



the **Church**
of **St Peter** and
St Simon-the-Apostle

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The Fifth Sunday after the Epiphany

Sexagesima

(The 60th Day Before Easter)

February 4, 2024

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

**The flowers in the sanctuary are given to the honour and glory of Almighty God
in recognition of Black History Month and the contribution
that people of black heritage make to our church.**

Holy Eucharist at 9.15 am.

Celebrated in the Chapel of the Holy Spirit.

BCP pp. 67ff

Celebrant

The Reverend Abraham Thomas

Choral Eucharist at 10.30 am.

Celebrant

The Reverend Abraham Thomas

Preacher

The Reverend Canon Geoffrey Sangwine

Servers

Fen Nanton, Peggy Needham

Communion Ministers

Gary Toneguzzo, Elijah/Ashrey, Fen Nanton, Betty Scantlebury

Director of Music

Robin Davis

Organist

Johan van 't Hof

Mass Setting

Mass for All Saints, Peter Aston

Sanctus/Benedictus, Agnus Dei



Children going to Church School | Please gather at the entrance of the Church near the font to meet with Sileen Phillips, Children's Ministry Co-ordinator, and Carol Peck.

THE GATHERING OF THE COMMUNITY

Prelude *Liebster Jesu wir sind hier, BWV 730 and 731*

J.S. BACH

Introit *Lift Every Voice and Sing*

JAMES WELDON JOHNSON

Members of the congregation are invited to join in singing the anthem.

Lift every voice and sing, Till earth and heaven ring, Ring with the harmonies of Liberty
Let our rejoicing rise, High as the list'ning skies, let it resound loud as the rolling sea
Sing a song full of faith that the dark past has taught us

Sing a song full of the hope that the present has brought us
Facing the rising sun of our new day begun, Let us march on till victory is won.
God of our weary years, God of our silent tears
Thou who has brought us thus far on the way
Thou who has by thy might, Led us into the light
Keep us forever in the path, we pray
Lest our feet stray from the places, our God, where we met thee
Lest our hearts, drunk with the wine of the world, we forget thee
Shadowed beneath the hand, May we forever stand
True to our God, True to our native land

Hymn 10 *We, the Lord's People*

CHRISTE SANCTORUM

Greeting

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

All **And with thy spirit.**

Celebrant Almighty God,

All **unto whom all hearts be open, all desires known, and from whom no secrets
are hid: cleanse the thoughts of our hearts by the inspiration of thy Holy
Spirit, that we may perfectly love thee, and worthily magnify thy holy name;
through Christ our Lord. Amen.**

Summary of the Law

Celebrant Our Lord Jesus Christ said: hear, O Israel, the Lord our God is one Lord;
and thou shalt love the Lord thy God with all thy heart,
and with all thy soul, and with all thy mind, and with all thy strength.
This is the first and great commandment. And the second is like unto it: thou
shalt love thy neighbour as thyself. On these two commandments hang all the
law and the prophets.

All **Lord have mercy upon us, and write both these thy laws
in our hearts, we beseech thee.**

Gloria Hymn Book #679

MERBECKE

Celebrant Glory be to God on high,

All **and in earth peace, good will towards all.**

**We praise thee, we bless thee, we worship thee, we glorify thee,
we give thanks to thee for thy great glory, O Lord God, heavenly King,
God the Father Almighty. O Lord, the only-begotten Son, Jesu Christ;**

**O Lord God, Lamb of God, Son of the Father,
that takest away the sin of the world, have mercy upon us.
Thou that takest away the sin of the world, receive our prayer.
Thou that sittest at the right hand of God the Father, have mercy upon us.
For thou only art holy; thou only art the Lord; thou only, O Christ, with
the Holy Ghost, art most high in the glory of God the Father. Amen.**

Collect of the Day

Celebrant O Lord God, who seest that we put not our trust in any thing that we do:
Mercifully grant that by thy power we may be defended against all adversity;
through Jesus Christ our Lord. **Amen.**

THE LITURGY OF THE WORD

First Reading *Isaiah 40.21-31*

Read by Dr. Ted Robinson

Reader A reading from the Prophet Isaiah.

Have you not known? Have you not heard? Has it not been told you from the beginning?
Have you not understood from the foundations of the earth? It is he who sits above the
circle of the earth, and its inhabitants are like grasshoppers; who stretches out the heavens
like a curtain, and spreads them like a tent to live in; who brings princes to naught, and
makes the rulers of the earth as nothing. Scarcely are they planted, scarcely sown, scarcely
has their stem taken root in the earth, when he blows upon them, and they wither, and the
tempest carries them off like stubble. To whom then will you compare me, or who is my
equal? says the Holy One. Lift up your eyes on high and see: Who created these? He who
brings out their host and numbers them, calling them all by name; because he is great in
strength, mighty in power, not one is missing. Why do you say, O Jacob, and speak, O
Israel, "My way is hidden from the Lord, and my right is disregarded by my God"? Have
you not known? Have you not heard? The Lord is the everlasting God, the Creator of the
ends of the earth. He does not faint or grow weary; his understanding is unsearchable. He
gives power to the faint, and strengthens the powerless. Even youths will faint and be
weary, and the young will fall exhausted; but those who wait for the Lord shall renew their
strength, they shall mount up with wings like eagles, they shall run and not be weary, they
shall walk and not faint.

Reader The word of the Lord.

All **Thanks be to God.**

Psalm 147.1-12 *Laudate Dominum.*

Stanley Vann



- ¹ O praise the Lord, for it is a good thing to sing praises | unto our | God:
yea, a joyful and pleasant | thing it | is · to be | thankful.

- ² The Lord doth build | up Je | rusalem,
and gather to | gether the | outcasts of | Israel.

- ³ He healeth those that are | broken in | heart,
and | bindeth | up their | wounds.

- ⁴ He telleth the | number · of the | stars,
and | calleth them | all · by their | names.

- ⁵ Great is our Lord, and | great is · his | power:
yea, | and his | wisdom is | infinite.

- ⁶ The Lord setteth | up the | meek,
and bringeth the un | godly | down · to the | ground.

- ⁷ O sing unto the | Lord with | thanksgiving:
sing praises upon the | harp | unto our | God;

- ⁸ Who covereth the heaven with clouds, and prepareth | rain · for the | earth,
and maketh grass to | grow up| on the | mountains,

- ⁹ Who giveth fodder | unto the | cattle,
and feedeth the young | ravens that | call up | on him.

- ¹⁰ He hath no pleasure in the | strength · of an | horse,
neither delighteth | he in | any | runner.

- ¹¹ But the Lord's delight is in | them that | fear him,
and | put their | trust · in his | mercy.

- ¹² Praise the Lord, | O Je | rusalem:
praise | --thy | God, O | Sion.

Reader A reading from the First Letter of Paul to the Corinthians.

If I proclaim the gospel, this gives me no ground for boasting, for an obligation is laid on me, and woe to me if I do not proclaim the gospel! For if I do this of my own will, I have a reward; but if not of my own will, I am entrusted with a commission. What then is my reward? Just this: that in my proclamation I may make the gospel free of charge, so as not to make full use of my rights in the gospel. For though I am free with respect to all, I have made myself a slave to all, so that I might win more of them. To the Jews I became as a Jew, in order to win Jews. To those under the law I became as one under the law (though I myself am not under the law) so that I might win those under the law. To those outside the law I became as one outside the law (though I am not free from God's law but am under Christ's law) so that I might win those outside the law. To the weak I became weak, so that I might win the weak. I have become all things to all people, that I might by all means save some. I do it all for the sake of the gospel, so that I may share in its blessings.

Reader The word of the Lord.

All **Thanks be to God.**

Gradual Hymn 478 *Almighty God, Thy Word Is Cast* (vs. 1-2)

ALBANO

The Holy Gospel *Mark 1.29-39*

Gospeller The Lord be with you.

All **And with thy spirit.**

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

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

As soon as they left the synagogue, they entered the house of Simon and Andrew, with James and John. Now Simon's mother-in-law was in bed with a fever, and they told Jesus about her at once. He came and took her by the hand and lifted her up. Then the fever left her, and she began to serve them. That evening, at sundown, they brought to him all who were sick or possessed with demons. And the whole city was gathered around the door. And he cured many who were sick with various diseases, and cast out many demons; and he would not permit the demons to speak, because they knew him. In the morning, while it was still very dark, he got up and went out to a deserted place and there he prayed. And Simon and his companions hunted for him. When they found him, they said to him, "Everyone is searching for you." He answered, "Let us go on to the neighbouring towns, so that I may proclaim the message there also; for that is what I came out to do." And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons.

Gospeller The Gospel of Christ.
All **Praise be to thee, O Christ.**

Gradual Hymn 478 *Almighty God, Thy Word Is Cast* (vs. 3-4)

ALBANO

Homily The Reverend Canon Geoffrey Sangwine

Nicene Creed – Hymn Book #681 *Please stand.*

MERBECKE

Celebrant I believe in one God,
All **the Father almighty, maker of heaven and earth,
and of all things visible and invisible;
And in one Lord Jesus Christ, the only-begotten Son of God,
begotten of the Father before all worlds,
God, of God; Light, of Light; very God, of very God;
begotten, not made; being of one substance with the Father;
through whom all things were made:
who for us and for our salvation came down from heaven,
and was incarnate by the Holy Ghost of the Virgin Mary,
and was made man, and was crucified also for us under Pontius Pilate.
He suffered and was buried, and the third day he rose again according to the
scriptures, and ascended into heaven,
and sitteth on the right hand of the Father.
And he shall come again with glory to judge both the quick and the dead:
whose kingdom shall have no end.
And I believe in the Holy Ghost, the Lord, the giver of life,
who proceedeth from the Father and the Son,
who with the Father and the Son together is worshipped and glorified,
who spake by the prophets. And I believe one, holy, catholic, and apostolic
Church. I acknowledge one baptism for the remission of sins.
And I look for the resurrection of the dead, and the life of the world to come.
Amen.**

Prayers of the People *Please kneel or stand.*

Led by Gerry Courage

Confession and Absolution

*The Celebrant invites the congregation to join in the General Confession.
Silence is kept. Please kneel or be seated.*

Celebrant Almighty God,

All **Father of our Lord Jesus Christ, maker of all things and judge of all people:
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. Then all stand.

The Peace

Celebrant The peace of the Lord be always with you.

All **And with thy spirit.**

THE CELEBRATION OF THE EUCHARIST

Offertory Hymn 531 *You Who Dwell in the Shelter of the Lord* ON EAGLES' WINGS

Prayer over the Gifts

Celebrant God of compassion and forgiveness, receive our offering this day,
and make us one with him who is our peace, Jesus Christ the Lord. **Amen.**

The Great Thanksgiving - Hymn Book # 683

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 preface, then the choir sings the Sanctus.

Choir 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. *All kneel or be seated.*

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.**

Lord's Prayer – *Sung*

Our Fa-ther who art in heav'n, Hall-owed be thy name, Thy king - dom come

Thy will be done on earth as it is in heaven. Give us this day our dai - ly bread.

And for-give us our tres - pa - ses, As we for-give those who tres-pass a-against us.

And lead us not in - to temp - ta - tion; but de - liv - er us from e - vil

For Thine is the king - dom, the pow'r and the glo - ry, for e - ver and e - ver, A - men.

Breaking of the Bread

Celebrant Christ our Passover is sacrificed for us.

All **Therefore let us keep the feast.**

Celebrant The gifts of God for the People of God.

All **Thanks be to God.**

Agnus Dei

Choir O Lamb of God, who takes away the sin of the world, have mercy on us.

O Lamb of God, who takes away the sin of the world, have mercy on us.

O Lamb of God, who takes away the sin of the world, grant us your peace.

Holy Communion

- Holy Communion will be administered at both the High Altar and at the St Peter's Altar (standing). If you are communicating at the High Altar, please return to your pew through the side Sacristy door.
- Communion is administered in both kinds, bread and wine. Please do not intinct (dip the wafer in the wine). The fullness of the sacrament is present in the bread only. If you are not receiving the chalice, you may touch the base while the words of administration are spoken.
- If you would like only a blessing, please cross your arms over your chest to indicate this to the priest.

A Prayer for Spiritual Communion (*The Prayer of St Richard of Chichester – adapted*)

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.

Communion Hymn 81 *Father, We Thank Thee Who Hast Planted* LES COMMANDEMENS

Motet *O Nata Lux* MORTEN LAURIDSEN

O nata lux de lumine Jesu redemptor saeculi.

Dignare clemens supplicum Laudes precesque sumere.

Qui carne quondam contegi Dignatus es pro perditis
Nos membra confer effici Tui beati corporis.

*O Light born of Light, Jesus, redeemer of the world,
with kindness deign to receive the praise and prayer of suppliant.
You who once deigned to be clothed in flesh for the sake of the lost,
grant us to be made members of your blessed body.*

Thanksgiving after Communion

Celebrant Lord our God, grant us grace to desire thee with our whole heart;
that so desiring, we may seek and find thee; and so finding, may love thee;
and so loving, may give thanks to thee for our redemption
through the cross of our Lord and Saviour Jesus Christ.

All **Almighty God, we thank thee for feeding us
with the body and blood of thy Son, Jesus Christ.
Through him we offer unto thee ourselves our souls and bodies
to be a living sacrifice. Send us out in the power of the Spirit
to live and work for thy praise and glory. Amen.**

Blessing

Announcements

Hymn 423 *How Great Thou Art*

HOW GREAT THOU ART

Dismissal

Leader Followers of Jesus Christ, inspired by the Holy Spirit,
serve the world God loves.

All **Thanks be to God.**

Postlude *Alla Marcia*

JOHN IRELAND

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In our Prayers this Week

The Anglican Communion: The Anglican Church of South America

Diocesan Cycle of Prayer: Bishop's Committee on Interfaith Ministry

Outreach & Advocacy Cycle of Prayer: Pray for Grace Church, Markham, its monthly lunch, refugee sponsorship, participation in the Pikangikum Water Project and education and advocacy on Indigenous and Right Relations issues; for Grace Church, Scarborough, its

monthly community lunch and cooking club, and its support of the Good Food Box; and for the Parish of Haliburton, and its support of the Haliburton Youth Hub.

Parish Cycle: Sophie Knowles and Daid Cumming and family, Larry Krotz and Stephanie Woodside, Mitika Kumar.

Home Bound Parishioners: Marie Adams, Alice Fox, Dennis Gittens, Lorraine Griffith, Sabrina Hogan, Everton Morris, Denise Orioux, Lucy Simons, Miriam Smart, Vernita Theobolds, Barbara & Duncan Towe, Lila Vamosi, Daphne Webster, Vashti White.

A WORD FROM THE RECTOR

A memorable experience in the life of a priest is their first celebration of the Holy Eucharist. Following Abraham's ordination to the priesthood at our Candlemas celebration on Friday, today is such a day for him. We pray God's blessing upon Fr Abraham as he begins his priestly ministry. We are hugely grateful to all who were with us and all who contributed to the service and reception, especially the servers, sides-persons, musicians, and the parish hospitality team – thank you for your ministry.

It is hard to believe that Lent is around the corner. Please remember to bring you palm crosses to Church so we can burn them in preparation for Ash Wednesday. Our Lenten programme this year will be a study session after the Sunday 10.30 services during the season. We will gather for a light soup lunch followed by the study which will be an opportunity to discuss the Sunday readings and sermon. If you would like to provide soup for one of the sessions, please indicate this on the sign-up sheet in the lobby.

Thanks to the generosity of a parishioner and in memory of a loved one, we are restoring the decorative work in the sanctuary around the altar on the north and east walls. This will complete the restoration of the chancel which started in 2016 with the south wall, and in 2020 with the new wood floor. There will be scaffolding in the area for the next five to six weeks. We hope to have the restoration work completed by Easter when we will re-dedicate the renewed space.

Geoffrey+

PARISH ANNOUNCEMENTS

Coffee Hour | We hope you will join us for coffee hour which is in the Parish Hall immediately after the service. If you would like to help with this important ministry of hospitality please speak with Fran Brown or Laurie Sanderson.

Black History Month | As we begin the Month of February we are celebrating the contributions of three parishioners. Their personal experiences and diverse backgrounds offer an understanding of the multifaceted experiences of Black Canadians. The month of February is the month designated to remember the contributions Black people have made in the past and continue to make across Canada and beyond. Black History Month is about embracing innovation, resilience, and togetherness toward a united country in which everyone has a chance to prosper. We should note that although we move into the final stretch of the International Decade for people of African Descent (2015-2024), we need to continue the momentum and amplify the voices of people of the Black culture. Join us during the Coffee Hour to speak to these three brave parishioners who have allowed me to record and share their stories. Thank you to May Hilary Lewis, Audrey Hughes, and Suzette Lucille Mafuna and Moveta Nanton.

Altar Flowers | We are inviting members of the congregation to provide memorial/thanksgiving altar flowers. Available dates in February are 11th and 25th. Please contact the Church Office or Sheila Thomas, 416.921.2593

Pancake Supper | **Tuesday, February 13th.** Join us as we enjoy a delicious meal of pancakes and sausages, with special music by Isaak Bonk.

Ash Wednesday | **Wednesday, February 14th.** Sung Eucharist at 11 am; Choral Eucharist at 7 pm. The imposition of ashes will be offered at both services.

Palm Crosses | Please remember to bring your crosses from last year to be burned in preparation for Ash Wednesday.

Upcoming Memorial Services | *Nancy Byers* – Wednesday, February 14, 11 am at the Morley Bedford Funeral Home. *Miriam Smart* – Friday, February 16, 11 am at Lynette Funeral Home.

Rest eternal grant unto them O Lord; and let light perpetual shine upon them.

The Church of St. Peter and St. Simon-the-Apostle

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Johan van 't Hof / Alison Jane

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PARISH MINISTRIES

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Technical Ministry David Carrington/Melica Smith

Verger Ian Corlett kingherodspeaks@protonmail.com

We acknowledge that in gathering to worship Almighty God,
we are in the traditional territory of many First Nations peoples
including the Mississaugas of the New Credit,
the Anishinaabe, the Haudenosaunees, and the Huron-Wendat.

*"The earth is the Lord's, and all that therein is, the world and all who dwell therein."
Psalm 24.1.*

