

Welcome to St. Paul's

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

Living On A Prayer
The Lord's Prayer In Action



8:15 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.



Holy Communion - 8:15 am

This service is from the Book of Common Prayer

Greeting

The Collect for Purity

*please sit or kneel
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 thy Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy name, through Jesus Christ our Lord. Amen.

The Two Great Commandments

*please remain
sitting or kneeling*

Minister: 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.

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.

The Kyrie

*please remain
sitting or kneeling*

Minister: Lord, have mercy upon us.

All: Christ, have mercy upon us.

Minister: Lord, have mercy upon us.

The Lord be with you;

All: And with thy spirit.

The Collect of the Day

*please remain
sitting or kneeling*

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.

The First Reading

please be seated

Exodus 16: 4-15

⁴ 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. ⁵ 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.’

⁶ 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, ⁷ 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?’ ⁸ 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.’

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

¹⁰ 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.

¹¹ The Lord said to Moses, ¹² ‘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.”’

¹³ That evening quail came and covered the camp, and in the morning there was a layer of dew around the camp. ¹⁴ When the dew was gone, thin flakes like frost on the ground appeared on the desert floor. ¹⁵ 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: Here ends the first reading.

The Gospel

Reading

please stand

John 6: 51-58

Reader: The Holy Gospel is written in the sixth chapter of the Gospel according to Saint John beginning at the fifty first verse.

All: Glory be to thee, O Lord.

⁵¹ 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.'

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

⁵³ 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. ⁵⁴ Whoever eats my flesh and drinks my blood has eternal life, and I will raise them up at the last day. ⁵⁵ For my flesh is real food and my blood is real drink. ⁵⁶ Whoever eats my flesh and drinks my blood remains in me, and I in them. ⁵⁷ 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. ⁵⁸ 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: The Gospel of Jesus Christ.

All: Praise be to thee, O Christ.

All: I believe in one God, 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 Spirit of the Virgin Mary, and was made man, and was crucified also for us under Pontius Pilate.

The Nicene Creed

please remain standing

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 Spirit, 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 in 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.

Sermon

please be seated

*The Rt. Rev. Stephen Andrews
You can listen to the sermon again online at stpaulsbloor.org*

The Quietness of Lent

The Offertory

please stand

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.

All: 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 Chron. 29:10, 11, 14}

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:

Invitation to Communion

please remain sitting or kneeling

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.

Minister: Ye that do 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 henceforth 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 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.

Minister: Almighty God, our heavenly Father, who of his great mercy hath promised forgiveness of sins to all them that with hearty repentance and true faith turn unto him:

have mercy upon you; pardon and deliver you from all your sins; confirm and strengthen you in all goodness; and bring you to everlasting life; through Jesus Christ our Lord.

All: Amen.

Minister: Hear what comfortable words our Saviour Christ saith unto all that truly turn to him:

Come unto me all that labour and are heavy laden, and I will refresh you.

Matthew 11:28

God so loved the world, that he gave his only begotten Son, to the end that all that believe in him should not perish, but have everlasting life.

John 3:16

Hear also what Saint Paul saith: This is a true saying, and worthy of all to be received, that Christ Jesus came into the world to save sinners.

1 Timothy 1:15

Hear also what Saint John saith: If anyone sins, we have an Advocate with the Father, Jesus Christ the righteous; and he is the propitiation for our sins.

1 John 2:1-2

Thanksgiving and

Consecration

*please remain sitting
or kneeling*

Minister: The Lord be with you.

All: And with thy spirit.

Minister: Lift up your hearts.

All: We lift them up unto the Lord.

Minister: Let us give thanks unto our Lord God;

All: It is meet and right to do so.

Minister: It is very meet, right and our bounden duty, that we should at all times, and in all places, give thanks unto Thee, O Lord, Holy Father, Almighty, Everlasting God, Creator

and Preserver of all things. Who has called us your faithful people to cleanse our hearts and to prepare with joy for the paschal feast; that 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 all the company of heaven, we laud and magnify Thy glorious Name; evermore praising thee and saying:

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.

Minister: 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 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.

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.

All: Amen.

The Peace

Minister: The peace of the Lord be always with you;

All: And with thy spirit.

The Prayer of Humble

Access

*please remain sitting
or kneeling*

The Lamb of God

The Communion

All: We do not presume 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.

Minister: O Lamb of God, that takest away the sin of the world,

All: have mercy upon us.

Minister: O Lamb of God, that takest away the sin of the world,

All: have mercy upon us.

Minister: O Lamb of God, that takest away the sin of the world,

All: grant us thy peace.

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.

The Lord's

Prayer

please sit or kneel to pray

The Prayers after

Communion

*please remain sitting
or kneeling*

The Blessing

*please remain sitting
or kneeling*

Announcements

Minister: Let us 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.**

Minister: 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 Spirit, be all honour and glory, world
without end. Amen.**



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.

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