

## CHURCH OF ST BARNABAS, APOSTLE AND MARTYR

70 JAMES STREET, OTTAWA, ONTARIO K1R 5M3  
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### CHURCH DIRECTORY

#### RECTOR

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#### ASSOCIATE PRIEST

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613-447-7834

#### HONORARY ASSISTANTS

Canon Matthew Borden  
Canon David Raths  
Fr Donald Tudin  
Canon Roger Young

#### RECTOR'S WARDEN

Gary Rourke (613-276-0921)

#### DEPUTY RECTOR'S WARDEN

Valerie Keyes (613-234-1664)

#### PEOPLE'S WARDEN

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#### SITIO STUDENTS & YOUNG ADULTS

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#### ORGANIST AND CHOIRMASTER

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

### WORSHIP SCHEDULE

#### MONDAY

8:00 p.m. Compline

#### TUESDAY

9:30 a.m. Morning Prayer  
10:00 a.m. Mass  
*Feria*

#### WEDNESDAY

4:45 p.m. Evening Prayer  
5:15 p.m. Mass  
*Feria, Monthly Requiem*

#### THURSDAY

12:15 p.m. Mass  
*Feria, Votive in Thanksgiving for the  
Gift of the Holy Mass*

#### FRIDAY

7:00 a.m. Morning Prayer  
7:30 a.m. Mass  
*St. Polycarp, Bishop and Martyr*

Please note that confession is available by  
appointment. Speak to one of the clergy to  
make arrangements.

#### READINGS FOR NEXT SUNDAY

##### SEXAGESIMA/EPIPHANY VII

8:30 a.m. **Low Mass**

2 Cor 11:21-31  
Luke 8:4-15

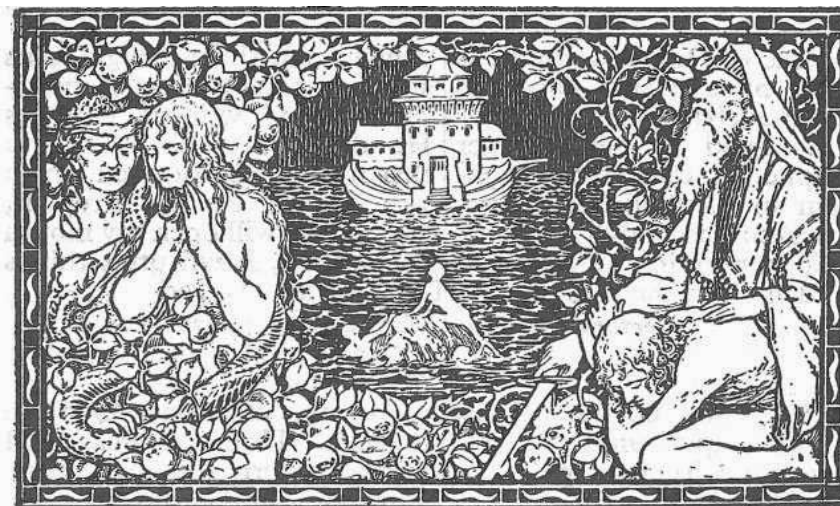
10:30 a.m. **High Mass**

Genesis 45:3-11,15  
I Cor 15:35-38, 42-50  
Luke 6:27-38

# ST BARNABAS

Apostle & Martyr

THE ANGLO-CATHOLIC PARISH IN THE DIOCESE OF OTTAWA  
CELEBRATING 130 YEARS OF WORSHIP AND SERVICE, 1889-2019



**The Fall**  
(Septuagesima)

**The Flood**  
(Sexagesima)

**Abraham's Sacrifice**  
(Quinquagesima)

*17 February 2019*

## Septuagesima

### The Sixth Sunday after the Epiphany

#### Welcome!

We are a diverse community of people from a wide range of backgrounds and experience, excited about discovering the grace and love of Jesus Christ in the midst of the world. Since our foundation, worship has been the centre of the life of our parish. The Mass, or Holy Eucharist, is the central act of Christian worship, around which all else revolves. We welcome you to join us as we worship the Lord in the beauty of holiness.

<https://twitter.com/stbarnabasmusic>  
<https://www.facebook.com/StBarnabasOttawa>

# Septuagesima/Epiphany VI 17 February 2019

## 8:00 a.m. Mattins

Said in the Chapel

## 8:30 a.m. Low Mass

*Book of Common Prayer*, pp. 67-86

Introit & Gradual: see bulletin

Collect, Lesson and Gospel: *BCP*, pp. 132-134

## 10:30 a.m. Solemn High Mass

*The Order of the Holy Sacrifice of the Mass* (white booklet)

Hymnal: *The Book of Common Praise* (blue book)

Music of the Mass: *The Mass of St. Thomas* - Robert Fleming (1921-1976)

*Gloria and Creed* - Merbecke

Copies of the music booklet, "**Cantate Domino**" for congregational use are available on the table at the back of the Nave.

### Organ Music

Five Liturgical Inventions - Victor Togni (1935-1965)

1. Jesu Dulcis - Verbum Supernum

*Please stand for the entrance of the Sacred Ministers*

### Opening Hymn 102 "Let us with a gladsome mind"

*Monkland*

**Introit** 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 ...

### Greeting and Collect for Purity

pp. 1-2

### Kyrie and Gloria

p. 2

### Collect of the Day (see insert)

p. 3

### Proclamation of the Word (see insert)

pp. 3-5

**Lesson** Jeremiah 17:5-10 (p. 645 in *Pew Bible*)

**Psalm** 1

**Epistle** I Corinthians 15:12-20 (p. 961 in *Pew Bible*)

### Gradual Hymn 600 "This is my Father's world"

*Terra beata*

**Gradual** 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. I will worship toward thy holy temple: and praise thy Name. Alleluia.

**Holy Gospel** Luke 6:17-26 (see insert / p. 862 in *Pew Bible*) p. 4

### Sermon

Fr David Rath

### Nicene Creed

p. 5

**Prayers of the People** (see notices insert)

p. 6

### Confession and Absolution

pp. 6-8

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

**Offertory Hymn 51** "This is the day the Lord hath made"

*Nativity*

### Canon of the Mass

pp. 9-16

**Communion** Show 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.

*All baptized Christians are welcome to receive the Holy Eucharist*

**Communion Hymn 222** "Bread of the world"

*Rendez à Dieu*

### Ablutions Motet

Here, O my Lord - Eleanor Daley (b. 1955)

### Thanksgiving and Dismissal

pp. 16-18

**Post-Communion Hymn 406** "Guide me, O thou great Jehovah"

*Cwm Rhondda*

### Announcements and The Angelus

pp. 21-22

### Organ Music

Carillon - Herbert Murrill (1909-1952)

+ + + Annual Vestry Meeting - TODAY + + +

The **Annual Vestry Meeting** for the Parish will convene in the Fred Allen Memorial Hall following High Mass.

A few booklets containing *Reports for the Annual Vestry Meeting* are available on the table at the back of the Nave, for those who have not yet picked up a copy.

Upon entering the Parish Hall, please ensure you sign the **Canonical Declaration**. A number of copies have been provided to alleviate congestion.

+ + + + +

**In the Anglican Cycle of Prayer, we pray for** Pray for the Church of the Province of Central Africa

**In our Diocesan Cycle of Prayer, we pray for** The Director of Mission, the Community Ministries Committee, and for vocations to the priesthood and religious life.

**In our Parish, we pray for** all who belong to our Parish and in particular for Gavin Wilkie, Alan Wilkinson, Phyllis Wright, and Chris Yordy.

**We remember those for whom our prayers have been asked:** Patricia Boyce, Geoffrey, Joshua, Roger Beland, Beverly Lynch, Emma and Family, Harvey Cottrell, Vera Iodko, Sarah F, The Rev. Deacon Henry Stauffenberg, Jarod, David Blackman, Cathy Nobleman, Murray Nash, Chris and Polly Dougherty, Hyacinth, Carol Frayne, Diane Favra, Anna and Chris, Eleanor Dawson, John Young, Emily, Andrew, Victory, Jamie, Tracy, Meghan, Ronald Bentley, Bishop John Chapman, Pat Francis, and for all living with anxiety and depression.

**For troubled areas of the world, we pray for** the Middle East, with the continuing troubles in Palestine, Gaza, and Israel; Egypt, Libya, Syria, and Ukraine; Iraq, Iran, and Afghanistan; India, South Sudan, and Kenya; all suffering from disease, war, terrorism, and natural disaster; and our Canadian Forces and aid workers serving worldwide.

**For those celebrating a birthday this week:** Johanna Tudin, and Alan Wilkinson.

**For all the faithful departed:** Jack Francis, Helen Sinclair, and members of our family and friends.

### Prayer Requests

The Rector reminds us that we welcome requests for prayers. Names may be included either in public prayers or in Father's private prayers. Please use the "Note to the Clergy" cards in the pews for your intention(s).

### Candles and Flowers In Memoriam

A reminder that the list for **altar flowers** and **vigil candles** is in the narthex. If you wish to place flowers on the High Altar or Lady altar or have a Blessed Sacrament light dedicated in memory of someone or as a thank offering please consider signing the chart.

### Anglican News Sources

Those wishing to renew a subscription to the **Anglican Journal/Crosstalk** may do so on line or by email. <https://www.anglicanjournal.com/yes/> or [yes@national.anglican.ca](mailto:yes@national.anglican.ca) or by mail to 80 Hayden St. Toronto, ON M4Y 3G2

For a classically Anglican perspective within the Global Anglican Communion, consider a subscription to **The Anglican Planet**. [anglicanplanet.net](http://anglicanplanet.net) or The Anglican Planet Office, 11 All Souls' Lane Charlottetown PE C1A 1P9, [info@anglicanplanet.net](mailto:info@anglicanplanet.net) tel: 902-368-8442

*A warm **Welcome** is extended to all visitors and newcomers worshiping with us today. Please sign our Visitors' Book in the Narthex following the service. After High Mass, do join us for refreshments in the Fred Allen Memorial Hall.*

### Upcoming Events

**Wednesday, February 20<sup>th</sup>** – the monthly **Communita** will be held in the Fred Allen Memorial Hall, hosted by the Parish Outreach Committee.

**Sunday, February 24<sup>th</sup>** – **Baptism** of Porter Jean Doris Maria Lavigne, daughter of Sarah Murray and Shawn Lavigne, baby sister of Grady Murray, and granddaughter of Fr Murray and Connie Higginson Murray. Please keep Porter and her family and Godparents in your prayers this week, as we prepare to welcome her as a new member of the body of Christ, and fellow heir of the Kingdom of God.

**Sunday, March 3<sup>rd</sup>** – there will be a carnival-themed **Parish Lunch** following High Mass. Need: one Venetian gondola. Please see Brian W for more info.

**Shrove Tuesday, March 5<sup>th</sup>** – All are welcome to our annual **Pancake Supper** from **5:30 – 7 p.m.** Adults \$8, Children 6 and up \$5, under 5 free (a family rate is available). "*O shrieve me, shrieve me, holy man!*"

**Sunday, March 10<sup>th</sup>** – A Lenten study course will be on offer following High Mass, which will run for the duration of Lent. The topic will be the **Seven Deadly Sins**. Refreshments and a light lunch will be available.

**Sunday, March 10<sup>th</sup>** – **Solemn Evensong and Benediction at 7:00 p.m.** The service will be followed by a reception in the Fred Allen Memorial Hall.

**Wednesday, March 13<sup>th</sup>** – Fr Raths will begin a weekly Bible study.

### Nota bene

**Charitable receipts** for 2018 are available at the back of the Church.

Copies of the **Forward - Day by Day** devotional booklets for the period of February through April 2019 are available in the Tract Rack in the Narthex at a cost of \$2.00 each.

The choir's CD recording "**Exsultate Deo**" is available at \$20 after services today.

### Office Hours

The **Parish Office** is open on **Tuesdays** and **Thursdays** from **9:00 a.m. to noon**.

Phone: 613-232-6992

e-mail: [stbarnabas@primus.ca](mailto:stbarnabas@primus.ca)

*Septuagesima – seventy days  
 To Easter’s primrose tide of praise;  
 The Gesimas – Septua, Sexa, Quinc  
 Mean Lent is near, which makes you think.  
 Septuagesima – when we’re told  
 To “run the race”, to “keep our hold”,  
 Ignore injustice, not give in, and practise stern self-discipline;  
 A somewhat unattractive time  
 Which hardly lends itself to rhyme...*

- Sir John Betjeman

## What are the ‘Gesimas’?

You may have noticed from the bulletin and hymn board, that two names are given to mark this Sunday in the liturgical season: *Septuagesima* and *The Sixth Sunday after the Epiphany*. This will occur for the following two Sundays, as we come to the end of Epiphanytide. Prior to the liturgical reforms of the 1960’s, there existed a three-week ‘Pre-Lenten’ season consisting of *Septuagesima*, *Sexagesima*, and *Quinquagesima* Sundays. These seemingly unpronounceable Latin names are numerical references marking the 70, 60, and 50 days before Easter, while what we now refer to as the *First Sunday in Lent*, was originally known as *Quadragesima*. This ‘somewhat unattractive time’, to quote Betjeman’s poem, between feasting and fasting seems to have originated in the Eastern Church, which broke the fast on both Saturdays and Sundays, hence the need for an extended Lenten season in order to mark the 40-day fast. A similar dilemma in the West concerning Sundays required that the Lenten fast begin on *Ash Wednesday*, four days prior to *Quadragesima*, or the *First Sunday in Lent*.

The creation of a 40-day fast had been instituted in imitation of the 40 days spent by our Saviour in the desert. In addition to this the Western Church borrowed the Eastern custom of preparing for Lent, by giving to the Liturgy of the three preceding weeks a tone of holy mournfulness. Thus, as early as the beginning of the 9<sup>th</sup> century, the *Alleluia* and *Gloria in excelsis* were suspended at *Septuagesima*, and by the second half of the 11<sup>th</sup> century, the total suspension or ‘burial’ of the *alleluia*, beginning with the preceding Saturday Vespers, was universally observed (in some traditions, quite literally so, with the internment in the church-yard of a placard with ‘*Alleluia*’ written on it, which would then later be resurrected during the Great Vigil of Easter – owing to the recent snowfall, we are regrettably unable to do this at St. Barnabas this year).

At *Septuagesima* the daily office lectionary resets to the beginning of Genesis, and, as the picture in this week’s bulletin indicates, the season marks important events which anticipate the redemption of humanity: **The Fall**, **The Flood**, and **Abraham’s Sacrifice**. The *Book of Common Prayer* retained the ancient lectionary and most of the collects of the liturgical year, including

those for *Septuagesima* and *Sexagesima*. Thomas Cranmer composed a new collect for *Quinquagesima*, based on the epistle appointed for the day.

Traditionally this season has been a time of preparation for the Lenten fast. St. Barnabas retains this tradition in a modified form. Although the Revised Common Lectionary is followed, the *Alleluia* and *Gloria in excelsis* are retained, and the liturgical colour remains green, the minor propers for these Sundays are those traditionally appointed for the season, which are penitential in tone. As well, Cranmer’s *Quinquagesima* collect has been appropriated for Epiphany VII, which this year falls on *Sexagesima*, preserving to some degree the ethos of the season.

In recent years there has been a growing movement to restore the ‘Pre-Lenten’ season, as a sort of forewarning of the impending fast, and a means of spiritual preparation for ascetical practices during Lent; a time in which to focus our thoughts, desires, and devotions. Some ways in which we might prepare ourselves for the long fast ahead might be: to pray about and plan for our fast; to arrange a time for confession with one of the clergy; to find some appropriate Lenten literature. Praying the daily office and lectionary of the *Book of Common Prayer* would also be a fitting way to begin the journey to Easter, and praying the traditional collects on a daily basis could be of some benefit to our devotional and spiritual preparation.

### The Collect for Septuagesima

*O Lord, we beseech thee favourably to hear the prayers of thy people; that we, who are justly punished for our offences, may be mercifully delivered by thy goodness, for the glory of thy name; through Jesus Christ our Saviour, who liveth and reigneth with thee and the Holy Ghost, ever one God, world without end.*

### The Collect for Sexagesima

*O Lord God, who seest that we put not our trust in any thing that we do: Mercifully grant that by thy power we may be defended against all adversity; through Jesus Christ our Lord.*

### The Collect for Quinquagesima (BCP)

*O Lord, who hast taught us that all our doings without charity are nothing worth: Send thy Holy Ghost, and pour into our hearts that most excellent gift of charity, the very bond of peace and of all virtues, without which whosoever liveth is counted dead before thee: Grant this for thine only Son Jesus Christ’s sake.*

### Traditional Collect for Quinquagesima

*We beseech thee, O Lord, mercifully to hear our prayers; that we, being absolved from the chains of our sins, may be defended from all adversity; through Jesus Christ our Lord.*