

Palm Sunday
24 March, 2024



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

The Reverend Mark Munn

THE LITURGY OF THE PALMS

Blessed is the One who comes in the name of the Lord.

Hosanna in the highest.

Dear friends in Christ, during Lent we have been preparing for the celebration of our Lord's paschal mystery. On this day our Lord Jesus Christ entered the holy city of Jerusalem in triumph. The people welcomed him with palms and shouts of praise, but the path before him led to self-giving, suffering, and death. Today we greet him as our King, although we know his crown is thorns and his throne a cross. We follow him this week from the glory of the palms to the glory of the resurrection by way of the dark road of suffering and death. United with him in his suffering on the cross, may we share his resurrection and new life. Let us pray. Assist us mercifully with your help, Lord God of our salvation, that we may enter with joy into the celebration of those mighty acts whereby you give us life and immortality; through Jesus Christ our Lord.

Amen.

THE HOLY GOSPEL

MARK 11:1–11

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.

When the disciples were approaching Jerusalem, at Bethphage and Bethany, near the Mount of Olives, Jesus sent two of his disciples and said to them, "Go into the village ahead of you, and immediately as you enter it, you will find tied there a colt that has never been ridden; untie it and bring it. If anyone says to you, 'Why are you doing this?' just say this, 'The Lord needs it and will send it back here immediately.'" They went away and found a colt tied near a door, outside in the street. As they were untying it, some of the bystanders said to them, "What are you doing, untying the colt?" They told them what Jesus had said; and they allowed them to take it. Then they brought the colt to Jesus and threw their cloaks on it; and he sat on it. Many people spread their cloaks on the road, and others spread leafy branches that they had cut in the fields. Then those who went ahead and those who followed were shouting, "Hosanna! Blessed is the one who comes in the name of the Lord! Blessed is the coming kingdom of our ancestor David! Hosanna in the highest heaven!" Then he entered Jerusalem and went into the temple; and when he had looked around at everything, as it was already late, he went out to Bethany with the twelve.

The Gospel of Christ.

Praise to you, Lord Jesus Christ.

THE BLESSING OF THE PALMS

The Lord be with you.

And also with you.

Let us give thanks to the Lord our God.

It is right to give God thanks and praise.

It is right to praise you, almighty God, for the acts of love by which you have redeemed us through your Son Jesus Christ our Lord. The Hebrews acclaimed Jesus as Messiah and King, with palm branches in their hands, crying, "Hosanna in the highest." May we also, carrying these emblems, go forth to meet Christ and follow him in the way that leads to eternal life; who lives and reigns in glory with you and the Holy Spirit, now and for ever.

Amen.

THE PROCESSION

Let us go forth in peace

In the name of Christ, Amen.

At the entrance of the church, the Celebrant prays

Almighty God, whose Son was crucified yet entered into glory, may we, walking in the way of the cross, find it is for us the way of life; through Jesus Christ our Lord, who is alive and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

THE LITURGY OF THE PASSION

OPENING HYMN All Glory, Laud and Honor

CP 181

[Blue Book of Common Praise]

COLLECT OF THE DAY

Holy and immortal God,
as we enter into this holy week turn our hearts to Jerusalem,
so that, united with Christ and all the faithful,
we may enter the city not made with hands,
your promised realm of justice and peace,
eternal from age to age. **Amen.**

Please be seated

THE LITURGY OF THE WORD

FIRST READING

ISAIAH 50:4–9A

Gillian Moore

A reading from the book of Isaiah

The Lord God has given me the tongue of a teacher, that I may know how to sustain the weary with a word. Morning by morning he wakens—wakens my ear to listen as those who are taught. The Lord God has opened my ear, and I was not rebellious, I did not turn backward. I gave my back to those who struck me, and my cheeks to those who pulled out the beard; I did not hide my face from insult and spitting. The Lord God helps me; therefore I have not been disgraced; therefore I have set my face like flint, and I know that I shall not be put to shame; he who vindicates me is near. Who will contend with me? Let us stand up together. Who are my adversaries? Let them confront me. It is the Lord God who helps me; who will declare me guilty?

Hear what the spirit is saying to the church.

Thanks be to God.

A reading from the letter of Paul to the Philippians

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.

Hear what the spirit is saying to the church.

Thanks be to God.

Please rise as you are able

GOSPEL READING

MARK 14:1 – 15:47

SERMON

The Rev Mark Munn

THE PRAYERS OF THE PEOPLE

As we journey this week with Christ and celebrate the paschal mystery of his death and resurrection, let us earnestly pray to God for those following the way of the cross and for all peoples everywhere.

Christ, we pray that you would hear our prayers, and graft in our minds the same mind that is in you, that we might be vessels of your humility and grace. Lord Jesus, you emptied yourself, trading in the form of God for the form of a slave; we pray for the Church, and all its people and ministers. In the Anglican Communion, we pray for Justin, the Archbishop of Canterbury; the Church of the Province of West Africa; and for our companion diocese, the Diocese of Northern Philippines. In the Anglican Church of Canada, we pray for the theological colleges and training programs within the Ecclesiastical Province of Canada: The Atlantic School of Theology, Montreal Diocesan Theological College, and Queen's College. In the Diocese of New Westminster, we pray for the Deanery of Oakridge, the Revd. Marion Wong, Regional Dean and for the care+share Outreach Program. Form us into a Church that empties itself for others, and for you.

Lord in your mercy,
hear our prayer.

Lord Jesus, you were born in human likeness, and found in human form; we pray for the whole human family, for the nations of the earth, and for all who live in the midst of disaster, famine, or terror.

Lord in your mercy,
hear our prayer.

Lord Jesus, even after humbling yourself in your incarnation, you humbled yourself even to the point of death; we pray for our nation, our leaders, and all the people who live within these borders. Bless us with your humility.

Lord in your mercy,
hear our prayer.

Lord Jesus your humility and your love for us was so broad and deep, it cost you your life. We pray for those who we love who have died (especially...); and as you were highly exalted, may they rest with you in glory.

Lord in your mercy,
hear our prayer.

In your exaltation, O Lord, you were given the name that is above every name; we pray in your name for those who are poor, those who are hungry, and those who are hurting in any way. Give them your grace.

Lord in your mercy,
hear our prayer.

We also pray, in your name O Lord, for those who are sick (especially...); give them the gift of healing, strength, and life.

Lord in your mercy,
hear our prayer.

You humbled yourself in the manger, and you humbled yourself on the cross; and to you O Lord we bend our knee with those above and those below, to the glory of God the Father.

Amen.

Please stand as you are able.

THE PEACE

The peace of the Lord be always with you.

And also with you.

The people greet one another with signs of God's peace.

THE OFFERTORY

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. A QR code is provided at the back of the leaflet for those who prefer to donate online. During the collection, a hymn is sung.

OFFERTORY HYMN At the Name of Jesus

CP 375

THE HOLY COMMUNION

PRAYER OVER THE GIFTS

Source Eternal, we bring our offerings to you.

We thank you for this bread and wine, gifts of your creation.

We thank you for Jesus: God with us. **Amen.**

THE GREAT THANKSGIVING

The Lord be with you.

And also with you.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

It is indeed right to thank you and praise you,
holy and gracious God, creator of all things,
ruler of heaven and earth, sustainer of life,
for you are the source of all goodness,
rich in mercy and abounding in love;
you are faithful to your people in every generation,
and your word endures for ever.

Therefore with angels and archangels,
with the fellowship of saints and the company of heaven,
we glorify your holy name, evermore praising you and singing

The musical score is written on four staves in a 3/4 time signature with a key signature of one flat (B-flat). The lyrics are: Ho - ly, Ho - ly, Ho - ly Lord God of hosts. Heav-en and earth are full of your glo - ry. Ho-san-na in the high - est. Bless-ed is he who comes in the name of the Lord. Ho-san-na in the high-est. Ho-san-na in the high - est.

We praise you, merciful Father,
not as we ought, but as we are able,
because in your tender love you gave the world your only Son,
in order that the world might be saved through him.
He made you known by taking the form of a servant,
healing the sick, liberating the oppressed, reaching out to the lost.

Betrayed, reviled, and nailed to the cross,
he confronted the power of sin and disarmed it for ever.
In his offering of himself,
he became the perfect and sufficient sacrifice for the sins of the whole world.
Redeemed by Christ, we have been adopted as your children;
by your pardon you have made us worthy to praise you.

On the night he was betrayed,
Jesus, at supper with his friends, took bread, gave you thanks,
broke the bread, gave it to them, and said,
“Take and eat: this is my body which is given for you.
Do this for the remembrance of me.”

After supper he took the cup of wine,
and when he had given thanks, he 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.
Whenever you drink it, do this for the remembrance of me.”
In obedience to him and with grateful hearts we approach your holy table,
remembering our Saviour’s sacrifice, and rejoicing in his victory.
Confident in his sovereign purpose, we declare our faith.

**Christ has died,
Christ is risen,
Christ will come again**

Send your Holy Spirit on us that as we receive this bread and this cup we may partake of the body and blood of our Lord Jesus Christ, and feed on him in our hearts by faith with thanksgiving.

May we be renewed in his risen life, filled with love, and strengthened in our will to serve others; and make of our lives, we pray, a pure and holy sacrifice, acceptable to you, knitting us together as one in your Son Jesus Christ, to whom, with you and the Holy Spirit, be all honour and glory, 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.

THE BREAKING OF THE BREAD

We break this bread,
Communion in Christ's body once broken.
Let your Church be the wheat
Which bears its fruit in dying.
If we have died with him, we shall live with him;
If we hold firm, we shall reign with him.

INVITATION TO HOLY COMMUNION

The gifts of God for the people of God
Thanks be to God

SPIRITUAL COMMUNION

With those who are unable to receive the Eucharist at this time, remember these words of Jesus from the gospel of John: "I am the bread of life. Whoever comes to me will never be hungry, whoever believes in me will never thirst." In Union with the body of Christ in every time and place, we pray:

Come to my heart O Christ.
There is room in my heart for you. Amen.

LAMB OF GOD



Lamb of God, you take a-way the sins of the world, have mer - cy,
have mer - cy on us. world, grant us, grant us peace.

COMMUNION HYMN	Giver of the Perfect Gift	CP 180
	A Spendthrift Lover Is the Lord	CP 177

PRAYER AFTER COMMUNION

God our help and strength,
you have satisfied our hunger with this eucharistic food.
Strengthen our faith,
that through the death and resurrection of your Son,
we may be led to salvation,
for he is Lord now and for ever. **Amen.**

THE SOLEMN PRAYER OVER THE PEOPLE

Almighty God, we pray you graciously to behold this your family, for whom our Lord Jesus Christ was willing to be betrayed, and given into the hands of sinners, and to suffer death upon the cross; who lives and reigns for ever and ever.
Amen.

RECESSIONAL HYMN Ride on Ride on in Majesty

CP 182

DISMISSAL

Go in peace to journey with Jesus.
Thanks be to God!

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

Announcements

MAUNDY THURSDAY FOOTWASHING

On Thursday of Holy Week, Maundy Thursday, all who have gathered for worship will be invited to participate in an ancient ritual of footwashing. As they are able, each person will have their feet washed, and will in turn wash the feet of another member of the congregation. In doing so, we will encounter both Christ washing our feet in an act of love, and we will emulate Christ in an act of selfless love for another person.

But this requires some logistics! (We need help filling jugs of water, emptying bowls of water, and passing towels!). Please reach out to Reverend Mark if you would like to play an important part of this service.

NEW WEBSITE ADDRESS

St. Helen's has a new website address, and in the coming months will be rolling out a new website that is more attractive and functional than the one we have been using for several years. <https://sthelensvancouver.com/> Please update your bookmarks if you visit regularly.

Holy Week Schedule



March 24, 8am & 10am:
Palm Sunday Service

March 28, 7pm:
Maundy Thursday Service

March 29, 3pm:
Good Friday Service

March 30, 7pm:
St. Hildegard's Easter Vigil
at St. Faith's Anglican Church

March 31, 8am & 10am:
Easter Day Service

St. Helen's Directory

The Rev. Mark Munn, Priest & Rector (rev.mark.munn@gmail.com)

Dale Throness, Interim Music Director

Matt Powell, Rector's Warden

Irene Vavasour, People's Warden

Rozi Purdy, Associate Warden

Tony Hodgson, Treasurer

Monica O'Brien, Envelope Secretary

Cynthia Jutras, Parish Administrator

If you have any questions or concerns, please call or email the church office:

604 224 0212, sthelenswpg@gmail.com

Worship Ministries for Today

Celebrant: The Reverend Mark Munn

Preacher: The Reverend Mark Munn

Music: Dale Throness

Musicians

Dale Throness, Piano and Voice

Deeandra Miranda, soprano

Liz Hodgson, alto

Justin Cho, tenor

How to Contribute to St. Helen's Financially

If you'd like to contribute financially to our shared congregational life and mission here at St. Helen's, you can:



- Use one of the envelopes available at the back of the church by the offering plate for cheques or cash
- Scan the QR code at left to contribute via credit card or Apple Pay
- Visit our website (pointgreyanglican.com/pages/give) to contribute via credit card or PayPal
- Set up a Pre-Authorized Donation (PAD). To do this, please reach out to our Envelope Secretary, Monica O'Brien via our office (sthelenswpg@gmail.com).