



ST. JOHN'S NORWAY

ANGLICAN CHURCH IN THE BEACHES



WELCOME TO ST. JOHN'S NORWAY

We are so glad to have you worship with us!

We are a growing, diverse, and energetic faith community learning to follow Jesus together.

Wherever you are on your spiritual journey, you are invited to join us.



ST. JOHN'S NORWAY
470 Woodbine Avenue
Toronto, Ontario
M4E 2H6

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Facebook: [@stjohnsnorway](https://www.facebook.com/stjohnsnorway)
Instagram: [@stjohnsnorway](https://www.instagram.com/stjohnsnorway)
Twitter: [@stjnorway](https://twitter.com/stjnorway)

Tenth Sunday after Pentecost

10:30 AM – Sunday, August 2, 2026

Celebrant & Preacher: The Rev'd Molly Finlay

Assisting Clergy: The Rev'd Silvanus Singh

Reader: Anusha Shetty

Chalice Bearer: Kathryn Kern

Lay Anointers: Nathan Mani, Jeffrey Kentner

Music Director: Declan Tse

Soloist: Tarquin Wongkee

Prelude Music

Welcome & Gathering of the Community

(Please stand)

Opening Hymn

CP 565 – Guide Me, O Thou Great Jehovah

Guide me, O thou great Jehovah,
pilgrim through this barren land.
I am weak, but thou art mighty;
hold me with thy powerful hand.
Bread of heaven, bread of heaven,
feed me till I want no more,
feed me till I want no more.

Open now the crystal fountain
whence the healing stream doth flow.
Let the fire and cloudy pillar
lead me all my journey through.
Strong deliverer, strong deliverer,
be thou still my strength and shield,
be thou still my strength and shield.

When I tread the verge of Jordan,
bid my anxious fears subside;

death of death, and hell's destruction,
land me safe on Canaan's side:
songs of praises, songs of praises,
I will ever give to thee,
I will ever give to thee.

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

All **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.

Collect of the Day

Celebrant Let us pray.
Almighty God,
your Son Jesus Christ fed the hungry
with the bread of his life
and the word of his kingdom.
Renew your people with your heavenly grace,
and in all our weakness
sustain us by your true and living bread,
who lives and reigns with you and the Holy Spirit,
one God, now and for ever.

People **Amen.**

(Please be seated)

The Proclamation of the Word

The Readings

Reader A reading from the Book of Isaiah.

Hear, everyone who thirsts;
come to the waters;
and you who have no money,
come, buy and eat!
Come, buy wine and milk
without money and without price.
Why do you spend your money for that which is not bread
and your earnings for that which does not satisfy?
Listen carefully to me, and eat what is good,
and delight yourselves in rich food.
Incline your ear, and come to me;
listen, so that you may live.
I will make with you an everlasting covenant,
my steadfast, sure love for David.
See, I made him a witness to the peoples,
a leader and commander for the peoples.
Now you shall call nations that you do not know,
and nations that do not know you shall run to you,
because of the Lord your God, the Holy One of Israel,
for he has glorified you.

(Isaiah 55:1-5)

Reader The Word of the Lord.
People Thanks be to God.

Psalm 17:1-7, 16

Soloist

Hear a just cause, O Lord; give heed to my cry;
listen to my prayer, which does not come from lying lips.

Let my vindication come forth from your presence;
let your eyes be fixed on justice.

Examine my heart, visit me by night,
melt me down; you will find no impurity in me.

I have not regarded what others do;
at the words of your lips I have avoided the ways of the violent.

My footsteps hold fast to your well-worn path;
and my feet do not slip.

I call upon you, O God, for you will answer me;
incline your ear to me and hear my words.

Show me your marvellous loving-kindness,
O Saviour of those who take refuge at your right hand
from those who rise up against them.

But at my vindication I shall see your face;
when I awake, I shall be satisfied, beholding your likeness.

Please stand for the reading of the Gospel.

The Gospel is carried down the centre aisle into the midst of the people gathered, as a symbol of God's sending out of Jesus—who is the “Word made flesh” into the world.

Gospel Acclamation (SJN Mass)

Joyfully
Introduction *mf*

Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.

The introduction is written on a single staff in treble clef, key of D major (two sharps), and 4/4 time. It begins with a whole rest for the first measure. The melody starts in the second measure with a half note D4, followed by a quarter note E4, a quarter note F#4, and a half note G4. The third measure contains a half note A4, a quarter note B4, and a half note C5. The fourth measure has a half note D5, a quarter note C5, and a half note B4. The fifth measure features a half note A4, a quarter note G4, and a half note F#4. The sixth measure consists of a half note E4, a quarter note D4, and a half note C4. The introduction concludes with a final whole note C4 in the seventh measure.

All Alleluia, alleluia, alleluia.

Priest Speak O Lord your servant is list'ning:
You have the words of everlasting life.

All Alleluia, alleluia, alleluia.

Priest The Lord be with you.

People And also with you.

Priest The Holy Gospel of our Lord Jesus Christ according to John.

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

After this Jesus went to the other side of the Sea of Galilee, also called the Sea of Tiberias. A large crowd kept following him, because they saw the signs that he was doing for the sick. Jesus went up the mountain and sat down there with his disciples. Now the Passover, the festival of the Jews, was near. When he looked up and saw a large crowd coming towards him, Jesus said to Philip, 'Where are we to buy bread for these people to eat?' He said this to test him, for he himself knew what he was going to do. Philip answered him, 'Six months' wages would not buy enough bread for each of them to get a little.' One of his disciples, Andrew, Simon Peter's brother, said to him, 'There is a boy here who has five barley loaves and two fish. But what are they among so many people?' Jesus said, 'Make the people sit down.' Now there was a great deal of grass in the place; so they sat down, about five thousand in all. Then Jesus took the loaves, and when he had given thanks, he distributed them to those who were seated; so also the fish, as much as they wanted.

When they were satisfied, he told his disciples, 'Gather up the fragments left over, so that nothing may be lost.' So they gathered them up, and from the fragments of the five barley loaves, left by those who had eaten, they filled twelve baskets. When the people saw the sign that he had done, they began to say, 'This is indeed the prophet who is to come into the world.' (John 6:1-14)

Priest The Gospel of Christ.
People Praise to you, Lord Jesus Christ.

Gospel Acclamation (SJN Mass)



All Alleluia, alleluia, alleluia.
Soloist Speak O Lord your ser-vant is list' ning:
 You have the words of e-ver-last-ing life.
All Alleluia, alleluia, alleluia.

The Sermon **The Rev'd Molly Finlay**

(Please stand)

The Apostles' Creed

Priest Let us confess our faith 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.

(Please be seated or kneel for prayer)

The Prayers of the People

Confession and Absolution

Celebrant Dear friends in Christ,
God is steadfast in love and infinite in mercy;
God welcomes sinners
and invites them to this table.
Let us confess our sins,
confident in God's forgiveness.

Silence is kept.

Celebrant 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. **Amen.**

Invitation to Offering

*We at St. John the Baptist Norway give regularly to God's work
through offerings and other gifts. Our offerings support the life of the parish,
as well as the work we do in the world, both locally and globally.*

We invite you to contribute financially as you can to the life and ministry of the parish.

*If you wish to donate online through Canada Helps, please scan the QR code
and follow the link. To sign up for pre-authorized giving, you may contact
the Church Office at admin@stjohnsnorway.com or
call us at 416-691-4560. Thank you!*



(Please stand)

The Peace

Priest The peace of the Lord be always with you.
People And also with you.

*Sharing "peace" with one another is an ancient Christian tradition, not only in the words
of Jesus, but also in the practices of the Christian community.*

*Passing the peace began as a way for people in the Christian community to be reconciled
to one another before making their offering at the altar.*

It is for this reason that the Peace always comes before Communion.

*We impart the Peace of Christ with one another when we greet each other
in this meaningful way.*

(Please remain standing and join in singing)

Offertory Song

Come to the Table

We all start on the outside,
the outside looking in.
This is where grace begins.
We were hungry, we were thirsty,
with nothing left to give.
Oh, the shape that we were in.

And just when all hope seemed lost,
Love opened the door for us. He said,

Chorus:

"Come to the table.
Come join the sinners who have been redeemed.
Take your place beside the Saviour.
Sit down and be set free.
Come to the table."

Come meet this motley crew of misfits,
these liars and these thieves.
There's no one unwelcome here.
And that sin and shame that you brought with you,
you can leave it at the door
let mercy draw you near. So, [Chorus]

The Celebration of the Eucharist

The Prayer over the Gifts

Celebrant God our sustainer,
 accept all we offer you this day,
 and feed us continually with that bread
 which satisfies all hunger,
 your Son our Saviour Jesus Christ.

People **Amen.**

The Great Thanksgiving

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 It is indeed right that we should praise you,
 gracious God,
 for you created all things.
 You formed us in your own image:
 uniquely in love you created us.
 When we turned away from you in sin,
 you did not cease to care for us,
 but opened a path of salvation for all people.
 You made a covenant with Israel,
 and through your servants Abraham and Sarah
 gave the promise of a blessing to all nations.
 Through Moses you led your people
 from bondage into freedom;
 through the prophets
 you renewed your promise of salvation.
 Therefore, with them, and with all your saints
 who have served you in every age,
 we give thanks and 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 God, source of life and goodness,
all creation rightly gives you praise.
In the fullness of time,
you sent your Son Jesus Christ,
to share our human nature,
to live and die as one of us,
to reconcile us to you,
the God and Father of all.

He healed the sick
and ate and drank with outcasts and sinners;
he opened the eyes of the blind
and proclaimed the good news of your kingdom
to the poor and to those in need.
In all things he fulfilled your gracious will.

On the night he freely gave himself to death,
our Lord Jesus Christ took bread,
and when he had given thanks to you,
he broke it, and gave it to his disciples,
and said, "Take, eat:
this is my body which is given for you.
Do this for the remembrance of me."

After supper he took the cup of wine;
and when he had given thanks,
he gave it to them,
and said, "Drink this, all of you:
this is my blood of the new covenant,
which is shed for you and for many for the forgiveness of sins.
Whenever you drink it,
do this for the remembrance of me."

Gracious God,
his perfect sacrifice
destroys the power of sin and death;
by raising him to life
you give us life for evermore.

All Therefore we proclaim the mystery of faith.
Christ has died.
Christ is risen.
Christ will come again.

Celebrant Recalling his death,
proclaiming his resurrection,
and looking for his coming again in glory,
we offer you, Father, this bread and this cup.
Send your Holy Spirit upon us
and upon these gifts,
that all who eat and drink at this table
may be one body and one holy people,
a living sacrifice in Jesus Christ, our Lord.

Through Christ, with Christ, and in Christ,
in the unity of the Holy Spirit,
all glory is yours, almighty Father,
now and for ever.

People **Amen.**

The Lord's Prayer

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

People **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.

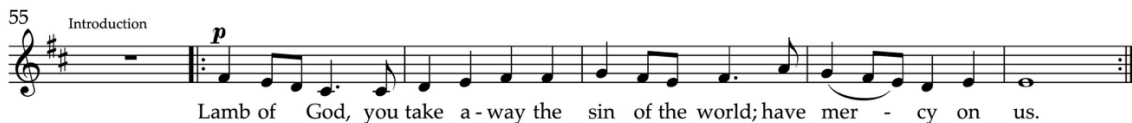
The Breaking of the Bread

Celebrant "I am the bread of life", says the Lord.
"Whoever comes to me will never be hungry;
whoever believes in me will never thirst."
People Taste and see that the Lord is good;
happy are they who trust in him!

The Communion

Celebrant The gifts of God for the people of God.
People Thanks be to God!

Agnus Dei (SJN Mass)



*We are pleased to offer communion in both kinds—the bread and wine.
You are welcome to take a small sip of wine from the chalice server,
guiding the cup with your hand, or you can simply pass the cup by.
Please know that you are receiving full communion with the bread alone.*

*Our parish lay anointers are available for prayer and anointing in the Chapel during Communion. Once you receive communion, if you would like, please move directly to the chapel for this ministry of healing. The Church's ministry to the sick and those in distress is based on Jesus' constant concern and care for those in need. Our Lay Anointers have been trained and appointed by the Diocese in this life-giving healing ministry.
If you require more in depth pastoral care, please speak to a member of the Ministry Team following the service.*

Communion Music

CP 63 – *Eat This Bread, Drink This Cup*

Refrain:

Eat this bread, drink this cup,
come to me and never be hungry.
Eat this bread, drink this cup,
trust in me and you will not thirst.

I am the bread of life,
the true bread sent from the Father. **[Refrain]**

Your ancestors ate manna in the desert,
this is the bread come down from heaven. **[Refrain]**

Eat my flesh and drink my blood,
and I will raise you up on the last day. **[Refrain]**

Anyone who eats this bread,
will live forever. **[Refrain]**

If you believe and eat this bread,
you will have eternal life. **[Refrain]**

I am the Bread of Life (S. Toolan)

(Please stand)

Prayer after Communion

Celebrant Let us pray.
God of grace,
we have shared in the mystery
of the body and blood of Christ.
May we who have tasted the bread of life
live with you for ever.
We ask this in the name of Jesus Christ our Lord. **Amen.**

Doxology

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.**

The Blessing

Announcements

(Please stand)

Closing Hymn CP 455 - Dear God, Compassionate and Kind (verses 1, 4, 5)

Dear God, compassionate and kind,
forgive our foolish ways.
Re-clothe us in our rightful mind,
in purer lives thy service find,
in deeper reverence, praise,
in deeper reverence, praise.

Drop thy still dews of quietness,
till all our strivings cease;
take from our souls the strain and stress,
and let our ordered lives confess
the beauty of thy peace,
the beauty of thy peace.

Breathe through the heats of our desire
thy coolness and thy balm;
let sense be dumb, let flesh retire;
speak through the earthquake, wind, and fire,
O still, small voice of calm,
O still, small voice of calm.

Dismissal

Celebrant Go in peace, to love and serve the Lord.
People Thanks be to God!

Postlude Music

St. John's This Week

Wednesday **Beach Communion** meet at 7:45am in the Church Parking Lot
Norway Needlework Group in the Prideaux Room 1pm – 2:30pm

Sunday **In-Person / Livestream Holy Eucharist Service**
in the Sanctuary 10:30am
Summer Forum – Cherished Belonging: The Healing Power of Love
in Divided Times – A Conversation with Dr. Jonathan Slater
in the Lower Hall after 10:30am service

Welcome to St. John's Norway

No matter where you find yourself on your journey of faith, **you are so welcome to be here with us!** We are a community of people—young and old, from all backgrounds and walks of life, who are learning to follow Jesus. We ask questions, don't avoid the tough issues that life presents, and we want to love our neighbours. Please fill out a Welcome Card found in your pew or online! We would love to hear from you!

St. John's Food Pantry

The generous corporate donation of food supplies received earlier this year, has now been distributed to our community clients. The pantry is now in need of all types of non-perishable foods. In particular, donations of the following will be most appreciated: canned tuna, tinned fruit and juices, canned vegetables, beans and soups. Thank you for your ongoing support of this community ministry.

Norway Needlework Group

The Norway Needlework Group meets on Wednesdays from 1:00 – 2:30PM in the Prideaux Room. Anyone can join and there will be free knitting and crochet lessons as well. Come and see!

ST. JOHN'S NORWAY SUMMER FORUM

Sunday, August 9

*Cherished Belonging: The
Healing Power of Love in
Divided Times -*

A conversation with
Dr. Jonathan Slater

Come and see.





ST. JOHN'S NORWAY

ANGLICAN CHURCH IN THE BEACHES

BEACH COMMUNION



**JOIN US FOR A
SPECIAL EARLY
MORNING
SERVICE OF
HOLY EUCHARIST
ON THE BEACH!**

**AUGUST 3
COME AND
SEE!**

**WE WILL MEET AT THE CHURCH PARKING LOT AT
7:45AM, WALK 20 MINUTES TOGETHER TO THE
LAKE AND THEN SHARE IN A SHORT SERVICE OF
COMMUNION. YOU CAN ALSO MEET US THERE!**

LAND ACKNOWLEDGEMENT

The land we are standing on today is the traditional territory of many nations including the Mississaugas of the Credit, the Anishnabeg, the Chippewa, the Haudenosaunee and the Wendat peoples and is now home to many distinct First Nations, Inuit, and Métis Peoples. We also acknowledge that Toronto is covered by Treaty 13 signed with the Mississaugas of the Credit, and the Williams Treaties signed with multiple Mississaugas and Chippewa bands.

LET'S GET SOCIAL!

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Find the latest news and current events at
www.stjohnsnorway.com

TO REACH US

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Rector's Warden: Gordon Stock	(416) 302-9746
People's Warden: Katya Park	(647) 705-1840
Deputy Wardens: Vivian Clements, Janice Yorke, Matthew Neugebauer	

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COME AND SEE.

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