

The O R D E R for the
Administration of
HOLY COMMUNION



20 December 2020
Fourth Sunday of Advent
8:00am



St. George's Cathedral, Kingston

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. *Amen.*

ALMIGHTY God, 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.*

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.

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

Then may be sung or said.

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

Then the Priest shall say:

The Lord be with you;
People. **And with thy spirit.**
Let us pray.

Then may follow this Collect for the Queen.

ALMIGHTY God, whose kingdom is everlasting, and power infinite: Have mercy upon the whole Church; and so rule the heart of thy chosen servant ELIZABETH, our Queen and Governor, that she, knowing whose minister she is, may above all things seek thy honour and glory: and that we and all her subjects, duly considering whose authority she hath, may faithfully

serve, honour, and humbly obey her, in thee, and for thee, according to thy blessed Word and ordinance; through Jesus Christ our Lord, who with thee and the Holy Ghost liveth and reigneth, ever one God, world without end. *Amen.*

Then shall be said THE COLLECT OF THE DAY, together with any other Collects appointed to be said.

God of scandalous love, Mary consented to bear the shame and carry your word within herself; may her courage give hope to women and men who yearn to sing new songs of justice and find the world a dwelling place for God; through Jesus Christ, the one who is to come. *Amen.*

The first lesson is written in the 7th chapter of the second book of Samuel beginning at the first verse.

Now when the king was settled in his house, and the Lord had given him rest from all his enemies around him, the king said to the prophet Nathan, 'See now, I am living in a house of cedar, but the ark of God stays in a tent.' Nathan said to the king, 'Go, do all that you have in mind; for the Lord is with you.'

But that same night the word of the Lord came to Nathan: Go and tell my servant David: Thus says the Lord: Are you the one to build me a house to live in? I have not lived in a house since the day I brought up the people of Israel from Egypt to this day, but I have been moving about in a tent and a tabernacle. Wherever I have moved about among all the people of Israel, did I ever speak a word with any of the tribal leaders of Israel, whom I commanded to shepherd my people Israel, saying, 'Why have you not built me a house of cedar?' Now therefore thus you shall say to my servant David: Thus says the Lord of hosts: I took you from the pasture, from following the sheep to be prince over my people Israel; and I have been with you wherever you went, and have cut off all your enemies from before you; and I will make for you a great name, like the name of the great ones of the earth. And I will appoint a place for my people Israel and will plant them, so that they may live in their own place, and be disturbed no more; and evildoers shall afflict them no more, as formerly, from the time that I appointed judges over my people Israel; and I will give you rest from all your enemies. Moreover, the Lord declares to you that the Lord will make you a house.

Here endeth the first Lesson.

PSALM 89:1-4, 19-28

¹My song shall be alway of the loving-kindness of the LORD; / with my mouth will I ever be showing thy faithfulness from one generation to another.

²For I have said, ‘Loving-kindness shall be built up for ever; / thy faithfulness shalt thou stablish in the heavens.’

³I have made a covenant with my chosen: / I have sworn unto David my servant;

⁴Thy seed will I stablish for ever, / and set up thy throne from one generation to another.’

¹⁹Thou spakest sometime in a vision unto thy saints, and saidst, / ‘I have laid help upon one that is mighty; I have exalted one chosen out of the people.

²⁰I have found David my servant: / with my holy oil have I anointed him.

²¹My hand shall hold him fast, / and my arm shall strengthen him.

²²The enemy shall not be able to do him violence: / the son of wickedness shall not hurt him.

²³I will beat down his foes before his face, / and smite them that hate him.

²⁴My faithfulness also and my mercy shall be with him: / and in my Name shall his horn be exalted.

²⁵I will set his hand also on the sea, / and his right hand on the rivers.

²⁶He shall call me, “Thou art my Father, / my God, and the rock of my salvation.”

²⁷And I will make him my first-born, / the highest of the kings of the earth.

²⁸My mercy will I keep for him for evermore; / and my covenant shall stand fast with him.

The second lesson is written in the 16th chapter of the Letter of Paul to the Romans beginning at the 25th verse.

Now to God who is able to strengthen you according to my gospel and the proclamation of Jesus Christ, according to the revelation of the mystery that was kept secret for long ages but is now disclosed, and through the prophetic writings is made known to all the Gentiles, according to the command of the eternal God, to bring about the obedience of faith— to the only wise God, through Jesus Christ, to whom be the glory for ever! Amen.

Here endeth the second Lesson.

The Holy Gospel is written in the first chapter of the Gospel according to Luke beginning at the 1st verse.
Then shall the people sing or say:

Glory be to thee, O Lord.

In the sixth month the angel Gabriel was sent by God to a town in Galilee called Nazareth, to a virgin engaged to a man whose name was Joseph, of the house of David. The virgin’s name was Mary. And he came to her and said, ‘Greetings, favoured one! The Lord is with you.’ But she was much perplexed by his words and pondered what sort of greeting this might be. The angel said to her, ‘Do not be afraid, Mary, for you have found favour with God. And now, you will conceive in your womb and bear a son, and you will name him Jesus. He will be great, and will be called the Son of the Most High, and the Lord God will give to him the throne of his ancestor David. He will reign over the house of Jacob for ever, and of his kingdom there will be no end.’ Mary said to the angel, ‘How can this be, since I am a virgin?’ The angel said to her, ‘The Holy Spirit will come upon you, and the power of the Most High will overshadow you; therefore the child to be born will be holy; he will be called Son of God. And now, your relative Elizabeth in her old age has also conceived a son; and this is the sixth month for her who was said to be barren. For nothing will be

impossible with God.’ Then Mary said, ‘Here am I, the servant of the Lord; let it be with me according to your word.’ Then the angel departed from her.

And after the reading of the Gospel they shall sing or say:

Praise be to thee, O Christ.

Then shall be sung or said this Creed by the Priest and people. It may, however, at the discretion of the Minister, be omitted on weekdays which are not Holy-days.

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 men 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.

The Sermon – The Venerable David Selzer

THE OFFERTORY

Then shall one of the Ministers ask the prayers of the people, using always either the first or the last of the following Biddings, together with one or more others if so desired; and he may provide short periods for silent prayer.

Let us pray for Christ's holy Catholic Church.

Let us pray for peace on earth and for the unity of all Christian people.

Let us pray for our missionaries at home and abroad.

Let us remember before God those of our brethren who have departed this life and are at rest.

Let us pray for the whole state of Christ's Church militant here in earth.

Then the Priest shall say THE INTERCESSION.

ALMIGHTY and everliving God, who by thy holy Apostle hast taught us to make prayers and supplications, and to give thanks, for all men: We humbly beseech thee most mercifully to accept our alms and oblations, and to receive these our prayers, which we offer unto thy Divine Majesty; beseeching thee to inspire continually the universal Church with the spirit of truth, unity, and concord: And grant that all they that do confess thy holy Name may agree in the truth of thy holy Word, and live in unity and godly love.

We beseech thee also to lead all nations in the way of righteousness; and so to guide and direct their governors and rulers, that thy people may enjoy the blessings of freedom and peace: And grant unto thy servant ELIZABETH our Queen, and to all that are put in authority under her, that they may truly and impartially administer justice, to the maintenance of thy true religion and virtue.

Give grace, O heavenly Father, to all Bishops, Priests, and Deacons, and specially to thy servant Michael our Bishop, that they may both by their life and doctrine set forth thy true and living Word,

and rightly and duly administer thy holy Sacraments: Prosper, we pray thee, all those who proclaim the Gospel of thy kingdom among the nations: And to all thy people give thy heavenly grace, and specially to this congregation here present, that, with meek heart and due reverence, they may hear and receive thy holy Word; truly serving thee in holiness and righteousness all the days of their life.

And we most humbly beseech thee of thy goodness, O Lord, to comfort and succour all them, who in this transitory life are in trouble, sorrow, need, sickness, or any other adversity, *especially those for whom our prayers are desired.*

We remember before thee, O Lord, all thy servants departed this life in thy faith and fear: and we bless thy holy Name for all who in life and death have glorified thee; beseeching thee to give us grace that, rejoicing in their fellowship, we may follow their good examples, and with them be partakers of thy heavenly kingdom.

Grant this, O Father, for Jesus Christ's sake, our only Mediator and Advocate, to whom, with thee and the Holy Ghost, be all honour and glory, world without end. *Amen.*

Then shall the Priest or one of the Ministers say:

YE that do truly and earnestly repent you 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, meekly kneeling upon your knees.

Then shall this general Confession be made by all those that are minded to receive the holy Communion, both Priest and people humbly kneeling.

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.*

Then shall the Priest (or the Bishop if he be present) stand up, and turning himself to the people, pronounce this Absolution:

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. Amen.

Then shall the Priest say:

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.
St 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 eternal life.

St John 3. 16.

Hear also what Saint Paul saith.

This is a true saying, and worthy of all men to be received, that Christ Jesus came into the world to save sinners.

1 Timothy 1. 15.

Hear also what Saint John saith.

If any man sin, we have an Advocate with the Father, Jesus Christ the righteous; and he is the propitiation for our sins.

1 St John 2. 1, 2.

The Priest shall then proceed with the holy Eucharist in

THANKSGIVING AND CONSECRATION

as follows:

THE Lord be with you;
People. **And with thy spirit.**
Priest. Lift up your hearts;
People. **We lift them up unto the Lord.**
Priest. Let us give thanks unto our Lord God;
People. **It is meet and right so to do.**

Then shall the Priest turn to the Lord's Table, and say:

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.

Here shall follow the Proper Preface, if there be any specially appointed, or else immediately shall be said or sung:

THEREFORE with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee and saying:

HOLY, Holy, Holy, Lord God of hosts, Heaven and earth are full of thy glory. Glory be to thee, O Lord Most High. *Priest and People.*

Either here, or immediately before the Communion, the Priest and people may say or sing:

BLESSED is he that cometh in the Name of the Lord: Hosanna in the highest.

Then shall the Priest proceed with the Prayer of Consecration and the Breaking of the Bread before the people.

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.

And all the people shall answer: Amen

After a short period of silence the Priest shall say:

THE peace of the Lord be always with you;
People. And with thy spirit.

Then shall the Priest kneel down at the Lord's Table, and shall, together with all that shall receive the Communion, humbly say this prayer following:

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.*

THE COMMUNION

Then shall the Priest first receive in both kinds himself, and then proceed to deliver the same to the Bishops, Priests, and Deacons, in like manner, (if any be present,) and after that to the people also in order, into their hands, all meekly kneeling. And, as he delivers the Bread, he shall say:

THE Body of our Lord Jesus Christ, which was given for thee, preserve
thy body and soul unto everlasting life: Take and eat this in
remembrance that Christ died for thee, and feed on him in thy heart by
faith with thanksgiving.

In the Communion time, Hymns or Anthems such as the following may be used:

OLAMB 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.

When all have communicated, then shall the Priest say the Lord's Prayer, the people repeating with him every petition.

Let us pray.

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.*

Then shall the Priest say

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.

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.*

Then shall be said or sung Gloria in Excelsis. On a weekday which is not a festival it may be omitted.

GLORY be to God on high, and in earth peace, good will towards men. 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.*

Then the Priest (or the Bishop if he be present) shall let them depart with this Blessing.

THE peace of God, which passeth 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 Ghost, be amongst you and remain with you always. *Amen.*

Interim Dean: The Ven. David Selzer

Prayer List: The Very Rev Sharon Murdoch, The Rev Don Goodwin, Collin Stewart, Lynn Moore, John Bate, Dee Padfield, Kathy Anderson, Anne Kirkpatrick, John Weatherall, Sandy, Jason, Allie and Dev Kauenhofen, Paul Robertson, Richard, Brian English, Sue Kilpatrick, Steven Hurd and Jenn Hurd, Ayda Mora, Danielle Clarke; Barbara Watson and family; Barbara Fittell and family.

The flowers at the High Altar today are given to the glory of God with sincere gratitude for our children's teachers, who are risking much to teach and protect our children, and therefore our future, from Muriel and David Smith

We are delighted that you are with us for worship today.

Every person who is baptized is invited to the Lord's Table to receive Holy Communion. Gluten-free wafers are available. All people are welcome to come forward at the time of Communion. Please cross your arms to indicate a prayer of blessing if you do not wish to receive Communion.

Receiving Communion during pandemic: To receive Communion please line up in single file down the center aisle while practicing social distancing. Approach the Clergy with your mask on and arms fully outstretched hands together. You will receive a wafer only. Immediately step aside, move your mask, consume the wafer and return to your pew using a side aisle.

Parish Cycle of Prayer: Pray for St. George's Pastoral Visiting Committee, John Poland and members; and we pray for the following households: Darlene Campbell, Rev Tony Capon, Edward and Cassandra Carlile, Scott and Miriam Carson, and their families.

ANNOUNCEMENTS

Tickets: If you have an email address, we recommend parishioners please register themselves with **Eventbrite** (<http://bit.ly/SGCTickets>). If you do not have a computer or email address please call the parish office at 613-548-4617 to reserve a space for the coming Sunday. Please make every effort to register by Thursday in the week. Thank you! **For reservations for the Christmas services please register through St. George's Website/Tickets for Christmas Services.** If you require assistance or need to cancel a Christmas reservation, please email vergerstg@gmail.com, or call 343-363-9964.

Advent at the 9:15 am Service!

Today is the Fourth Sunday of Advent. On the four Sundays of Advent, at the 9:15am service, we will be making a Jesse Tree. A Jesse Tree is a little like a Christmas Tree but with a different meaning. We decorate it with symbols of people who lived before Jesus and who told of a Saviour who would come and show us how to live! It is fun and all the children and the congregation can take part. We invite you to come and live out Advent with our Jesse Tree.

Today, 4:00pm Festival of Lessons and Carols, Diocese of Ontario YouTube channel

7:00pm Advent Lessons and Carols, St. George's YouTube

Wednesday December 23 at Noon, Advent Reflections by Bishop Michael Oulton, on YouTube

Wednesday December 23, 12:15 Holy Eucharist, in Lady Chapel

Thursday December 24, Christmas Eve services 4:00, 7:00, and 10:00pm

Friday December 25, Christmas Day service 10:00am

Friday, December 25, 12:15pm Litany of Reconciliation, on church steps

Sunday December 27, worship services 8:00, 9:15, 11:00am

Friday January 1, 2021 New Years Day service at 10:00am

Sunday January 3, worship services 8:00, 9:15, 11:00am

St. George's office will be closed from December 24 to January 5.

Christmas Memorial Flowers 2020 donation slips are available in baskets/boxes at each entrance to the Cathedral. The Flower Guild welcomes donations towards our Christmas flowers and decorations, in memory of loved ones or as a thank offering. Please return the completed slip to the church office by **tomorrow, Monday December 21.**

PWRDF Christmas Cards

Thank you to all in the parish who supported the Primate's World Relief and Development Fund Christmas Card program. Parishioners took home 30 packages of cards and the Diocesan Office took 25 packages. That is a total of 55 packages of cards! The total giving to the PWRDF is \$1,375.00. Well done!

Readings for Sunday, December 27 – Second Sunday of Christmas

8:00am – Jeremiah 31:7-14; Psalm 147:13-21; Ephesians 1:3-14; John 1:1-18

9:15 and 11:00am – Sirach 24:1-12; Canticle 11 (Song of Wisdom); Ephesians 1:3-14; John 1:1-18