

Fourth Sunday after Pentecost

16 June, 2024



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

The Reverend Mark Munn

GATHERING IN GOD'S NAME

OPENING HYMN O Praise Ye the Lord

CP 330

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

Jesus said:

Before you offer your gift, go and be reconciled.

As siblings in God's family,

we come together to ask our Father for forgiveness.

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

May almighty God have mercy on you,
forgive you your sins,
and bring you to everlasting life. **Amen.**

THE HYMN OF PRAISE Gloria

CP 702

COLLECT OF THE DAY

Mighty God, to you belong the mysteries of the universe.
You transform shepherds into kings,
the smallest seeds into magnificent trees,
and hardened hearts into loving one.
May your life-giving Spirit re-create us in your image
and shape us into your purposes, through Jesus Christ. **Amen.**

THE LITURGY OF THE WORD

FIRST READING 1 SAMUEL 15:34-16:13

Shawn de Raaf

A reading from the first book of Samuel

Then Samuel went to Ramah; and Saul went up to his house in Gibeath of Saul. Samuel did not see Saul again until the day of his death, but Samuel grieved over Saul. And the Lord was sorry that he had made Saul king over Israel. The Lord said to Samuel, "How long will you grieve over Saul? I have rejected him from being king over Israel. Fill your horn with oil and set out; I will send you to Jesse the Bethlehemite, for I have provided for myself a king among his sons." Samuel said, "How can I go? If Saul hears of it, he will kill me." And the Lord said, "Take a heifer with you, and say, 'I have come to sacrifice to the Lord.' Invite Jesse to the sacrifice, and I will show you what you shall do; and you shall anoint for me the one whom I name to you." Samuel did what the Lord commanded, and came to Bethlehem. The elders of the city came to meet him trembling, and said, "Do you come peaceably?" He said, "Peaceably; I have come to sacrifice to the Lord; sanctify yourselves and come with me to the sacrifice." And he sanctified Jesse and his sons and invited them to the sacrifice. When they came, he looked on Eliab and thought, "Surely the Lord's anointed is now before the Lord." But the Lord said to Samuel, "Do not look on his appearance or on the height of his stature, because I have rejected him; for the Lord does not see as mortals see; they look on the outward appearance, but the Lord looks on the heart." Then Jesse called Abinadab, and made him pass before Samuel. He said, "Neither has the Lord chosen this one." Then Jesse made Shammah pass by. And he said, "Neither has the Lord chosen this one." Jesse made seven of his sons pass before Samuel, and Samuel said to Jesse, "The Lord has not chosen any of these." Samuel said to Jesse, "Are all your sons here?" And he said, "There remains yet the youngest, but he is keeping the sheep." And Samuel said to Jesse, "Send and bring him; for we will not sit down until he comes here." He sent and brought him in. Now he was ruddy, and had beautiful eyes, and was handsome. The Lord said, "Rise and anoint him; for this is the one." Then Samuel took the horn of oil, and anointed him in the presence of his brothers; and the spirit of the Lord came mightily upon David from that day forward. Samuel then set out and went to Ramah.

Hear what the Spirit is saying to the church.

Thanks be to God.

PSALM 20



May God answer you in the day of trouble,
the name of the God of Jacob defend you;
Send you help from the holy place
and strengthen you out of Zion; **R.**

Remember all your offerings and accept your burnt sacrifice;
Grant you your heart's desire and prosper all your plans.
We will shout for joy at your victory and triumph in the name of our God;
may God grant all your requests. **R.**

Victory is given to the anointed one;
God will answer from the holy heaven,
with victorious strength and a mighty hand. **R.**

Some put their trust in chariots and some in horses,
but we will call upon the name of the Most High God.
They collapse and fall down,
but we will arise and stand upright.
O God, give victory to our Sovereign
and answer us when we call. **R.**

A reading from the second letter of Paul to the Corinthians

We are always confident; even though we know that while we are at home in the body we are away from the Lord - for we walk by faith, not by sight. Yes, we do have confidence, and we would rather be away from the body and at home with the Lord. So whether we are at home or away, we make it our aim to please him. For all of us must appear before the judgment seat of Christ, so that each may receive recompense for what has been done in the body, whether good or evil.

[Therefore, knowing the fear of the Lord, we try to persuade others; but we ourselves are well known to God, and I hope that we are also well known to your consciences. We are not commending ourselves to you again, but giving you an opportunity to boast about us, so that you may be able to answer those who boast in outward appearance and not in the heart. For if we are beside ourselves, it is for God; if we are in our right mind, it is for you.]

For the love of Christ urges us on, because we are convinced that one has died for all; therefore all have died. And he died for all, so that those who live might live no longer for themselves, but for him who died and was raised for them. From now on, therefore, we regard no one from a human point of view; even though we once knew Christ from a human point of view, we know him no longer in that way. So if anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new!

Hear what the Spirit is saying to the church.

Thanks be to God.

GOSPEL ACCLAMATION Alleluia

CP 715

THE HOLY GOSPEL

MARK 4:26-34

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, "The kingdom of God is as if someone would scatter seed on the ground, and would sleep and rise night and day, and the seed would sprout and grow, he does not know how. The earth produces of itself, first the stalk, then the head, then the full grain in the head. But when the grain is ripe, at once he goes in with his sickle, because the harvest has come." He also said, "With what can we compare the kingdom of God, or what parable will we use for it? It is like a mustard seed, which, when sown upon the ground, is the smallest of all the seeds on earth; yet when it is sown it grows up and becomes the greatest of all shrubs, and puts forth large branches, so that the birds of the air can make nests in its shade." With many such parables he spoke the word to them, as they were able to hear it; he did not speak to them except in parables, but he explained everything in private to his disciples.

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

Christ is our peace.

He has reconciled us to God in one body by the cross.

We meet in his name and share his peace.

The peace of Christ be always with you. And also with you.

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 Fair the Fruit of All Creation

CP 259

THE HOLY COMMUNION

PRAYER OVER THE GIFTS

As the grain once scattered in the fields

and the grapes once dispersed on the hillside

are now united on this table in bread and wine,

so, Lord, may your whole Church soon be gathered together from the corners of the earth into your kingdom. **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.

Almighty God, good Father to us all,
your face is turned towards your world.
In love you gave us Jesus your Son
to rescue us from sin and death.
Your Word goes out to call us home
to the city where angels sing your praise.
We join with them in heaven's song

Holy, Holy, Holy, Lord

CP 735

Mother of all, we give you thanks for every gift that comes from heaven.

To the darkness Jesus came as your light.
With signs of faith and words of hope
he touched untouchables with love and washed the guilty clean.

This is his story.

This is our song:

Hosanna in the highest.

The crowds came out to see your Son,
yet at the end they turned on him.
On the night he was betrayed
he came to table with his friends
to celebrate the freedom of your people.

This is his story.

This is our song:

Hosanna in the highest.

Jesus blessed you, Holy One, for the food;
he took bread, gave thanks, broke it and said:
This is my body, given for you all.
Jesus then gave thanks for the wine;
he took the cup, gave it and said:
This is my blood, shed for you all
for the forgiveness of sins.
Do this in remembrance of me.

This is our story.

**This is our song:
Hosanna in the highest.**

Therefore, Creator God, with this bread and this cup
we celebrate the cross
on which he died to set us free.
Defying death he rose again
and is alive with you to plead for us and all the world.

This is our story.

**This is our song:
Hosanna in the highest.**

Send your Spirit on us now
that by these gifts we may feed on Christ
with opened eyes and hearts on fire.

May we and all who share this food
offer ourselves to live for you
and be welcomed at your feast in heaven
where all creation worships you,
Father, Son and Holy Spirit:

**Blessing and honour and glory and power
be yours for ever and 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

"I am the bread which has come down from heaven," says the Lord.

Give us this bread for ever.

"I am the vine, you are the branches."

May we dwell in him, as he lives in us.

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 As We Gather at Your Table
Amazing Grace

CP 61

CP 352

PRAYER AFTER COMMUNION

Creating God, you make all things new.
Plant seeds of confidence and gladness in our hearts,
so that, trusting your word,
we may live no longer for ourselves
but for him who died and was raised for us,
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

May Christ,
who has nourished us with himself, the living bread,
make you one in praise and love,
and raise you up at the last day;
and 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.

DISMISSAL

Let us go forth into the world, rejoicing in the power of the Spirit.

Thanks be to God.

RECESSIONAL HYMN Living Lord of Love's Dominion

CP 453

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 Service with St. Anselm's June 23

We are delighted to announce that on June 23rd St. Anselm's will host us for worship in their worship space, offering both an 8:00am BCP and 10:30am 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

Dale Throness, Piano and Voice

Deeandra Miranda, soprano

Liz Hodgson, alto

Justin Cho, tenor

Matthew Borlitz, 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).