



flam - ing tongues a - bove. Praise the mount! Oh, fix me
 from the fold of God; he, to res - cue me from
 leave the God I love; here's my heart, oh, take and
 on it, mount of God's un - chang - ing love.
 dan - ger, in - ter - posed his pre - cious blood.
 seal it, seal it for thy courts a - bove.

OPENING ACCLAMATION

Presider: Bless the Lord who forgives all our sins.

People: **God's mercy endures for ever.**

Presider

Jesus said, "The first commandment is this: Hear, O Israel: The Lord our God is the only Lord. Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. The second is this: Love your neighbor as yourself. There is no other commandment greater than these." *Mark 12:29-31*

THE CONFESSION

Presider

Let us confess our sins against God and our neighbor.

Silence may be kept.

Presider and People

**Most merciful God,
 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 neighbors 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.**

Presider

Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life.
Amen.

KYRIE ELEISON (*sung by the choir*) Communion Service in E Harold Darke (1888-1976)

Kyrie eleison.

Lord, have mercy.

Christe eleison.

Christ, have mercy.

Kyrie eleison.

Lord, have mercy.

THE WORD OF GOD

THE SALUTATION AND COLLECT OF THE DAY

Presider: The Lord be with you.

People: And also with you.

Presider: Let us pray.

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

All are seated.

THE FIRST LESSON

EXODUS 17:1-7

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the Lord commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarreled with Moses, and said, "Give us water to drink." Moses said to them, "Why do you quarrel with me? Why do you test the Lord?" But the people thirsted there for water; and the people complained against Moses and said, "Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?" So Moses cried out to the Lord, "What shall I do with this people? They are almost ready to stone me." The Lord said to Moses, "Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink." Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarreled and tested the Lord, saying, "Is the Lord among us or not?"

Reader: The Word of the Lord.

People: Thanks be to God.

PSALM 95 (*sung by the choir*)

Venite, exultemus

- 1 Come, let us sing to the Lord; *
let us shout for joy to the Rock of our salvation.
- 2 Let us come before his presence with thanksgiving *
and raise a loud shout to him with psalms.
- 3 For the Lord is a great God, *
and a great King above all gods.

- 4 In his hand are the caverns of the earth, *
and the heights of the hills are his also.
- 5 The sea is his, for he made it, *
and his hands have molded the dry land.
- 6 Come, let us bow down, and bend the knee, *
and kneel before the Lord our Maker.
- 7 For he is our God, and we are the people of his pasture and the sheep of his hand. *
Oh, that today you would hearken to his voice!
- 8 Harden not your hearts, as your forebears did in the wilderness, *
at Meribah, and on that day at Massah, when they tempted me.
- 9 They put me to the test, *
though they had seen my works.
- 10 Forty years long I detested that generation and said, *
"This people are wayward in their hearts; they do not know my ways."
- 11 So I swore in my wrath, *
"They shall not enter into my rest."

THE SECOND LESSON

ROMANS 5:1-11

Since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.

For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person—though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us. Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

Reader: The Word of the Lord.

People: **Thanks be to God.**

All stand.

SEQUENCE HYMN

Rock of ages, cleft for me
Hymn 685 (*Toplady*)

1 Rock of a - ges, cleft for me, let me hide my - self in thee;
2 Should my tears for ev - er flow, should my zeal no lan - guor know,
3 While I draw this fleet - ing breath, when mine eye - lids close in death,

let the wa - ter and the blood from thy wound - ed side that flowed,
all for sin could not a - tone: thou must save, and thou a - lone;
when I rise to worlds un - known and be - hold thee on thy throne,

be of sin the dou - ble cure, cleanse me from its guilt and power.
in my hand no price I bring, sim - ply to thy cross I cling.
Rock of a - ges, cleft for me, let me hide my - self in thee.

THE GOSPEL

JOHN 4:5-42

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

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

Jesus came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob’s well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

A Samaritan woman came to draw water, and Jesus said to her, “Give me a drink.” (His disciples had gone to the city to buy food.) The Samaritan woman said to him, “How is it that you, a Jew, ask a drink of me, a woman of Samaria?” (Jews do not share things in common with Samaritans.) Jesus answered her, “If you knew the gift of God, and who it is that is saying to you, ‘Give me a drink,’ you would have asked him, and he would have given you living water.” The woman said to him, “Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?” Jesus said to her, “Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a

spring of water gushing up to eternal life.” The woman said to him, “Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water.”

Jesus said to her, “Go, call your husband, and come back.” The woman answered him, “I have no husband.” Jesus said to her, “You are right in saying, ‘I have no husband’; for you have had five husbands, and the one you have now is not your husband. What you have said is true!” The woman said to him, “Sir, I see that you are a prophet. Our ancestors worshiped on this mountain, but you say that the place where people must worship is in Jerusalem.” Jesus said to her, “Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth.” The woman said to him, “I know that Messiah is coming” (who is called Christ). “When he comes, he will proclaim all things to us.” Jesus said to her, “I am he, the one who is speaking to you.”

Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, “What do you want?” or, “Why are you speaking with her?” Then the woman left her water jar and went back to the city. She said to the people, “Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?” They left the city and were on their way to him.

Meanwhile the disciples were urging him, “Rabbi, eat something.” But he said to them, “I have food to eat that you do not know about.” So the disciples said to one another, “Surely no one has brought him something to eat?” Jesus said to them, “My food is to do the will of him who sent me and to complete his work. Do you not say, ‘Four months more, then comes the harvest?’ But I tell you, look around you, and see how the fields are ripe for harvesting. The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, ‘One sows and another reaps.’ I sent you to reap that for which you did not labor. Others have labored, and you have entered into their labor.”

Many Samaritans from that city believed in him because of the woman’s testimony, “He told me everything I have ever done.” So when the Samaritans came to him, they asked him to stay with them; and he stayed there two days. And many more believed because of his word. They said to the woman, “It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Savior of the world.”

Priest: The Gospel of the Lord.

People: Praise to you, Lord Christ.

THE SERMON

After the Sermon, there follows a short period of silent reflection. Then, all stand.

THE NICENE CREED

Presider and People

**We believe in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God,
begotten, not made,
of one Being with the Father.
Through him all things were made.
For us and for our salvation
he came down from heaven:
was incarnate of the Holy Spirit and the Virgin Mary
and became truly human.
For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.
On the third day he rose again
in accordance with the Scriptures;
he ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory to judge the living and the dead,
and his kingdom will have no end.**

**We believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father,
who with the Father and the Son is worshiped and glorified.
who has spoken through the Prophets.
We believe in one holy catholic and apostolic Church.
We acknowledge one baptism for the forgiveness of sins.
We look for the resurrection of the dead,
and the life of the world to come. Amen.**

THE PRAYERS OF THE PEOPLE

Priest

The season of Lent reminds us that seeds of life are found in even the most barren desert. With faith that the Holy Spirit is with us, we offer our prayers for the church and for the world.

Intercessor

We pray for Christ's one holy catholic church, that all who minister in Jesus' name may find unity of purpose in service to him. **Christ, have mercy.**

We pray for all in authority around the world, and especially for the elected officials of this nation, that they may see in every person the image of God. **Christ, have mercy.**

We pray for all that you have created and named good, especially the land, sea, sky, and life surrounding us, that it may be cherished in the present and preserved for the future. **Christ, have mercy.**

We pray for all immigrants and refugees, that they may know the wellbeing that is possible only with physical security. **Christ, have mercy.**

We pray for St. Thomas's Church and Day School, that we may help one another to cultivate gifts for cultivating virtue in the world. **Christ, have mercy.**

We pray for the children and youth of this and every community, that they may know love and safety, and grow in wisdom and kindness. **Christ, have mercy.**

We pray for all who suffer in body, mind, or spirit, that they may find solace, strength, and healing. **Christ, have mercy.**

We pray for all who have died, that they may join the saints in your eternal glory. **Christ, have mercy.**

We pray for the intercessions and thanksgivings that we now name before you, either silently or aloud.

Presider

God of all creation, hear the prayers of your people: lead us from the wilderness of earthly trials into the garden of your abundance, where we will no longer hunger or thirst, but be filled with your life forever; through Jesus Christ our Savior. **Amen.**

THE PEACE

Presider: The peace of the Lord be always with you.

People: **And also with you.**

*The People greet one another with a sign of peace, and then are seated for brief announcements. After the announcements, the People remain seated for the **Offertory Anthem**, during which the collection is taken.*

OFFERTORY ANTHEM

The Song of the Tree of Life
Ralph Vaughan Williams (1872-1958)

Unto him that overcometh shall be given of the tree of Life
which is in the midst of the Paradise of God.

On either side of the river groweth the Tree of Life,
the Leaves of the Tree are for thy healing.
In the midst of that fair City flows the river of Water of Life, clear as crystal.
Who so will, let him take of the Water of Life freely.
Who so drinketh of this water shall never thirst.
Take thou the Leaves of the Tree of Life.
So shalt thou enter in through the Gates of the City.

Text: Adapted from the Book of Revelation

*During the singing of the **Offertory Hymn**, the Usbers carry the gifts forward. The People follow and encircle the altar. You are encouraged to position children where they can see. Small children may sit with a caregiver on the floor in front of the altar. Standing time is approximately 15 minutes. If you are unable to stand, you may sit in one of the chairs arranged near the altar, move to the front row of pews, or remain where you are.*

OFFERTORY HYMN

As longs the deer for cooling streams
Hymn 658 (*Martyrdom*)

1 As longs the deer for cool - ing streams in
2 For thee, my God, the liv - ing God, my
3 Why rest - less, why cast down, my soul? Hope
4 To Fa - ther, Son, and Ho - ly Ghost, the

parched and bar - ren ways, so longs my soul, O
thirst - y soul doth pine: O when shall I be -
still, and thou shalt sing the praise of him who
God whom we a - dore, be glo - ry, as it

God, for thee and thy re - fresh - ing grace.
hold thy face, thou Ma - jes - ty di - vine?
is thy God, thy health's e - ter - nal spring.
was, is now, and shall be ev - er - more.

Presider

Holy and gracious Father: In your infinite love you made us for yourself; and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, 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 stretched out his arms upon the cross, and offered himself, in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and 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."

Therefore we proclaim the mystery of faith:

Presider and People

Christ has died.

Christ is risen.

Christ will come again.

Presider

We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving. Recalling his death, resurrection, and ascension, we offer you these gifts.

Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in him. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.

All this we ask through your Son Jesus Christ. By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever.
AMEN.

THE LORD'S PRAYER

And now, as our Savior Christ has taught us, we are bold to say:

You are invited to say the Lord's Prayer in the language of your choice.

**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,
 and the power, and the glory,
 for ever and ever. Amen.

THE BREAKING OF THE BREAD

The Presider breaks the consecrated bread. A period of silence is kept.

FRACTION ANTHEM

WLP 871

The musical score is written in G major (one sharp) and 3/8 time. It consists of six systems, each with a vocal line and a piano accompaniment. The lyrics are: "Lamb of God, you take a-way the sins of the world: have mer-cy on us. — Lamb of God, you take a-way the sins of the world: grant us peace." The piano accompaniment features a steady eighth-note bass line and chords in the right hand. There are several triplet markings (indicated by a '3' over a bracket) in both the vocal and piano parts. The score ends with a double bar line.

Presider

The Gifts of God for the People of God. [Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.]

All are invited to receive Holy Communion at God's table in this church. Please proceed to the most conveniently located station to receive communion, and then return to your seat via a side aisle. Gluten-free bread is available at any station. Non-alcoholic wine is available from the server at the center of the altar. To receive a blessing instead of communion, approach the priest with your arms crossed over your chest.

COMMUNION ANTHEM

Ubi caritas

Gabriel Simerson (b. 1998)

*Ubi caritas et amor, Deus ibi est.
Congregavit nos in unum Christi amor.
Exultemus, et in ipso iucundemur.
Timeamus, et amemus Deum vivum.
Et ex corde diligamus nos sincero.
Amen.*

Where charity and love are, God is there.
Christ's love has gathered us into one.
Let us rejoice and be pleased in Him.
Let us fear, and let us love the living God.
And may we love each other with a sincere heart.
Amen.

Text: Anonymous; Maundy Thursday Antiphon at the Foot-Washing

After all have received communion, the People remain seated for a period of silence. Then all stand.

THE POST-COMMUNION PRAYER

Presider

Let us pray.

Presider and People

Almighty and everliving God, we thank you for feeding us with the spiritual food of the most precious Body and Blood of your Son our Savior Jesus Christ; and for assuring us in these holy mysteries that we are living members of the Body of your Son, and heirs of your eternal kingdom. And now, Father, send us out to do the work you have given us to do, to love and serve you as faithful witnesses of Christ our Lord. To him, to you, and to the Holy Spirit, be honor and glory, now and for ever. Amen.

THE SOLEMN PRAYER OVER THE PEOPLE

Priest

Bow down before the Lord.

Presider

Look mercifully on this your family, Almighty God, that by your great goodness they may be governed and preserved evermore; through Christ our Lord. **Amen.**

FINAL HYMN

Hail, thou once despisèd Jesus
Hymn 495 (*In Babilone*)



1 Hail, thou once de - spis - ed Je - sus! Hail, thou Gal - i -
 2 Pas - chal Lamb, by God ap - point - ed, all our sins on
 3 Je - sus, hail! en - throned in glo - ry, there for ev - er
 *4 Wor - ship, hon - or, power, and bless - ing thou art wor - thy

le - an King! Thou didst suf - fer to re - lease us;
 thee were laid: by al - might - y love a - noint - ed,
 to a - bide; all the heaven - ly hosts a - dore thee,
 to re - ceive; high - est prais - es, with - out ceas - ing,

thou didst free sal - va - tion bring. Hail, thou u - ni - ver - sal
 thou hast full a - tone - ment made. All thy peo - ple are for -
 seat - ed at thy Fa - ther's side. There for sin - ners thou art
 right it is for us to give. Help, ye bright an - gel - ic

Sa - vior, bear - er of our sin and shame! By thy mer - it
 giv - en through the vir - tue of thy blood: o - pened is the
 plead - ing; there thou dost our place pre - pare; ev - er for us
 spi - rits, all your no - blest an - thems raise; help to sing our

we find fa - vor: life is giv - en through thy Name
 gate of hea - ven, re - con - ciled are we with God.
 in - ter - ced - ing, till in glo - ry we ap - pear.
 Sa - vior's mer - its, help to chant Em - man - uel's praise!

DISMISSAL

Priest: *[A priest dismisses the people.]*

People: **Thanks be to God.**

POSTLUDE

Christe, aller Welt Trost, BWV 670

J. S. Bach (1685-1750)

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Announcements

Stay in touch! Subscribe to the Weekly Parish Enews and "like" St. Thomas's on Facebook.

Please read Wednesday's Weekly Parish Enews for more information.

Serving Today

Presider: The Rev. Keri Aubert

Preacher: The Rev. Dr. Carolyn Sharp

Assisting Priest: The Rev. Jakki Flanagan

Organist and Choirmaster: Simon Jacobs

Emcee: Dorothy Asch

Eucharistic Minister: Ozan Say

Crucifer: Ricardo Chavira

Torchbearers: Michael Dunlap, Peter Piech

Lectors: Constance Cahill, Laura Bower-Phipps

Intercessor: Daniel Harrison

Sacristans: Valerie Echols, Sara Misgen

Ushers/Greeters: Bob & Lorna Herdt

Coffee Hour Hosts: Alex & Kathryn Scherer, Tracy & Brian Earnshaw, Anne & Dan Harrison, Chandler Riker

Prayer Intentions

Pray for those in any need or trouble, including:

Bill R., Bob H., Jane, Jonathan, Lee, Marilyn, Meg, Paul, Phil, Suzanne, Timothy

Pray for those who have died.

In St. Thomas's Parish Cycle of Prayer, pray for:

Lou Criscuolo, Gail Curran, Harold Day, Michael Dunlap, Erika Nemeti, Audrey, Isabel, Ryan

In the Diocesan Cycle of Prayer, pray for:

Grace Church, Hartford; St. Martin's, Hartford; St. Monica's, Hartford; The Program & Budget Committee

Collect for Stewardship of Creation (BCP, p. 259)

O merciful Creator, your hand is open wide to satisfy the needs of every living creature: Make us always thankful for your loving providence; and grant that we, remembering the account that we must one day give, may be faithful stewards of your good gifts; through Jesus Christ our Lord, who with you and the Holy Spirit lives and reigns, one God, for ever and ever. Amen.

Church Leadership

Staff

The Rev. Keri Aubert—Priest-in-Charge
Simon Jacobs—Director of Music and Organist
Julie Kelly—Administrator, Parish and Property

Officers and Vestry

Joann Sweasy (Senior Warden)
Don Edwards (Junior Warden)
Alexander Scherer (Treasurer)
Marj Robison (Clerk)
Anne Harrison (Assistant Treasurer)
Laura Bower-Phipps
Michael Fournier
Daniel Harrison
Martha Deeds Hogan
Kevin Johnson
Chris Martinez
Tom Radice
Jennifer Regan
Christopher Ritacco

Associate Priests

The Rev. Dexter Cheney
The Rev. Jakki Flanagan
The Rev. Julie Kelsey
The Rev. Bill Loutrel
The Rev. Dr. Carolyn Sharp
The Rev. Lee McGee Street
The Rev. Dr. Parke Street
The Rev. Dr. Lynda Z. Tyson

Ministry Coordinators

Dr. Dorothy Asch—Volunteer Lay Assistant
Marsha Ackerman—Children and Youth Ministries

Day School Leadership

Gina Panza—Head of School
Eric Gregory Snow—Chaplain

Board of Managers

Gina Panza—Head of School
The Rev. Keri Aubert—President, Day School Corp.
Jonathan Macey (Chair & PTO Rep)
Tracey Meares (Treasurer & Member of the Parish)
Gina Criscuolo (Secretary & PTO Rep)
Mark Branch (Warden Rep)
Frank Chang (Community Rep)
The Rev. K. Dexter Cheney (Parish Rep)
Lois DeLise (Community Rep)
Don Edwards (Parish Rep)
John Forrest (Alumni Rep)
Michael Fournier (Vestry Rep)
Jennifer McTiernan (Parish Rep)
Greg Mokotoff (PTO Rep)
Kenneth Paul (Community Rep)
Kathryn Scherer (Parish Rep)

ST. THOMAS'S EPISCOPAL CHURCH & DAY SCHOOL

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Church Phone: (203) 777-7623
Day School Phone: (203) 776-2123

www.stthomasnewhaven.org
www.musicatstthomas.org
www.stthomasday.org

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If you are new or visiting ...

Welcome! After the service, you are invited to attend Coffee Hour (in the Lounge on the second floor).

Education for all ages: On most Sundays during the academic year, education for all ages takes place from 9 to 9:45 A.M. Sunday school is offered for children pre-K through grade 8; adult education takes place in The Lounge.

Families with small children: Two seating areas at the front of the church are reserved for families with small children: the area under the array of paper cranes (for children age 3 and under); and the area in front of the left side of the pews (for children age 10 and under). For safety, every child should be accompanied by a caregiver.

Restrooms for men and women are located on the second floor. Go through the red double doors at the front of the church, up the stairs to the left, and to the far end of the hallway. An **all-gender restroom (with baby changing table)** in the Vesting Room, located opposite the red double doors at the front of the church.

At St. Thomas's, the people gather around the altar for the celebration of the Eucharist. While this may be unfamiliar to you, most find it to be a powerful experience of true communion.

All are invited to receive Holy Communion. Baptism is not required. There are usually two Communion stations, located at the front corners of the altar. **Gluten-free bread** is available at each station. **Non-alcoholic wine** is available only from the server at the center of the altar. Any difference will be explained during the announcements.

To receive Holy Communion: The server will place the bread in your hands. Wine is sipped from the common cup; please use both hands to guide the chalice to your lips. This is the most sanitary option. Some people "intinct" (dip the bread into the wine), or receive bread only, or request only a blessing. Additional instructions for communion and for worship more generally are included at appropriate points in the bulletin.

Tear along dotted line, and then place in the offering plate or give to a member of the parish

Name _____

Address _____

E-mail & Phone _____

How did you hear about St. Thomas's? _____

I would like to:

- Speak to a clergyperson
- Receive parish emails
- Have a permanent name tag
- Explore becoming a member

- Get involved with _____
- Enroll my child(ren) in Sunday School
- Learn about joining the Adult Choir
- Enroll my child(ren) in the St. Thomas's Choristers (Junior Choir)