advocacy Cycle of Prayer *Pray for* St. Monica, its food bank, and its neighbourhood advocacy;

for St. Nicholas, Birch Cliff, its weekly community lunch, its men's cooking and support group, and its participation in a community Christmas dinner program and the Churches by the Bluffs Food Bank;

for St. Ninian, Scarborough, and its Food Bank;

Parish Cycle Nancy Byers, Richard Carrier-Bragg, Lavinia Carrigan, Chris & Diana Carrington.

Home Bound Parishioners Gail Birnie, Nancy Byers, Cintra Cassidy, Jim Colling, Ann Duff, Charlotte Graham, Lorraine Griffith, George Petricko, Lucy Simons, Lila Vamosi, Pam Young.

Parish Announcements

The deadline for submissions is Thursday at noon each week.

Services

- **Wednesday, Aug 24 Eucharist**
11 am Holy Eucharist. In-person worship
- **Sunday, Aug 29 Choral Eucharist**
10.30 am Choral Eucharist. Live-Stream only
- **Wednesday, Sep 1 Eucharist**
11 am Holy Eucharist. In-person worship

In Person Worship – *Regulations limit us to 15% capacity. It would be helpful for us to have you call ahead if you plan to attend.*



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Honorary Assistant Organists	Mr Maurice White/ Mr Johan van 't Hof / Ms Alison Jane
Wardens	Dr Ted Robinson – Rector's Warden/Ms Vanessa Scott – People's Warden
Deputy Wardens	Ms Laurie Sanderson, Ms Stephanie Woodside, Mr David Carrington
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