



Established 1718

ST. THOMAS' CATHEDRAL, MUMBAI

The Church of North India • A member of the worldwide Anglican Communion

TEXT FOR THE DAY

“Run in such a way as to get the prize.”

I Corinthians 9:24

The analogy of comparing “athletic completion” to “Christian living” is a theme often repeated in scripture.

In the Epistle this morning, Paul says, *“In a race all runners run, but only one gets the prize... [so] run in such a way to get the prize.”* (1 Corinthians 9:24). Paul reminds us that *“Everyone who competes in the games goes into strict training”*

Jesus, Himself,
us that everlasting crown...
of death, and I will give you
(Revelation 2:10)



promises that He will award
*“Be faithful, even to the point
the crown of life.”*

The Christian life is not a sprint; rather, it's a marathon. There are times when we become discouraged and tired. At such times *“He gives strength to the weary and increases the power of the weak... those who hope in the Lord will renew their strength... they will run and not grow weary, they will walk and not be faint.”* (Isaiah 40:29-31) So, run dear Christians and *“Focus on the Finish Line!”*

The Third Sunday before Lent

Choral Eucharist

Sunday 28th January 2024 • 8.45 a.m.

Welcome to St Thomas' Cathedral for this service

We are the mother church of the Diocese of Bombay in the Church of North India, a member of the worldwide Anglican Communion. Christian worship has been offered to God here for over 300 years. By worshipping with us today, you become part of that living tradition.

The basis for our worship is the *Book of Common Prayer*, our common liturgical heritage with Anglicans across the world (all churches descended from the Church of England). We are rooted in tradition but celebrate the richness and diversity of the Communion. Music and hymnody represent the best of the Anglican choral tradition.

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

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



We kindly request that you do not take photographs, or video or sound recording in the cathedral at any time during services. You are welcome to take photographs at any other time.

You are encouraged to take this booklet home with you to reflect on the prayers and readings and as a reminder of your visit. If you do not intend to take this booklet with you, leave it in the box provided, so that it can be recycled.

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Order of Service

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

The Gathering

Voluntary

Prelude on the hymn tune, 'Dix' Peter Lutkin, 1858 - 1931

Welcome

All keep silence and prepare for worship.

Introit

Sung by the choir

Eternal Ruler of the ceaseless round
Of circling planets singing on their way;
Guide of the nations from the night profound
Into the glory of the perfect day;
Rule in our hearts, that we may ever be
Guided and strengthened and upheld by thee.

Words: J. W. Chadwick, 1840 - 1904

Music: Orlando Gibbons, 1583 - 1625

All stand and face the West Door.

Call to Worship

Presbyter

The Spirit of God hovered over the water

All

and brought life to all creation.

Come, Holy Spirit

and renew the face of the earth.

Continued. Turn over.

Presbyter Gve us the strength and endurance to run the race of life
with perseverance.

All **Guide our feet as we run this race.**
Lord of creation
hear the cry of our hearts.

All sing

Entrance Hymn | # 258

Christ, whose glory fills the skies

Tune: DIX (# 39)

Please be seated

All say together

The Collect for Purity | **page 260**

The Liturgy of the Word

The Collect for the Day | **page 347**

Read by the Presbyter

Old Testament Reading | **page 348**

Genesis 1:1 - 5

A reading from the Book of Genesis.

At the conclusion of the reading the reader says

This is the word of the Lord.

All **Thanks be to God.**

Sung by the choir to a chant by Hayes.

Psalm

30: 1 - 5, 13

Exaltabo te, Domine

I WILL magnify thee, O Lord, for thou hast set me up : and not made my foes to triumph over me.

² O Lord my God, I cried unto thee : and thou hast healed me.

³ Thou, Lord, hast brought my soul out of hell : thou hast kept my life from them that go down to the pit.

⁴ Sing praises unto the Lord, O ye saints of his : and give thanks unto him for a remembrance of his holiness.

⁵ For his wrath endureth but the twinkling of an eye, and in his pleasure is life : heaviness may endure for a night, but joy cometh in the morning.

¹³ Therefore shall every good man sing of thy praise without ceasing : O my God, I will give thanks unto thee for ever.

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 348**

I Corinthians 9:24 - 27

A reading from the First Letter of Paul to the Corinthians.

At the conclusion of the reading the reader says

This is the word of the Lord.

All Thanks be to God.

All stand and join in singing the gradual hymn on the next page.

O for a closer walk with God

Tune: CAITHNESS

*Remain standing for the Gospel
as the cantor sings the Alleluia and we respond.*

The Gospel of Christ | page 349

St. Matthew 20:1 - 16

Alleluia, alleluia, alleluia

You are worthy, our Lord and God,
to receive glory and honour and power,
for you created all things.

Alleluia, alleluia, alleluia.

The Gospeller The Lord be with you
All **and with thy spirit.**

Hear the Gospel of our Lord Jesus Christ according to St. Matthew.

All **Glory be to Thee, O Lord.**

At the conclusion of the reading

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

Remain standing for the Creed and all recite together.

The Nicene Creed | page 265

Please be seated,

Sermon

The Revd Avinash Rangayya, *Cathedral Presbyter*

The Liturgy of the Sacrament

All stand

The Peace

The Celebrant offers a greeting of peace.

Peace to you from God who is our Father.
Peace from Jesus Christ who is our peace.
Peace from the Holy Spirit who gives us life.
The peace of the Lord be always with you
and also with you.

Let us offer one another a sign of peace.

Members of the congregation greet one another.

Remain standing to sing the offertory hymn.

At this time the altar is set with the gifts of bread and wine and the gifts of the people are gathered and presented. Thank you for your generosity.

All join in singing

Hymn at the Offertory | # 587

All things bright and beautiful

Tune: ALL THINGS BRIGHT AND BEAUTIFUL

See inside front cover for bank details to make your offering.

All say

Offertory Prayer | page 270

Kneel as able or remain seated.

The Intercession | page 270

The General Confession & Absolution
| *pages 275, 276*

The Consecration | *page 277*

The Communion | *page 284*

Proceed to the High Altar for receiving Communion.

During the administration of Communion, while seated we sing

Hymn at the Communion | # 459

O love, how deep, how broad, how high!

Tune: EISENACH

The Thanksgiving | *page 287*

All stand and sing.

Gloria in Excelsis | *page 288*

The Presbyter

The Blessing

Heavenly Father,

we pray that we will run the race that is set before us,

to Your praise and glory.

May we conduct our Christian life in the power of Your Holy Spirit.

And the blessing of God almighty,

† the Father, the Son and the Holy Spirit,

be among you and remain with you always.

All Amen.

All join in singing

Hymn at the Closing | # 389

Fight the good fight with all thy might

Tune: DUKE STREET (# 167)

From the West Door, the Presbyter says:

The Dismissal

Go in peace to love and serve the Lord.

All In the name of Christ. Amen.

Postlude

Trumpet tune in D David N. Johnson, 1922 - 87

Please stay back after the service for a time of fellowship over a cup of coffee.
Introduce yourself to the Presbyter if you are worshipping with us for the first time.

Birthdays this week

“Teach us to number our days, that we may gain a heart of wisdom.”

Psalm 90:12

Vijay Pandian (28), Augustine Pastala (29),

Helen Pon Pandian (1st February), Sunil Thomas (2), Smita Thomas (2),

Rajiv Jadhav (3)

Cathedral ministries... ..

Get involved!

- | | |
|----------------------|--|
| • Sunday School | Sunday morning during term time |
| • Women’s Fellowship | 2 nd Sunday of the month 10.45 am |
| • Youth Fellowship | 2 nd & 4 th Sunday of the month 10.45 am |
| • Choir | Saturday 5.30 pm |

Notices

- We are still looking for volunteers who can assist with the recording and livestreaming of services. Please meet the Presbyter if you would like to help in this way. It is encouraging that the Cathedral's YouTube channel has close to 600 subscribers. Livestreaming of services and programmes from the Cathedral had begun during the days of the pandemic-induced lockdown. Volunteers on a rota basis would enable us to continue doing so.
- A Bible quiz will be conducted on Sunday 25th February 2024. Questions will be based on the Books of Ezra and Nehemiah and Paul's first epistle to the Corinthians. The teams are listed below:

Team - 1

Laila Furtado
Sandeep Magar
Manisha Fortis
Melvin Gladstone
Sunita Thomas
Rekha Solomon
Latha Ravichandran
Grace Mane
Sarah Chakraborty
Ashok Joshi
Shanthakumar

Team - 2

Samuel Joseph
Vasanth Moses
Archana Magar
Shikha Upadhyay
Sunita Gladston
Amos Rangayya
Meagan Pandian
Anil
Rebecca Roberts
Ramani Shanthakumar
Kingston Singh

Team - 3

Sujatha Merlin
Sathia Raj
Rohini Christie
Nishanth Daniel
Elizabeth George
Jaisy Desai
Pushpa Salvi
Ankita Roberts
Mani Thomas
Helen Pon Pandian
Vijay Godson

Team - 4

Jolly Abraham
Malcolm Desai
Violet Truman
Chandran Daniel
Natanya George
Smita Patole
Shalini Anil
Gladston Somervell
Vijay Pandian
Alka Tiwari
Joy Moses

Team - 5

Uma Moses
Gabriel Joseph
Premila Thomas
Pon Pandian
Sharmila Chandran
Suganth Samuel
Viveka Truman
Showvick Chakraborty
Alethea Rangayya
Sheeba Alex
Samuel Mane

Team - 6

Malathy Samuel
Kevin
Rekha Joshi
Supriya Telgote
Jai Knox
Olive
Tina Godson
P. V. George
Patrician Adams
Alex Mathew
Nalina Sathia Raj

World Leprosy Day

The last Sunday in January is observed as *World Leprosy Day*. This date was chosen by French humanitarian, Raoul Follereau as a tribute to the life of Mahatma Gandhi, who did much work with persons affected by leprosy and died at the end of January in 1948.

The Leprosy Mission was founded in 1874 as 'The Mission to Lepers' by an Irishman named Wellesley Cosby Bailey, in Ambala, Punjab. Subsequently in 1973, *The Leprosy Mission Trust India (TLMTI)* was registered as a Society. TLMTI is the largest leprosy-focused non-governmental organisation in India and is headquartered in New Delhi, India. The organisation works with people affected by leprosy and other neglected tropical diseases (NTDs), people with disabilities, and marginalised communities, especially women. Visit their website to learn more <https://www.leprosymission.in>

Dear Heavenly Father,

I pray for those being told today that they have leprosy. Help them to cope with the physical and social effects that this news will bring to their lives. Comfort them in this difficult time, and help them to find you in the midst of their despair. Amen.



Septuagesima

Liturgical Trivia

Septuagesima means 'seventieth' in Latin and it makes less than seventy days before Easter.

Spiritually, the seventy days from Septuagesima to Easter represent our exile from God. In his work on the Liturgical Year, Dom Gueranger explains the Scriptural contrast between Jerusalem and Babylon.

*Babylon is the image of this world of sin,
in the midst whereof the Christian has to spend his years of probation;
Jerusalem is the heavenly country, where he is to repose after all his trials.*

Following the liturgical changes of the 1960s, the Church did away from the ancient season of Septuagesima. This was to avoid confusion because it often seemed like Lent – the priest wore purple, the alleluia was forbidden. The focus turned to the journey to Calvary. This revision returns Lent to its original unity and significance.

Pray with us

† **THE WORLD** We continue to pray for lasting peace in the Land of our Lord's birth • Pray for peace between Russia and Ukraine • We pray for an end to the political injustice and instability in Myanmar, praying for protection for those suffering through human rights abuse.

† **OUR COUNTRY** We pray that the ideals enshrined in the Constitution be fulfilled as we give thanks to God for India's 75th Republic Day.

*Almighty God, bless our nation
and make it true to the ideas of freedom and justice
and brotherhood for all who make it great. Amen.*

† **THE WORLDWIDE CHURCH** We offer thanksgiving for the conversion of Paul (commemorated 25th January). Pray for all churches and institutions named after the Apostle Paul • Later this week on 2nd February the Church celebrates The Presentation of Christ in the Temple, the day when the Child Jesus was revealed as the promised Saviour • In the *Anglican Communion* for The Anglican Church of Southern Africa and the Most Reverend Thabo Cecil Makgoba.

† **THE CHURCH IN INDIA** For the work of *The Leprosy Mission Trust India*. For all medical and support staff as they work towards the cure and eradication of leprosy • The Diocese of Marathwada and the Moderator's Episcopal Commissary the Right Reverend M. U. Kasab • For the Diocese of Northern Karnataka and the Right Reverend Martin C. Borgai.

† **THE DIOCESE OF BOMBAY** We offer thanksgiving for the founding of All Saints' Home as it celebrates its 125th anniversary this year. The Institution originally known as All Saints' Convent was started by the 'sisters of the poor' who came from Wantage in England. The sisters ran the Girls Diocesan Hostel for working girls and St. Elizabeth Home for aged women. In 1956 the Wantage Sisters left Bombay handing over their work to the Diocese of Bombay. In 1966 the All Saints Convent came to be known as *All Saints' Home and Welfare Society of the Diocese of Bombay*, a registered Charitable Trust with the Bishop of Bombay, as its President. All Saints' Home is a unique institution providing for an integrated living of the aged and the young.

† **OUR CATHEDRAL** All senior citizens and those who are unwell. Pray for their care providers • This week for the Sunday School children and teachers.

ST. THOMAS' CATHEDRAL

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

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