

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

Eighteenth Sunday After Pentecost
September 27th, 2026



Presider: The Rev. Sebastian Way
Preacher: The Rev. Sebastian Way
Deacon: The Rev. Jeffrey Preiss
Music Director: Dale Throness

THE GATHERING OF THE COMMUNITY

PRELUDE

Please Stand

OPENING HYMN

Rejoice Today With One Accord

CP 318

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, 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.

CONFESSION AND ABSOLUTION

Human sin disfigures the whole creation,
which groans with eager longing for God's redemption.
We confess our sin in penitence and faith:

Consider the birds of the air; they do not sow or gather into barns,
yet our heavenly Father feeds them.

Kyrie eleison.

Kyrie eleison

CP 706

Consider the lilies of the field, how they grow;
they do not toil nor spin,
yet even Solomon in all his glory was not arrayed like one of these.
Christe eleison.

Christe eleison

How little faith we have.
Seek first the kingdom of God and his righteousness.
Kyrie eleison.

Kyrie eleison.

The Lord enrich you with his grace, and nourish you with his blessing;
the Lord defend you in trouble and keep you from all evil;
the Lord accept your prayers, and absolve you from your offences,
for the sake of Jesus Christ, our Saviour. **Amen.**

COLLECT OF THE DAY

Let us pray.

Creator God,
from you every family in heaven and on earth takes its name.
You have rooted and grounded us in your covenant love,
and empowered us by your Spirit
to speak the truth in love,
and to walk in your way towards justice and wholeness.
Mercifully grant that your people,
journeying together in partnership,
may be strengthened and guided
to help one another
to grow into the full stature of Christ,
who is our light and our life. **Amen.**

Please be seated

THE PROCLAMATION OF THE WORD

THE FIRST READING

Exodus 17.1-17

Angela White

A reading from the Book of Exodus.

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 quarrelled 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 quarrelled and tested the Lord, saying, "Is the Lord among us or not?"

Hear what the Spirit is saying to the Church

Thanks be to God.

THE PSALM

Psalm 78.1-4, 12-16

Attendite, popule

Refrain:



Hear my teaching, O my people;
Incline your ears to the words of my mouth
I will open my mouth in a parable;
I will declare the mysteries of ancient times. **R**

That which we have heard and known,
And what our forebears have told us,
We will not hide from their children.
We will recount to generations to come
Your praiseworthy deeds and your power, O God,
And the wonderful works you have done. **R**

You worked marvels in the sight of their forebears,
In the land of Egypt, in the field of Zoan.
You split open the sea and let them pass through;
You made the waters stand up like walls. **R**

You led them with a cloud by day,
And all the night through with a glow of fire.
You split the hard rocks in the wilderness

And gave them drink as from the great deep.
You brought streams out of the cliff,
And the waters gushed out like rivers. **R**

THE SECOND READING

Philippians 2.1-13

Gillian Moore

A reading from the Letter to the Philippians.

If then there is any encouragement in Christ, any consolation from love, any sharing in the Spirit, any compassion and sympathy, make my joy complete: be of the same mind, having the same love, being in full accord and of one mind. Do nothing from selfish ambition or conceit, but in humility regard others as better than yourselves. Let each of you look not to your own interests, but to the interests of others.

Let the same mind be in you that was in Christ Jesus, who, though he was in the form of God, did not regard equality with God as something to be exploited, but emptied himself, taking the form of a slave, being born in human likeness. And being found in human form, he humbled himself and became obedient to the point of death - even death on a cross.

Therefore God also highly exalted him and gave him the name that is above every name, so that at the name of Jesus every knee should bend, in heaven and on earth and under the earth, and every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.

Therefore, my beloved, just as you have always obeyed me, not only in my presence, but much more now in my absence, work out your own salvation with fear and trembling; for it is God who is at work in you, enabling you both to will and to work for his good pleasure.

Hear what the Spirit is saying to the Church
Thanks be to God.

GOSPEL ACCLAMATION

CP 715

Please stand

Alleluia, alleluia, alleluia. (2x)

Choir:

*“The Word of the Lord lasts forever,
What is the Word that is living?
It is brought to us through his Son, Jesus Christ”*

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.

When Jesus entered the temple, the chief priests and the elders of the people came to him as he was teaching, and said, "By what authority are you doing these things, and who gave you this authority?" Jesus said to them, "I will also ask you one question; if you tell me the answer, then I will also tell you by what authority I do these things. Did the baptism of John come from heaven, or was it of human origin?"

And they argued with one another, "If we say, 'From heaven,' he will say to us, 'Why then did you not believe him?' But if we say, 'Of human origin,' we are afraid of the crowd; for all regard John as a prophet." So they answered Jesus, "We do not know."

And he said to them, "Neither will I tell you by what authority I am doing these things. What do you think? A man had two sons; he went to the first and said, 'Son, go and work in the vineyard today.' He answered, 'I will not'; but later he changed his mind and went. The father went to the second and said the same; and he answered, 'I go, sir'; but he did not go. Which of the two did the will of his father?" They said, "The first."

Jesus said to them, "Truly I tell you, the tax collectors and the prostitutes are going into the kingdom of God ahead of you. For John

came to you in the way of righteousness and you did not believe him, but the tax collectors and the prostitutes believed him; and even after you saw it, you did not change your minds and believe him."

The Gospel of Christ

Praise to you, Lord Jesus Christ.

Alleluia, Alleluia, alleluia

THE SERMON

The Rev. Sebastian Way

AFFIRMATION OF FAITH

I Believe in God Almighty

CP 44

Please Stand

We join Christians across time and place;
As we affirm our faith in God our Creator.

Please join in singing the Creed

THE PRAYERS OF THE COMMUNITY

INTERCESSIONS, PETITIONS, AND THANKSGIVINGS

Hepsi Chand

Please stand, sit or kneel.

THE EXCHANGE OF THE PEACE

Let each of you look not to your own interests,
but to the interests of others.

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

THE HOLY COMMUNION

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 HYMN

Glorious Things of Thee Are Spoken

CP 388

THE PRAYER OVER THE GIFTS

Let us pray.

Blessed are you, Lord God of all creation:
through your goodness we have this bread to set before you,
which earth has given and human hands have made.
It will become for us the bread of life.

Blessed be God for ever.

Blessed are you, Lord God of all creation,
Through your goodness we have this wine to set before you,
Fruit of the vine and work of human hands.
It will become for us the cup of salvation

Blessed be God forever.

THE EUCHARISTIC PRAYER

May God be with you

And also with you.

Lift up your hearts

We lift them to God.

Let us give thanks to God our Creator

It is right to give our thanks and praise.

It is right at all times and in all places
to thank and praise you Creator of all.

We praise you here on this Coast Salish land
where the Fraser River meets the Salish Sea.

We praise you at a time
when the body of earth is broken again and again.
We give thanks for our place in the story of salvation.
Our ancestors journeyed with you in creation and migration.
They depended on the land,
were displaced from the land
and displaced others from their lands.
They knew you in tents and cities,
on mountains and by wells,
in families and in dreams,
and through wilderness prophets
who spoke of cedars and listened to ravens.

Together with angels and ancestors,
orca and salmon, bear and raven, salal and cedar

we join our voices with all creation
in this ancient honour song:

THE SANCTUS

CP 726

We give thanks to you for Jesus,
whose first bed was a feed trough.
He was baptized into the Jordan,
tested in the wilderness,
he travelled in fishing boats
and told parables of farmers and seeds,
labour and wages, yeast and bread.

On the night before he died,
Jesus took bread,
food of the poor, the work of field and hearth,
he gave thanks, broke it and gave it to his friends saying:
Take and eat, this is my body, given for you,
do this to remember me.

Again after supper
he took the cup of wine, fruit of the land,
gave thanks and gave it to his friends saying:
This is my blood, which is shed for you.
When you do this, do it in memory of me.

Remembering Jesus' life, death and resurrection
and awaiting his coming kingdom,
we offer you this bread and this cup.

Creator, send your Spirit on these gifts
so that we know Jesus in them
and are gathered together with everyone
who shares this sacred meal of justice and community.

Fill us with the courage and love of Jesus,
that we may strive for justice and peace,
respect the dignity of every human being,
and safeguard the integrity of creation.
Bring us with St Mary, the Mother of God, St Hilda and all your saints
to your commonwealth of sparrow and lily,
child and beggar which is both now and yet to come.
All honour and glory are yours,
Creator, Christ and Spirit, 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.**

BREAKING OF THE BREAD

Every time we eat this bread
and drink this cup,
**We proclaim the Lord's death
until he comes.**

Jesus is the Lamb of God
who takes away the sin of the world.
Blessed are those who are called to his supper.

The Gifts of God for the People of God.
Thanks be to God.

AGNUS DEI

CP 745

COMMUNION

Dipping the host into the chalice (intinction) is not permitted in this diocese. If you wish to receive a blessing rather than Holy Communion, please indicate this by placing your right hand over your heart.

COMMUNION HYMNS

Thou, Who at Thy First Eucharist

CP 57

Should I Rehearse with Human Voice

CP 495

THE SENDING FORTH OF THE COMMUNITY

PRAYER AFTER COMMUNION

Please Stand

Let us pray.

Gracious Creator

**strengthen the unity of your Church,
so that we who have been fed with holy things
may fulfil your will for truth and reconciliation in the world.
We ask this in the name of Jesus Christ our Lord.
Amen.**

BLESSING

May God our creator,
Who clothes the lilies and feeds the birds of the air
bestow on you his care
and increase the harvest of your righteousness;
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

Tend the earth, care for God's good creation,
and bring forth the fruits of righteousness.
Go in the peace of Christ.
Thanks be to God.

CLOSING HYMN

For the Healing of the Nations

CP 576

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.

Truth and Reconciliation – A Note From the Priest-in-Charge

As we mark Truth and Reconciliation Sunday, and prepare for the National Day for Truth and Reconciliation on Wednesday 30 September, these resources may be helpful as we seek to grow together in understanding:

Indian Residential School History and Dialogue Centre Events:

<https://irshdc.ubc.ca/orange-shirt-day/whats-on-osd/>

Curated list of Events in Greater Vancouver Area:

<https://miss604.com/2026/09/national-day-for-truth-and-reconciliation-vancouver-events-2026/>

View Doctrine of Discovery: Stolen Lands, Strong Hearts:

<https://www.youtube.com/watch?v=mQwkB1hn5E8&t=3512s>

Truth and Reconciliation Resources from the Anglican Church of Canada:

<https://www.anglican.ca/resources/tag/tr/>

Diocese of New Westminster Indigenous Justice Learning Resources:

<https://www.vancouver.anglican.ca/programs/indigenous-justice>

May we by the grace of the Holy Spirit come to be agents of reconciliation and justice in our own times.

Blessings,

Sebastian

UPCOMING EVENTS AT ST. HELEN'S

Join us for our Sunday Worship on October 4th, 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.

Tuesday Eucharist at 12:15 pm

A simple service of spoken Eucharist will be held each Tuesday at 12.15 pm. We will mark the Feast of St Michael and All Angels on September 29th.

Contemplative Prayer

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

Intercessor Prayer Requests

Prayers for:

Lois

Paul

Ruth

Diane

Neighbourhood Ministry Shopping List for this Week

St. Helen's is one of four parishes in the West Point Grey neighbourhood supporting this important ministry to provide conversation, food, essential supplies, and other forms of care to our street-involved neighbours. Once a month our parish prepares food and packets of essential supplies for a team of volunteers to distribute on their rounds every Saturday morning.

We are grateful for the donations of supplies we receive on a regular basis. The Ministry has compiled a list of essential items to include in their packets. This month we would especially appreciate donations of **men's socks, small cans of tuna** (with pull tabs), and **Boost or Ensure**.

Other staples needed on a regular basis include:

Juice boxes

Fruit or pudding cups

(We have more than enough granola bars for the moment, thanks!)

Donations can be placed in the NM bins under the table in the narthex.

We would also appreciate volunteers to prepare sandwiches and/or boiled eggs for the **October 24** outing (sign-up sheet in the narthex).

If you have questions or would like to volunteer, please email Shawn at deraaf@gmail.com.

We appreciate your support for our neighbours in need!

Volunteers Today

Intercessor: Hepsi Chand

Readers: Angela White, Gillian Moore

Chalice Bearers: Tony Hodgson, Shawn de Raaf

Counter: Lynn Raymond

Zoom: Irene Vavasour

Volunteers Next Week

Intercessor: Liz Hodgson

Readers: Angela White, Shawn de Raaf

Chalice Bearers: Jeffrey Preiss

Counter: Dale O'Brien

Zoom: Kyle Taylor

Scripture Readings for Next Week

First Reading: Exodus 20:1-4, 7-9, 12-20

Psalms: Psalm 19

Second Reading: Philippians 3:4b-14

Gospel: Matthew 21:33-46

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

Connect with us:

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Priest-in-Charge : **The Rev. Sebastian Way** | rector@sthelensvancouver.com
Deacon : **The Rev. Jeffrey Preiss** | deacon@sthelensvancouver.com