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

The First Sunday of Advent



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

THE GATHERING OF THE COMMUNITY

PRELUDE

Please Stand

OPENING HYMN Word of God, Come Down on Earth CP 446

GREETING AND LAND ACKNOWLEDGEMENT

In this time and place we gather on the traditional lands of the Musqueam people.
From many places and peoples we come to this house of prayer.

In this time and place we await the coming of Emmanuel, God with us.
Come O Lord and set us free, Maranatha. CP 113

In this time and place we await God's transformation of the world.
Come O Lord and set us free, Maranatha. CP 113

In this time and place we await the coming of the commonwealth of peace.
Come O Lord and set us free, Maranatha. CP 113

CONFESSION AND ABSOLUTION

When the Lord comes, he will bring to light the things now hidden in darkness, and will disclose the purposes of the heart.

Therefore in the light of Christ let us confess our sins.

Most merciful God,
we confess that we have sinned
in thought, word and deed.
We have not loved you with our whole heart.
We have not loved our neighbours as ourselves.
In your mercy
forgive what we have been,
help us to amend what we are,
and direct what we shall be;
that we may do justly,
love mercy,
and walk humbly with you, our God.
Amen.

Almighty God,
who forgives all who truly repent,
have mercy upon you,
pardon and deliver you from all your sins,
confirm and strengthen you in all goodness,
and keep you in life eternal;
through Jesus Christ our Lord.
Amen.

Come O Lord and set us free, Maranatha. CP 113

Choir:

Desert and dry land will grow green in praise; clay will rejoice with full bloom: showers of flowers given birth in dead earth; in colours they echo Love's song.

Refrain

COLLECT OF THE DAY

Let us pray.

Almighty God,
give us grace to cast away the works of darkness
and put on the armour of light,
now in the time of this mortal life
in which your Son Jesus Christ
came to us in great humility,
that on the last day,
when he shall come again in his glorious majesty
to judge both the living and the dead,
we may rise to the life immortal;
through him who lives and reigns
with you and the Holy Spirit,
one God, now and for ever.
Amen.

Please be seated

THE PROCLAMATION OF THE WORD

THE FIRST READING Isaiah 64.1-9 Hepsi Chand

A reading from the Book of Isaiah.

O that you would tear open the heavens and come down, so that the mountains would quake at your presence - as when fire kindles brushwood and the fire causes water to boil - to make your name known to your adversaries, so that the nations might tremble at your presence! When you did awesome deeds that we did not expect, you came down, the mountains quaked at your presence. From ages past no one has heard, no ear has perceived, no eye has seen any God besides you, who works for those who wait for him. You meet those who gladly do right, those who remember you in your ways.

But you were angry, and we sinned; because you hid yourself we transgressed. We have all become like one who is unclean, and all our righteous deeds are like a filthy cloth. We all fade like a leaf, and our iniquities, like the wind, take us away. There is no one who calls on your name, or attempts to take hold of you; for you have hidden your face from us, and have delivered us into the hand of our iniquity.

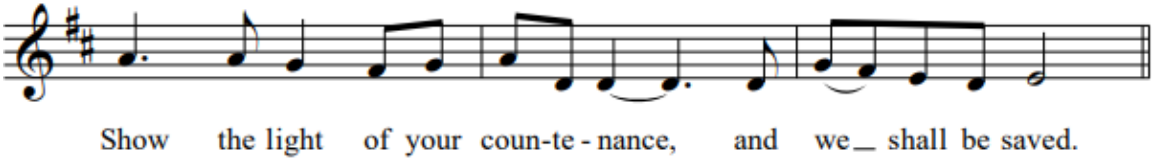
Yet, O Lord, you are our Father; we are the clay, and you are our potter; we are all the work of your hand. Do not be exceedingly angry, O Lord, and do not remember iniquity forever. Now consider, we are all your people.

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

THE PSALM Psalm 80.1-7, 16-18

Jubilate Deo

Refrain:



Hear, O Shepherd of Israel, leading Joseph like a flock;
shine forth, you that are enthroned upon the cherubim.
In the presence of Ephraim, Benjamin, and Manasseh,
stir up your strength and come to help us.
Restore us, O God of hosts;
show the light of your countenance, and we shall be saved. ***R***

O God of hosts,
how long will you be angered despite the prayers of your people
You have fed them with the bread of tears;
you have given them bowls of tears to drink. ***R***

You have made us the derision of our neighbours,
and our enemies laugh us to scorn.
Restore us, O God of hosts;
show the light of your countenance, and we shall be saved. ***R***

Let your hand be upon your chosen people,
those you have made so strong for yourself.
And so will we never turn away from you;
give us life, that we may call upon your name.
Restore us, O God of hosts;
show the light of your countenance, and we shall be saved. ***R***

THE SECOND READING 1 Corinthians 1.3-9 Angela White

A reading from the First Letter of Paul to the Corinthians.

Grace to you and peace from God our Father and the Lord Jesus Christ. I give thanks to my God always for you because of the grace of God that has been given you in Christ Jesus, for in every way you have been enriched in him, in speech and knowledge of every kind - just as the testimony of Christ has been strengthened among you - so that you are not lacking in any spiritual gift as you wait for the revealing of our Lord Jesus Christ. He will also strengthen you to the end, so that you may be blameless on the day of our Lord Jesus Christ.

God is faithful; by him you were called into the fellowship of his Son, Jesus Christ our Lord.

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

GOSPEL ACCLAMATION CP 107

Please stand

Prepare the way of the Lord
and all people will see the salvation of God.

THE GOSPEL OF THE DAY Mark 13.24-37

The Lord be with you.
And also with you.
The Holy Gospel of our Lord Jesus Christ according to Mark.
Glory to you, Lord Jesus Christ.

Jesus said, "In those days, after that suffering, the sun will be darkened, and the moon will not give its light, and the stars will be falling from heaven, and the powers in the heavens will be shaken. Then they will see 'the Son of Man coming in clouds' with great power and glory. Then he will send out the angels, and gather his elect from the four winds, from the ends of the earth to the ends of heaven.

"From the fig tree learn its lesson: as soon as its branch becomes tender and puts forth its leaves, you know that summer is near. So also, when you see these things taking place, you know that he is near, at the very gates. Truly I tell you, this generation will not pass away until all these things have taken place. Heaven and earth will pass away, but my words will not pass away. But about that day or hour no one knows, neither the angels in heaven, nor the Son, but only the Father. Beware, keep alert; for you do not know when the time will come.

“It is like a man going on a journey, when he leaves home and puts his slaves in charge, each with his work, and commands the doorkeeper to be on the watch. Therefore, keep awake - for you do not know when the master of the house will come, in the evening, or at midnight, or at cockcrow, or at dawn, or else he may find you asleep when he comes suddenly. And what I say to you I say to all: Keep awake."
The Gospel of Christ.
Praise to you, Lord Jesus Christ.

Prepare the way of the Lord
and all people will see the salvation of God.

THE SERMON The Rev. Sebastian Way

AFFIRMATION OF FAITH

Please Stand

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

I believe in God,
the Father almighty,
Creator of heaven and earth,
and in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
he descended into hell;
on the third day he rose again from the dead;
he ascended into heaven,
and is seated at the right hand of God the Father almighty;
from there he will come to judge the living and the dead.
I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting.
Amen.

THE PRAYERS OF THE COMMUNITY

INTERCESSIONS Anne Bonnycastle

Please stand, sit or kneel for prayer

In joyful expectation of his coming to our aid
we pray to Jesus.

Wait for the Lord, Whose Day Is Near.
Wait for the Lord: be strong, take heart! CP 94

Come to your Church as Lord and judge.
We pray for …
Help us to live in the light of your coming
and give us a longing for your kingdom.
Maranatha: **R.**

Come to your world as King of the nations.
We pray for …
Before you rulers will stand in silence.
Maranatha: **R.**

Come to the suffering as Saviour and comforter.
We pray for …
Break into our lives,
where we struggle with sickness and distress,
and set us free to serve you for ever.
Maranatha: **R.**

Come to us as shepherd and guardian of our souls.
We remember …
Give us with all the faithful departed
a share in your victory over evil and death.
Maranatha: **R.**

Come from heaven, Lord Jesus, with power and great glory.
Lift us up to meet you,
that with all your saints and angels
we may live and reign with you in your new creation.
Maranatha: **R.**

Silence is kept.

Come, Lord Jesus, do not delay;
give new courage to your people,
who trust in your love.
By your coming, raise us to share in the joy of your kingdom
on earth as in heaven,
where you live and reign with the Father and the Spirit,
one God for ever and ever.
Amen.

THE EXCHANGE OF THE PEACE

In the tender mercy of our God,
the dayspring from on high shall break upon us,
to give light to those who dwell in darkness
and in the shadow of death,
and to guide our feet into the way of peace.

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 Jesus Came, the Heavens Adoring CP 97

THE PRAYERS 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.

Look upon us in mercy not in judgement;
draw us from hatred to love;
make the frailty of our praise
a dwelling place for your glory.
Amen.

THE EUCHARISTIC PRAYER

The Lord be with you.
And also with you.
Lift up your hearts.
We lift them up to God.
Let us give thanks to the Lord our God.
It is right to give thanks and praise.

It is indeed right and good to give you thanks and praise,
almighty God and everlasting Father, through Jesus Christ your Son.

For when he humbled himself to come among us in human flesh,
he fulfilled the plan you formed before the foundation of the world
to open for us the way of salvation.

Confident that your promise will be fulfilled,
we now watch for the day when Christ our Lord will come again in glory.

And so we join our voices with angels and archangels and with all the company of heaven to proclaim your glory for ever praising you and singing:

SANCTUS CP 689

We praise and bless you, loving Creator,
through Jesus Christ, our Lord;
and as we obey his command,
send your Holy Spirit,
that broken bread and wine outpoured
may be for us the body and blood of your dear Son.

On the night before he died he had supper with his friends
and, taking bread, he praised you.
He broke the bread, gave it to them and said:

Take, eat; this is my body which is given for you;
do this in remembrance of me.

When supper was ended he took the cup of wine.
Again he praised you, gave it to them and said:

Drink this, all of you;
this is my blood of the new covenant,
which is shed for you and for many for the forgiveness of sins.

Do this, as often as you drink it, in remembrance of me.

So, Lord, we remember all that Jesus did,
in him we plead with confidence his sacrifice
made once for all upon the cross.
Bringing before you the bread of life and cup of salvation,
we proclaim his death and resurrection
until he comes in glory.

Great is the mystery of faith:
Christ has died:
Christ is risen:
Christ will come again.

Lord of all life,
help us to work together for that day
when your kingdom comes
and justice and mercy will be seen in all the earth.

Look with favour on your people,
gather us in your loving arms
and bring us with St Mary, the Mother of God,
St Helen and all the saints
to feast at your table in heaven.

Through Christ, and with Christ, and in Christ,
in the unity of the Holy Spirit,
all honour and glory are yours, Almighty God,
for ever and ever.
Amen.

THE LORD'S PRAYER

Let us pray with confidence as our Saviour has taught us:

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

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 690

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 Prepare the Way, O Zion CP 102
"Sleepers, Wake!" A Voice Astounds Us CP110

THE SENDING FORTH OF THE COMMUNITY

PRAYER AFTER COMMUNION

Please Stand

Let us pray.

Stir up, O Lord,
the wills of your faithful people;
that they, plenteously bringing forth the fruit of good works,
may by you be plenteously rewarded;
through Jesus Christ our Lord.
Amen.

BLESSING

Bow your heads to receive God's blessing

May God the Father,
who loved the world so much that he sent his only Son,
give you grace to prepare for life eternal.
Amen.

May God the Son,
who comes to us as redeemer and judge,
reveal to you the path from darkness to light.
Amen.

May God the Holy Spirit,
by whose working the Virgin Mary conceived the Christ,
help you bear the fruits of holiness.
Amen.

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

As we await our coming Saviour,
go in the peace of Christ.

Thanks be to God. Amen.

CLOSING HYMN Lo, He Comes with Clouds Descending CP 114

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 November 29th, 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 is held each Tuesday at 12.15 pm.

Advent Programs
Candlelit Evening Prayer | Tuesdays at 7:00 pm

The Wisdom Way of Knowing Book Circle | Wednesdays at 7:30 pm (Replaces Wednesday Contemplative Prayer)

Advent Carol Service | Sunday December 6th at 10 am

Christmas Concert | Saturday December 19th at 7 pm

Decorating the Church

Today after the 10 am we will be decorating the church for Christmas. With many hands this will not take very long. If you can, please stay behind to join in the fun!

Funeral for Mrs. Isabelle Jenkins

A longtime parishioner, Mrs. Isabelle Jenkins, has recently passed away. A memorial service for Mrs. Jenkins will be held on **December 4th** at 11:00 am, followed by a reception.

Advent Book Circle

Wednesdays Nov 25, Dec 2, 9 + 16 at 7:30pm at St Helen's
This Advent, join us for discussion of the history and practice of contemplative prayer, prompted by Cynthia Bourgeault's The Wisdom Way of Knowing. The evening will include meditation and silent prayer. Copies of the book may be purchased online (look for second hand copies). If purchasing a book poses financial difficulty, please contact Rev. Sebastian Way at rector@sthelensvancouver.com
Please email St. Helen's office to rsvp: office@sthelensvancouver.com

Neighbourhood Ministry

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.

I am overwhelmed by the response to our ongoing request for donations and as a result we have sufficient supplies for the next few months. Thank you so much for your generosity!

However, we are still looking to recruit some volunteers from St. Helen's to join the outdoor team. If this is of interest to you, please talk to me after the service (or email me at deraaf@gmail.com) and I can let you know what is involved.

We appreciate your support for our neighbours in need!

Intercessor Prayer Requests

Prayers for:
Diane
Ade (pron: Adee)
Ruth
Lois

Volunteers Today

Readers: Hepsi Chand, Angela White
Chalice Bearers: Suzanne Windsor-Liscombe, Paula Pryce
Counter: Dale O'Brien
Zoom: Dale O'Brien

Scripture Readings for Next Week

The Second Sunday of Advent

First Reading: Isaiah 40.1-11
Psalm: Psalm 85.1-2, 8-13
Second Reading: 2 Peter 3.11-18
Gospel: Mark 1.1-8

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