



ANGLICAN  
DIOCESE of  
OTTAWA

**Holy Trinity Church, Metcalfe, Ontario.**

**14th Sunday after Pentecost. August 29th, 2021**

**The Holy Eucharist.**

(Adapted from the Book of Alternative Services. Page 185.)

*Officiant:* We acknowledge that our Church is located on the traditional territories of the Algonquin and Mohawk Peoples.

*Congregation:* **May we dwell on these lands with respect and peace.**

The Gathering of the Community

*Celebrant:* The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with you all.

People **And also with you.**

*Celebrant:* Almighty God,

**All: to you all hearts are open, all desires known, and from you no secrets are hidden. Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy name, through Christ our Lord. Amen.**

*Celebrant:* Glory to God in the highest,

**All: and peace to his people on earth. Lord God, heavenly king, almighty God and Father, we worship you, we give you thanks, we praise you for your glory. Lord Jesus Christ, only Son of the Father, Lord God, Lamb of God, you take away the sin of the world: have mercy on us; you are seated at the right hand of the Father: receive our prayer. For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.**

Collect

Author and Giver of all good things, graft in our hearts the love of your name, increase in us true religion, nourish us in all goodness, and of your great mercy keep us in the same; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever.

The Proclamation of the Word

First Reading -A READING FROM THE SONG OF SOLOMON

The voice of my beloved! Look, he comes, leaping upon the mountains, bounding over the hills. My beloved is like a gazelle or a young stag. Look, there he stands behind our

wall, gazing in at the windows, looking through the lattice. My beloved speaks and says to me: "Arise, my love, my fair one, and come away; for now the winter is past, the rain is over and gone. The flowers appear on the earth; the time of singing has come, and the voice of the turtledove is heard in our land. The fig tree puts forth its figs, and the vines are in blossom; they give forth fragrance. Arise, my love, my fair one, and come away."

SONG OF SOLOMON 2:8-13

Psalm 45:1-2, 7-10. REFRAIN **God has blessed you for ever.**

My heart is stirring with a noble song; let me recite what I have fashioned for the king; my tongue shall be the pen of a skilled writer. **God has blessed you for ever.**

You are the fairest of men; grace flows from your lips, because God has blessed you for ever. **God has blessed you for ever.**

Your throne, O God, endures for ever and ever, a sceptre of righteousness is the sceptre of your kingdom; you love righteousness and hate iniquity. **God has blessed you for ever.**

Therefore God, your God, has anointed you with the oil of gladness above your fellows. **God has blessed you for ever.**

All your garments are fragrant with myrrh, aloes, and cassia, and the music of strings from ivory palaces makes you glad. **God has blessed you for ever.**

Kings' daughters stand among the ladies of the court; on your right hand is the queen, adorned with the gold of Ophir. **God has blessed you for ever.**

PSALM 45:1-2, 7-10

Second Reading - A READING FROM THE LETTER OF JAMES

Every generous act of giving, with every perfect gift, is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change. In fulfilment of his own purpose he gave us birth by the word of truth, so that we would become a kind of first fruits of his creatures. You must understand this, my beloved: let everyone be quick to listen, slow to speak, slow to anger; for your anger does not produce God's righteousness. Therefore rid yourselves of all sordidness and rank growth of wickedness, and welcome with meekness the implanted word that has the power to save your souls. But be doers of the word, and not merely hearers who deceive themselves. For if any are hearers of the word and not doers, they are like those who look at themselves in a mirror; for they look at themselves and, on going away, immediately forget what they were like. But those who look into the perfect law, the law of liberty, and persevere, being not hearers who forget but doers who act - they will be blessed in their doing. If any think they are religious, and do not bridle their tongues but deceive their hearts, their religion is worthless. Religion that is pure and undefiled before God, the Father, is this: to care for orphans and widows in their

distress, and to keep oneself unstained by the world.  
JAMES 1:17-27.

*Celebrant:* The Lord be with you.

People: **And also with you.**

*Celebrant:* The Holy Gospel of our Lord Jesus Christ according to John

People: **Glory to you, Lord Jesus Christ.**

### Gospel

THE HOLY GOSPEL OF OUR LORD JESUS CHRIST ACCORDING TO MARK

Now when the Pharisees and some of the scribes who had come from Jerusalem gathered around Jesus, they noticed that some of his disciples were eating with defiled hands, that is, without washing them. (For the Pharisees, and all the Jews, do not eat unless they thoroughly wash their hands, thus observing the tradition of the elders; and they do not eat anything from the market unless they wash it; and there are also many other traditions that they observe, the washing of cups, pots, and bronze kettles.) So the Pharisees and the scribes asked him, "Why do your disciples not live according to the tradition of the elders, but eat with defiled hands?" He said to them, "Isaiah prophesied rightly about you hypocrites, as it is written, 'This people honours me with their lips, but their hearts are far from me; in vain do they worship me, teaching human precepts as doctrines.' You abandon the commandment of God and hold to human tradition." Then he called the crowd again and said to them, "Listen to me, all of you, and understand: there is nothing outside a person that by going in can defile, but the things that come out are what defile. For it is from within, from the human heart, that evil intentions come: fornication, theft, murder, adultery, avarice, wickedness, deceit, licentiousness, envy, slander, pride, folly. All these evil things come from within, and they defile a person."  
MARK 7:1-8, 14-15, 21-23

The Gospel of Christ.

People **Praise to you, Lord Jesus Christ.**

### Sermon

#### The Apostles' Creed

*Celebrant:* Let us confess the faith of our baptism, as we say,

**All: I believe in God, the Father almighty, creator of heaven and earth. I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven and is seated at the right hand of the Father. He will come again to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.**

## The Prayers of the People

(Let us pray with confidence to the Lord, saying, “**Lord hear our prayer.**”)

O Lord, guard and direct your Church in the way of unity, service, and praise. Today, in our Diocesan cycle of prayer, we pray for St. Aidan’s, Ottawa and The Reverend Rosemary Parker. For the chair and members of the Property and Finance Committee and its subcommittees. For our Canon Theologian, The Reverend Dr. Canon John Gibaut and our Canon Liturgist, The Rev Canon Kevin Flynn. **Lord, hear our prayer.**

Give to all nations an awareness of the unity of the human family. **Lord, hear our prayer.**

Cleanse our hearts of prejudice and selfishness and inspire us to hunger and thirst for what is right. **Lord, hear our prayer.**

Teach us to use your creation for your greater praise, that all may share the good things you provide. **Lord, hear our prayer.**

Strengthen all who give their energy or skill for the healing of those who are sick in body or in mind, especially Irene, Howard, Kirsten, Zachariah, Marjorie, Cheryl, Jeanette, Roy, Emerson, and their families.  
**Lord, hear our prayer.**

Set free all who are bound by fear and despair. **Lord, hear our prayer.**

Grant a peaceful end and eternal rest to all who are dying, and your comfort to those who mourn. **Lord, hear our prayer.**

Almighty God, who hast given us grace at this time with one accord to make our common supplications unto thee; and dost promise that when two or three are gathered together in thy name thou wilt hear their requests: fulfil now, O Lord, the desires and petitions of thy servants as may be most expedient for them; granting us in this world knowledge of thy truth, and in the world to come life everlasting; for thou, Father, art good and loving, and we glorify thee through thy Son Jesus Christ our Lord, in the Holy Spirit, now and for ever. **Amen.**

## Confession and Absolution

*Celebrant:* Dear friends in Christ, God is steadfast in love and infinite in mercy; he welcomes sinners and invites them to his table. Let us confess our sins, confident in God’s forgiveness. Most merciful God,

**All: we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbours as ourselves. We are truly**

**sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us, that we may delight in your will, and walk in your ways, to the glory of your name. Amen.**

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

People **Amen.**

The Peace.

*Celebrant:* The peace of the Lord be always with you.

People **And also with you.**

Prayer over the Gifts

Merciful God, receive all we offer you this day. Give us grace to love one another that your love may be made perfect in us. We ask this in the name of Jesus Christ our Lord.

The Celebration of the Eucharist

Eucharistic Prayer 2

Celebrant. The Lord be with you.

People. **And also with you.**

Celebrant. Lift up your hearts.

People. **We lift them to the Lord.**

Celebrant. Let us give thanks to the Lord our God.

People. **It is right to give our thanks and praise.**

Celebrant. We give you thanks and praise, almighty God, through your beloved Son, Jesus Christ, our Saviour and Redeemer. He is your living Word, through whom you have created all things. By the power of the Holy Spirit, he took flesh of the Virgin Mary and shared our human nature. He lived and died as one of us, to reconcile us to you, the God and Father of all. In fulfilment of your will, he stretched out his hands in suffering, to bring release to those who place their hope in you; and so he won for you a holy people. He chose to bear our griefs and sorrows, and to give up his life on the cross, that he might shatter the chains of evil and death and banish the darkness of sin and despair. By his resurrection he brings us into the light of your presence. Now with all creation we raise our voices to proclaim the glory of your name.

**All. Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest.**

Celebrant. Holy and gracious God, accept our praise, through your Son our Saviour Jesus Christ, who on the night he was handed over to suffering and death, took bread

and gave you thanks, saying, "Take, and eat: this is my body which is broken for you." In the same way he took the cup, saying, "This is my blood which is shed for you. When you do this, you do it in memory of me." Remembering, therefore, his death and resurrection, we offer you this bread and this cup, giving thanks that you have made us worthy to stand in your presence and serve you. We ask you to send your Holy Spirit upon the offering of your holy Church. Gather into one all who share in these sacred mysteries, filling them with the Holy Spirit and confirming their faith in the truth, that together we may praise you and give you glory through your Servant, Jesus Christ.

**All, glory, and honour are yours, Father and Son, with the Holy Spirit in the holy Church, now and for ever.**

*Celebrant:* And now, as our Saviour Christ has taught us, we are bold to say,

**All: Our Father, who art in heaven, hallowed be thy name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation but deliver us from evil. For thine is the kingdom, the power, and the glory, for ever and ever. Amen.**

#### The Breaking of the Bread

The celebrant breaks the consecrated bread for distribution, and says "I am the bread of life," says the Lord. "Whoever comes to me will never be hungry; whoever believes in me will never thirst."

**All: Taste and see that the Lord is good; happy are they who trust in him!**

*Celebrant:* The gifts of God for the People of God.

**People Thanks be to God.**

#### The Communion:

##### Prayer after Communion

Almighty God, you renew us at your table with the bread of life. May your holy food strengthen us in love and help us to serve you in each other. We ask this in the name of Jesus Christ our Lord.

*Celebrant:* Glory to God,

**All: whose power, working in us, can do infinitely more than we can ask or imagine. Glory to God from generation to generation, in the Church and in Christ Jesus, for ever and ever. Amen**

#### **Benediction and Dismissal**