

Welcome.

We are an Anglo-Catholic Parish in the Diocese of Ottawa, celebrating 135 years of worship and service: 1889-2024.

Please use this bulletin with:



Mass Booklet Hymn Book



Eleventh century fresco of the Exorcism at the Synagogue in Capernaum

Septuagesima
Fourth Sunday after Epiphany

28 January 2024

High Mass

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

Organ Prelude

Matins

Healey Willan (1880-1968)

Mass Setting

Missa Brevis No. 6 in F minor

Healey Willan

Gloria and Creed: Merbecke

THE GATHERING OF THE COMMUNITY

Opening Hymn

Asperges Me

Mass Booklet, p.22

Introit Proper

The sorrows of death came about me; the pains of hell gat hold upon me : and in my tribulation I made my prayer unto the Lord, and he regarded my supplication out of his holy temple. *Ps.* I will love thee, O Lord, my strength : the Lord is my stony rock, my fortress, and my Saviour. Glory be ... The sorrows of death ...

Salutation p.2

Kyrie p.2

Gloria p.3

Collect

Living God, in Christ you make all things new. Transform the poverty of our nature by the riches of your grace, and in the renewal of our lives make known your glory; through Jesus Christ our Lord, who is alive and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

THE LITURGY OF THE WORD

First Reading

Deuteronomy 18:15-20

Pew Bible, p.161

The Lord your God will raise up for you a prophet like me from among you, from your brothers – it is to him you shall listen – just as you desired of the Lord your God at Horeb on the day of the assembly, when you said, “Let me not hear again the voice of the Lord my God or see this great fire any more, lest I die.” And the Lord said to me, “They are right in what they have spoken. I will raise up for them a prophet like you from among their brothers. And I will put my words in his mouth, and he shall speak to them all that I command him. And whoever will not listen to my words that he shall speak in my name, I myself will require it of him. But the prophet who presumes to speak a word in my name that I have not commanded him to speak, or who speaks in the name of other gods, that same prophet shall die.”

The Word of the Lord

Thanks be to God.

Psalm 111

Confitebor tibi.

I will give thanks unto the Lord with my whole heart, / in the council
of the faithful and in the congregation.

² The works of the Lord are great, / sought out of all them that have
pleasure therein.

³ His work is worthy to be praised and had in honour; / and his
righteousness endureth for ever.

⁴ The merciful and gracious Lord hath so done his marvellous works,
/ that they ought to be had in remembrance.

⁵ He hath given meat unto them that fear him; / he shall ever be
mindful of his covenant.

⁶ He hath showed his people the power of his works, / in giving them
the heritage of the nations.

⁷ The works of his hands are verity and judgement; / all his precepts
are sure;

⁸ They stand fast for ever and ever, / and are done in truth and

equity.

⁹ He sent redemption unto his people; / he hath commanded his covenant for ever; holy and reverend is his Name.

¹⁰ The fear of the Lord is the beginning of wisdom; / a good understanding have all they that do thereafter; his praise endureth for ever.

Second Reading

1 Corinthians 8:1-13

Pew Bible, p.956

Now concerning food offered to idols: we know that “all of us possess knowledge.” This “knowledge” puffs up, but love builds up. If anyone imagines that he knows something, he does not yet know as he ought to know. But if anyone loves God, he is known by God.

Therefore, as to the eating of food offered to idols, we know that “an idol has no real existence,” and that “there is no God but one.” For although there may be so-called gods in heaven or on earth – as indeed there are many “gods” and many “lords” – yet for us there is one God, the Father, from whom are all things and for whom we exist, and one Lord, Jesus Christ, through whom are all things and through whom we exist.

However, not all possess this knowledge. But some, through former association with idols, eat food as really offered to an idol, and their conscience, being weak, is defiled. Food will not commend us to God. We are no worse off if we do not eat, and no better off if we do. But take care that this right of yours does not somehow become a stumbling block to the weak. For if anyone sees you who have knowledge eating in an idol’s temple, will he not be encouraged, if his conscience is weak, to eat food offered to idols? And so by your knowledge this weak person is destroyed, the brother for whom Christ died. Thus, sinning against your brothers and wounding their conscience when it is weak, you sin against Christ. Therefore, if food makes my brother stumble, I will never eat meat, lest I make my brother stumble.

The Word of the Lord

Thanks be to God.

Gradual Hymn

429 *O God of Bethel, by whose hand*

Martyrdom

Gradual Proper

The Lord will be a refuge in the time of trouble; and they that know thy Name will put their trust in thee : for thou, Lord, hast never failed them that seek thee. *℟.* For the poor shall not always be forgotten; the patient abiding of the meek shall not perish for ever : up, Lord, and let not man have the upper hand. Alleluia, alleluia. *℟.* I will worship toward thy holy temple : and praise thy Name. Alleluia.

Gospel

Mark 1:21-28

Pew Bible, p.836

The Lord be with you.

And with thy spirit.

✠ The Holy Gospel is written in the first chapter of the Gospel of our Lord Jesus Christ according to St Mark, beginning at the twenty-first verse.

Glory be to thee, O Lord.

And they went into Capernaum, and immediately on the Sabbath he entered the synagogue and was teaching. And they were astonished at his teaching, for he taught them as one who had authority, and not as the scribes. And immediately there was in their synagogue a man with an unclean spirit. And he cried out, "What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are – the Holy One of God." But Jesus rebuked him, saying, "Be silent, and come out of him!" And the unclean spirit, convulsing him and crying out with a loud voice, came out of him. And they were all amazed, so that they questioned among themselves, saying, "What is this? A new teaching with authority! He commands even the unclean spirits, and they obey him." And at once his fame spread everywhere throughout all the surrounding region of Galilee.

The Gospel of the Lord.

Praise be to thee, O Christ.

Sermon

Nicene Creed	p.6
Prayers of the People	p.7
Confession and Absolution	p.8
The Peace	p.9
Offertory Proper	

It is a good thing to give thanks unto the Lord : and to sing praises unto thy Name, O Most Highest.

Offertory Hymn

353 *Praise, my soul, the King of heaven* **Praise, my soul**

Prayer over the Gifts

God of steadfast love, may our offering this day, by the power of your Holy Spirit, renew us for your service. We ask this in the name of Jesus Christ the Lord. **Amen.**

THE CANON OF THE MASS

Sanctus and Benedictus	p.12
Eucharistic Prayer	pp.12-13
The Lord's Prayer	p.14
Prayer of Humble Access	p.14
Agnus Dei	p.15

Communion Proper

Shew thy servant the light of thy countenance, and save me for thy mercies' sake : let me not be confounded, O Lord, for I have called upon thee.

Music at Communion

Sicut cervus Giovanni Pierluigi da Palestrina (c.1525-1594)
As the hart desireth the waterbrooks,

so longeth my soul after thee, O Lord.

Prayer after Communion

Source of all goodness, in this eucharist we are nourished by the bread of heaven and invigorated with new wine. May these gifts renew our lives, that we may show your glory to all the world, in the name of Jesus Christ the Lord. **Amen.**

Blessing and Dismissal pp.17-18

Post-Communion Hymn

401 *Immortal, invisible, God only wise* **St Denio**

The Angelus p.19

Organ Postlude

Prelude and Fugue in E minor (BWV 533) J.S. Bach (1685-1750)

Cantor: Peggy Robinson

DEDICATIONS

The Light before the Blessed Sacrament is given to the glory of God and in memory of Edith Logie by Beth Borden.

The flowers on the Lady Altar are given to the glory of God and in loving memory of Kenneth Arthur by his daughter Gerda.

NOTES AND NOTICES

Thank you to Donald Russell for playing the organ and directing the choir while Wesley recovers from his injury.

Mark your calendars for the next Solemn Evensong and Benediction, Sunday February 11 at 7pm.

The annual Pancake Supper will take place on Tuesday February 13th.

UPCOMING SERVICES

Tuesday, January 30

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

Thursday, February 1

9:00 am: Morning Prayer • 12:15 pm: Mass, Book of Common Prayer

Friday, February 2

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

READINGS FOR NEXT SUNDAY

Malachi 3:1-4 • Psalm 24 • Hebrews 2:14-18 • Luke 2:22-40

This service is being live-streamed on YouTube.

CHURCH OF ST BARNABAS, APOSTLE AND MARTYR

70 James Street, Ottawa ON K1R 5M3

Phone: 613-232-6992

e-mail: parishoffice@primus.ca

www.stbarnabasottawa.com

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RECTOR

The Rev. Canon Stewart Murray

613-668-6992

ORGANIST AND CHOIRMASTER

Wesley Warren,

M.Mus., F.R.C.O.(Chm), A.R.C.T.

WARDENS

William Hallett

Diane Roussel

Andrew Halpenny

TREASURER

Christopher Bowers

treasurer@stbarnabasottawa.com



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Ottawa