

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

The Ninth Sunday After Pentecost
July 26, 2026



Presider: The Ven. Richard Leggett
Preacher: The Ven. Richard Leggett
Deacon: The Rev. Jeffrey Preiss
Music Director: Suzanne Windsor-Liscombe

THE GATHERING OF THE COMMUNITY

PRELUDE

All Stand

OPENING HYMN

Stand Up and Bless the Lord

CP 350

LAND ACKNOWLEDGEMENT

We acknowledge with gratitude and respect that we gather on the ancestral territory of the Musqueam peoples. May the Spirit's unifying fire empower us to seek and serve Christ in all persons, to love our neighbours as ourselves, and to strive for justice and peace among all people, and to respect the dignity of every human being.

GREETING

The grace of our Lord Jesus Christ, and the love of God,
and the communion of the Holy Spirit, be with you all.
And also with you.

COLLECT FOR PURITY

Almighty God,
**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.**

GLORIA Glory, in the Highest Glory

CP 366

COLLECT OF THE DAY

Let us pray.

God of eternal wisdom,
you alone impart the gift of discernment:
grant us understanding hearts,
so that we may choose wisely
between the treasures of your promised reign
and this world's counterfeits;
through Jesus Christ, the pearl of true value. **Amen.**

Please be seated

THE PROCLAMATION OF THE WORD

THE FIRST READING

Genesis 29.15-28

Suzanne Windsor-Liscombe

A reading from Genesis.

Then Laban said to Jacob, “Because you are my kinsman, should you therefore serve me for nothing? Tell me, what shall your wages be?” Now Laban had two daughters; the name of the elder was Leah, and the name of the younger was Rachel. Leah’s eyes were weak, but Rachel was graceful and beautiful. Jacob loved Rachel, so he said, “I will serve you seven years for your younger daughter Rachel.” Laban said, “It is better that I give her to you than that I should give her to any other man; stay with me.” So Jacob served seven years for Rachel, and they seemed to him but a few days because of his love for her.

Then Jacob said to Laban, “Give me my wife that I may go in to her, for my time is completed.” So Laban gathered together all the people of the place and made a feast. But in the evening he took his daughter Leah and brought her to Jacob, and he went in to her. (Laban gave his maid Zilpah to his daughter Leah to be her maid.) When morning came, it was Leah! And Jacob said to Laban, “What is this you have done to me? Did I not serve with you for Rachel? Why then have you deceived me?” Laban said, “This is not done in our country — giving the younger before the firstborn. Complete the week of this one, and we will give you the other also in return for serving me another seven years.” Jacob did so and completed her week; then Laban gave him his daughter Rachel as a wife. (Laban gave his maid Bilhah to his daughter Rachel to

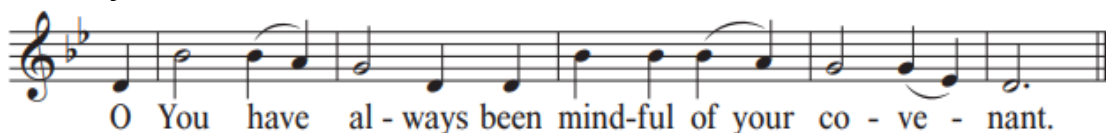
be her maid.) So Jacob went in to Rachel also, and he loved Rachel more than Leah. He served Laban for another seven years.

Hear what the Spirit is saying to the Church.

Thanks be to God.

PSALM 105.1-11, 45c

Refrain:



Give thanks to our God and call upon the holy Name;
make known God's deeds among the peoples.
Sing to God, sing praises to the Holy One,
and speak of all God's marvellous works. **R.**

Glory in the holy Name;
let the hearts of those who seek God rejoice.
Let us search for you and your strength, Ö God,
Let us continually seek your face. **R.**

Let us remember the marvels you have done,
your wonders and the judgements of your mouth,
O offspring of Abraham yöur servant,
O children of Jacob your chosen. **R.**

You are the Holy One;
your judgments prevail in all the world.
You have always been mindful of your covenant,
the promise you made for a thousand generations. **R.**

The covenant you made with Abraham,
the oath that you swore to Isaac,
Which you established as a statute for Jacob,
an everlasting covenant for Israel
Saying, " to you will I give the land of Canaan
to be your allotted inheritance. Hallelujah! **R.**

THE SECOND READING

Romans 8.26-29

Liz Hodgson

A reading from the Letter to the Romans.

Likewise the Spirit helps us in our weakness, for we do not know how to pray as we ought, but that very Spirit intercedes with groanings too deep for words. And God, who searches hearts, knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.

We know that all things work together for good for those who love God, who are called according to his purpose. For those whom he foreknew he also predestined to be con-formed to the image of his Son, in order that he might be the firstborn within a large family. And those whom he predestined he also called, and those whom he called he al-so justified, and those whom he justified he also glorified.

What then are we to say about these things? If God is for us, who is against us? He who did not withhold his own Son but gave him up for all of us, how will he not with him also give us everything else? Who will bring any charge against God's elect? It is God who justifies. Who is to condemn? It is Christ who died, or rather, who was raised, who is also at the right hand of God, who also intercedes for us. Who will separate us from the love of Christ? Will affliction or distress or persecution or famine or nakedness or peril or sword? As it is written, "For your sake we are being killed all day long; we are accounted as sheep to be slaughtered."

No, in all these things we are more than victorious through him who loved us. For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation will be able to separate us from the love of God in Christ Jesus our Lord.

Hear what the Spirit is saying to the Church.

Thanks be to God.

GOSPEL ACCLAMATION

Please stand as you are able

Alleluia, alleluia, alleluia. (2x)

Choir:

*The word of God came and lived here among us,
so all who believe might be the children of God.*

Alleluia, alleluia, alleluia. (2x)

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 put before [the crowd] another parable: “The kingdom of heaven is like a mustard seed that someone took and sowed in his field; it is the smallest of all the seeds, but when it has grown it is the greatest of shrubs and becomes a tree, so that the birds of the air come and make nests in its branches.”

He told them another parable: “The kingdom of heaven is like yeast that a woman took and mixed in with three measures of flour until all of it was leavened.

“The kingdom of heaven is like treasure hidden in a field, which a man found and rebur-ied; then in his joy he goes and sells all that he has and buys that field.

“Again, the kingdom of heaven is like a merchant in search of fine pearls; on finding one pearl of great value, he went and sold all that he had and bought it.

“Again, the kingdom of heaven is like a net that was thrown into the sea and caught fish of every kind; when it was full, they drew it ashore, sat down, and put the good into bas-kets but threw out the bad. So it will be at the end of the age. The angels will come out and separate the evil

from the righteous and throw them into the furnace of fire, where there will be weeping and gnashing of teeth.

“Have you understood all this?” They answered, “Yes.” And he said to them, “There-fore every scribe who has become a disciple in the kingdom of heaven is like the master of a household who brings out of his treasure what is new and what is old.” When Jesus had finished these parables, he left that place.

The Gospel of Christ.

Praise to you, Lord Jesus Christ.

Alleluia, Alleluia, alleluia (2x)

THE SERMON

The Ven. Richard Leggett

AFFIRMATION OF FAITH

Please stand as you are able.

Let us declare our faith in God.

**We believe in God the Creator
from whom every family
in heaven and on earth is named.**

**We believe in God the Word
who lives in our hearts through faith,
and fills us with love and compassion.**

**We believe in God the Holy Spirit,
who strengthens us
with power from on high.**

**We believe in one God;
Father, Son and Holy Spirit. Amen.**

THE PRAYERS OF THE COMMUNITY

INTERCESSIONS, PETITIONS, AND THANKSGIVINGS

Anne Bonnycastle

CONFESSION AND ABSOLUTION

Please stand, sit or kneel.

Let us pray for the forgiveness of our sins.

Have mercy upon us, most merciful God,
**in your compassion, forgive us our sins,
known and unknown,
things done and left undone;
and so uphold us by your Spirit
that we may live and serve you in newness of life,
to the honour and glory of your name;
through Jesus Christ our Lord. Amen.**

May the God of love and power
forgive you and free you from your sins,
heal and strengthen you by the Holy Spirit,
and raise you to new life in Christ our Lord. **Amen.**

THE EXCHANGE OF THE PEACE

God is love
and those who live in love live in God
and God lives in them.

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

THE HOLY COMMUNION

OFFERTORY HYMN

As the altar is prepared for Holy Communion, the Congregation is invited to make an offering as an expression of gratitude for God's generosity.

OFFERTORY HYMNS	Glorious Things of Thee Are Spoken	CP 388
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Please remain standing until communion.

THE PRAYER OVER THE GIFTS

Let us pray.

God of grace,

accept all we offer you this day,

as we look toward the glory you have promised.

This we ask in the name of Jesus Christ our Lord. Amen.

THE THANKSGIVING AT THE TABLE

May God be with you

And also with you

Lift up your hearts

We lift them up

Let us give thanks to God our Creator

It is right to 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; who on this day overcame death and the grave, and by his glorious resurrection opened to us the way of everlasting life. 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 God, holy and mighty, holy and immortal: you we praise and glorify, you we worship and adore. You formed the earth from chaos; you encircled the globe with air; you created fire for warmth and light; you nourish the lands with water. You moulded us in your image, and with mercy higher than the mountains, with grace deeper than the seas, you blessed the Israelites and cherished them as your own. That also we, estranged and dying, might be adopted to live in your Spirit, you called to us through the life and death of Jesus.

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.

Together as the body of Christ,
we proclaim the Lord's death until he comes.

Christ has died. Christ is risen. Christ will come again.

With this bread and cup we remember your Son, the first-born of your new creation. We remember his life lived for others, and his death and resurrection, which renews the face of the earth. We await his coming, when, with the world made perfect through your wisdom, all our sins and sorrows will be no more.

Amen. Come, Lord Jesus.

Holy God, holy and merciful, holy and compassionate, send upon us and this meal your Holy Spirit, whose breath revives us for life, whose fire rouses us to love. Enfold in your arms all who share this holy food. Nurture in us the fruits of the Spirit, that we may be a living tree, sharing your bounty with all the world.

Amen. Come, Holy Spirit.

Holy and benevolent God, receive our praise and petitions, as Jesus received the cry of the needy, and fill us with your blessing, until, needy no longer and bound to you in love, we feast forever in the triumph of the Lamb: through whom all glory and honour is yours, O God, O Living One, with the Holy Spirit, in your holy church, now and for ever. **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.**

BREAKING OF THE BREAD

We break this bread
to share in the body of Christ.
**We, being many, are one body,
for we all share in the one bread.**

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

JESUS, LAMB OF GOD

CP 747

COMMUNION

All who seek Christ and are drawn to this holy table are invited to come forth to receive Holy Communion. Dipping the bread (intinction) into the wine is not permitted. If you wish to receive a blessing rather than Holy Communion, please indicate such by placing your right hand over your heart.

COMMUNION HYMNS A Spendthrift Lover Is the Lord
 Sister, Let Me Be Your Servant

CP 177
CP 500

THE SENDING FORTH OF THE COMMUNITY

Please stand.

PRAYER AFTER COMMUNION

Let us pray.

God of grace,
**we have received the memorial
of the death and resurrection of your Son.
May your love, poured into us,
bring us to your promises.
We ask this in the name of our Redeemer Jesus Christ. Amen.**

DOXOLOGY

Glory to God,
**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.**

BLESSING

Friends of the risen Christ, be of good courage.
Hold fast that which is good. Render to no one evil for evil.
Strengthen the faint-hearted. Support the weak.
Help the afflicted. Show love to everyone.
Love and serve the Lord, rejoicing in the power of the Holy Spirit;
and the blessing of the living God: the Source of all being,
the eternal Word and the Holy Spirit,
be among you and remain with you always. **Amen.**

DISMISSAL

Go forth into the world as scribes of the kingdom
bringing the treasures of God's gracious promises.
Thanks be to God.

CLOSING HYMN The Kingdom of God is Justice and Joy CP 631

POSTLUDE

Please remain seated for the postlude. The community disperses in silence. In respect of those who may linger in contemplation, conversation is reserved for the narthex.

UPCOMING EVENTS AT ST. HELEN'S

Join us for our Sunday Worship on August 2, 2026

Book of Common Prayer | at 8: 00 am

This is a simple yet deep spoken celebration of the Eucharist using the traditional Book of Common Prayer.

Choral Eucharist | at 10: 00 am

This is a modern Eucharist service, with choral music sung by the St. Helen's Choir.

Contemplative Prayer

Contemplative Prayer sessions are held every Wednesday at 7:30 pm.

Volunteers Today

Intercessor: Anne Bonnycastle

Readers: Suzanne Windsor-Liscombe, Liz Hodgson

Lay Administrators: Paula Pryce, Shawn de Raaf

Counter: Dale O'Brien

Zoom: Kathy Li

Volunteers Next Week

Intercessor: Liz Hodgson

Readers: Shawn de Raaf, Paula Pryce

Lay Administrators: Shawn de Raaf, Suzanne Windsor-Liscombe

Counter: Lynn Raymond

Zoom: Lynn Raymond

Next Week's Scripture Readings

The First Reading: Genesis 32.22-31

The Psalm: Psalm 17.1-7, 15

The Second Reading: Romans 9.1-5

The Gospel: Matthew 14.13-21

Intercessor Prayer Requests

Thanksgiving for the life of:

Harris

Prayers for:

Paul

Ruth

Lois

Diane

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 Interac e-transfer to sthelenswpg@gmail.com
- Scan the QR code to the right or visit <https://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



Office Hours

Tuesday, 09:00am-5:00pm
Wednesday, 09:00am-5:00pm
Friday, 09:00am-5:00pm

Interim Priest office hours: Tuesday and Friday, 9:30am-1pm
Or by appointment

Connect with us:

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The Ven. Richard Leggett : liturgypacific@gmail.com
Pastoral Emergencies: 604-828-6704