



THE HOLY EUCHARIST

THE SEVENTH SUNDAY AFTER PENTECOST

July 16, 2023 • 10:00 AM

*Welcome to St. John's, Shaughnessy!
Wherever you are on your spiritual
journey, and whether you are joining us in
the church building or via the livestream,
we are glad you are here!*

*If you are new here and would like to learn
more, please introduce yourself to the clergy
after the service. If you would like to be
added to our mailing list so that we may
keep you informed of upcoming events,
please contact the church office.*

*Infants and children (and their
accompanying noises) enliven our services.
Colouring, crafts, and quiet toys are
available in the children's area, just to the
left of the front pews.*

*We acknowledge with respect that we
worship on the traditional, ancestral, and
unceded territory of the Coast Salish
Peoples, and we pray that we may live more
deeply into the calls to action from Canada's
Truth and Reconciliation Commission.*

*A brief organ voluntary offered a few minutes before the hour bids us all keep silence for prayer
and preparation.*

*The people's responses are in **bold**.*

PRELUDE *Trumpet Tune*

Henry Purcell (1659-1695)

GREETING

THE ENTRANCE RITE

HYMN

RATISBON

1 Christ whose glo - ry fills the skies, Christ the true, the on - ly light,
2 Dark and cheer-less is the morn un - ac - com - pan - ied by thee;
3 Vis - it then this soul of mine, pierce the gloom of sin and grief;

Sun of Righ-teous - ness, a - rise! Tri - umph o'er the shades of night:
joy - less is the day's re - turn, till thy mer - cy's beams I see,
fill me, Ra - dian - cy di - vine, scat - ter all my un - be - lief;

Day - spring from on high, be near; Day - star, in my heart ap - pear.
till they in - ward light im - part, glad my eyes and warm my heart.
more and more thy - self dis - play, shin - ing to the per - fect day.

THE OPENING ACCLAMATION

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

And also with you.

THE COLLECT FOR PURITY

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hidden. Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy name; through Christ our Lord. Amen.

THE GLORIA

PSALM 42

1 Glo - ry, in the high - est glo - ry, peace to all, in all their days.
 2 Je - sus Christ, the world's Re - deem - er, Lamb of God, for sin - ners given,

Wor - ship, thanks, and praise un - ceas - ing to the Source of all we raise:
 Word e - ter - nal, born of Ma - ry, Word made flesh, the face of heaven:

reign - ing in the sap - phire height, hid - den from our mor - tal sight,
 ho - ly one, to you we pray, hear us in the realms of day,

now re - ceive our a - dor - a - tion, as we make our sup - pli - ca - tion.
 with the Spir - it there u - nit - ed, and the God - head high ex - alt - ed.

THE COLLECT OF THE DAY

Almighty God, you have made us for yourself, and our hearts are restless until they find their rest in you. May we find peace in your service, and in the world to come, see you face to face; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

THE LITURGY OF THE WORD

THE FIRST READING

Genesis 25:19-34

A reading from the Book of Genesis

These are the descendants of Isaac, Abraham's son: Abraham was the father of Isaac, and Isaac was forty years old when he married Rebekah, daughter of Bethuel the Aramean of Paddanaram, sister of Laban the Aramean. Isaac prayed to the Lord for his wife, because she was barren; and the Lord granted his prayer, and his wife Rebekah conceived. The children struggled together within her; and she said, "If it is to be this way, why do I live?" So she went to inquire of the Lord. And the Lord said to her, "Two nations are in your womb, and two peoples born of you shall be divided; the one shall be stronger than the other, the elder shall serve the younger." When her time to give birth was at hand, there were twins in her womb. The first came out red, all his body like a hairy mantle; so they named him Esau. Afterward his brother came out, with his hand gripping Esau's heel; so he was named Jacob. Isaac was sixty years old when she bore them. When the boys grew up, Esau was a skillful hunter, a man of the field, while Jacob was a quiet man, living in tents. Isaac loved Esau, because he was fond of game; but Rebekah loved Jacob. Once when Jacob was cooking a stew, Esau came in from the field, and he was famished. Esau said to Jacob, "Let me eat some of that red stuff, for I am famished!" (Therefore he was called Edom.) Jacob said, "First sell me your birthright." Esau said, "I am about to die; of what use is a birthright to me?" Jacob said, "Swear to me first." So he swore to him, and sold his birthright to Jacob. Then Jacob gave Esau bread and lentil stew, and he ate and drank, and rose and went his way. Thus Esau despised his birthright.

Hear what the Spirit is saying to God's people.

Thanks be to God.

PSALM 119:105-112 *Lucerna pedibus meis* Chant: R.P. Goodenough (1776-1826)

- 105 Your word is a lantern to my feet
and a light upon my path.
- 106 I have sworn and am determined
to keep your righteous judgements.
- 107 I am deeply troubled;
preserve my life, O Lord, according to your word.
- 108 Accept, O Lord, the willing tribute of my lips,
and teach me your judgements.
- 109 My life is always in my hand,
yet I do not forget your law.
- 110 The wicked have set a trap for me,
but I have not strayed from your commandments.
- 111 Your decrees are my inheritance for ever;
truly, they are the joy of my heart.
- 112 I have applied my heart to fulfil your statutes
for ever and to the end.

A reading from the letter of Paul to the Romans

There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. For God has done what the law, weakened by the flesh, could not do: by sending his own Son in the likeness of sinful flesh, and to deal with sin, he condemned sin in the flesh, so that the just requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For this reason the mind that is set on the flesh is hostile to God; it does not submit to God's law indeed it cannot, and those who are in the flesh cannot please God. But you are not in the flesh; you are in the Spirit, since the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, though the body is dead because of sin, the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you.

Hear what the Spirit is saying to God's people.

Thanks be to God.

HYMN AT THE SEQUENCE

EISENACH

1 Come, gra - cious Spir - it, heaven - ly dove, with
 2 The light of truth to us dis - play and
 3 Lead us to Christ, the liv - ing way, nor
 4 Lead us to heaven, that we may share full -

light and com - fort from a - bove; be thou our guard - ian,
 make us know and choose thy way; plant ho - ly fear in
 let us from his pas - tures stray; lead us to ho - li -
 ness of joy for - ev - er there; lead us to God, our

thou our guide; o'er ev - ery thought and step pre - side.
 ev - ery heart, that we from God may ne'er de - part.
 ness, the road that we must take to dwell with God.
 fi - nal rest, to be with him for - ev - er blest.

THE GOSPEL ACCLAMATION

The Cantor sings the Refrain; then all repeat.

Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia!

Cantor The word is very near you; it is in your mouth and in your heart, so that you can do it. *Refrain.*

The Lord be with you.

And also with you.

The Holy Gospel of our Lord Jesus Christ, according to Matthew.

Glory to you, Lord Jesus Christ.

That same day Jesus went out of the house and sat beside the sea. Such great crowds gathered around him that he got into a boat and sat there, while the whole crowd stood on the beach. And he told them many things in parables, saying: "Listen! A sower went out to sow. And as he sowed, some seeds fell on the path, and the birds came and ate them up. Other seeds fell on rocky ground, where they did not have much soil, and they sprang up quickly, since they had no depth of soil. But when the sun rose, they were scorched; and since they had no root, they withered away. Other seeds fell among thorns, and the thorns grew up and choked them. Other seeds fell on good soil and brought forth grain, some a hundredfold, some sixty, some thirty. Let anyone with ears listen! Hear then the parable of the sower. When anyone hears the word of the kingdom and does not understand it, the evil one comes and snatches away what is sown in the heart; this is what was sown on the path. As for what was sown on rocky ground, this is the one who hears the word and immediately receives it with joy; yet such a person has no root, but endures only for a while, and when trouble or persecution arises on account of the word, that person immediately falls away. As for what was sown among thorns, this is the one who hears the word, but the cares of the world and the lure of wealth choke the word, and it yields nothing. But as for what was sown on good soil, this is the one who hears the word and understands it, who indeed bears fruit and yields, in one case a hundredfold, in another sixty, and in another thirty."

The Gospel of Christ.

Praise to you, Lord Jesus Christ.

Please stand as you are able.

THE APOSTLES' CREED

**I believe in God, the Father almighty,
creator of heaven and earth.**

I believe in Jesus Christ, his only Son, our Lord.

**He was conceived by the power of the Holy Spirit
and born of the Virgin Mary.**

**He suffered under Pontius Pilate,
was crucified, died, and was buried.**

He descended to the dead.

On the third day he rose again.

**He ascended into heaven,
and is seated at the right hand of the Father.**

He will come again to judge the living and the dead.

**I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.**

THE PRAYERS OF THE PEOPLE

Setting our minds on the Spirit, let us pray for the needs of the Church and the world.

Gracious God, we pray for faithful people everywhere, that all who confess your name may be united in your truth, live together in your love, and reveal your glory in the world. In the Anglican Communion, we pray for Justin, the Archbishop of Canterbury; Linda, our Primate; Chris, the National Indigenous Archbishop; and John, our bishop. In the Anglican Cycle of Prayer, we pray for the Anglican Church of Canada. In our own diocese, we pray for the parishes of St. Mary, Kerrisdale; and St. Mary Magdalene, Vancouver; and for this week's Aspire Bible Camp. We pray also for our companion diocese, the Diocese of Northern Philippines; and for our companion parishes of St. Luke, Butbut Proper and St. James, Luccong.

Lord in your mercy:

Hear our prayer.

Lord Jesus, you teach us that to be exalted we must be humble; that to be leaders, we must be servants of all. We pray for all who hold authority in the nations of the earth, that they might serve the common good with humility, compassion, and integrity. We pray especially for Justin, our prime minister; David, our premier; Ken, our mayor; and for all who serve the common good.

Lord in your mercy:

Hear our prayer.

O Christ, you are the icon of the invisible God, and all things were created through you and for you. Give us a reverence for the earth and all creation. Make us faithful stewards of all that you have entrusted to our care, that all people may share in the abundance you have given us, now and in generations to come.

Lord in your mercy:

Hear our prayer.

God of compassion and mercy, we offer to you all the fears, concerns, and anxieties that weigh upon our hearts, praying especially for those whose burdens are heavy—for those in danger; for the poor, the sick, and the lonely; for prisoners and refugees; and for all who are suffering, including those we name now, aloud or in the silence of our hearts. (We pray especially for those on our parish prayer list . . .).

Lord in your mercy:

Hear our prayer.

God of the living and the dead, we entrust to your tender care all those we love but see no longer (especially . . .). Receive them into the arms of your mercy, and comfort those who grieve with the sure and certain hope of the resurrection.

Lord in your mercy:

Hear our prayer.

The Celebrant concludes

God, you sow seeds of faith among us, and call us to spread the same word of life in our own lives. Hear the prayers of our hearts, and make us fertile soil for the growth of your kingdom. **Amen.**

THE CONFESSION AND ABSOLUTION

Dear friends in Christ, God is steadfast in love and infinite in mercy; God welcomes sinners and invites them to this table. Let us confess our sins, confident in God's forgiveness.

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.**

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. **Amen.**

Please stand as you are able.

THE PEACE

The peace of the Lord be always with you.
And also with you.

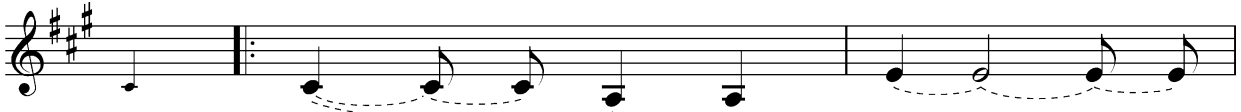
THE OFFERTORY

As the altar is prepared for Holy Communion, the congregation is invited to make an offering as an expression of gratitude for God's generosity. A QR code is provided for those who prefer to donate online. During the collection, a hymn is sung.



OFFERTORY HYMN

I AM THE BREAD OF LIFE



1 I am the bread of life;— they who
 2 (The) Bread that— I will give— is my
 3 (Un-) less— you eat— of the
 4 I am the re - sur - rec - tion, —
 5 (Yes,) Lord, — we be - lieve — that —



1 come to me shall not — hun - ger; they who be -
 2 Flesh for the life of the world, — and they who
 3 Flesh of the Son of — Man — and —
 4 I — am the — life. — They who be -
 5 you — are the — Christ, — the —



1 lieve in me shall not thirst. No one can come to
 2 eat — of this bread, they shall — live for
 3 drink — of his Blood, you shall not have life with -
 4 lieve — in me, e - ven — if they
 5 Son — of God who — has



1 me — un - less the — Fa - ther draw them.
 2 ev - er. — they shall — live for ev - er.
 3 in you. you shall not have life with - in you.
 4 die, — they shall — live for ev - er.
 5 come — in - to — the — world. —

Refrain

And I will raise them up, and I will raise them

up, and I will raise them up on the

last day. _____

2 The
3 Un- day.
4 —
5 Yes,

THE HOLY COMMUNION

THE PRAYER OVER THE GIFTS

Father, your word creates in us a yearning for your kingdom. Receive all we offer you this day, and keep us in your peace; for the sake of Jesus Christ the Lord. **Amen.**

THE GREAT THANKSGIVING

The Lord be with you. And al-so with you.
Lift up your hearts. We lift them to the Lord.
Let us give thanks to the Lord our God.
It is right to give our thanks and praise.

The image shows four staves of musical notation in a single system. Each staff begins with a treble clef and a key signature of one flat (B-flat). The first staff contains the lyrics 'The Lord be with you. And al-so with you.' The second staff contains 'Lift up your hearts. We lift them to the Lord.' The third staff contains 'Let us give thanks to the Lord our God.' The fourth staff contains 'It is right to give our thanks and praise.' The music consists of a single melodic line with various note values, including quarter, eighth, and sixteenth notes, and rests. There are repeat signs at the end of each line.

We give you thanks and praise, almighty God, for the gift of a world full of wonder, and for our life which comes from you. By your power you sustain the universe.

Glory to you for ever and ever.

You created us to love you with all our heart, and to love each other as ourselves, but we rebel against you by the evil that we do. In Jesus, your Son, you bring healing to our world and gather us into one great family. Therefore, with all who serve you on earth and in heaven, we praise your wonderful name, as we sing,

THE SANCTUS & BENEDICTUS *Community Mass* R. Proulx (1937-2010)

Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might,
heav - en and earth are full of your glor - y. Ho -
san - na in the high - est. Ho - san - na in the high - est.
Blessed is the one who comes in the name of the Lord. Ho -
san - na in the high - est. Ho - san - na in the high - est.

The image shows five staves of musical notation in a single system. Each staff begins with a treble clef and a key signature of one flat (B-flat). The first staff contains the lyrics 'Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might,'. The second staff contains 'heav - en and earth are full of your glor - y. Ho -'. The third staff contains 'san - na in the high - est. Ho - san - na in the high - est.'. The fourth staff contains 'Blessed is the one who comes in the name of the Lord. Ho -'. The fifth staff contains 'san - na in the high - est. Ho - san - na in the high - est.'. The music consists of a single melodic line with various note values, including quarter, eighth, and sixteenth notes, and rests. There are repeat signs at the end of each line.

The Celebrant continues

We give you thanks and praise, loving Father, because in sending Jesus, your Son, to us you showed us how much you love us. He cares for the poor and the hungry. He suffers with the sick and the rejected.

Betrayed and forsaken, he did not strike back but overcame hatred with love. On the cross he defeated the power of sin and death. By raising him from the dead you show us the power of your love to bring new life to all your people.

Glory to you for ever and ever.

On the night before he gave up his life for us, Jesus, at supper with his friends, took bread, gave thanks to you, broke it, and gave it to them, saying, "Take this, all of you, and eat it: this is my body which is given for you."

After supper, Jesus took the cup of wine, said the blessing, gave it to his friends, and said, "Drink this, all of you: this is the cup of my blood, the blood of the new and eternal covenant, which is shed for you and for many, so that sins may be forgiven. Do this in memory of me."

Glory to you for ever and ever.

Gracious God, with this bread and wine we celebrate the death and resurrection of Jesus, and we offer ourselves to you in him. Send your Holy Spirit on us and on these gifts, that we may know the presence of Jesus in the breaking of bread, and share in the life of the family of your children.

Father, you call us to be your servants; fill us with the courage and love of Jesus, that all the world may gather in joy at the table of your kingdom.

We sing your praise, almighty Father, through Jesus, our Lord, in the power of the Holy Spirit, now and for ever.

Glory to you for ever and ever. Amen.

THE LORD'S PRAYER

And now, as our Saviour Christ has taught us, we are bold to say,

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.

THE BREAKING OF THE BREAD

The Celebrant breaks the consecrated bread.

We break this bread to share in the body of Christ.

We, being many, are one body,
for we all share in the one bread.

THE FRACTION ANTHEM *Mass of St. George* Andrew Wells (b.1962)

Larghetto

(org.) *mp* Lamb of God, you take a - way the sin of the

world, have mer - cy on us. **REPEAT** **Descant** Lamb of God, you take a -

way the sin of the world. *pp* Grant us peace.

The musical score is written for organ and voice. It begins with a treble clef and a 2/4 time signature. The first staff includes the tempo marking 'Larghetto' and the dynamic marking 'mp'. The lyrics are: '(org.) Lamb of God, you take a - way the sin of the world, have mer - cy on us. REPEAT Descant Lamb of God, you take a - way the sin of the world. pp Grant us peace.' The second staff has a repeat sign and a descant section. The third staff ends with a double bar line.

THE INVITATION TO HOLY COMMUNION

The gifts of God for the people of God.
Thanks be to God.

We invite all baptized Christians to receive the sacrament of Holy Communion. Gluten-free wafers are available upon request. If you prefer to receive a blessing instead of the bread and wine, you may indicate that desire by crossing your arms over your chest. If you are unable to come forward, please ask a sidesperson to have Communion brought to you.

COMMUNION ANTHEM *Thy Word is a Lantern*

Henry Purcell

Thy word is a lantern unto my feet:
and a light unto my paths.
I have sworn and am steadfastly purposed:
to keep thy righteous judgements.
I am troubled above measure:
quicken me, O Lord, according to thy word.
The ungodly have laid a snare for me:
but yet I swerved not from thy commandments.
Thy testimonies have I claimed as mine heritage for ever:
and why? they are the very joy of my heart.
Hallelujah

(Psalm 119: 105-108, 110, 111)

THE PRAYER AFTER COMMUNION

Living God, in this sacrament we have shared in your eternal kingdom.
May we who taste this mystery forever serve you in faith, hope, and love.
We ask this in the name of Jesus Christ the Lord. **Amen.**

THE DOXOLOGY

Glory to God,
**whose power, working in us,
can do infinitely more
than we can ask or imagine.**
**Glory to God from generation to generation,
in the Church and in Christ Jesus,
for ever and ever. Amen.**

THE NOTICES

THE BLESSING

The peace of God which passes all understanding keep your hearts and minds in the knowledge and love of God, and of God's Son, Jesus Christ our Lord. And the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be among you and remain with you always. **Amen.**

HYMN AT THE CLOSING

GOTT' SEI DANK

1 Spread, O spread, thou might - y word, spread the king - dom of the Lord,
2 word of how the Fa - ther's will made the world, and keeps it, still;
3 word of how the Sa - vior's love earth's sore bur - den doth re - move;
4 word of how the Spi - rit came bring - ing peace in Je - sus' name;
5 Word of life, most pure and strong, word for which the na - tions long,

1 that to earth's re - mot - est bound all may heed the joy - ful sound;
2 how his on - ly Son he gave, earth from sin and death to save;
3 how for - ev - er, in its need, through his death the world is freed;
4 how his nev - er - fail - ing love guides us on to heaven a - bove.
5 spread a - broad, un - til from night all the world a - wakes to light.

THE DISMISSAL

Let go forth in the name of Christ.

Thanks be to God.

VOLUNTARY *Tocatta in C* BWV 564

J.S. Bach (1685-1750)

Please remain standing as the procession leaves the church. We hope you will join us for refreshments in the Trendell Lounge after the service.

ST. JOHN'S, SHAUGHNESSY STAFF AND LEADERSHIP

Please contact the parish office if you would like to be added to our mailing list, so that we may let you know about upcoming events.

Clergy and Staff

The Reverend Terry Shields Dirbas, *Rector* terry.dirbas@sjs.net
The Reverend James Hwang, *Curate* jhwang@sjs.net
The Reverend Dr. Marilyn Hames, *Honorary Assisting Priest*
The Reverend Karin Fulcher, *Honorary Deacon*
The Reverend Pitman Potter, *Honorary Deacon*
Michael Dirk, *Music Director* organist@sjs.net
Ann Houghton, *Interim Parish Administrator* church.office@sjs.net

Trustees

The Rev. Terry Shields Dirbas, *Rector*
Ken Pepin, *Rector's Warden*
Joan Stewart, *People's Warden*
Mike Dezell
Catherine Holmen



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