



Sung Eucharist at 10.30 am

Celebrant & Litanist: The Reverend Canon Geoffrey Sangwine

Preacher: The Reverend Fr. Theo Ipema

Assisting: Jillian Ruch

Organist: Robin Davis / Cantor: Maria Milenic

Mass Settings: Sanctus/Benedictus, Agnus Dei - Merbecke



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

The service begins on page 67 of the *Book of Common Prayer*

or on page 230 of the *Book of Alternative Services*.

The Gathering of the Community

Prelude *Sonata #1 – II Adagio*

FELIX MENDELSSOHN

The Great Litany (*please kneel or be seated as the Litany is prayed*)

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

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

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

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

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

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

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

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

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

All Spare us, good Lord.

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

All *Good Lord, deliver us.*

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

All *Good Lord, deliver us.*

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

All *Good Lord, deliver us.*

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

All *Good Lord, deliver us.*

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

All *Good Lord, deliver us.*

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

All *Good Lord, deliver us.*

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

All *Good Lord, deliver us.*

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

All *Good Lord, deliver us.*

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

All *Good Lord, deliver us.*

Litanist 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.

All *We beseech thee, good Lord.*

Litanist To keep and strengthen in the true worshipping of thee, in holiness of life, and in devotion to her people, thy servant Elizabeth, our most gracious Queen and Governor.

All *We beseech thee, good Lord.*

Litanist To be her defender and keeper, giving her the victory over all her enemies.

All *We beseech thee, good Lord.*

Litanist To bless and preserve all the Royal Family.

All *We beseech thee, good Lord.*

Litanist To give to 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.

All *We beseech thee, good Lord.*

Litanist 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.

All *We beseech thee, good Lord.*

Litanist To bless the people of our Country and the Commonwealth, and to endue those set in authority with grace, wisdom, and understanding.

All *We beseech thee, good Lord.*

Litanist To bless and guide the Judges and Magistrates, giving them grace to execute justice, and to maintain truth.

All *We beseech thee, good Lord.*

Litanist To bless and keep the Queen's forces by sea, and land, and air, and to shield them in all dangers and adversities.

All *We beseech thee, good Lord.*

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

All *We beseech thee, good Lord.*

Litanist To bless and protect all who serve humanity by their labour and learning.

All *We beseech thee, good Lord.*

Litanist 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.

All *We beseech thee, good Lord.*

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

All *We beseech thee, good Lord.*

Litanist To bless and keep all thy people.

All *We beseech thee, good Lord.*

Litanist 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.

All *We beseech thee, good Lord.*

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

All *We beseech thee, good Lord.*

Litanist 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.

All *We beseech thee, good Lord.*

Litanist To succour, help, and comfort all that are in danger, necessity, and tribulation.
All *We beseech thee, good Lord.*

Litanist To have mercy upon all people.
All *We beseech thee, good Lord.*

Litanist To give and preserve to our use the kindly fruits of the earth, so that in due time we may enjoy them.
All *We beseech thee, good Lord.*

Litanist To forgive our enemies, persecutors, and slanderers, and to turn their hearts.
All *We beseech thee, good Lord.*

Litanist 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.
All *We beseech thee, good Lord.*

Litanist Son of God, we beseech thee to hear us.
All *Son of God, we beseech thee to hear us.*

Litanist O Lamb of God, that takest away the sin of the world;
All *Have mercy upon us.*

Litanist O Lamb of God, that takest away the sin of the world;
All *Grant us thy peace.*

Litanist O Christ, hear us.
All *O Christ, hear us.*

Litanist Lord, have mercy upon us.
All *Christ, have mercy upon us.*

Litanist Lord, have mercy upon us.

The Collects

Celebrant O LORD, who for our sake didst fast forty days and forty nights: Give us grace to use such abstinence, that, our flesh being subdued to the Spirit, we may ever obey thy godly motions in righteousness and true holiness, to thy honour and glory; who livest and reignest with the Father and the Holy Spirit, one God, world without end. **Amen.** *Collect for the First Sunday in Lent.*

Celebrant 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.** *Collect for Ash Wednesday.*

Hymn 175 *Forty Days and Forty Nights*

HEINLEIN (AUS DER TIEFE)

All Forty days and forty nights you were fasting in the wild,
forty days and forty nights tempted, and yet undefiled:
burning heat throughout the day, bitter cold when light had fled,
prowling beasts around your way, stones your pillow, earth your bed.
Shall not we your sorrow share, learn your discipline of will,
and with you by fast and prayer wrestle with the powers of hell?
So if Satan, pressing hard, soul and body would destroy,
Christ who conquered, be our guard; give to us the victor's joy.
Saviour, may we hear your voice— keep us constant at your side;
and with you we shall rejoice at the eternal Eastertide.

The Liturgy of the Word

The First Lesson *Romans 10.8B-13*

Read by Daphne Harris

Reader The Epistle is written in the 10th chapter of the Letter of St Paul to the Romans, beginning at the 8th verse.

“The word is near you, on your lips and in your heart” (that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, “No one who believes in him will be put to shame.” For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, “Everyone who calls on the name of the Lord shall be saved.” *Reader* The word of the Lord. *All* **Thanks be to God.**

Psalm 91.1-2, 9-16 *Qui habitat. Sung by the Cantors.*

VIII. 1.



Cantor ¹ WHO-SO dwelleth under the defence of the Most **High** /
shall abide under the shadow of **the** Al-migh-ty.

All ² I will say unto the Lord, ‘Thou art my refuge and my **strong**-hold; /

my God in **whom** I will trust.'

Cantor 9 Because thou hast said, 'The Lord is my **re-fuge**', /
and hast made the Most High thy **hab-i-ta-tion**,

All 10 There shall no evil happen unto **thee**, /
neither shall any plague come **nigh** thy dwell-ing.

Cantor 11 For he shall give his angels charge over **thee**, / to keep **thee** in all thy ways.

All 12 They shall bear thee in their **hands**, / thât thou hurt not thy **foot** a-against a stone.

Cantor 13 Thou shalt tread upon the lion and **ad-der**: /
the young lion and the dragon shalt thou trample **un-der** thy feet.

All 14 Because he hath set his love upon mē, therefore will I de-**liv-er** him; /
I will set him up, because **he** hath known my **^Name**.

Cantor 15 He shall call upon me, and I will **hear** him: /
yea, I am with him in trouble; I will deliver him, and bring **him** to hon-our.

All 16 With long life will I satisfy **him**, / and show him **my** sal-va-tion.

Trisagion *Sung by the Cantor.*



The Holy Gospel *Luke 4.1-13*

Gospeller: Jillian Ruch

Gospeller The Lord be with you.

All **And with thy spirit.**

Gospeller The Holy Gospel is written in the 4th chapter of the Gospel according to St. Luke, beginning at the 1st verse.

All **Glory be to thee, O Lord.**

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, "If you are the Son of God, command this stone to become a loaf of bread." Jesus answered him, "It is written, 'One does not live by bread alone.'" Then the devil led him up and showed him in

an instant all the kingdoms of the world. And the devil said to him, "To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours." Jesus answered him, "It is written, 'Worship the Lord your God, and serve only him.'" Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down from here, for it is written, 'He will command his angels concerning you, to protect you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'" Jesus answered him, "It is said, 'Do not put the Lord your God to the test.'" When the devil had finished every test, he departed from him until an opportune time.

Gospeller The Gospel of Christ.

All **Praise be to thee, O Christ.**

Homily The Reverend Theo Ipema

Confession and Absolution

The Celebrant invites the confession of Sin.

Celebrant **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 absolution is pronounced.

Celebration of the Eucharist

Offertory Sentence

Celebrant I beseech you, brothers and sisters, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. *Romans 12.1.*

All Here, Lord, we take the broken bread and drink the wine, believing that by thy life our souls are fed, thy parting gifts receiving.

As thou hast given, so we would give ourselves for others' healing;
as thou hast lived, so we would live, the Father's love revealing.

Prayer over the Gifts

Celebrant Blessed be thou, Lord God of Israel, for ever and ever. All that is in the heaven and in the earth is thine. All things come of thee, and of thine own have we given thee.
1 Chronicles 29. 10, 11, 14.

The Great Thanksgiving

Celebrant The Lord be with you.

All **And with thy spirit.**

Celebrant Lift up your hearts.

All **We lift them up unto the Lord.**

Celebrant Let us give thanks unto our Lord God.

All **It is meet and right so to do.**

The celebrant continues with the Proper Preface. Then follows the Sanctus.

All **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.

Celebrant 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, O Father Almighty, world without end. **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 Peace

Celebrant The peace of the Lord be always with you.

All **And with thy spirit.**

Celebrant We do not presume

All **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.

Agnus Dei

MERBECKE

All O lamb of God, that takest away the sin of the world, have mercy upon us.
O lamb of God, that takest away the sin of the world, have mercy upon us.
O lamb of God, that takest away the sin of the world, grant us thy peace.

Holy Communion

A Prayer for Spiritual Communion

For those not receiving the sacrament 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)

Anthem *Hear My Prayer (Soprano Solo - Sophie Knowles)*
Pianist – David Smith

FELIX MENDELSSOHN

Choir Hear my prayer, O God, incline Thine ear! Thyself from my petition do not hide.
Take heed to me! Hear how in prayer I mourn to Thee, Without Thee all is dark, I
have no guide. The enemy shouteth, the godless come fast! Iniquity, hatred, upon
me they cast! The wicked oppress me, Ah where shall I fly? Perplexed and
bewildered, O God, hear my cry! My heart is sorely pained within my breast,
my soul with deathly terror is oppressed, trembling and fearfulness upon me fall,
with horror overwhelmed, Lord, hear me call!

Thanksgiving after Communion

Celebrant 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.

All **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.**

Blessing

Announcements

Recessional Hymn 431 *Take Up Your Cross, the Saviour Said*

BRESLAU

All Take up your cross, the Saviour said, if you would my disciple be;
deny yourself, the world forsake, and humbly follow after me.

Take up your cross; let not its weight fill your weak soul with vain alarm;
his strength shall bear your spirit up, and brace your heart, and nerve your arm.

Take up your cross, nor heed the shame, and let your foolish pride be still;
your Lord for you endured to die upon a cross, on Calvary's hill.

Take up your cross, then, in his strength, and calmly every danger brave;
'twill guide you to a better home and lead to victory o'er the grave.

Take up your cross and follow Christ, nor think till death to lay it down;
for only those who bear the cross may hope to wear the glorious crown.

Dismissal

Celebrant Go forth in the name of Christ.

All **Thanks be to God.**

Postlude *Sonata #1 – IV Allegro assai vivace*

FELIX MENDELSSOHN

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In our Prayers this Week

The Anglican Communion The Anglican Church of Korea.

Diocesan Cycle of Prayer Bishop Andrew Asbil.

Outreach & Advocacy Cycle of Prayer *The Church of the Redeemer, Bloor Street*, its weekday meal program, street outreach, and other supports for homeless and marginally-housed people, its Indigenous Solidarity Working Group, Creation Matters group, and refugee resettlement program; *The Church of the Resurrection*, its community garden, monthly Common Table, support of Sanctuary, the Scott Mission, and Dale Ministries, refugee sponsorship, and Side Door youth drop-in centre; *San Lorenzo, Dufferin*, its community centre and Voces Latinas radio programming, and its annual Caravan of Hope, bringing supplies to the needy in El Salvador.

Parish Cycle Jean Ponter, John Pugsley & Marc Cote, Joy Quan-Lee, Deta Raffington.

Home Bound Parishioners Gail Birnie, Joyce Brighty, Nancy Byers, Jim Colling, Ann Duff, Dennis Gittens, Charlotte Graham, Lorraine Griffith, Sabrina Hogan, George Petricko, Lucy Simons, Lila Vamosi, Daphne Webster, Pam Young.

Parish Announcements

This Week...

- Tuesday, March 8
7 pm Alpha Presentation and Discussion
- Wednesday, March 9
11 am Sung Eucharist (Lenten Ember Day)
7 pm Rector/Wardens Meeting
- Thursday, March 10
1.30 pm St James Deanery Clericus
3 pm Personnel Committee Meeting
7 pm Choir Rehearsal
- Sunday, March 13 – *2nd Sunday in Lent*
9.15 am Holy Eucharist – *New Service*
10.30 am Sung Matins

FaithWorks

Packages for the 2022 programme are now available. Please remember, the parish receives back 15% of FaithWorks donations when given through the parish. On the form, please indicate clearly that that you are a member of St Peter and St Simon-the-Apostle to enable our parish to receive this benefit. Funds will be allocated for outreach ministry. Thank you for your generosity.