

Sung Eucharist

The Book of Alternative Services



21 February 2021

First Sunday in Lent

11:00am



St. George's Cathedral, Kingston

Setting: *Communion Service*, R. Vaughan Williams

The Gathering of the Community

All stand. The presiding celebrant greets the community

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

People

And with thy spirit.

Presider

Bless the Lord who forgives all our sins.

People

His Mercy endures for ever.

Presider

Almighty God,

People

We have not loved our neighbours as ourselves.

We are truly sorry and we humbly repent.

For the sake of thy Son Jesus Christ,

Have mercy on us and forgive us,

That we may delight in thy will,

And walk in thy ways,

To the glory of thy name. Amen.

Confession and Absolution

Presider

Dear friends in Christ,
as we prepare for the Paschal Feast,
continuing in the apostles' teaching and fellowship,
in the breaking of bread, and in the prayers,
let us make ready our hearts
to renew the covenant of our baptism.
Let us kneel before our Creator and Redeemer.

All kneel.

The presider continues,

Let us ask God to bring to light,
the things now hidden in darkness,
and to disclose to us the secret purposes of our hearts.
And most especially,
let us remember the covenant of our baptism
and test our hearts and conscience
to know how faithfully
we have persevered in resisting evil,
and whenever we fell into sin,
have repented and returned to the Lord.

Silence is kept.

Presider

All

Most merciful God,
we confess that we have sinned against you
in thought, word, and deed,
by what we have done,
and by what we have left undone.
We have not loved you with our whole heart;
we have not loved our neighbours as ourselves.
we are truly sorry and we humbly repent.
For the sake of your Son Jesus Christ,
have mercy on us and forgive us,
that we may delight in your will,
and walk in your ways,
to the glory of your name.
Amen.

Presider

Almighty God have mercy upon you,
pardon and deliver you from all your sins,
confirm and strengthen you in all goodness,
and keep you in eternal life;
through Jesus Christ our Lord.

All

Amen.

Kyrie Eleison

The presider continues,

Let us ask God to bring to light the things now hidden in darkness,
and to disclose to us the secret purposes of our hearts.
And most especially, let us remember the covenant of our baptism
and test our hearts and conscience to know how faithfully
we have persevered in resisting evil, and whenever we fell into sin,
have repented and returned to the Lord.

The Collect of the Day

Presider

Let us pray.

God of the wilderness, your Son battled with the power of darkness and
grew closer to you in the desert: help us to use these forty days to grow in
wisdom and prayer, so that we may witness to your saving love in Jesus
Christ our Lord. **Amen.**

The Proclamation of the Word

The Readings (Miles O'Reilly)

Reader *A Reading from the Book of Genesis 9:8-17*

Then God said to Noah and to his sons with him, "As for me, I am establishing my covenant with you and your descendants after you, and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark. I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth."

God said, "This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. When I bring clouds over the earth and the bow is seen in the clouds, I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth." God said to Noah, "This is the sign of the covenant that I have established between me and all flesh that is on the earth."

The word of the Lord.

People

Thanks be to God.

Silence may be kept.

Psalm 25:1-10

¹Unto thee, O LORD, do I lift up my soul; / my God, I have put my trust in thee.

²O let me not be confounded, / neither let mine enemies triumph over me.

³For all they that hope in thee shall not be ashamed; / but such as transgress without a cause shall be put to confusion.

⁴Show me thy ways, O LORD, / and teach me thy paths.

⁵Lead me forth in thy truth and teach me: / for thou art the God of my salvation; in thee is my hope all the day long.

⁶Call to remembrance, O LORD, thy tender mercies, / and thy loving-kindnesses, which have been ever of old.

⁷O remember not the sins and offences of my youth; / but according to thy mercy think thou upon me, O LORD, for thy goodness.

⁸Gracious and righteous is the LORD; / therefore will he teach sinners in the way.

⁹Them that are meek shall he guide in judgement; / and such as are gentle, them shall he teach his way.

¹⁰ All the paths of the LORD are mercy and truth, / unto such as keep his covenant and his testimonies.

Reader ***A Reading from First Letter of Peter 3:18-22***

For Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring to God. He was put to death in the flesh, but made alive in the spirit, in which also he went and made a proclamation to the spirits in prison, who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight persons, were saved through water.

And baptism, which this prefigured, now saves you – not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

The word of the Lord.

People **Thanks be to God.**

Gradual Hymn (please stay seated while the Choristers sing)

Forty days and forty nights
thou wast fasting in the wild;
forty days and forty nights
tempted, and yet undefiled:

4 And if Satan, vexing sore,
flesh or spirit should assail,
thou, his vanquisher before,
grant we may not faint nor fail.

2 Sunbeams scorching all the day;
chilly dewdrops nightly shed;
prowling beasts about thy way;
stones thy pillow, earth thy bed.

5 So shall we have peace divine;
holier gladness ours shall be;
round us too shall angels shine,
such as ministered to thee.

3 Shall not we thy sorrows share,
and from earthly joys abstain,
fasting with unceasing prayer,
glad with thee to suffer pain?

Heinlein Martin Herbst, 1654-81

All stand for the Gospel.

Reader The Lord be with you.

People **And also with you.**

Reader The Holy Gospel of our Lord Jesus Christ according to Mark

People **Glory to you, Lord Jesus Christ.**

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased." And the Spirit immediately drove him out into the wilderness. He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him. Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, "The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news."
Mark 1:9-15

The Gospel of Christ.

People Praise to you, Lord Jesus Christ.

Sermon - The Ven. David Selzer

The Nicene Creed

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 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 Prayers of the People (Peter Gower)

Leader In peace let us pray to the Lord.

People **Lord, have mercy.**

Leader For peace from on high
and for our salvation, let us pray to the Lord.

People **Lord, have mercy.**

Leader For the peace of the whole world,
for the welfare of the holy Church of God, and for the unity of all,
let us pray to the Lord.

People **Lord, have mercy.**

Leader For our bishops,
and for all the clergy and people, let us pray to the Lord.

People **Lord, have mercy.**

Leader For Elizabeth our Queen,
for the leaders of the nations, and for all in authority,
let us pray to the Lord.

People **Lord, have mercy.**

Leader For this city of Kingston,
for every city and community,
and for those who live in them in faith, let us pray to the Lord.

People **Lord, have mercy.**

Leader For good weather,
and for abundant harvests for all to share, let us pray to the Lord.

People **Lord, have mercy.**

Leader For those who travel by land, water, or air, for the sick and the
suffering (especially . . .) for prisoners and captives,
and for their safety, health, and salvation, let us pray to the Lord.

People **Lord, have mercy.**

Leader For our deliverance from all affliction, strife, and need,
let us pray to the Lord.

People **Lord, have mercy.**

Leader For the absolution and remission of our sins and
offences,
let us pray to the Lord.

People **Lord, have mercy.**

Leader For all who have died (especially . . .) let us pray to the Lord.

People **Lord, have mercy.**

Leader Remembering St George, and all the saints, we commit ourselves, one another, and our whole life to Christ our God.

People **To thee, O Lord.**

Leader Almighty God, who hast given us grace at this time with one accord to make our common supplications unto thee; and dost promise that when two or three are gathered together in thy name thou wilt hear their requests: fulfil now, O Lord, the desires and petitions of thy servants as may be most expedient for them; granting us in this world knowledge of thy truth, and in the world to come life everlasting; for thou, Father, art good and loving, and we glorify thee through thy Son Jesus Christ our Lord, in the Holy Spirit, now and for ever.

People **Amen.**

The Peace

All stand, and the presiding celebrant addresses the people.

The peace of the Lord be always with you.

People **And also with you.**

Offertory Hymn (please stay seated while the Choristers sing)

1 Jesu, Lover of my soul,
Let me to thy bosom fly,
While the nearer waters roll,
While the tempest still is high:
Hide me, O my Saviour, hide
Till the storm of life is past;
Safe into the haven guide,
O receive my soul at last.

2 Other refuge have I none,
Hangs my helpless soul on thee;
Leave, ah, leave me not alone,
Still support and comfort me.
All my trust on thee is stayed,
All my help from thee I bring;
Cover my defenceless head
With the shadow of thy wing.

3 *Thou, O Christ, art all I want,
More than all in thee I find:
Raise the fallen, cheer the faint,
Heal the sick, and lead the blind.
Just and holy is thy name,
I am all unrighteousness;
False and full of sin I am,
Thou art full of truth and grace.

4 Plenteous grace with thee is found,
Grace to cover all my sin;
Let the healing streams abound,
Make and keep me pure within.
Thou of life the fountain art,
Freely let me take of thee,
Spring thou up within my heart,
Rise to all eternity.

The Celebration of the Eucharist

Eucharistic Prayer A

Celebrant The Lord be with you.
People **And with thy spirit.**

Celebrant Lift up your hearts.
People **We lift them up unto the Lord.**

Celebrant Let us give thanks unto our Lord God.
People **It is meet and right so to do.**

Celebrant 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 hast bidden us thy 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.

Celebrant 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.**

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:

All **We praise thee, we bless thee, we thank thee,
and we pray to thee, Lord our God.**

Celebrant 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.

The Lord's Prayer

Celebrant And now, as our Saviour Christ hath taught us, we are bold to say:

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 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.

Silence

The Breaking of the Bread

Then the celebrant breaks the consecrated bread. Then may be said,

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 we may evermore dwell in him, And he in us. Amen.

Agnus Dei

Chorister 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.

The Communion

The celebrant and people receive the communion in one kind only. At the distribution the minister says to each communicant,

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).

The communicant responds each time, Amen.

Prayer after Communion

Celebrant Let us pray.

All 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 Spirit, be all honour and glory, World without end. Amen.

The celebrant may bless the people.

Celebrant 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 Spirit be amongst you and remain with you always. **Amen.**

Dismissal

The celebrant may bless the people. The deacon, or other leader, dismisses the people, saying in these or similar words,

Leader Go in peace to love and serve the Lord.

People **Thanks be to God.**

Postlude:

**Interim Dean: The Ven. David Selzer
Interim Director of Music: Brad Barbeau**

Prayer List: The Very Rev Sharon Murdoch, The Rev Don Goodwin, Collin Stewart, John Bate, Dee Padfield, Kathy Anderson, Sandy, Jason, Allie and Dev Kauenhofen, Paul Robertson, Richard Watson-Laird, Danielle Clarke, Sean Lovett, Ralph Brose, Gill Cleghorn, Gwynne Hardy, Joseph Mora, and all family, remembering the late Ayda (Papazyan) Mora, Jean Cruickshank and all family, remembering the late David Cruickshank.

The flowers at the High Altar today are given to the glory of God in loving memory of Lynda Redmond from Carl Redmond.

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 with us. 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 Sunday School and nursery; Kevin Raison and Betsy Schmidt-Raison and all their helpers; and we pray for the following households: Eleanor Einarson, Basil Ennab, Warren and Susan Everett, Tanis Fairley and Derek Falkner and their families.

Wednesday February 24, 12:15 Holy Eucharist, in Lady Chapel

Thursday February 25, 10:30am Eucharist, with prayers for healing, (Lady Chapel)

Friday, February 26, 12:15pm Litany of Reconciliation, on church steps

Parish Cycle of Prayer: Pray for St. George's Children's Ministry, Rev Canon Barbara Stewart and all helpers; and we pray for the following households: Tim and Martha Duncan, Sarah Earl, Phil and Dorothy Edwards, Mary Egbowen, and their families.

Readings for next Sunday February 28 - Second Sunday in Lent

Genesis 17:1-7, 15-16; Psalm 22:22-31; Romans 4:13-25; Mark 8:31-38

8:00am Holy Communion, **9:15am** Eucharist, and **11:00am** Eucharist

Parishioners are required to register through Eventbrite for all services

Preacher: The Venerable David Selzer

ANNOUNCEMENTS

Notice is Hereby Given that the Annual Vestry Meeting for the Cathedral Church of St. George will take place on Sunday March 7, 2021 commencing at 1:30pm via Zoom only.

Eventbrite: We've updated the announcement for tickets as we want to send people to the website now instead of directly to Eventbrite - we weren't able to do that when we started doing tickets before so that's why it was less friendly than now. There are multiple places to get tickets from the website but the easiest is the button that says "Book a Ticket" that is right in the introductory paragraph.

Services again require tickets - please order your tickets through the Cathedral website at www.stgeorgescathedral.ca (there is also a video on the website demonstrating how to order a ticket). If you do not have Internet access, 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 each week

2021 Offering Envelopes - For members who have not already collected their box of offering envelopes for 2021 please contact Marg in the church office.

Forward Day by Day devotion booklets for February, March and April are available at the church office. Please call ahead to arrange to pick up.

The St. George's Cathedral website has various publications regarding Lent. Of special note is the booklet "Lenten Reflections" and "Living Lent at Home", www.stgeorgescathedral.ca.

Lenten Bible Study – Rev'd Gerald Moore

No Wonder They Crucified Him: Church Bundle, Dan Meyer & JoHannah Reardon

Of all the people admired in the world today, Jesus of Nazareth continually ranks at the top of the list. Even those who don't call themselves Christians regard Jesus as one of the wisest teachers and most loving leaders the world has ever known. He is still making the covers of magazines and being talked about in coffee shops with a popularity like no other person who has walked this earth. So why did his contemporaries kill him?

BIBLE STUDY FORMAT: Each week a session will be emailed to you. Each will contain scripture references and questions. There is no requirement to go on line at a particular day or time. Complete the study on your own time and, if you care to, share your reaction to each session by Friday of the same week. Please let me know if it is ok to give out your email address so we can communicate our responses and perhaps elicit comments and observations with others. (no criticisms as we will all look at scripture through different lenses).

This six-session course examines Jesus as not simply meek and mild, but as a dangerous man because he was and is the God who is dangerously good. Take a fresh look at Jesus' call to action.

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