

Second Sunday of Easter

7 April, 2024



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

The Reverend Mark Munn

GATHERING IN GOD'S NAME

OPENING HYMN This Is the Day the Lord Hath Made

CP 373

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

The image shows two staves of musical notation in G major, 3/4 time. The first staff begins with a double bar line and repeat sign. The melody consists of quarter notes: G4, A4, B4, C5, B4, A4, G4, followed by a quarter rest. This is followed by a double bar line and repeat sign, then a half note G4, a quarter note A4, and a quarter note B4. The second staff continues the melody with a quarter note C5, a quarter note B4, and a quarter note A4, ending with a double bar line and repeat sign. The lyrics are written below the notes, with dashed lines indicating syllable placement. The first staff lyrics are: 'Ky - ri - e, e - lé - i - son. Chri - ste, e - Lord, _____ have mer - cy. Christ, _____ have'. The second staff lyrics are: 'lé - i - son. mer - cy. Ky - ri - e, e - lé - i - son. Lord, _____ have mer - cy.'

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

lé - i - son. Ky - 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, who has promised forgiveness to all who turn to him in faith,
pardon you and set you free from all your sins,
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 music is written in a treble clef with a key signature of one flat (B-flat) and a time signature of 3/4. The lyrics are printed below the notes. The melody is simple and hymn-like, with a mix of quarter, eighth, and half notes. There are several rests and repeat signs throughout the score. 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

Almighty and eternal God,
 the strength of those who believe
 and the hope of those who doubt,
 may we, who have not seen, have faith
 and receive the fullness of Christ's blessing,
 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 4:32-35

Shawn de Raaf

A reading from the book of Acts

Now the whole group of those who believed were of one heart and soul, and no one claimed private ownership of any possessions, but everything they owned was held common. With great power the apostles gave their testimony to the resurrection of the Lord Jesus, and great grace was upon them all. There was not a needy person among them, for as many as owned lands or houses sold them and brought the proceeds of what was sold. They laid it at the apostles' feet, and it was distributed to each as any had need.

Hear what the spirit is saying to the church.

Thanks be to God.



How good it is for all to live to-gether in u - ni - ty.

Oh, how good and pleasant it is,
when brethren live together in unity!

It is like fine oil upon the head
that runs down upon the beard,
upon the beard of Aaron,
and runs down upon the collar of his robe. **R.**

It is like the dew of Hermon
that falls upon the hills of Zion.

For there the Lord has ordained the blessing:
life for evermore. **R.**

SECOND READING 1 JOHN 1:1-2:2

Angela White

A reading from the first letter of John

We declare to you what was from the beginning, what we have heard, what we have seen with our eyes, what we have looked at and touched with our hands, concerning the word of life - this life was revealed, and we have seen it and testify to it, and declare to you the eternal life that was with the Father and was revealed to us - we declare to you what we have seen and heard so that you also may have fellowship with us; and truly our fellowship is with the Father and with his Son Jesus Christ. We are writing these things so that our joy may be complete. This is the message we have heard from him and proclaim to you, that God is light and in him there is no darkness at all. If we say that we have fellowship with him while we are walking in darkness, we lie and do not do what is true; but if we walk in the light as he himself is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin. If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he who is faithful and just will forgive us our sins and cleanse us from all unrighteousness. If we say that we have not sinned, we make him a liar, and his word is not in us. My little children, I am writing these things to you so that you may not sin. But if anyone does sin, we have an advocate with the Father, Jesus Christ the righteous, and he is the atoning sacrifice for our sins, and not for ours only but also for the sins of the whole world.

Hear what the spirit is saying to the church.

Thanks be to God.

SPEL ACCLAMATION



THE HOLY GOSPEL

JOHN 20:19-31

The Lord be with you.

And also with you.

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

Glory to you, Lord Jesus Christ.

When it was evening on that day, the first day of the week, and the doors of the house where the disciples had met were locked for fear of the Jews, Jesus came and stood among them and said, "Peace be with you." After he said this, he showed them his hands and his side. Then the disciples rejoiced when they saw the Lord. Jesus said to them again, "Peace be with you. As the Father has sent me, so I send you." When he had said this, he breathed on them and said to them, "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained." But Thomas (who was called the Twin), one of the twelve, was not with them when Jesus came. So the other disciples told him, "We have seen the Lord." But he said to them, "Unless I see the mark of the nails in his hands, and put my finger in the mark of the nails and my hand in his side, I will not believe." A week later his disciples were again in the house, and Thomas was with them. Although the doors were shut, Jesus came and stood among them and said, "Peace be with you." Then he said to Thomas, "Put your finger here and see my hands. Reach out your hand and put it in my side. Do not doubt but believe." Thomas answered him, "My Lord and my God!" Jesus said to him, "Have you believed because you have seen me? Blessed are those who have not seen and yet have come to believe." Now Jesus did many other signs in the presence of his disciples, which are not written in this book. But these are

written so that you may come to believe that Jesus is the Messiah, the Son of God, and that through believing you may have life in his name.

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

Liz Hodgson

Please stand as you are able.

THE PEACE

The peace of the Lord be always with you.

And also with you.

Please 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
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 ALLELUIA NO. 1

CP 405

THE HOLY COMMUNION

PRAYER OVER THE GIFTS

God of grace,
you have freed us from our sins
and made us a kingdom in your Son
Jesus Christ our Lord.
Accept all we offer you this day,
and strengthen us in the new life you have given us,
through Jesus Christ our 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.

Restore us, O God, let your face shine!

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

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 Now The Green Blade Rises In Christ Alone

CP 237

In Christ alone my hope is found,
He is my light, my strength, my song,
This cornerstone, this solid ground,
Firm through the fiercest drought and storm.
What heights of love, what depths of peace,
When fears are stilled, when strivings cease!
My comforter, my all in all,
Here in the love of Christ I stand.

In Christ alone! – who took on flesh,
Fullness of God in helpless babe!
This gift of love and righteousness,
Scorned by the ones He came to save.
Till on that cross as Jesus died,
The wrath of God was satisfied,
For every sin on Him was laid,
Here in the death of Christ I live.

There in the ground His body lay,
Light of the world by darkness slain,
Then bursting forth in glorious day
Up from the grave He rose again!
And as He stands in victory
Sin's curse has lost its grip on me,
For I am His and He is mine,
Bought with the precious blood of Christ.

No guilt in life, no fear in death,
This is the power of Christ in me,
From life's first cry to final breath,
Jesus commands my destiny.
No power of hell, no scheme of man,
Can ever pluck me from His hand,
Till He returns or calls me home,
Here in the power of Christ I'll stand.

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
Jesus, for ever and ever. Amen.** Christ

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.

PROCESSIONAL HYMN Christ Is Risen

CP 223

DISMISSAL

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

*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.*

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).