

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

**The Order for
Holy Communion**

Lent 2026

THE GATHERING OF THE COMMUNITY

The Introit
(said by the Presider)

The Collect for Purity

All

Almighty God, unto whom all hearts be open, all desires known, and from whom no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of thy Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy Name; through Christ our Lord. Amen.

The Summary of the Law

Presider

Our Lord Jesus Christ said: Hear O Israel, the Lord our God is one Lord; and thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength. This is the first and great commandment. And the second is like unto it: Thou shalt love thy neighbour as thyself. On these two commandments hang all the Law and the Prophets.

All

**Lord, have mercy upon us,
and write both these thy laws in our hearts,
we beseech thee.**

The Kyrie

Presider

Lord, have mercy upon us.

Christ, have mercy upon us.

Lord, have mercy upon us.

The Collect of the Day

The Lord be with you.

And with thy spirit.

Let us pray.

The Presider offers the Collect of the Day.

THE PROCLAMATION OF THE WORD

The First Reading (Bulletin)

Before the Reading the Reader says,

A reading from

After the Reading the Reader says

The Word of the Lord.

Thanks be to God.

The Psalm of the Day

(found in the pew copy of The Book of Common Prayer)

**The Gospel
(Bulletin)**

The Lord be with you.

And with thy spirit.

The Holy Gospel of our Lord Jesus Christ according to

Glory be to thee, O Lord.

After the Gospel the Deacon or Presider says,

The Gospel of Christ.

Praise be to thee, O Christ.

The Sermon

A period of silence for reflection follows the Sermon.

The Nicene Creed

All

**I believe in one God the Father Almighty, Maker of heaven and earth,
And of all things visible and invisible.**

**And in one Lord Jesus Christ, the only-begotten Son of God, Begotten of
the Father before all worlds; God, of God; Light, of Light; Very God, of
very God; Begotten, not made; Being of one substance with the Father;
Through whom all things were made: Who for us and for our salvation
came down from heaven, And was incarnate by the Holy Ghost of the
Virgin Mary, And was made truly human, And was crucified also for us
under Pontius Pilate. He suffered and was buried, And the third day he
rose again according to the Scriptures, And ascended into heaven, And
sitteth on the right hand of the Father. And he shall come again with
glory to judge both the quick and the dead: Whose kingdom shall have
no end.**

And I believe in the Holy Ghost, The Lord, The Giver of Life, Who proceedeth from the Father and the Son, Who with the Father and the Son together is worshipped and glorified, Who spake by the Prophets. And I believe One, Holy, Catholic, and Apostolic Church. I acknowledge one Baptism for the remission of sins. And I look for the Resurrection of the dead, And the Life of the world to come. Amen.

THE PRAYERS OF THE COMMUNITY

The Offertory

The Presider says the Offertory Sentence.

I beseech you by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.

Romans 12.1

After the Offering is presented,

Blessed be thou, Lord God of Israel, for ever and ever.

All that is in the heaven and in the earth is thine.

All things come of thee, and of thine own have we given thee.

The Prayer for the Whole State of Christ's Church

The Person appointed asks the prayers of the people, using always either the first or the last of the following Biddings, together with one or more others if so desired, and may provide short periods for silent prayer.

Let us pray for Christ's holy Catholic Church.

Let us pray for

Let us pray for peace on earth and for the unity of all Christian people.

Let us pray for our missionaries at home and abroad.

Let us remember before God those of our brothers and sisters who have departed this life and are at rest.

Let us pray for the whole state of Christ's Church militant here in earth.

The Person appointed continues with the Prayer that follows.

Almighty and everliving God, who by thy holy Apostle hast taught us to make prayers and supplications, and to give thanks, for all people:

We humbly beseech thee most mercifully to accept our alms and oblations, and to receive these our prayers, which we offer unto thy Divine Majesty; beseeching thee to inspire continually the universal church with the spirit of truth, unity and concord: And grant that all they that do confess thy holy Name may agree in the truth of thy holy Word, and live in unity and godly love.

We beseech thee also to lead all nations in the way of righteousness; and so to guide and direct their governors and rulers, that thy people may enjoy the blessings of freedom and peace: And grant unto thy servant Charles our King, and to all that are put in authority under him, that they may truly and impartially administer justice, to the maintenance of thy true religion and virtue.

Give grace, O heavenly Father, to all Bishops, Priests and Deacons, and specially to thy servant John our Bishop and Benny the Bishop of our Companion Diocese, that they may both by their life and doctrine set forth thy true and living Word, and rightly and duly administer thy holy Sacraments: Prosper, we pray thee, all those who proclaim the Gospel of

thy kingdom among the nations:

And to all thy people give thy heavenly grace, and specially to this congregation here present, that, with meek heart and due reverence, they may hear and receive thy holy Word; truly serving thee in holiness and righteousness all the days of their life.

And we most humbly beseech thee of thy goodness, O Lord, to comfort and succour all them, who in this transitory life are in trouble sorrow, need, sickness or any other adversity, especially those for whom our prayers are desired.

We remember before thee, O Lord, all thy servants departed this life in thy faith and fear: and we bless thy holy Name for all who in life and death have glorified thee; beseeching thee to give us grace that, rejoicing in their fellowship, we may follow their good examples, and with them be partakers of thy heavenly kingdom.

Grant this, O Father, for Jesus Christ's sake, our only Mediator and Advocate, to whom, with thee and the Holy Ghost, be all honour and glory, world without end. **Amen.**

General Confession and Absolution

Deacon

Ye that do truly and earnestly repent you of your sins, and are in love and charity with your neighbours, and intend to lead the new life, following the commandments of God, and walking from henceforth in his holy ways: Draw near with faith, and take this holy Sacrament to your comfort; and make your humble confession to Almighty God.

All

Almighty God, Father of our Lord Jesus Christ, Maker of all things, Judge of all people: We acknowledge and confess our manifold sins and wickedness, Which we from time to time most grievously have committed, By thought, word, and deed, Against thy Divine Majesty. We do earnestly repent, And are heartily sorry for these our misdoings. Have mercy upon us, most merciful Father; For thy Son our Lord Jesus Christ's sake, Forgive us all that is past; And grant that we may ever hereafter Serve and please thee In newness of life, To the honour and glory of thy Name; Through Jesus Christ our Lord. Amen.

Presider

Almighty God, our heavenly Father, who of his great mercy hath promised forgiveness of sins to all them that with hearty repentance and true faith turn unto him: Have mercy upon you; pardon and deliver you from all your sins; confirm and strengthen you in all goodness; and bring you to everlasting life; through Jesus Christ our Lord. **Amen.**

The Comfortable Words

Presider

Hear what comfortable words our Saviour Christ saith unto all that truly turn to him.

Come unto me all that labour and are heavy laden, and I will refresh you.

Matthew 11.28

God so loved the world, that he gave his only-begotten Son, to the end that all that believe in him should not perish, but have eternal life. *John 3.16*

Hear also what Saint Paul saith.

This is a true saying, and worthy of all people to be received, that Christ Jesus came into the world to save sinners. *1 Timothy 1.15*

Hear also what Saint John saith.

If any one sin, we have an Advocate with the Father, Jesus Christ the righteous; and he is the propitiation for our sins. *1 John 2.1, 2*

THE HOLY COMMUNION

The Thanksgiving and Consecration

Presider

The Lord be with you.

And with thy spirit.

Lift up your hearts;

We lift them up unto the Lord.

Let us give thanks unto our Lord God;

It is meet and right so to do.

It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, Holy Father, Almighty, Everlasting God, Creator and Preserver of all things.

Who hast bidden us thy faithful people to cleanse our hearts and to prepare with joy for the paschal feast; that reborn through the waters of baptism, and renewed in the eucharistic mystery, we may be more fervent in prayer and more generous in works of love.

Therefore with angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee and saying:

All

**Holy, Holy, Holy, Lord God of hosts,
Heaven and earth are full of thy glory.
Glory be to thee, O Lord Most High.**

**Blessed is he that cometh in the Name of the Lord:
Hosanna in the highest.**

Presider

Blessing and glory and thanksgiving be unto thee Almighty God, our heavenly Father, who of thy tender mercy didst give thine only Son Jesus Christ to take our nature upon him, and to suffer death upon the Cross for our redemption; who made there, by his one oblation of himself once offered, a full, perfect, and sufficient sacrifice, oblation, and satisfaction, for the sins of the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memorial of that his precious death, until his coming again.

Hear us, O merciful Father, we most humbly beseech thee; and grant that we receiving these thy creatures of bread and wine, according to thy Son our Saviour Jesus Christ's holy institution, in remembrance of his death and passion, may be partakers of his most blessed Body and Blood;

who, in the same night that he was betrayed, took Bread; and, when he had given thanks he brake it; and gave it to his disciples, saying, Take, eat; this is my Body which is given for you: Do this in remembrance of me.

Likewise after supper he took the Cup; and, when he had given thanks, he gave it to them, saying, Drink ye all, of this; for this is my Blood of the new Covenant, which is shed for you and for many for the remission of sins: Do this, as oft as ye shall drink it, in remembrance of me.

All

Wherefore, O Father, Lord of heaven and earth, we thy humble servants, with all thy holy Church, remembering the precious death of thy beloved Son, his mighty resurrection, and glorious ascension, and looking for his coming again in glory, do make before thee, in this sacrament of the holy Bread of eternal life and the Cup of everlasting salvation, the memorial which he hath commanded;

And we entirely desire thy fatherly goodness mercifully to accept this our sacrifice of praise and thanksgiving, most humbly beseeching thee to grant, that by the merits and death of thy Son Jesus Christ, and through faith in his blood, we and all thy whole Church may obtain remission of our sins, and all other benefits of his passion;

And we pray that by the power of thy Holy Spirit, all we who are partakers of this holy Communion may be fulfilled with thy grace and heavenly benediction; through Jesus Christ our Lord, by whom and with whom, in the unity of the Holy Spirit, all honour and glory be unto thee, O Father Almighty, world without end. Amen.

The Peace

Presider

The peace of the Lord be always with you;
And with thy spirit.

The Prayer of Humble Access

All

We do not presume to come to this thy Table, O merciful Lord, Trusting in our own righteousness, But in thy manifold and great mercies. We are not worthy So much as to gather up the crumbs under thy Table. But thou art the same Lord, Whose property is always to have mercy: Grant us therefore, gracious Lord, So to eat the Flesh of thy dear Son Jesus Christ, And to drink his Blood, That our sinful bodies may be made clean by his Body, And our souls washed through his most precious Blood, And that we may evermore dwell in him, And he in us. Amen.

The Communion Anthem

Presider

O Lamb of God, that takest away the sins of the world,
have mercy upon us.

O Lamb of God, that takest away the sins of the world,
have mercy upon us.

O Lamb of God, that takest away the sins of the world,
grant us thy peace.

These are 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.

Thanks be to God.

The Communion

Presider

The Body of our Lord Jesus Christ, which was given for thee, preserve thy body and soul unto everlasting life: Take and eat this in remembrance that Christ died for thee, and feed on him in thy heart by faith with thanksgiving.

The Blood of our Lord Jesus Christ, which was shed for thee, preserve thy body and soul unto everlasting life: Drink this in remembrance that Christ's Blood was shed for thee, and be thankful.

If any person is unable to receive Communion physically, then they may pray the following Prayer during the Communion.

O Lord, Jesus Christ, who in a wonderful Sacrament has left unto us a memorial of thy passion: Grant us, we beseech thee, so to venerate the sacred mysteries of thy Body and Blood, that we may ever perceive within ourselves the fruit of thy redemption; who livest and reignest with the Father and the Holy Spirit, one God, for ever and ever. Amen.

The Lord's Prayer

Presider

Let us pray.

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 them that 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 SENDING FORTH OF THE COMMUNITY

The Post-communion Prayer

Presider

Almighty and everliving God, we most heartily thank thee that thou dost graciously feed us, in these holy mysteries, with the spiritual food of the most precious Body and Blood of thy Son our Saviour Jesus Christ; assuring us thereby of thy favour and goodness towards us; and that we are living members of his mystical body, which is the blessed company of all faithful people; and are also heirs through hope of thy everlasting kingdom.

All

And here we offer and present unto thee, O Lord, ourselves, our souls and bodies, to be a reasonable, holy, and living sacrifice unto thee.

And although we are unworthy, yet we beseech thee to accept this our bounden duty and service, not weighing our merits, but pardoning our offences; through Jesus Christ our Lord, to whom, with thee and the Holy Ghost, be all honour and glory, world without end. Amen.

Gloria in excelsis

During Lent the Gloria in excelsis is not said.

The Prayer over the People

During Lent the Presider offers a Prayer over the People.

The Dismissal

The Deacon or Presider sends the Community forth with an appropriate dismissal. The Community responds, “Thanks be to God.”

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 [sphelenswpg@gmail.com](mailto:sthelenswpg@gmail.com) to get started or change your amount
- Donate via interact e-transfer to sphelenswpg@gmail.com
- Scan the QR code to the right or visit sphelensvancouver.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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