

St. Helen's Anglican Church of Canada
Diocese of New Westminster

Ash Wednesday
18 Feb, 2026



Presider : The Reverend Alicia Greenfield
Preacher & Deacon : The Reverend Jeffrey Preiss

GATHERING IN GOD'S NAME

All stand

GATHERING OF THE COMMUNITY

COLLECT OF THE DAY

The Lord be with you.

And also with you.

Let us pray.

O God, you delight not in pomp and show, but in a humble and contrite heart. Overturn our love of worldly possessions and fix our hearts more firmly on you, so that, having nothing, we may yet possess everything, a treasure stored up for us in heaven. **Amen.**

Please be seated.

THE PROCLAMATION OF THE WORD

FIRST READING JOEL 2.1-2, 12-17

A reading from the prophet Joel.

Blow the trumpet in Zion; sound the alarm on my holy mountain! Let all the inhabitants of the land tremble, for the day of the Lord is coming, it is near — a day of darkness and gloom, a day of clouds and thick darkness! Like blackness spread upon the mountains, a great and powerful army comes; their like has never been from of old, nor will be again after them in ages to come.

Yet even now, says the Lord, return to me with all your heart, with fasting, with weeping, and with mourning; rend your hearts and not your clothing. Return to the Lord your God, for he is gracious and merciful, slow to anger, abounding in steadfast love, and relenting from punishment. Who knows whether he will not turn and relent and leave a blessing behind him, a grain offering and a drink offering for the Lord your God?

Blow the trumpet in Zion; consecrate a fast; call a solemn assembly; gather the people. Consecrate the congregation; assemble the aged; gather the children, even infants at the breast. Let the bridegroom leave his room and the bride her canopy.

Between the vestibule and the altar, let the priests, the ministers of the Lord, weep. Let them say, “Spare your people, O Lord, and do not make your heritage a mockery, a byword among the nations. Why should it be said among the peoples, ‘Where is their God?’”

Hear what the Spirit is saying to the Church.

Thanks be to God.

PSALM 103.8-18



The Lord remembers that we are but dust.

The Lord remembers that we are but dust.

You are full of compassion and mercy, slow to anger and of great kindness. You will not always accuse us, nor will you keep your anger for ever. You have not dealt with us according to our sins, nor rewarded us according to our wickedness.

The Lord remembers that we are but dust.

For as the heavens are high above the earth, so is your mercy great upon those who fear you. As far as the east is from the west, so far have you removed our sins from us. As parents care for their children, so do you, O Lord, care for those who fear you.

The Lord remembers that we are but dust.

For you yourself know whereof we are made; you remember that we are but dust. Our days are like the grass; we flourish like a flower of the field; when the wind goes over it, it is gone, and its place shall know it no more.

The Lord remembers that we are but dust.

But your merciful goodness endures for ever on those who fear you, and your righteousness on children's children; on those who keep the covenant and remember the commandments and do them.

The Lord remembers that we are but dust.

THE GOSPEL OF THE DAY MATTHEW 6.1-6, 16-21

The Lord be with you.

And also with you.

The Holy Gospel of our Lord Jesus Christ according to Matthew.

Glory to you, Lord Jesus Christ.

Jesus said to his disciples, "Beware of practicing your piety before others in order to be seen by them; for then you have no reward from your Father in heaven.

"So whenever you give alms, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be praised by others. Truly I tell you, they have received their reward. But when you give alms, do not let your left hand know what your right hand is doing, so that your alms may be done in secret; and your Father who sees in secret will reward you.

"And whenever you pray, do not be like the hypocrites; for they love to stand and pray in the synagogues and at the street corners, so that they may be seen by others. Truly I tell you, they have received their reward. But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you.

“And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward. But when you fast, put oil on your head and wash your face, so that your fasting may be seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you.

“Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there your heart will be also.”

The Gospel of Christ.

Praise to you, Lord Jesus Christ.

SERMON

The Rev. Jeffrey Preiss

INVITATION TO A HOLY LENT

Dear friends in Christ, every year at the time of the Christian Passover we celebrate our redemption through the death and resurrection of our Lord Jesus Christ. Lent is a time to prepare for this celebration and to renew our life in the paschal mystery. We begin this holy season by remembering our need for repentance, and for the mercy and forgiveness proclaimed in the Gospel of Jesus Christ.

I invite you therefore, in the name of the Lord, to observe a holy Lent by self-examination, penitence, prayer, fasting and almsgiving, and by reading and meditating on the word of God.

THE PRAYERS OF THE COMMUNITY

THE LITANY OF PENITENCE

**Most holy and merciful God,
we confess to you, to one another,
and to the whole communion of saints
in heaven and on earth,
that we have sinned by our own fault
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, and mind, and strength. We have not loved our neighbours as ourselves. We have not forgiven others, as we have been forgiven.

Have mercy on us, Lord.

We have been deaf to your call to serve as Christ served us. We have not been true to the mind of Christ. We have grieved your Holy Spirit. **Have mercy on us, Lord.**

We confess to you, Lord, all our past unfaithfulness: the pride, hypocrisy and impatience of our lives, **We confess to you, Lord.**

Our self-indulgent appetites and ways, and our exploitation of other people, **We confess to you, Lord.**

Our anger at our own frustration and our envy of those more fortunate than ourselves, **We confess to you, Lord.**

Our intemperate love of worldly goods and comforts, and our dishonesty in daily life and work, **We confess to you, Lord.**

Our negligence in prayer and worship, and our failure to commend the faith that is in us, **We confess to you, Lord.**

Accept our repentance, Lord, for the wrongs we have done: for our blindness to human need and suffering, and our indifference to injustice and cruelty, **Accept our repentance, Lord.**

For all false judgements, for uncharitable thoughts toward our neighbours and for our prejudice and contempt toward those who differ from us, **Accept our repentance, Lord.**

For our waste and pollution of your creation, and our lack of concern for those who come after us, **Accept our repentance, Lord.**

Restore us, good Lord, and let your anger depart from us; **Hear us, Lord, for your mercy is great.**

Accomplish is us, O God, the work of your salvation,
that we may show forth your glory in the world.

By the cross and passion of your Son, our Lord, **bring us with all your saints to the joy of his resurrection.**

THE IMPOSITION OF ASHES

Those who desire to receive ashes come forward.

Remember that you are dust, and to dust you shall return.

After all who desire ashes have received them, the following is said.

Accomplish in us, O God, the work of your salvation,
that we may show forth your glory in the world.

By the cross and passion of your Son, our Lord,
bring us with all your saints to the joy of his resurrection.

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.**

THE EXCHANGE OF THE PEACE

May the peace of Christ who has made us a new creation be with
you all. **And also with you.**

THE HOLY COMMUNION

PRAYER OVER THE GIFTS

Let us pray.

Merciful God, turn us from sin to faithfulness. Accept our offering,
and prepare us to celebrate the death and resurrection of Christ our
Saviour, who is alive and reigns with you now and for ever. **Amen.**

THE EUCHARISTIC PRAYER

The Lord be with you.

And also with you.

Life up your hearts.

We life them to the Lord.

Let us give thanks to the Lord our God.

We give our thanks and praise.

It is indeed right, our duty and our joy, that we should at all times and in all places give thanks and praise to you, almighty and merciful God, through our Saviour Jesus Christ. You call your people to cleanse their hearts and prepare with joy for the paschal feast, that renewed in the gift of baptism, we may come to the fullness of your grace. And so, with all the choirs of angels, with the church on earth and the hosts of heaven, we praise your name and join their unending hymn:

**Holy, holy, holy Lord,
God of power and might,
heaven and earth are full of your glory.
Hosanna in the highest.**

**Blessed is the one who comes in the name of the Lord.
Hosanna in the highest.**

Blessed are you, O God of the universe. Your mercy is everlasting and your faithfulness endures from age to age.

Praise to you for creating the heavens and the earth. Praise to you for saving the earth from the waters of the flood. Praise to you for bringing the Israelites safely through the sea. Praise to you for

leading your people through the wilderness to the land of milk and honey. Praise to you for the words and deeds of Jesus, your anointed one. Praise to you for the death and resurrection of Christ. Praise to you for your Spirit poured out on all nations.

In the night in which he was betrayed, our Lord Jesus took bread, and gave thanks; broke it, and gave it to his disciples, saying: Take and eat; this is my body, given for you. Do this for the remembrance of me.

Again, after supper, he took the cup, gave thanks, and gave it for all to drink, saying: This cup is the new covenant in my blood, shed for you and for all people for the forgiveness of sin. Do this for the remembrance of me.

With this bread and cup we remember our Lord's passover from death to life as we proclaim the mystery of faith: **Christ has died. Christ is risen. Christ will come again.**

O God of resurrection and new life: Pour out your Holy Spirit on us and on these gifts of bread and wine. Bless this feast. Grace our table with your presence. **Come, Holy Spirit.**

Reveal yourself to us in the breaking of the bread. Raise us up as the body of Christ for the world. Breathe new life into us. Send us forth, burning with justice, peace and love. **Come, Holy Spirit.**

With your holy ones of all times and places, with the earth and all its creatures, with sun and moon and stars, we praise you, O God, blessed and holy Trinity, now and forever. **Amen.**

THE LORD'S PRAYER

As our Saviour taught us, let us pray,

**Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Save us from the time of trial,
and deliver us from evil.
For the kingdom, the power,
and the glory are yours,
now and for ever. Amen.**

THE BREAKING OF THE BREAD

We break this bread,
communion in Christ's body once broken.

Let your Church be the wheat
which bears its fruit in dying.
**If we have died with Christ, we shall live with him;
if we hold firm, we shall reign with him.**

Let us come to this table, knowing that our compassionate God will
not despise our broken and contrite hearts. In Christ Jesus God
offers us peace, so that we may triumph over evil and grow in grace.

These are the gifts of God for the people of God.
Thanks be to God.

INVITATION TO HOLY COMMUNION

If you are not physically receiving Communion, then offer this prayer.

In union, O God, with all your faithful people gathered wherever the eucharist is celebrated this day, I offer you praise and thanksgiving for creation and all the blessings of this life, for the redemption given to us through the life, death and resurrection of Christ, and for the means of grace and the hope of glory. I pray you come into my heart, my soul and my mind. Let nothing separate me from you. May I serve you in this life until, by your grace, I come to your promised reign of justice and peace; through Christ and in the unity of the Spirit. **Amen.**

THE SENDING FORTH OF THE COMMUNION

PRAYER AFTER COMMUNION

Let us pray:

God of compassion, through your Son Jesus Christ you reconciled your people to yourself. Following his example of prayer and fasting, may we obey you with willing hearts and serve one another in holy love; through Jesus Christ our Lord. **Amen.**

LENTEN PRAYER OVER THE PEOPLE

Grant, most merciful Lord, to your faithful people pardon and peace, so that they may be cleansed from all their sins, and serve you a quiet mind; through Christ our Lord. **Amen.**

THE DISMISSAL

Go in peace to love and serve the Lord.

Thanks be to God.

Upcoming Events at St. Helen's

Contemplative Prayer—Thursdays 3:15pm-4:15pm

Lenten Quiet Morning—Saturday, February 21 | 9:00 am–12:30 pm

Annual Vestry Meeting—Sunday, February 22 | After 10am Service

The Eucharist as God's Self Giving—Tuesday, February 24—March 24 |
6:30pm-7:30pm (Zoom)

Contemplative Prayer in Lent—Wednesday, February 25—March 25 |
7:30pm—8:30pm

The Eucharist as God's Self Giving—Tuesday, February 24—March 24 |
6:30pm-7:30pm (Zoom)

In the eucharist there are three acts of self giving; God to us, we to God and we to each other. We do this through our words and actions, our songs and silences. In this five-session Lenten study with The Ven. Richard Leggett, we'll explore together how the five movements of the eucharist enable that self giving.

Join Zoom Meeting
Meeting ID: 873 1670 8891
Passcode: 268502

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Contemplative Prayer in Lent—Wednesday, February 25—April 1 |
7:30pm—8:30pm (St. Helen's Sanctuary)

Lent gives us the space to pause, reflect, and renew. Come pray together through this holy season. Our evenings will draw from Compline and contemplative practices.

The final gathering will observe Tenebrae, the Holy Week service of shadows.

How to Contribute to St. Helen's Financially

We deeply appreciate financial contributions to our shared congregational life and mission. The best ways to donate are:

- Set up a Pre-Authorized Donation - simply send an email to sthelenswpg@gmail.com to get started or change your amount
- Donate via interact e-transfer to sthelenswpg@gmail.com
- Scan the QR code to the right or visit sthelensvancouver.com/give to donate via credit card
- Use one of the envelopes available at the back of the church by the offering plate to donate via cheques or cash



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