



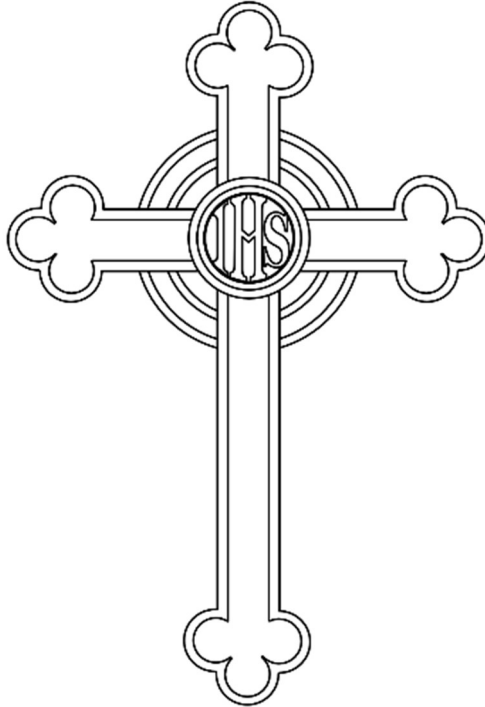
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Welcome.

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



Mass Booklet    Hymn Book



## *Thirteenth Sunday after Trinity*

25 August 2024

Solemn High Mass

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



above or on earth beneath, keeping covenant and showing steadfast love to your servants who walk before you with all their heart; you have kept with your servant David my father what you declared to him. You spoke with your mouth, and with your hand have fulfilled it this day. Now therefore, O Lord, God of Israel, keep for your servant David my father what you have promised him, saying, ‘You shall not lack a man to sit before me on the throne of Israel, if only your sons pay close attention to their way, to walk before me as you have walked before me.’ Now therefore, O God of Israel, let your word be confirmed, which you have spoken to your servant David my father.

“But will God indeed dwell on the earth? Behold, heaven and the highest heaven cannot contain you; how much less this house that I have built! Yet have regard to the prayer of your servant and to his plea, O Lord my God, listening to the cry and to the prayer that your servant prays before you this day, that your eyes may be open night and day toward this house, the place of which you have said, ‘My name shall be there,’ that you may listen to the prayer that your servant offers toward this place. And listen to the plea of your servant and of your people Israel, when they pray toward this place. And listen in heaven your dwelling place, and when you hear, forgive.

“Likewise, when a foreigner, who is not of your people Israel, comes from a far country for your name’s sake (for they shall hear of your great name and your mighty hand, and of your outstretched arm), when he comes and prays toward this house, hear in heaven your dwelling place and do according to all for which the foreigner calls to you, in order that all the peoples of the earth may know your name and fear you, as do your people Israel, and that they may know that this house that I have built is called by your name.”

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

### Psalm 84

*Quam dilecta!*

O how lovely are thy dwellings, / thou Lord of hosts!

<sup>2</sup> My soul hath a desire and longing to enter into the courts of the Lord: / my heart and my flesh rejoice in the living God.

<sup>3</sup> Yea, the sparrow hath found her an house, and the swallow a nest

where she may lay her young: / even thine altars, O Lord of hosts,  
my King and my God.

<sup>4</sup> Blessed are they that dwell in thy house; / they will be always  
praising thee.

<sup>5</sup> Blessed are the men whose strength is in thee, / in whose heart are  
the pilgrim ways;

<sup>6</sup> Who going through the Vale of Misery use it for a well; / yea, the  
early rain covereth it with blessings.

<sup>7</sup> They go from strength to strength, / and unto the God of gods  
appeareth every one of them in Sion.

<sup>8</sup> O Lord God of hosts, hear my prayer: / hearken, O God of Jacob.

<sup>9</sup> Behold, O God, our shield, / and look upon the face of thine  
anointed.

<sup>10</sup> For one day in thy courts / is better than a thousand.

<sup>11</sup> I had rather be a door-keeper in the house of my God, / than to  
dwell in the tents of ungodliness.

<sup>12</sup> For the Lord God is a light and defence; the Lord will give grace  
and glory; / and no good thing shall he withhold from them that  
lead a godly life.

<sup>13</sup> O Lord God of hosts, / blessed is the man that putteth his trust in  
thee.

## Second Reading

Ephesians 6:10-20

Pew Bible, p.975

Finally, be strong in the Lord and in the strength of his might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil. For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, and, as shoes for your feet, having put on the readiness given by the gospel of peace. In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; and take the helmet of salvation, and the sword of the Spirit, which is the word of God, praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making

supplication for all the saints, and also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel, for which I am an ambassador in chains, that I may declare it boldly, as I ought to speak.

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

Gradual Hymn

**420**    *Lord of the worlds above*

**Darwall**

Gradual Proper

Look upon thy covenant, O Lord : and forget not the congregation of the poor for ever. *℣.* Arise, O Lord, maintain thine own cause : remember how the foolish man blasphemeth thee daily. Alleluia. Alleluia. *℣.* For the Lord is a great God : and a great King over all the earth. Alleluia.

Gospel

John 6:56-69

Pew Bible, p.891

The Lord be with you.

**And with thy spirit.**

✠ The Holy Gospel is written in the sixth chapter of the Gospel of our Lord Jesus Christ according to St John, beginning at the fifty-sixth verse.

**Glory be to thee, O Lord.**

“Whoever feeds on my flesh and drinks my blood abides in me, and I in him. As the living Father sent me, and I live because of the Father, so whoever feeds on me, he also will live because of me. This is the bread that came down from heaven, not like the bread the fathers ate, and died. Whoever feeds on this bread will live forever.” Jesus said these things in the synagogue, as he taught at Capernaum.

When many of his disciples heard it, they said, “This is a hard saying; who can listen to it?” But Jesus, knowing in himself that his disciples were grumbling about this, said to them, “Do you take offense at this? Then what if you were to see the Son of Man ascending to where he was before? It is the Spirit who gives life; the flesh is no





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## UPCOMING SERVICES

Tuesday, August 27

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

Friday, August 30

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

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## READINGS FOR NEXT SUNDAY

Song of Solomon 2:8-13 • Psalm 45 • James 1:17-27 • Mark 7:1-8, 14-15, 21-23

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