

Corpus Christi

2 June, 2024



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

The Reverend Mark Munn

GATHERING IN GOD'S NAME

OPENING HYMN Blessed Jesus, At Your Word

CP 559

GREETING

The Lord be with you.

And also with you.

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

CP 706

CONFESSION

As we prepare to celebrate the mystery of God's love,

revealed in Word and Sacrament,

let us call to mind our sins.

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.

THE 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

Gloria

CP 702

COLLECT OF THE DAY

O God, your Son Jesus Christ
has left to us this meal of bread and wine
in which we share his body and his blood.
May we who celebrate this sign of his great love
show in our lives the fruits of his redemption;
through Jesus Christ our Lord,
who lives and reigns with you and the Holy Spirit,
one God, now and for ever. **Amen.**

THE LITURGY OF THE WORD

FIRST READING EXODUS 24:3-8

Liz Hodgson

A reading from the book of Exodus

Moses came and told the people all the words of the Lord and all the ordinances; and all the people answered with one voice, and said, 'All the words that the Lord has spoken we will do.' And Moses wrote down all the words of the Lord. He rose early in the morning, and built an altar at the foot of the mountain, and set up twelve pillars, corresponding to the twelve tribes of Israel. He sent young men of the people of Israel, who offered burnt-offerings and sacrificed oxen as offerings of well-being to the Lord. Moses took half of the blood and put it in basins, and half of the blood he dashed against the altar. Then he took the book of the covenant, and read it in the hearing of the people; and they said, 'All that the Lord has spoken we will do, and we will be obedient.' Moses took the blood and dashed it on the people, and said, 'See the blood of the covenant that the Lord has made with you in accordance with all these words.'

Hear what the Spirit is saying to the church.

Thanks be to God.

PSALM 29



I will lift up the cup of sal - va - tion.

I love you, O God,
because you have heard the voice of my supplication,
because you have inclined your ear to me
whenever I called upon you. **R.**

How shall I repay you, O God,
for all the good things you have done for me?
I will lift up the cup of salvation
and call upon your name, O God. **R.**

I will fulfil my vows to you, O God,
in the presence of all your people.
Precious in your sight, O God,
is the death of your servants. **R.**

O God, I am your servant;
I am your servant and the child of your handmaid;
you have freed me from my bonds.
I will offer you the sacrifice of thanksgiving
and call upon your name, O God. **R.**

I will fulfil my vows to you, O God,
in the presence of all your people.
In the courts of God's house,
in the midst of Jerusalem. **R.**

The voice of the Holy One breaks the cedar trees;
God breaks the cedars of Lebanon.
God makes Lebanon skip like a calf,
and Mount Hermon like a young wild ox. **R.**

A reading from the book of Hebrews

But when Christ came as a high priest of the good things that have come, then through the greater and perfect tent (not made with hands, that is, not of this creation), he entered once for all into the Holy Place, not with the blood of goats and calves, but with his own blood, thus obtaining eternal redemption. For if the blood of goats and bulls, with the sprinkling of the ashes of a heifer, sanctifies those who have been defiled so that their flesh is purified, how much more will the blood of Christ, who through the eternal Spirit offered himself without blemish to God, purify our conscience from dead works to worship the living God!

For this reason he is the mediator of a new covenant, so that those who are called may receive the promised eternal inheritance, because a death has occurred that redeems them from the transgressions under the first covenant.

Hear what the Spirit is saying to the church.

Thanks be to God.

GOSPEL ACCLAMATION

Alleluia

CP 715

THE HOLY GOSPEL

MARK 14: 12-16, 22-26

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.

On the first day of Unleavened Bread, when the Passover lamb is sacrificed, his disciples said to him, 'Where do you want us to go and make the preparations for you to eat the Passover?' So he sent two of his disciples, saying to them, 'Go into the city, and a man carrying a jar of water will meet you; follow him, and wherever he enters, say to the owner of the house, "The Teacher asks, Where is my guest room where I may eat the Passover with my disciples?" He will show you a large room upstairs, furnished and ready. Make preparations for us there.' So the disciples set out and went to the city, and found everything as he had told them; and they prepared the Passover meal.

While they were eating, he took a loaf of bread, and after blessing it he broke it, gave it to them, and said, 'Take; this is my body.' Then he took a cup, and after giving thanks he gave it to them, and all of them drank from it. He said to them, 'This is my blood of the covenant, which is poured out for many. Truly I tell you, I will never again drink of the fruit of the vine until that day when I drink it new in the kingdom of God.'

When they had sung the hymn, they went out to the Mount of Olives.

The Gospel of Christ.

Praise to you, Lord Jesus Christ.

GOSPEL ACCLAMATION

Alleluia

CP 715

SERMON

The Rev. Mark Munn

AFFIRMATION OF FAITH

Brothers, sisters, and sacred siblings,

I ask you to profess the faith of the Church, as we say the Nicene Creed responsively:

We believe in one God,
the Father, the Almighty,
**maker of heaven and earth,
of all that is,
seen and unseen.**

We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
**God from God, Light from Light,
true God from true God,**
begotten, not made,
of one Being with the Father.
Through him all things were made.

For us and for our salvation he came down from heaven,
was incarnate from the Holy Spirit and the Virgin Mary,
and was made human.

**For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.**

On the third day he rose again
in accordance with the Scriptures;

**he ascended into heaven
and is seated at the right hand of the Father.**

**He will come again in glory to judge the living and the dead,
and his kingdom will have no end.**

We believe in the Holy Spirit,

the Lord, the giver of life,

who proceeds from the Father and the Son.

With the Father and the Son she is worshipped and glorified.

She has spoken through the prophets.

We believe in one holy, catholic and apostolic Church.

We acknowledge one baptism for the forgiveness of sins.

**We look for the resurrection of the dead,
and the life of the world to come. Amen.**

THE PRAYERS OF THE PEOPLE

Hepsi Chand

Please stand as you are able.

THE PEACE

Our Lord Jesus Christ says:

If, when you are bringing your gift to the altar,
you remember your brother or sister or sacred sibling has a
grievance against you,
leave your gift where it lies before the altar.

Go, make peace;
and only then come and offer your gift.

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 O for a Thousand Tongues to Sing

CP 306

THE HOLY COMMUNION

PRAYER OVER THE GIFTS

God of glory,
accept all we offer you this day,
and bring us to that eternal city of love and light,
where Christ is King.
We ask this in his name.

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 thanks and praise.

It is right to praise you, loving and Holy One, Lord of all creation;
in your love you made us for yourself.

When we turned away
you did not reject us,
but came to meet us in your Son.

**You embraced us as your children
and welcomed us to sit and eat with you.**

In Christ you shared our life
that we might live in him and he in us.

**He opened his arms of love upon the cross
and made for all the perfect sacrifice for sin.**

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

**Father, we do this in remembrance of him:
his body is the bread of life.**

At the end of supper, taking the cup of wine,
he gave you thanks, and said:
Drink this, all of you; this is my blood of the new covenant,
which is shed for you for the forgiveness of sins;
do this in remembrance of me.

**Mother, we do this in remembrance of him:
his blood is shed for all.**

As we proclaim his death and celebrate his rising in glory,
send your Holy Spirit that this bread and this wine
may be to us the body and blood of your dear Son.

**As we eat and drink these holy gifts
make us one in Christ, our risen Lord.**

With your whole Church throughout the world
we offer you this sacrifice of praise
and lift our voice to join the eternal song of heaven

Holy, Holy, Holy, Lord

CP 735

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 to share in the body of Christ.

We, being many, are one body, for we share in the one bread.

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 Jesus, Lamb of God

CP 747

COMMUNION HYMN Let All Mortal Flesh Keep Silence

CP 48

We Hold the Death of the Lord

CP 68

PRAYER AFTER COMMUNION

Source of all joy,
receive our sacrifice of praise and thanksgiving.
Keep us in the love of Christ
and bring us to the vision of his glory;
through the same Jesus Christ our 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

Wisdom has set her table;
She calls from the highest place in the city,
'Come, eat my bread and drink the wine I have mixed.
Leave your foolishness; walk in the way of understanding.'
**I will go to the altar of God,
Even to the God of my joy and gladness. Amen.**

DISMISSAL

Go in peace to love and serve the Lord,
In the name of Christ. Amen.

RECESSIONAL HYMN I Heard the Voice of Jesus Say

CP 508

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.

Combined Services with St. Anselm's

We are delighted to announce that on Sunday, June 9th, we will be welcoming the congregation of St. Anselm's Anglican Church to join us for combined worship at St. Helen's, and then on June 23rd St. Anselm's will host us for worship in their worship space, offering both an 8:00am BCP and 10:00am Choral Eucharist for both of our congregations. (St. Anselm's is located on the UBC campus at 5210 University Blvd, across from the University Golf Course). These are special occasions to simply enjoy each others' company, and to worship God together in joy and thanksgiving.

St. Helen's Directory

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

The Rev. Jeffrey Preiss, Deacon

Dale Throness, Acting 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 Rev. Mark Munn

Preacher: The Rev. Mark Munn

Music: Dale Throness

Musicians

Deeandra Miranda, soprano

Liz Hodgson, alto

Justin Cho, tenor

Matthew Gorlitz, bass

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).