

# ST BARNABAS

APOSTLE & MARTYR

Welcome.

We are an Anglo-Catholic Parish in the  
Diocese of Ottawa, celebrating 134 years of  
worship and service: 1889-2023.

Please use this bulletin  
with:



Mass Booklet + Hymn Book



*Nicodemus (detail), Unknown Flemish Master*

## *Second Sunday in Lent*

5 March 2023

High Mass

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Our Church stands on the unceded traditional territory of the Anishinabe Algonquin Nation.

## Organ Prelude

Psalm Prelude, Set 1, No. 1                   Herbert Howells (1892-1983)

*"This poor man cried, and the Lord heard him,  
and saved him out of all his troubles"* (Psalm 34: 6)

## Mass Setting

Communion Service in E (Collegium Regale)

Harold Darke (1888-1976)

Creed: Merbecke

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## THE GATHERING OF THE COMMUNITY

### Opening Hymn

**Asperges Me**

**Mass Booklet, p. 20**

### Introit Proper

Call to remembrance thy tender compassion and mercy, O Lord, and thy loving-kindness towards us, which have been ever of old : neither suffer our enemies to triumph against us; deliver us, O God of Israel, out of all our misery and trouble. *Ps.* Unto thee, O Lord, do I lift up my soul : my God, in thee have I trusted, let me not be confounded. Glory be ... Call to remembrance ...

Salutation   p.1

Kyrie   p.2

### Collect

Almighty God, whose Son was revealed in majesty before he suffered death upon the cross, give us faith to perceive his glory, that being strengthened by his grace we may be changed into his likeness, from glory to glory; who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

Almighty and everlasting God, you despise nothing you have made and forgive the sins of all who are penitent. Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our brokenness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our

Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

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## THE LITURGY OF THE WORD

### First Reading

Genesis 12:1-4

Now the Lord said to Abram, “Go from your country and your kindred and your father’s house to the land that I will show you. And I will make of you a great nation, and I will bless you and make your name great, so that you will be a blessing. I will bless those who bless you, and him who dishonors you I will curse, and in you all the families of the earth shall be blessed.”

So Abram went, as the Lord had told him, and Lot went with him.

The Word of the Lord  
**Thanks be to God.**

### Psalm 121

*Levavi oculos.*

- I WILL lift up mine eyes unto the hills: / O whence cometh my help?  
² My help cometh even from the LORD, / who hath made heaven and earth.  
³ HE will not suffer thy foot to be moved: / and he that keepeth thee will not sleep.  
⁴ Behold, he that keepeth Israel / shall neither slumber nor sleep.  
⁵ THE LORD himself is thy keeper: / the LORD is thy defence upon thy right hand;  
⁶ So that the sun shall not burn thee by day, / neither the moon by night.  
⁷ THE LORD shall preserve thee from all evil: / yea, it is even he that shall keep thy soul.  
⁸ The LORD shall preserve thy going out and thy coming in, / from this time forth for evermore.

## Second Reading

Romans 4:1-5, 13-17

What then shall we say was gained by Abraham, our forefather according to the flesh? For if Abraham was justified by works, he has something to boast about, but not before God. For what does the Scripture say? “Abraham believed God, and it was counted to him as righteousness.” Now to the one who works, his wages are not counted as a gift but as his due. And to the one who does not work but believes in him who justifies the ungodly, his faith is counted as righteousness.

For the promise to Abraham and his offspring that he would be heir of the world did not come through the law but through the righteousness of faith. For if it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath, but where there is no law there is no transgression.

That is why it depends on faith, in order that the promise may rest on grace and be guaranteed to all his offspring – not only to the adherent of the law but also to the one who shares the faith of Abraham, who is the father of us all, as it is written, “I have made you the father of many nations” – in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

**The Word of the Lord  
Thanks be to God.**

Gradual Hymn

**418    *Far down the ages now***

**St Paul's**

Gradual Proper

The sorrows of my heart are enlarged : O bring thou me out of my troubles, O Lord. *V.* Look upon my adversity and misery : and forgive me all my sin.

Tract

The Lord said unto the woman of Canaan : It is not meet to take the

children's bread, and cast it to the dogs. *V.* And she said, Truth Lord : yet the dogs eat of the crumbs which fall from their master's table. *V.* Jesus said unto her, Woman, great is thy faith : be it unto thee even as thou wilt.

### Gospel

John 3:1-17

The Lord be with you.

**And with thy spirit.**

✠ The Holy Gospel is written in the third chapter of the Gospel of our Lord Jesus Christ according to St John, beginning at the first verse.  
**Glory be to thee, O Lord.**

Now there was a man of the Pharisees named Nicodemus, a ruler of the Jews. This man came to Jesus by night and said to him, "Rabbi, we know that you are a teacher come from God, for no one can do these signs that you do unless God is with him." Jesus answered him, "Truly, truly, I say to you, unless one is born again he cannot see the kingdom of God." Nicodemus said to him, "How can a man be born when he is old? Can he enter a second time into his mother's womb and be born?" Jesus answered, "Truly, truly, I say to you, unless one is born of water and the Spirit, he cannot enter the kingdom of God. That which is born of the flesh is flesh, and that which is born of the Spirit is spirit. Do not marvel that I said to you, 'You must be born again.' The wind blows where it wishes, and you hear its sound, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit."

Nicodemus said to him, "How can these things be?" Jesus answered him, "Are you the teacher of Israel and yet you do not understand these things? Truly, truly, I say to you, we speak of what we know, and bear witness to what we have seen, but you do not receive our testimony. If I have told you earthly things and you do not believe, how can you believe if I tell you heavenly things? No one has ascended into heaven except he who descended from heaven, the Son of Man. And as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.

"For God so loved the world, that he gave his only Son, that whoever

believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him."

The Gospel of the Lord.

**Praise be to thee, O Christ.**

Sermon

Creed

p. 5

Prayers of the People

p. 6

Confession and Absolution

pp. 6-8

The Peace

p. 8

Offertory Proper

My delight shall be in thy commandments, which I have loved : my hands also will I lift up unto thy commandments, which I have loved.

Offertory Hymn

**510    *Jesu, lover of my soul***

**Aberystwyth**

Prayer over the Gifts

God of wisdom, may the light of the eternal Word, our Lord and Saviour Jesus Christ, guide us to your glory. We ask this in his name.  
**Amen.**

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## THE CANON OF THE MASS

Sanctus and Benedictus

p. 10

Eucharistic Prayer

pp. 10-12

The Lord's Prayer

p. 15

The Fraction

p. 15

Agnus Dei

p. 16

## Communion Proper

Consider my meditation; O hearken thou unto the voice of my calling, my King and my God : for unto thee will I make my prayer.

### Music at Communion

O kind Creator, bow thine ear

Plainsong

### Ablutions Motet

Call to remembrance

Richard Farrant (c.1525-1580)

### Prayer after Communion

Creator of heaven and earth, we thank you for these holy mysteries, which bring us now a share in the life to come, through Jesus Christ our Lord. **Amen.**

### Thanksgiving and Dismissal

pp.16-18

### Post-Communion Hymn

**572    *O Jesus, I have promised***

Thornbury

The Angelus

p. 22

### Organ Postlude

Fantasia in C minor [5-part] (BWV 562)

J.S. Bach (1685-1750)

Cantor: Devin Crawley

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## DEDICATION

The Light before the Blessed Sacrament is given to the Glory of God in fond remembrance of Drew Atkinson by Ronald Bentley.

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## NOTES AND NOTICES

Stations of the Cross will be held this Friday March 10 and on Friday March 31.

Join us for Solemn Evensong and Benediction next Sunday March 12 (Lent III) beginning at 7pm.

Quiet prayer with Jesus in the Blessed Sacrament will take place Thursday March 23 from 11am to noon, followed by Mass at 12:15pm.

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## UPCOMING SERVICES

Tuesday, March 7

9:30 am: Morning Prayer • 10:00 am: Mass, Book of Common Prayer

Thursday, March 9

12:15 pm: Mass, Book of Common Prayer

Friday, March 10

7:00 am: Morning Prayer • 7:30 am: Mass, Book of Common Prayer •

7:00 pm: Stations of the Cross

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## READINGS FOR NEXT SUNDAY

Exodus 17:1-7 • Psalm 95 • Romans 5:1-11 • John 4:5-42

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### CHURCH OF ST BARNABAS, APOSTLE AND MARTYR

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### OFFICE HOURS

Tuesday & Thursday mornings  
from 9 am to 12 noon

### FOLLOW US

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<https://www.youtube.com/@st.barnabas.apostlemartyrottawa>

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Anglican  
Diocese of  
Ottawa