

# Welcome to St. Paul's

We invite you to join our growing community as you are and where you are on your own spiritual journey, as we learn to follow Jesus together.

*Living On A Prayer*  
The Lord's Prayer In Action



11 am  
Holy Communion  
March 22, 2020

At St. Paul's we envision:  
A **church made alive** by the power of the Holy Spirit.  
A **city made new** by the gospel of Jesus Christ.  
A **people made whole** by the grace of God.





## Prelude

"O man, bewail thy sins so great" BWV 622

by J.S. Bach

## Welcome

## Hymn

*please stand*

## Thou Whose Almighty Word

Thou, whose almighty word chaos and darkness heard,  
and took their flight;  
hear us, we humbly pray, and, where the Gospel day  
sheds not its glorious ray, let there be light!

Thou who didst come to bring on thy redeeming wing  
healing and sight,  
health to the sick in mind, sight to the inly blind,  
now to all humankind, let there be light!

Spirit of truth and love, life-giving holy Dove,  
speed forth thy flight!  
Move on the waters' face, bearing the lamps of grace,  
and, in earth's darkest place, let there be light!

Blessed and holy three, glorious Trinity,  
Wisdom, Love, Might;  
boundless as ocean's tide, rolling in fullest pride,  
through the world far and wide, let there be light!

## Introduction

## **Call to Worship**

*sung three times  
please sit or kneel*

Lord have mercy.  
Christ have mercy.  
Lord have mercy.

## The Collect for Purity

*please remain  
sitting or kneeling  
to pray*

All: Almighty God, to 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 your Holy Spirit, that we  
may perfectly love you, and worthily magnify  
your holy name, through Jesus Christ our  
Lord. Amen.

**The Two  
Great  
Commandments**

*please remain  
sitting or kneeling*

**The Collect of  
the Day**

*please remain  
sitting or kneeling*

**The First  
Reading**

*please be seated*

Celebrant: Our Lord Jesus Christ said:

The first commandment is this: 'Hear, O Israel, the Lord our God is the only Lord. You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.'

The second is this: 'Love your neighbour as yourself'. There is no other commandment greater than these. On these two commandments hang all the law and prophets.

**All: Lord, have mercy upon us, and write both your laws in our hearts.**

**All: Gracious Father, whose blessed Son Jesus Christ came from heaven to be the true bread which gives life to the world, evermore give us this bread, that he may live in us, and we in him, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.**

**Exodus 16: 4-15**

<sup>4</sup> Then the Lord said to Moses, 'I will rain down bread from heaven for you. The people are to go out each day and gather enough for that day. In this way I will test them and see whether they will follow my instructions. <sup>5</sup> On the sixth day they are to prepare what they bring in, and that is to be twice as much as they gather on the other days.'

<sup>6</sup> So Moses and Aaron said to all the Israelites, 'In the evening you will know that it was the Lord who brought you out of Egypt, <sup>7</sup> and in the morning you will see the glory of the Lord, because he has heard your grumbling against him. Who are we, that you should grumble against us?' <sup>8</sup> Moses also said, 'You will know that it was the Lord when he gives you meat to eat in the evening and all the bread you want in the morning, because he has heard your grumbling against him. Who are we? You are not grumbling against us, but against the Lord.'

<sup>9</sup> Then Moses told Aaron, ‘Say to the entire Israelite community, “Come before the Lord, for he has heard your grumbling.”’

<sup>10</sup> While Aaron was speaking to the whole Israelite community, they looked towards the desert, and there was the glory of the Lord appearing in the cloud.

<sup>11</sup> The Lord said to Moses, <sup>12</sup> ‘I have heard the grumbling of the Israelites. Tell them, “At twilight you will eat meat, and in the morning you will be filled with bread. Then you will know that I am the Lord your God.”’

<sup>13</sup> That evening quail came and covered the camp, and in the morning there was a layer of dew around the camp. <sup>14</sup> When the dew was gone, thin flakes like frost on the ground appeared on the desert floor. <sup>15</sup> When the Israelites saw it, they said to each other, ‘What is it?’ For they did not know what it was.

Moses said to them, ‘It is the bread the Lord has given you to eat.

Reader: This is the word of the Lord.

All: **Thanks be to God.**

## **Gospel Hymn**

*please stand*

**Speak O Lord as we come to You  
To receive the food of Your holy word  
Take Your truth plant it deep in us  
Shape and fashion us in Your likeness  
That the light of Christ might be seen today  
In our acts of love and our deeds of faith  
Speak O Lord and fulfill in us  
All Your purposes for Your glory.**

**Teach us Lord full obedience  
Holy reverence true humility  
Test our thoughts and our attitudes  
In the radiance of Your purity  
Cause our faith to rise, cause our eyes to see  
Your majestic love and authority  
Words of power that can never fail  
Let their truth prevail over unbelief.**

## **The Gospel**

### **Reading**

*please remain  
standing*

## **John 6: 51-58**

Reader: Hear the Gospel of our Saviour Christ,  
according to John chapter six beginning  
at verse fifty one

**All: Glory to you, O Lord.**

I am the living bread that came down from heaven. Whoever eats this bread will live for ever. This bread is my flesh, which I will give for the life of the world.'

<sup>52</sup> Then the Jews began to argue sharply among themselves, 'How can this man give us his flesh to eat?'

<sup>53</sup> Jesus said to them, 'Very truly I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. <sup>54</sup> Whoever eats my flesh and drinks my blood has eternal life, and I will raise them up at the last day. <sup>55</sup> For my flesh is real food and my blood is real drink. <sup>56</sup> Whoever eats my flesh and drinks my blood remains in me, and I in them. <sup>57</sup> Just as the living Father sent me and I live because of the Father, so the one who feeds on me will live because of me. <sup>58</sup> This is the bread that came down from heaven. Your ancestors ate manna and died, but whoever feeds on this bread will live for ever.'

Reader: This is the Gospel of the Lord.

**All: Praise to you, O Christ.**

## **Gospel Hymn**

*please remain  
standing*

**Speak O Lord and renew our minds  
Help us grasp the heights of Your plans for us  
Truths unchanged from the dawn of time  
That will echo down through eternity  
And by grace we'll stand on Your promises  
And by faith we'll walk as You walk with us  
Speak O Lord till Your church is built  
And the earth is filled with Your glory.**

Celebrant: Do you believe and trust in God the Father?

**All: I believe in one God, the Father, the Almighty,  
maker of heaven and earth, of all that is seen  
and unseen.**

Celebrant: Do you believe and trust in his Son  
Jesus Christ?

**All:** I 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, was incarnate by the Holy Spirit of the Virgin Mary and was made man.

Celebrant: Do you believe and trust in the saving work of Jesus Christ?

**All:** For my 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.

Celebrant: Do you believe and trust in the Holy Spirit?

**All:** I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is worshipped and glorified, who has spoken through the prophets. I believe in One, Holy, Catholic and Apostolic Church, I acknowledge one baptism for the forgiveness of sins. I look for the resurrection of the dead, and the life of the world to come. Amen.

## **Hymn**

*please remain standing*

## **What a Friend We Have in Jesus**

What a friend we have in Jesus,  
all our sins and griefs to bear!  
What a privilege to carry  
everything to God in prayer!  
O what peace we often forfeit,  
O what needless pain we bear,  
all because we do not carry  
everything to God in prayer.

Have we trials and temptations?  
Is there trouble anywhere?  
We should never be discouraged;  
take it to the Lord in prayer.  
Can we find a friend so faithful  
who will all our sorrows share?  
Jesus knows our every weakness;  
take it to the Lord in prayer.

Are we weak and heavy laden,  
cumbered with a load of care?  
Christ the Saviour is our refuge;  
take it to the Lord in prayer.  
Do our friends despise, forsake us?  
Are we tempted to despair?  
Jesus' strength will shield our weakness,  
and we'll find new courage there.

## **Sermon**

*please be seated*

*The Rt. Rev. Stephen Andrews*

*You can listen to the sermon again online at [stpaulsbloor.org](http://stpaulsbloor.org)*

## **The Quietness of Lent**

## **The Offertory**

## **The Invitation**

*The Offertory is an opportunity to support God's kingdom building ministry at St. Paul's. It is work happening right here in downtown Toronto and around the world. The money we give today is not so much a gift or a donation. Instead, what we are doing is playing an important role in God's generous mission, which impacts real lives. When we give, we don't do it out of obligation, but out of thankfulness for what God has done in our lives, and all of us are invited to take part.*

## **Offertory Anthem**

*please remain  
seated*

## **Keep Me as the Apple of Your Eye**

*Neil Cox*

Keep me as the apple of your eye;  
hide me in the shadow of your wings.

**Offertory**  
**Prayer of**  
**Thanksgiving**

*please stand as the offering is presented*

**Offertory**  
**Blessing**

**The Prayers of**  
**the People**

*please sit or kneel to pray*

*each prayer will end with this response:*

*the time of prayer will end with this response:*

**Exhortation &**  
**Invitation**

*please remain sitting or kneeling*

**The Confession**

*please remain sitting or kneeling*

**Praise God, from Whom all blessings flow;  
Praise Him, all creatures here below;  
Praise Him above, ye heavenly host;  
Praise Father, Son, and Holy Ghost. Amen.**

Celebrant: Blessed are you, Lord God of Israel, for ever and ever. All that is in heaven and on earth is yours, All things come from you, and from your own hand we have given to you.

*{1 Chron. 29:10, 11, 14}*

Leader: Lord, in your mercy  
**All: Hear our prayer.**

Leader: Merciful Father,  
**All: Accept these prayers for the sake of your Son, our Saviour Jesus Christ. Amen.**

Celebrant: You then, who truly and earnestly repent of your sins, and are in love and charity with your neighbours, and intend to lead the new life, following the commandments of God, and walking from this day forward in his holy ways: draw near with faith, and take this holy sacrament to your comfort; and make your humble confession to almighty God.

**All: Almighty God, Father of our Lord Jesus Christ, maker of all things, judge of all, we acknowledge and confess our many sins, which we have committed by thought, word, and deed, against your divine majesty. We earnestly repent, and are truly sorry for all our**

*continues...*

*God's forgiveness  
is declared:*

**misdoings. Have mercy on us, most merciful Father. For your Son our Lord Jesus Christ's sake forgive us all that is past, and grant that from now on we may always serve and please you in lives wholly renewed by your Spirit, to the honour and glory of your name, through Jesus Christ our Lord. Amen.**

Celebrant: Almighty God our heavenly Father, who in his great mercy has promised forgiveness of sins to all who turn to him with heartfelt repentance and true faith: have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and bring you to eternal life, through Jesus Christ our Lord.

**All: Amen.**

Celebrant: Listen to our Lord Jesus Christ's words of assurance to all who truly turn to him:

Come to me, all you who are weary and burdened, and I will give you rest.

*Matthew 11:28*

For God so loved the world that he gave his one and only Son that whoever believes in him shall not perish but have eternal life.

*John 3:16*

The apostle Paul says: Here is a trustworthy saying that deserves full acceptance: Christ Jesus came into the world to save sinners.

*1 Timothy 1:15*

The apostle John also says: If anyone does sin, we have one who speaks to the Father in our defence-Jesus Christ, the Righteous One. He is the atoning sacrifice for our sins.

*1 John 2:1-2*

Celebrant: The Lord be with you.

**All: And also with you.**

Celebrant: Lift up your hearts.

**All: We lift them up to the Lord.**

Celebrant: Let us give thanks to the Lord our God.

**All: It is right to give him thanks and praise.**

Celebrant: It is indeed right, our duty and joy, that we should always and everywhere give thanks to you, O Lord, holy Father, mighty Creator, and eternal God. Who has called us your faithful people to cleanse our hearts and to prepare with joy for the paschal feast; that reborn through the waters of baptism, and renewed in the eucharistic mystery, we may be more fervent in prayer and more generous in works of love. Therefore with angels and archangels, and with the whole company of heaven, we praise and magnify your glorious name, evermore praising you, and singing:

Choir: *Holy, holy, holy, Lord God of hosts, heaven and earth are full of your glory. Glory be to you, O Lord most high. Blessed is he who comes in the Name of the Lord. Hosanna in the highest.*

Celebrant: Almighty God, our heavenly Father, in your tender mercy you gave your only Son Jesus Christ to suffer death upon the cross for our redemption. He made there, by his once and for all offering of himself, a full, perfect, and sufficient sacrifice for the sins of the whole world. He instituted and in his holy gospel commands us to continue a perpetual memorial of his precious death until he comes again.

Hear us, O merciful Father, we humbly pray, and grant that we who receive this bread and wine according to your Son Jesus Christ's holy institution, in remembrance of his death and passion, may be partakers of his most blessed body and blood.

## **Prayer of Consecration**

*please remain sitting  
or kneeling*

On the night that Jesus was betrayed he took bread and when he had given thanks, he broke 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.

In the same way, after supper, Jesus took the cup and when he had given thanks, he gave it to them, saying:

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. Do this, as often as you drink it, in remembrance of me.

Accept through Jesus Christ, our great high priest, this our sacrifice of praise and thanksgiving; and as we eat and drink these holy gifts, grant by the power of your life-giving Spirit that we may be made one in your holy Church and partakers of the body and blood of your Son, that he may dwell in us and we in him:

Through the same Jesus Christ our Lord, by whom, and with whom, and in whom, in the unity of the Holy Spirit,

**All: all honour and glory are yours, Almighty Father, for ever and ever. Amen.**

**Prayer of  
Humble Access**

*please remain sitting  
or kneeling*

**All: We do not presume to come to this your table, merciful Lord, trusting in our own righteousness, but in your abundant and great mercies. We are not even worthy to gather up the crumbs under your table. But you are the same Lord who delights in showing mercy. Grant us, therefore, gracious Lord, so to eat this bread and to drink this wine, that our bodies and souls may be cleansed by Christ's body and blood, and that we may evermore dwell in him, and he in us. Amen.**

## The Lamb of God

Choir: *O Lamb of God, that takes away the sin of the world, have mercy on us.*  
*O Lamb of God, that takes away the sin of the world, have mercy on us.*  
*O Lamb of God, that takes away the sin of the world, grant us your peace.*

## The Communion

*All who are baptized in any Christian Church and seek to follow Jesus Christ are invited to receive the bread and wine.*

- *To receive the bread, hold out your hands with palms up.*
- *If you would like to receive a blessing, come forward and cross your arms over your chest.*

*If you require gluten-free wafers, please ask a communion administrant.*

## Communion Hymn

### I Come with Joy

I come with joy, a child of God,  
forgiven, loved, and free,  
the life of Jesus to recall,  
in love laid down for me.

I come with Christians far and near  
to find, as all are fed,  
the new community of love  
in Christ's communion bread.

As Christ breaks bread and bids us share,  
each proud division ends.  
The love that made us makes us one,  
and strangers now are friends.

The spirit of the risen Christ,  
unseen, but ever near,  
is in such friendship better known:  
alive and among us here.

Together met, together bound,  
by all that God has done,  
we'll go with joy, to give the world,  
the love that makes us one.

## Music During Communion

## **Psalm 23**

*Hylton Stewart*

The Lord is my shepherd, therefore can I lack nothing. He shall feed me in a green pasture: and lead me forth beside the waters of comfort. He shall convert my soul, and bring me forth in the paths of righteousness, for his Name's sake.

Yea, though I walk through the valley of the shadow of death, I will fear no evil, for thou art with me; thy rod and thy staff comfort me.

Thou shalt prepare a table before me against them that trouble me thou hast anointed my head with oil, and my cup shall be full.

But thy loving-kindness and mercy shall follow me all the days of my life, and I will dwell in the house of the Lord for ever.

Glory be to the Father, and to the Son and to the Holy Ghost; As it was in the beginning, is now, and ever shall be: world without end. Amen.

## The Lord's Prayer

*please sit or kneel to pray*

**All: Our Father who art in heaven, hallowed by 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 those who 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.**

## Prayers After Communion

*please remain sitting or kneeling*

**Celebrant:** Almighty and everliving God, we thank you with all our hearts for feeding us with the spiritual food of the most precious body and blood of your Son, our Saviour Jesus Christ. We acknowledge your love and care for us in making us members of his mystical body, the blessed company of all faithful people, and heirs of eternal life.

**All: And here we offer and present ourselves, our souls and bodies, to be a holy and living sacrifice, through Jesus Christ our Lord, to whom with you and the Holy Spirit be all honour and glory, world without end. Amen.**

Celebrant: The peace of God, which passes all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord; and the blessing of God almighty, the Father, the Son, and the Holy Spirit, be among you and remain with you always.

**All: Amen.**

## **Announcements**

*please be seated*

## **Hymn**

*please stand*

## **Guide Me O Thou Great Jehovah**

Guide me, O Thou great Jehovah,  
Pilgrim through this barren land.  
I am weak, but Thou art mighty;  
Hold me with Thy powerful hand.  
Bread of Heaven, Bread of Heaven,  
Feed me till I want no more;  
Feed me till I want no more.

Open now the crystal fountain,  
Whence the healing stream doth flow;  
Let the fiery cloudy pillar  
Lead me all my journey through.  
Strong Deliverer, Strong Deliverer,  
Be Thou still my Strength and Shield;  
Be Thou still my Strength and Shield.

When I tread the verge of Jordan,  
Bid my anxious fears subside;  
Death of death, and hell's destruction,  
Land me safe on Canaan's side.  
Songs of praises, songs of praises,  
I will ever give to Thee;  
I will ever give to Thee.

Choir: Go forth in the name of Christ.

**All: Thanks be to God.**

## **Dismissal**

*please remain standing*

## **Postlude**

*Improvisation VII*

*by Camille Saint-Saëns*



# Weekly Announcements

## **Rector Search Survey**

An electronic survey was sent out this week regarding the search for a new Rector. If you did not receive it and would like to take it or if you have any questions, please contact the office.

## **St. Paul's Bloor Street**

227 Bloor Street East, Toronto ON, M4W 1C8

416-961-8116 | [stpaulsbloor.org](http://stpaulsbloor.org)

CCLI # 2730035

OneLicense.net # A-719342

Charitable Number: 119194942RR0001