

# Sixth Sunday after Pentecost

## 30 June, 2024



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

The Reverend Mark Munn

## **GATHERING IN GOD'S NAME**

OPENING HYMN Today I Awake

CP 9

## **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

Almighty God,  
you have taught us through your Son  
that love fulfils the law.  
May we love you with all our heart,  
all our soul, all our mind, and all our strength,  
and may we love our neighbour as ourselves;  
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 2 SAMUEL 1:1, 17-27

Liz Hodgson

A reading from the second book of Samuel

After the death of Saul, when David had returned from defeating the Amalekites, David remained two days in Ziklag. David intoned this lamentation over Saul and his son Jonathan. (He ordered that The Song of the Bow be taught to the people of Judah; it is written in the Book of Jashar.) He said: Your glory, O Israel, lies slain upon your high places! How the mighty have fallen! Tell it not in Gath, proclaim it not in the streets of Ashkelon; or the daughters of the Philistines will rejoice, the daughters of the uncircumcised will exult. You mountains of Gilboa, let there be no dew or rain upon you, nor bounteous fields! For there the shield of the mighty was defiled, the shield of Saul, anointed with oil no more. From the blood of the slain, from the fat of the mighty, the bow of Jonathan did not turn back, nor the sword of Saul return empty. Saul and Jonathan, beloved and lovely! In life and in death they were not divided; they were swifter than eagles, they were stronger than lions. O daughters of Israel, weep over Saul, who clothed you with crimson, in luxury, who put ornaments of gold on your apparel. How the mighty have fallen in the midst of the battle! Jonathan lies slain upon your high places. I am distressed for you, my brother Jonathan; greatly beloved were you to me; your love to me was wonderful, passing the love of women. How the mighty have fallen, and the weapons of war perished!

Hear what the Spirit is saying to the church.

**Thanks be to God.**

PSALM 130



Our God shall re - deem us from all\_ our\_ sins.

Out of the depths have I called to you, O God:  
God, hear my voice;  
let your ears consider well the voice of my supplication. **R.**

If you were to note what is done amiss,  
O God, who could stand?  
For there is forgiveness with you;  
therefore you shall be feared. **R.**

I wait for you, O God, my soul waits for you;  
in your word is my hope.  
My soul waits for God, more than sentinels for the morning,  
more than sentinels for the morning. **R.**

O Israel, wait for God,  
the One with whom there is mercy;  
With you, O God, there is plenteous redemption,  
and you shall redeem Israel from all their sins. **R.**

A reading from the second letter of Paul to the Corinthians

Now as you excel in everything - in faith, in speech, in knowledge, in utmost eagerness, and in our love for you - so we want you to excel also in this generous undertaking. I do not say this as a command, but I am testing the genuineness of your love against the earnestness of others. For you know the generous act of our Lord Jesus Christ, that though he was rich, yet for your sakes he became poor, so that by his poverty you might become rich. And in this matter I am giving my advice: it is appropriate for you who began last year not only to do something but even to desire to do something - now finish doing it, so that your eagerness may be matched by completing it according to your means. For if the eagerness is there, the gift is acceptable according to what one has - not according to what one does not have. I do not mean that there should be relief for others and pressure on you, but it is a question of a fair balance between your present abundance and their need, so that their abundance may be for your need, in order that there may be a fair balance. As it is written, "The one who had much did not have too much, and the one who had little did not have too little."

Hear what the Spirit is saying to the church.

**Thanks be to God.**

GOSPEL ACCLAMATION Alleluia

CP 715

THE HOLY GOSPEL

MARK 5:21-43

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 Jesus had crossed again in the boat to the other side, a great crowd gathered around him; and he was by the sea. Then one of the leaders of the synagogue named Jairus came and, when he saw him, fell at his feet and begged him repeatedly, "My little daughter is at the point of death. Come and lay your hands on her, so that she may be made well, and live." So he went with him. And a large crowd followed him and pressed in on him. Now there was a woman who had been suffering from haemorrhages for twelve years. She had endured much under many physicians, and had spent all that she had; and she was no better, but rather grew worse. She had heard about Jesus, and

came up behind him in the crowd and touched his cloak, for she said, "If I but touch his clothes, I will be made well." Immediately her haemorrhage stopped; and she felt in her body that she was healed of her disease. Immediately aware that power had gone forth from him, Jesus turned about in the crowd and said, "Who touched my clothes?" And his disciples said to him, "You see the crowd pressing in on you; how can you say, 'Who touched me?'" He looked all around to see who had done it. But the woman, knowing what had happened to her, came in fear and trembling, fell down before him, and told him the whole truth. He said to her, "Daughter, your faith has made you well; go in peace, and be healed of your disease." While he was still speaking, some people came from the leader's house to say, "Your daughter is dead. Why trouble the teacher any further?" But overhearing what they said, Jesus said to the leader of the synagogue, "Do not fear, only believe." He allowed no one to follow him except Peter, James, and John, the brother of James. When they came to the house of the leader of the synagogue, he saw a commotion, people weeping and wailing loudly. When he had entered, he said to them, "Why do you make a commotion and weep? The child is not dead but sleeping." And they laughed at him. Then he put them all outside, and took the child's father and mother and those who were with him, and went in where the child was. He took her by the hand and said to her, "Talitha cum," which means, "Little girl, get up!" And immediately the girl got up and began to walk about (she was twelve years of age). At this they were overcome with amazement. He strictly ordered them that no one should know this, and told them to give her something to eat.

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

David Van Blarcom

*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 God, Whose Giving Knows No Ending

CP 601

**THE HOLY COMMUNION**

PRAYER OVER THE GIFTS

God of wisdom,

receive all we offer you this day.

Enrich our lives with the gifts of your Spirit,

that we may follow the way of our Lord Jesus Christ,

and serve one another in freedom.

We ask this in his name. **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.**

Holy, Holy, Holy, Lord

CP 735

We give thanks to you, Lord our God,  
for the goodness and love  
you have made known to us in creation;  
in calling Israel to be your people;  
in your Word spoken through the prophets;  
and above all in the Word made flesh, Jesus your Son.  
For in these last days you sent him  
to be incarnate from the Virgin Mary,  
to be the Saviour and Redeemer of the world.  
In him, you have delivered us from evil,  
and made us worthy to stand before you.  
In him, you have brought us out of error into truth,  
out of sin into righteousness, out of death into life.

On the night he was handed over to suffering and death,  
a death he freely accepted, our Lord Jesus Christ took bread;  
and when he had given thanks to you,  
he broke it, and gave it to his disciples,  
and said, " Take, 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."  
Therefore, Father, according to his command,

**we remember his death,  
we proclaim his resurrection,  
we await his coming in glory;**

and we offer our sacrifice of praise and thanksgiving to you,  
Lord of all; presenting to you,  
from your creation, this bread and this wine.

We pray you, gracious God,  
to send your Holy Spirit upon these gifts,  
that they may be the sacrament of the body of Christ  
and his blood of the new covenant.  
Unite us to your Son in his sacrifice, that we,  
made acceptable in him, may be sanctified by the Holy Spirit.

In the fullness of time,  
reconcile all things in Christ, and make them new,  
and bring us to that city of light  
where you dwell with all your sons and daughters;  
through Jesus Christ our Lord, the firstborn of all creation,  
the head of the Church, and the author of our salvation;

by whom, and with whom, and in whom,  
in the unity of the Holy Spirit, all honour and glory are yours,  
almighty Father, 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

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 Here, Lord, We Take the Broken Bread  
We Cannot Measure How you Heal

CP 65

CP 292

#### PRAYER AFTER COMMUNION

God of power,  
we are nourished by the riches of your grace.  
Raise us to new life in your Son Jesus Christ  
and fit us for his eternal kingdom,  
that all the world may call him Lord.  
We ask this in his name. **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 Lord, Whose Love in Humble Service

CP 585

*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.*



## St. Helen's Directory

The Rev. Mark Munn, Priest & Rector ([rev.mark.munn@gmail.com](mailto: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](mailto:sthelenswpg@gmail.com)

## Worship Ministries for Today

Celebrant: The Rev. Mark Munn

Preacher: The Rev. Mark Munn

### Musicians

Helen Hall , Piano

Emily Malmgren, 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](http://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](mailto:sthelenswpg@gmail.com)).