

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

Morning Prayer for Lent
21 Feb, 2026

Presider & Preacher: The Rev. Jeffrey Preiss

GATHERING IN GOD'S NAME

All stand

GATHERING OF THE COMMUNITY

Introductory Responses

We cast our burdens upon you, O Lord,
and you will sustain us.

Create in us clean hearts, O God,
and renew a right spirit within us.

Cast us not away from your presence
and take not your Holy Spirit from us.

Give us the joy of your saving help again
and sustain us by your bountiful Spirit.

Blessed are you, O Holy One,
the God of our salvation who bears our burdens.

THE PROCLAMATION OF THE WORD

PSALM 30

1 I will exalt you, O Lord, because you have lifted me up *
and have not let my enemies triumph over me.

2 O Lord my God, I cried out to you, *
and you restored me to health.

3 You brought me up, O Lord, from the dead; *
you restored my life as I was going down to the grave.

4 Sing to the Lord, you servants of God; *
give thanks for the remembrance of the holiness of God.

5 For the wrath of God endures but the twinkling of an eye, *
the divine favour for a lifetime. Weeping may spend the night, *
but joy comes in the morning.

6 While I felt secure, I said, *
“I shall never be disturbed.

7 Lord, with your favour, you made me as strong as the mountains.” *
Then you hid your face, and I was filled with fear.
8 I cried to you, O Lord; *
I pleaded with you, saying,
9 “What profit is there in my blood, if I go down to the pit? *
Will the dust praise you or declare your faithfulness?
10 Hear, O Lord, and have mercy upon me; *
O Lord, be my helper.”
11 You have turned my wailing into dancing; *
you have put off my sack-cloth and clothed me with joy.
12 Therefore my heart sings to you without ceasing; *
O Lord my God, I will give you thanks for ever.

THE READING

EZEK 39:21-29

Israel Restored to the Land

I will display my glory among the nations, and all the nations shall see my judgment that I have executed and my hand that I have laid on them. The house of Israel shall know that I am the Lord their God from that day forward. And the nations shall know that the house of Israel went into captivity for their iniquity, because they dealt treacherously with me. So I hid my face from them and gave them into the hand of their adversaries, and they all fell by the sword. I dealt with them according to their uncleanness and their transgressions and hid my face from them.

Therefore thus says the Lord God: Now I will restore the fortunes of Jacob and have mercy on the whole house of Israel, and I will be jealous for my holy name. They shall bear their shame, and all the treachery they have practiced against me, when they live securely in

their land with no one to make them afraid, when I have brought them back from the peoples and gathered them from their enemies' lands and through them have displayed my holiness in the sight of many nations. Then they shall know that I am the Lord their God because I sent them into exile among the nations and then gathered them into their own land. I will leave none of them behind, and I will never again hide my face from them, when I pour out my spirit upon the house of Israel, says the Lord God.

Holy Word, Holy Wisdom.

Thanks be to God.

THE CANTICLE

A Song of Humility (Hosea 6:1–6)

Come let us return to the Lord *
who has torn us and will heal us.

God has stricken us *
and will bind up our wounds.

After two days, God will revive us, *
and on the third day will raise us up,
so that we may live in the presence of the Lord.

Let us strive to know the Lord, *
whose appearing is as sure as the sunrise.

God will come to us like the showers, *
like the spring rains that water the earth.

“O Ephraim, how shall I deal with you? *
How shall I deal with you, O Judah?

Your love for me is like the morning mist, *
like the dew that goes early away.

Therefore, I have hewn them by the prophets, *
and my judgement goes forth as the light.

For loyalty is my desire and not sacrifice, *
and the knowledge of God rather than burnt offerings.”

Glory to the holy and undivided Trinity, one God:
as it was in the beginning, is now, and will be for ever. Amen.

REFLECTION

THE PRAYERS OF THE COMMUNITY

THE LITANY

The Litany is said or sung.

Let us offer our intercessions, petitions, and thanksgivings, saying,
“God of our ancestors, hear our prayer.”

For the one holy catholic and apostolic Church
throughout the world,
God of our ancestors, hear our prayer.

For the mission of the Church,
that in faithful witness it may preach the gospel
to the ends of the earth,
God of our ancestors, hear our prayer.

For those preparing for baptism
and for their teachers and sponsors,
God of our ancestors, hear our prayer.

For peace in the world,
that a spirit of respect and reconciliation
may grow among nations and peoples,
God of our ancestors, hear our prayer.

For the poor, the persecuted, the sick, and all who suffer;
for refugees, prisoners, and all in danger;
that they may be relieved and protected,
God of our ancestors, hear our prayer.

For all whom we have injured or offended,
God of our ancestors, hear our prayer.

For grace to amend our lives and to further your reign,
God of our ancestors, hear our prayer.

God of wilderness and water, your Son was baptized and tempted as we are. Guide us through this season, so that we may not avoid struggle, but open ourselves to blessing, through the cleansing depths of repentance and the heaven-rending words of the Spirit. **Amen.**

THE LORD'S PRAYER

In the spirit of Jesus' teaching, let us pray.

Source of Life,

holy is your name.

**May your community of shalom be realized,
here on earth as it is in heaven.**

Give us each what we need for today.

**Forgive us our wrongdoings,
and help us release those who wrong us.**

**Save us from times of duress,
and deliver us from the effects of evil.**

**For you hold truth and justice and love,
now and forever. Amen.**

May God our Redeemer show us compassion and love. **Amen.**

** We now enter a time of extended quiet reflection. Please feel free to move around the space. Colouring materials and prayer stations are available for your use.*

Here are some optional Bible readings that you can use during the silence.

REPENTANCE, RETURN, AND SELF-EXAMINATION

Joel 2:12–17

Psalm 51

Isaiah 1:10–18

TEMPTATION, TESTING, AND THE WILDERNESS

Deuteronomy 8:1–10

Psalm 91

Matthew 4:1–11

TRUTH, INTEGRITY, AND THE INNER LIFE

Psalm 139:1–18, 23–24

Jeremiah 17:5–10

Matthew 6:1–18

JUSTICE, MERCY, AND THE SHAPE OF TRUE PIETY

Isaiah 58:1–12

Micah 6:6–8

Amos 5:18–24

SUFFERING, THE CROSS, AND COSTLY FAITH

Psalm 22

Isaiah 52:13–53:12

Mark 8:31–38

HOPE, RENEWAL, AND GOD'S FUTURE

Ezekiel 36:24–28

Romans 8:1–11

John 12:20–36

PRAYER DURING THE DAY

ASH WEDNESDAY TO THE FIFTH SUNDAY OF LENT

PREPARATION

O God, make speed to save us.

O Lord, make haste to help us.

Hear my prayer, O Lord, and give ear to my cry;
hold not your peace at my tears.

Glory to the holy and eternal Trinity, one God:
as it was in the beginning, is now, and will be for ever. Amen.

PSALM 61

Hear my cry, O God,
and listen to my prayer.

I call upon you from the ends of the earth
with heaviness in my heart;
set me upon the rock that is higher than I.

For you have been my refuge,
a strong tower against the enemy.

I will dwell in your house for ever;
I will take refuge under the cover of your wings.
For you, O God, have heard my vows;
you have granted me the heritage of those who fear your name.
Add length of days to the king's life;
let his years extend over many generations.

Let him sit enthroned before you for ever;
bid love and faithfulness watch over him.
So will I always sing the praise of your name,
and day by day I will fulfill my vows.

Glory to the holy and eternal Trinity, one God:
as it was in the beginning, is now, and will be for ever. Amen.

READING FROM SCRIPTURE

Jesus entered a certain village where a woman named Martha welcomed him. She had a sister named Mary, who sat at Jesus's feet and listened to what he was saying. But Martha was distracted by her many tasks, so she came to him and asked, "Lord, do you not care that my sister has left me to do all the work by myself? Tell her, then, to help me." But the Lord answered her, "Martha, Martha, you are worried and distracted by many things, but few things are needed — indeed only one. Mary has chosen the better part, which will not be taken away from her." Luke 10.38-42

PRAYER

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.**

THE LORD'S PRAYER

Trusting in the compassion of God,
as our Saviour taught us, so we 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.

SENDING

Let us bless the Lord.

Thanks be to God.

May God bless us and show us compassion and mercy. **Amen.**

** We leave the church in total silence.*

If you wish to connect with someone, please do so outside.

Upcoming Events at St. Helen's

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)

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

One tap mobile
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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



Connect with us:

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