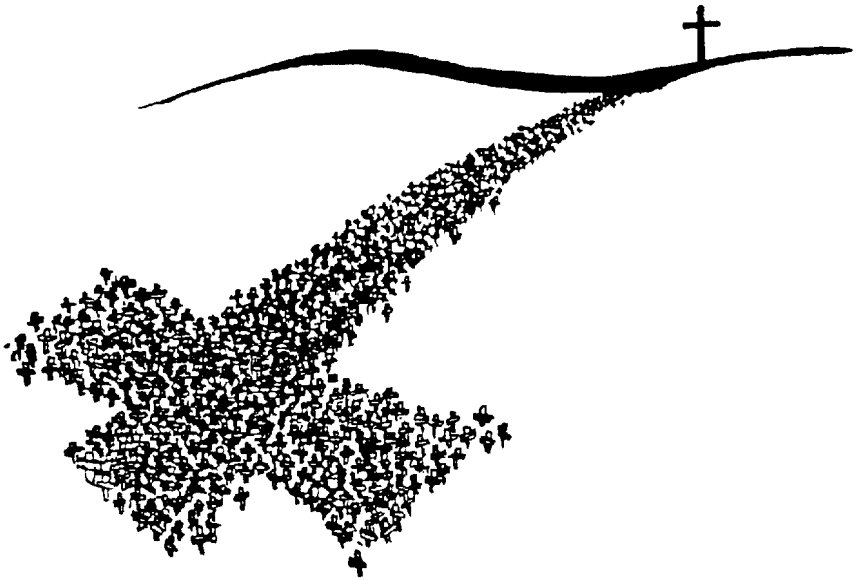




St. Thomas'
CATHEDRAL

*Mumbai • Estd 1718
The Church of North India*

A member of the worldwide Anglican Communion



Holy Eucharist
The Second Sunday in Lent
Sunday 13th March 2022 • 8.45 am

Welcome to St Thomas' Cathedral for this service

“Keep us both outwardly in our bodies and inwardly in our souls”

Reflections on the Collect for the day

Admitting Our Powerlessness

One of the great false teachings of the modern age is the supreme power of will supposedly possessed by humans – that the notion of the sovereignty of God is typically placed as secondary to the sovereignty of the human will.

Despite the perceived advances in medicine, technology, safety procedures, or other things that we can do or use to attempt to extend our lives or protect against calamity, in the end, we have no true power to stave off injury, illness, and eventual death.

To begin to approach the divinity of God and truly ask for His help and protection, we must first freely admit that we have no power to provide that help and protection for ourselves.

Asking for Protection

“Keep us both outwardly in our bodies and inwardly in our souls” confronts head on the facts of our creation, that we are both spirit and flesh. Asking God to “keep” us in our bodies and souls affirms that He made both good, and that we rely on him to preserve us in that state.

The closing address names the Lord of our lives as the defender of our bodies and souls. Since it is the Word of God by which all that exists was created, it is also by this Word that all continues to exist, and those who call upon that Word receive continual sustenance by the Holy Spirit, submitting their lives to the sovereignty of the Father and the oneness of the eternal God.

*Follow the readings and the Order of Service for the Lord's Supper in **The Book of Common Prayer** (refer page numbers).*

*The hymns can be found in the **English Hymnal**.*

The congregation is asked to join in all text printed in **bold**.

Order of Service

The Gathering

Voluntary

Meditation on the tune, 'Stracathro'

W. S. Lloyd Webber (1914 - 1982)

Prelude on the tune, 'Slane'

Gordon Young (1919 - 1998)

Welcome

All keep silence and prepare for worship.

*All **STAND** and sing.*

The Trisagion

**Holy God,
holy and strong,
holy and immortal,
have mercy upon us.**

Opening Prayer

All **Heavenly Father, we trust too much in ourselves
and our own actions.
Help us to trust You and You alone.
Be with us so that we don't boast about the
worldly things we own, but rather the fact
that we put our hope in the Lord.
In Jesus' name we pray. Amen.**

All join in singing the hymn at the procession.

Hymn at the Procession

**Praise Him! Praise Him! Jesus, our blessed Redeemer!
Sing, O earth — His wonderful love proclaim!
Hail Him! Hail Him! Highest archangels in glory;
Strength and honour give to His holy Name!
Like a shepherd, Jesus will guard His children,
In His arms He carries them all day long.**

***Praise Him! Praise Him! Tell of His excellent greatness;
praise Him! Praise Him! Ever in joyful song!***

**² Praise Him! Praise Him! Jesus, our blessed Redeemer!
For our sins He suffered, and bled, and died.
He our Rock, our hope of eternal salvation,
Hail Him! Hail Him! Jesus the crucified.
Sound His praises! Jesus who bore our sorrows,
Love unbounded, wonderful, deep and strong.**

**³ Praise Him! Praise Him! Jesus, our blessed Redeemer!
Heavenly portals loud with hosannas ring!
Jesus, Saviour, reigneth forever and ever;
Crown Him! Crown Him! Prophet, and Priest, and King!
Christ is coming! over the world victorious,
Power and glory unto the Lord belong.**

Words: Frances Crosby (1820 - 1915)

Tune: JOYFUL SONG
Chester Allen (1838 - 1878)

Please be SEATED.

Prayers of Penitence & Absolution

The presbyter invites the people to confess their sins.

The sacrifice of God is a broken spirit;
a broken and contrite heart God will not despise.
Let us come to the Lord, who is full of compassion, and
acknowledge our transgressions in penitence and faith.

Silence is kept.

**Almighty God, our heavenly Father,
we have sinned against you
and against our neighbour
in thought and word and deed,
through negligence, through weakness,
through our own deliberate fault.
We are truly sorry and repent of all our sins.
For the sake of your Son Jesus Christ,
who died for us, forgive us all that is past
and grant that we may serve you in newness of life
to the glory of your name.
Amen.**

All sing.

Kyrie eleison.

Lord, have mercy upon us

Christe eleison.

Christ, have mercy upon us.

Kyrie eleison.

Lord, have mercy upon us

From the liturgy of the Russian Orthodox Church

Presbyter

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

All

Amen.

The Liturgy of the Word

The Collects for the Day | **Page 450 & Page 445**

Read by the Presbyter

A reading from the Book of the Prophet Jeremiah 17. 5 - 10

At the conclusion of the reading:

This is the word of the Lord.

All Thanks be to God.

Psalm

Sung by the cantors to a chant by S. Wesley

Psalm 130 • *De profundis*

OUT of the deep have I called unto thee, O Lord : Lord, hear my voice.

² O let thine ears consider well : the voice of my complaint.

³ If thou, Lord, wilt be extreme to mark what is done amiss :

O Lord, who may abide it?

⁴ For there is mercy with thee : therefore shalt thou be feared.

⁵ I look for the Lord; my soul doth wait for him : in his word is my trust.

⁶ My soul fleeth unto the Lord : before the morning watch, I say, before the morning watch.

⁷ O Israel, trust in the Lord, for with the Lord there is mercy : and with him is plenteous redemption.

⁸ And he shall redeem Israel : from all his sins.

All STAND. *Glory be to the Father, and to the Son,
and to the Holy Ghost;
as it was in the beginning, is now, and ever shall be:
world without end. Amen.*

Please be SEATED.

The Epistle | Page 450

A reading from the first letter of Paul to the Thessalonians 4. 1 - 8

At the conclusion of the reading:

This is the word of the Lord.

All Thanks be to God.

All STAND and join in singing the gradual hymn.

Gradual Hymn

**When we walk with the Lord
in the light of His Word,
what a glory He sheds on our way!
While we do His good will,
He abides with us still,
and with all who will trust and obey.**

*Trust and obey, for there's no other way
to be happy in Jesus, but to trust and obey.*

² **Not a burden we bear,
not a sorrow we share,
but our toil he doth richly repay;
not a grief or a loss,
not a frown nor a cross,
but is blest if we trust and obey.**

³ **Then in fellowship sweet
we will sit at His feet,
or we'll walk by His side in the way;
what He says we will do,
where He sends we will go;
never fear, only trust and obey.**

Words: John Sammis (1846 - 1919)

Tune: TRUST AND OBEY
Daniel Towner (1850 - 1919)

The Gospel of Christ | **Page 451**

All

**Praise to you Lord Jesus Christ
King of endless glory.**

One does not live on bread alone,
but on every word that comes forth
from the mouth of God.

*The Gospeller
All*

The Lord be with you
and also with you.

Hear the Gospel of our Lord Jesus Christ according to
St. Matthew 15. 21 - 28

Glory be to Thee, O Lord.

At the end of the Gospel:

The Gospeller This is the Gospel of Jesus Christ.
All **Praise be to Thee, O Christ.**

All sing **At the Cross, at the Cross
where I first saw the light,
and the burden of my heart rolled away,
it was there by faith I received my sight,
and now I am happy all the day!**

Ralph Hudson (1843 - 1901)

*Remain **STANDING** for the Creed, all reciting together.*

The Nicene Creed | **Page 354**

*Please be **SEATED**.*

Sermon
The Revd Avinash Rangayya

The Liturgy of the Sacrament

*All **STAND**.*

The Peace

The Celebrant offers a greeting of peace.

Christ has reconciled us to God in one body by the Cross.
We meet in his name and share his peace.
The peace of the Lord be always with you
and also with you.

Let us offer one another a sign of peace.

While remaining in your place, share the sign of peace with a namaste with your neighbour.

*At this time an offering will be received for the ministries of the Cathedral.
Thank you for your generosity. All join in singing the hymn.*

Preparation of the Table Hymn at the Offertory

**Lord of all hopefulness, Lord of all joy,
whose trust, ever child-like, no cares could destroy:
Be there at our waking, and give us, we pray,
your bliss in our hearts, Lord, at the break of the day.**

² **Lord of all eagerness, Lord of all faith,
whose strong hands were skilled at the plane and the lathe:
Be there at our labours, and give us, we pray,
your strength in our hearts, Lord, at the noon of the day.**

³ **Lord of all kindness, Lord of all grace,
your hands swift to welcome, your arms to embrace:
Be there at our homing, and give us, we pray,
your love in our hearts, Lord, at the eve of the day.**

⁴ **Lord of all gentleness, Lord of all calm,
whose voice is contentment, whose presence is balm:
Be there at our sleeping, and give us, we pray,
your peace in our hearts, Lord, at the end of the day.**

Words: Joyce Anstruther (1901 - 1953)

Tune: SLANE
Traditional Irish melody

All say

Offertory Prayer | **page 357**

Please be SEATED.

Lent Prose

Refrain (all) **Hear us, O Lord, have mercy upon us:
For we have sinned against Thee.**

Cantors O thou chief Corner-stone, Right Hand of the Father:
Way of Salvation, Gate of Life Celestial:
Cleanse Thou our sinful souls from all defilement.

arr. John Scott (1956 - 2015)

The Prayers of the People

Kneel as able or remain seated.

Intercessor

With confidence and trust let us pray to the Father.
For the one holy catholic and apostolic Church.
For Prem Chand our Moderator; Dharmaraj the
Moderator of the *Church of South India*;
Theodosius Mar Thoma the Metropolitan of the *Mar
Thoma Church*; Prakash our Bishop;
Avinash our Presbyter and Deacon Paul.
let us pray to the Father.
Lord of compassion

All

in your mercy hear us.

For the mission of the Church,
that in faithful witness it may preach the gospel
to the ends of the earth,
let us pray to the Father.

Lord of compassion,

in your mercy hear us.

For peace in the world, especially between Ukraine and
Russia; that a spirit of respect and reconciliation may
grow among nations and peoples,
let us pray to the Father.

Lord of compassion,

in your mercy hear us.

For the poor, the persecuted, the sick, and all who suffer.
For refugees, prisoners, and all in danger;
that they may be relieved and protected,
let us pray to the Father.

Lord of compassion,

in your mercy hear us.

For those whom we have injured or offended,
let us pray to the Father.

Lord of compassion,

in your mercy hear us.

For grace to amend our lives and to further the reign of
God, let us pray to the Father.

Lord of compassion,

in your mercy hear us.

In communion with all those who have walked in the way of holiness let us pray to the Father.
Lord of compassion,
in your mercy hear us.

The Presbyter

God our Father,
in your love and goodness
you have taught us to come close to you in penitence
with prayer, fasting and generosity;
accept our Lenten discipline,
and when we fall by our weakness,
raise us up by your unfailing mercy;
through Jesus Christ our Lord.
Amen.

The Consecration | **Page 363**

The Communion | **Page 368**

Communicants are requested to leave space on either side of them when they receive Communion.

During the administration of Communion, while remain seated, we sing

Hymn at the Communion | **# 445**

O for a closer walk with God

Tune: STRACATHRO

All **STAND** and say.

Prayer after Communion

**Eternal God, heavenly Father,
you have graciously accepted us as living members
of your Son our Saviour Jesus Christ,
and you have fed us with spiritual food
in the Sacrament of his Body and Blood.
Send us now into the world in peace,
and grant us strength and courage to love and serve you
with gladness and singleness of heart;
through Christ our Lord. Amen.**

The Blessing

The Presbyter

God,
who from the death of sin raised you to new life in Christ,
keep you from falling and set you in the presence of His glory;
and the blessing of God almighty,
† the Father, the Son and the Holy Spirit,
be among you and remain with you always.
Amen.

All join in singing the hymn at the closing.

Hymn at the Closing # 477

Rock of ages, cleft for me

Tune: TOPLADY

Dismissal

From the West Door the Presbyter says

Go in peace to love and serve the Lord.

All In the name of Christ. Amen.

Postlude

“Lenten Reflections”

Avinash Grubb

Avinash Grubb is the organist of St Mark’s Cathedral, Bangalore.
We extend our warm welcome to him.

Prayer Requests & Announcements

Your prayers are requested for

† the people of Ukraine; for lasting peace. Pray for relief agencies, world leaders and the United Nations.

† in the Diocese, Jubilee Tamil Church and the Revd David Paramanandam.

† the *Church of North India's* Diocese of Nasik and the Rt Revd. Sharad Gaikwad.

† the *Church of South India's* Diocese of Trichy-Tanjore and the Rt Revd Dhanraj Chandrasekaran.

† in the *Anglican Communion*, the Church in Melanesia and the Most Revd Leonard Dawea.

After 118 years of missionary association with the Church of the Province of New Zealand, the Church of the Province of Melanesia was formed in 1975. The Province encompasses the Republic of Vanuatu, Solomon Islands, and the French Trust Territory of New Caledonia in the South Pacific.

Birthdays this Week

May God bless you abundantly.

Yohan James (15), Rebecca Chempaka (16)

A Prayer for the Commonwealth

14th March is Commonwealth Day

ALMIGHTY God, you rule over all men,
and you have given to our Commonwealth great power
in many parts of the world,
draw together we pray you in true union the men of different races,
languages and customs, who come under it,
that bearing one another's loads and working together
in love as brothers, they may carry out your plans
and help to bring about your everlasting rule.
Forgive us we pray you, our sins and failures;
keep us from thinking only of ourselves and from pride;
give us power to use your good gifts of order and freedom
to your glory and the good of all men,
through Jesus Christ, our Lord,
to whom with you and the Holy Spirit be all glory and rule
for ever and ever. Amen.

This order of service is printed on sustainably-produced paper. Worship material has been drawn from the Book of Common Prayer; and <https://www.churchofengland.org>. Some material in this service is copyright: Common Worship © 2000 The Archbishops' Council. The reflections are an excerpt from an article by Lincoln Anderson from The Good Shepherd Anglican Church, Alabama (USA).

Lent 2022

† Midweek Eucharist	<i>Lady Chapel</i>	Wednesdays	7.30 am
† Lenten talk series	<i>Online</i>	Wednesdays	7.00 pm
† Bible study <i>Sermon on the Mount</i>	<i>Online</i>	Fridays	7.00 pm



Bible Study on the Sermon on the Mount

Friday 18th March 2022 @ 7 pm
Zoom ID 2292392476
Password 123456
Speaker The Revd Dr Wilson Paluri

Revd Dr Wilson Paluri is Professor of Religion & Cultural Studies at the Gurukul Lutheran Theological College, Chennai. He is an ordained Presbyterian in the Diocese of Durgapur (CNI). Revd Paluri is a much-sought after speaker at youth conferences and seminars on Hinduism and Indic religions. He has initiated several inter faith dialogues and has been on the editorial board of UBS Journal & Doon Theological Journal. Revd Paluri has authored articles on topics related to Indic religions, social philosophy, inter-religions and mission.



Journey to Jerusalem: Lent Talk Series

Second talk Wednesday 16th March 2022 @ 7pm
Speaker Cressida Williams
Topic The Visual Arts and Passiontide
Zoom ID 2292392476
Password 123456

Cressida leads the team of the Cathedral Archives and Library in Canterbury Cathedral, which cares for the manuscript and book collection of the Cathedral and other local organisations. Having qualified as an archivist in 1997, Cressida is particularly interested in medieval charters and seals, as well as architectural records.

This illustrated online lenten talk will showcase the artwork related to Passiontide in Canterbury Cathedral.



In accordance with the Cathedral practice of bare altars during the Lenten season, all contributions for flowers during Lent will be named in the leaflet and honoured at Easter. You may consider contributing, as a family, towards Easter lillies.

Bank details to make your online offering and payment of subscription.
Name: Society of St Thomas' Cathedral *Bank:* Axis Bank Ltd
Account no.: 917010054452406 *Branch:* Fort, Mumbai - 400 001
IFSC code: UTIB0000004

For your safety please respect others and give one another space.



Please use **face covering** at all times during the service.



Please use **hand sanitiser** on the way in and out.



Please **take this order of service with you**
to reflect on the prayers and readings and as a reminder of your visit.

ST. THOMAS' CATHEDRAL

3 Veer Nariman Road, Fort, Mumbai – 400 001

Presbyter-In-Charge: The Revd. Avinash T. Rangayya

Telephone: (Vestry) **2283 9783**, (R) **2207 1275, 98207 50090**

Contact the Presbyter for pastoral visits and administering Communion to the house-bound.

FOR PRIVATE CIRCULATION ONLY. PLEASE SHARE THIS SERVICE BULLETIN WITH A FIREND.

Website <http://stthomascathedralmumbai.com> • Subscribe to the Cathedral's YouTube channel