

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



21 February 2021  
First Sunday in Lent  
8:00am



St. George's Cathedral, Kingston

**O**UR 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.*

**A**LMIGHTY 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.*

**O**UR 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.*

**A**LMIGHTY 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 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 first lesson is written in the ninth chapter of the book of Genesis beginning at the eighth verse.

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."

Here endeth the Lesson

## PSALM 25:1-10

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

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

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

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

<sup>5</sup>Lead 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.

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

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

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

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

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

The second lesson is written in the first letter of Peter, chapter 3 beginning at the eighteenth verse.

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 Holy Gospel is written in the 1<sup>st</sup> chapter of the Gospel according to Matthew beginning at the 9<sup>th</sup> verse.

*Then shall the people sing or say:*

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

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."

The Gospel of Christ.

*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.*

**A**LMIGHTY 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:

**Y**E 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.*

**A**LMIGHTY 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:*

**A**LMIGHTY 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.

**C**OME 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:*

**T**HE 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:*

**I**T 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:*

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

**H**OLY, 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:*

**B**LESSED 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.*

**B**LESSING 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:*

**T**HE 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:*

**W**E 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.*

*Then shall the Priest first receive*

## **THE COMMUNION**

*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:*

**T**HE 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:*

**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.

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

Let us pray.

**O**UR 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*

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

**T**HE 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, John Bate, Dee Padfield, Kathy Anderson, Sandy, Jason, Allie and Dev Kauenhofen, Paul Robertson, Richard, 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.

**Something new at the 9:15 am Service!**

The extended children's focus known as "**Loving God's Story**" will return at the 9:15 am service each Sunday. We invite all families and children to come and join us for music, story, learning and fun during our service. We enjoy the bustle and energy of children and welcome all to be a part of this more relaxed worship. Each child is given worksheets and colouring sheets to take back to their seat to work on in church or to take home.

**Please be sure to reserve with Eventbrite or call the church office to reserve.**

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

**Thursday February 25, 10:30am** Eucharist, with prayers for healing, in Lady Chapel

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

**Parish Cycle of Prayer:** Pray for St. George's Sunday School and nursery; Kevin Raison and Betsy Schmidt-Raison and all their helpers, Eleanor Einarson, Basil Ennab, Warren and Susan Everett, Tanis Fairley and Derek Falkner 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**

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## 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](http://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.

### 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.