

Third Sunday of Easter
14 April, 2024



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

The Reverend Mark Munn

MEETING IN GOD'S NAME

OPENING HYMN Yours be the Glory, Risen, Conquering Son

CP 210

MEETING

The Lord be with you.

And also with you.

Christ is risen. Alleluia!

He is risen indeed. Alleluia!

PRAYER OF PREPARATION

Almighty God,

to whom all hearts are open all desires known,

and from whom 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.

Kyrie Eleison

Cantor; All repeat

*Ký - ri - e, e - lé - i - son. Chri - ste, e -
Lord, _____ have mer - cy. Christ, _____ have*

*lé - i - son. Ký - ri - e, e - lé - i - son.
mer - cy. Lord, _____ have mer - cy.*

CONFESSIO

Most merciful God,
**we confess that we have sinned against you in thought, word, and deed,
by what we have done, and by what we have left undone.**
**We have not loved you with our whole heart;
we have not loved our neighbours as ourselves.**
We are truly sorry and we humbly repent.
**For the sake of your Son Jesus Christ,
have mercy on us and forgive us,
that we may delight in your will,
and walk in your ways, to the glory of your name. Amen.**

ABSOLUTION

Almighty God have mercy upon you,
Pardon and deliver you from all your sins,
Confirm and strengthen you in all goodness,
and keep you in eternal life,
through Jesus Christ our Lord.
Amen

THE HYMN OF PRAISE

Glo-ry to God in the high - est, and on earth peace to peo-ple
of good will. We praise you, we bless you, we a -
dore you, we glo-ri-fy you, we give you
thanks for your great glo - ry, Lord God, heav-en - ly
King, O God, al-might-y Fa - ther.
Lord Je - sus Christ, On - ly Be - got - ten Son, Lord God,
Lamb of God, Son of the Fa - ther, you take a -
way the sins of the world, have mer - cy on us; you take a -
way the sins of the world, re - ceive our prayer; you are seat - ed
at the right hand of the Fa - ther, have mer -

The image shows a musical score for a hymn. It consists of ten staves of music in a single system. The key signature has one flat (B-flat), and the time signature is 3/4. The lyrics are written below the notes. The music is written in a soprano or alto clef. The lyrics are: "Glo-ry to God in the high - est, and on earth peace to peo-ple of good will. We praise you, we bless you, we a - dore you, we glo-ri-fy you, we give you thanks for your great glo - ry, Lord God, heav-en - ly King, O God, al-might-y Fa - ther. Lord Je - sus Christ, On - ly Be - got - ten Son, Lord God, Lamb of God, Son of the Fa - ther, you take a - way the sins of the world, have mer - cy on us; you take a - way the sins of the world, re - ceive our prayer; you are seat - ed at the right hand of the Fa - ther, have mer -".



cy, have mer - cy on us. For you a-lone are the
 Ho-ly One, you a-lone are the Lord, you a-lone are the
 Most High, Je-sus Christ, with the Ho - ly Spir-it,
 in the glo-ry of God the Fa-ther. A - men, a - men.

LECT OF THE DAY

O God,
 your Son made himself known to his disciples
 in the breaking of bread.
 Open the eyes of our faith,
 that we may see him in his redeeming work,
 who is alive and reigns with you and the Holy Spirit,
 one God, now and for ever. **Amen.**

E LITURGY OF THE WORD

ST READING ACTS 3:12-19

Shawn de Raaf

A reading from the book of Acts

Peter addressed the people, "You Israelites, why do you wonder at this, or why do you stare at us, as though by our own power or piety we had made this man walk? The God of Abraham, the God of Isaac, and the God of Jacob, the God of our ancestors has glorified his servant Jesus, whom you handed over and rejected in the presence of Pilate, though he had decided to release him. But you rejected the Holy and Righteous One and asked to have a murderer given to you, and you killed the Author of life, whom God raised from the dead. To this we are witnesses. And by faith in his name, his name itself has made this man strong, whom you see and know; and the faith that is through Jesus has given him this perfect health in the presence of all of you. And

now, friends, I know that you acted in ignorance, as did also your rulers. In this way fulfilled what he had foretold through all the prophets, that his Messiah would suffer. Repent therefore, and turn to God so that your sins may be wiped out."

Hear what the spirit is saying to the church.

Thanks be to God.

ALM 4



Answer me when I call, O God, defender of my cause;
you set me free when I am hard-pressed;
have mercy on me and hear my prayer.
"You mortals, how long will you dishonour my glory;
how long will you worship dumb idols
and run after false gods?" **R.**

Know that God does wonders for the faithful;
when I call, my Redeemer will hear me.
Tremble, then, and do not sin;
speak to your heart in silence upon your bed. **R.**

Offer the appointed sacrifices
and put your trust in God.
Many are saying, "Oh, that we might see better times!"
Lift up the light of your countenance upon us, O God. **R.**

You have put gladness in my heart,
more than when grain and wine and oil increase.
I lie down in peace; at once I fall asleep;
for only you, God, make me dwell in safety. **R.**

A reading from the first letter of John

See what love the Father has given us, that we should be called children of God; and that is what we are. The reason the world does not know us is that it did not know him. Beloved, we are God's children now; what we will be has not yet been revealed. What we do know is this: when he is revealed, we will be like him, for we will see him as he is. And all who have this hope in him purify themselves, just as he is pure. Everyone who commits sins is guilty of lawlessness; sin is lawlessness. You know that he was revealed to take away sins, and in him there is no sin. No one who abides in him sins; no one who sins has either seen him or known him. Little children, let no one deceive you. Everyone who does what is right is righteous, just as he is righteous.

Hear what the spirit is saying to the church.

Thanks be to God.

GOSPEL ACCLAMINATION



THE HOLY GOSPEL

LUKE 24:36B-48

The Lord be with you.

And also with you.

The Holy Gospel of our Lord Jesus Christ according to Luke.

Glory to you, Lord Jesus Christ.

Jesus himself stood among the disciples and said to them, "Peace be with you." They were startled and terrified, and thought that they were seeing a ghost. He said to them, "Why are you frightened, and why do doubts arise in your hearts? Look at my hands and my feet; see that it is I myself. Touch me and see; for a ghost does not have flesh and bones as you see that I have." And when he had said this, he showed them

his hands and his feet. While in their joy they were disbelieving and still wondering, said to them, "Have you anything here to eat?" They gave him a piece of broiled fish and he took it and ate in their presence. Then he said to them, "These are my words that I spoke to you while I was still with you - that everything written about me in the law of Moses, the prophets, and the psalms must be fulfilled." Then he opened their minds to understand the scriptures, and he said to them, "Thus it is written, that the Messiah is to suffer and to rise from the dead on the third day, and that repentance and forgiveness of sins is to be proclaimed in his name to all nations, beginning from Jerusalem. You are witnesses of these things."

The Gospel of Christ.

Praise to you, Lord Jesus Christ.

SPEL ACCLAIMATION



MON

The Rev Mark Munn

FIRMATION OF FAITH

Do you believe and trust in God the Father, the Holy One of Israel,
Source of all being and life,
The one for whom we exist?

We believe and trust in God.

Do you believe and trust in God the Son, the incarnate Word,
Who took our human nature,
Died for us and rose again?

We believe and trust in God.

Do you believe and trust in God the Holy Spirit, the Power of the Most High,

Who gives life to the people of God
And makes Christ known in the world?

We believe and trust in God.

This is the faith of the Church.

This is our faith.

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

THE PRAYERS OF THE PEOPLE

David Van Blarcom

Please stand as you are able.

THE PEACE

The peace of the Lord be always with you.

And also with you.

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

THE OFFERTORY

When the altar is prepared for Holy Communion, the congregation is invited to make an offering 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 Lamb's High Feast We Sing

CP 207

THE HOLY COMMUNION

PRAYER OVER THE GIFTS

Creator of all,
you wash away our sins in water,
you give us new birth by the Spirit,
and redeem us in the blood of Christ.

As we celebrate the resurrection,
renew your gift of life within us.

We ask this in the name of Jesus Christ the risen Lord.

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 right to give you thanks and praise, O Lord, our God,
sustainer of the universe, you are worthy of glory and praise.

Glory to you for ever and ever.

Eternal God, Source of all being,

we give you thanks and praise for your faithful love.

You call us into friendship with you and one another to be your holy people,
a sign of your presence in the world.

When those we trust betray us, unfailingly you remain with us.

When we injure others,

you confront us in your love and call us to the paths of righteousness.

You stand with the weak, and those, broken and alone,

whom you have always welcomed home,

making the first last, and the last first.

Therefore we raise our voices with angels and archangels,

forever praising you and singing:

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.

Blessed are you, O Holy One: when Hagar was driven into the wilderness
you followed her and gave her hope.

When Joseph was sold into bondage,
you turned malice to your people's good.

When you called Israel out of slavery,
you brought them through the wilderness into the promised land.

When your people were taken into exile
you wept with them by the river of Babylon and carried them home.

At the right time you sent your Anointed One to stand with the poor,
the outcast, and the oppressed.

Jesus touched lepers, and the sick, and healed them.

He accepted water from a woman of Samaria
and offered her the water of new life.

Christ knew the desolation of the cross and opened the way
for all humanity into the redemption of your reconciling love.

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."

Loving and Holy One, recalling Christ's death and resurrection,
we offer you these gifts, longing for the bread of tomorrow
and the wine of the age to come. Therefore we proclaim our hope.

Dying you destroyed our death,

rising you restored our life.

Lord Jesus, come in glory.

Pour out your Spirit on these gifts
that through them you may sustain us in our hunger for your peace.
We hold before you all whose lives are marked by suffering,
our sisters and brothers.
When we are broken and cast aside, embrace us in your love.
Restore us, O God, let your face shine!

Through Christ, with Christ, and in Christ in the unity of the Holy Spirit,
all honour and glory are yours, O Source of all life, 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.

THE BREAKING OF THE BREAD

Lord, we died with you on the cross.
Now we are raised to new life.
We were buried in your tomb.
Now we share in your resurrection.

Live in us, that we may live in you.

INVITATION TO HOLY COMMUNION

The gifts of God for the people of God

Thanks be to God

RITUAL 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.

HYMN OF GOD

The image shows two staves of musical notation in G major, 4/4 time. The first staff contains the melody for the first line of the hymn: "Lamb of God, you take a-way the sins of the world, have mer - cy,". The second staff contains the melody for the second line: "have mer - cy on us. world, grant us, grant us peace." The notation includes a first ending bracket over the final two measures of the first line, and a double bar line with the word "Final" above it at the end of the second line.

COMMUNION HYMN	We Walk by Faith, and Not by Sight	CP 244
	Jesus is Risen from the Grave	CP 232

PRAYER AFTER COMMUNION

Oh Holy One,
we have seen with our eyes
and touched with our hands
the bread of life.
Strengthen our faith
that we may grow in love for you and for each other;
through Jesus Christ the risen Lord. **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

Life is short,
and we do not have much time
to gladden the hearts of those who travel the way with us.
So be swift to love,
make haste to be kind,
and may the blessing of God Almighty
The Father, the Son and the Holy Spirit
be among you and remain with you
and those you love, now and forever.
Amen.

SESSIONAL HYMN Praise the One Who Breaks the Darkness

CP 397

MISSAL

Go forth into the world,
Rejoicing in the power of the Risen Lord,
Thanks be to God! Alleluia!

*People 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.*

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 Harold Munn

Preacher: Daniel Melvill Jones

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).