

Third Sunday after Pentecost

9 June, 2024



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

The Reverend Mark Munn

GATHERING IN GOD'S NAME

OPENING HYMN Immortal, Invisible, God Only Wise

CP 393

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 (x3)

CP 70

6

Kyrie eleison.

Christe eleison.

Kyrie eleison.

CONFESSION

Dear friends in Christ,

as we prepare to worship God,

let us confess our sins,

confident in God's 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.

2

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

Refrain:

Glory to God in the highest and peace to his people on earth.

Lord God, heavenly King, almighty God and Father,
We worship you, we give you thanks,
we praise you for your glory. **R.**

Lord Jesus Christ, only Son of the Father,
Lord God, Lamb of God, you take away the sin of the world:
Have mercy on us; you are seated at the right hand of the Father:
receive our prayer. **R.**

For you alone are the Holy One, you alone are the Lord,
You alone are the Most High, Jesus Christ, with the Holy Spirit,
In the glory of God the Father. Amen. **R.**

COLLECT OF THE DAY

O God,
you have assured the human family of eternal life
through Jesus Christ our Saviour.
Deliver us from the death of sin
and raise us to new life in him,
who lives and reigns with you and the Holy Spirit,
one God, now and for ever. **Amen.**

THE LITURGY OF THE WORD

FIRST READING 1 SAMUEL 8:4-11 (12-15), 16-20 (11:14-15)

Lisa Cooper

A reading from the book of Exodus

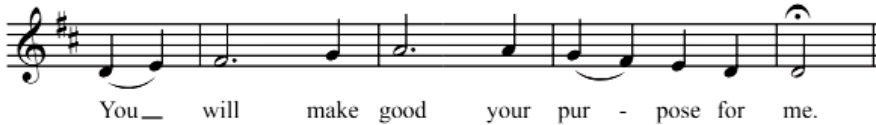
Then all the elders of Israel gathered together and came to Samuel at Ramah, and said to him, "You are old and your sons do not follow in your ways; appoint for us, then, a king to govern us, like other nations." But the thing displeased Samuel when they said, "Give us a king to govern us." Samuel prayed to the Lord, and the Lord said to Samuel, "Listen to the voice of the people in all that they say to you; for they have not rejected you, but they have rejected me from being king over them. Just as they have done to me, from the day I brought them up out of Egypt to this day, forsaking me and serving other gods, so also they are doing to you. Now then, listen to their voice; only you shall solemnly warn them, and show them the ways of the king who shall reign over them." So Samuel reported all the words of the Lord to the people who were asking him for a king. He said, "These will be the ways of the king who will reign over you: he will take your sons and appoint them to his chariots and to be his horsemen, and to run before his chariots. and he will appoint for himself commanders of thousands and commanders of fifties, and some to plow his ground and to reap his harvest, and to make his implements of war and the equipment of his chariots. He will take your daughters to be perfumers and cooks and bakers. He will take the best of your fields and vineyards and olive orchards and give them to his courtiers. He will take one-tenth of your grain and of your vineyards and give it to his officers and his courtiers.

He will take your male and female slaves, and the best of your cattle and donkeys, and put them to his work. He will take one-tenth of your flocks, and you shall be his slaves. And in that day you will cry out because of your king, whom you have chosen for yourselves; but the Lord will not answer you in that day." But the people refused to listen to the voice of Samuel; they said, "No! but we are determined to have a king over us, so that we also may be like other nations, and that our king may govern us and go out before us and fight our battles."

Samuel said to the people, "Come, let us go to Gilgal and there renew the kingship." So all the people went to Gilgal, and there they made Saul king before the Lord in Gilgal. There they sacrificed offerings of well-being before the Lord, and there Saul and all the Israelites rejoiced greatly.

Hear what the Spirit is saying to the church.

Thanks be to God.



I will give thanks to you, O God, with my whole heart;
 before the gods I will sing your praise.
 I will bow down toward your holy temple and praise your name,
 because of your love and faithfulness. **R.**

For you have glorified your name
 and your word above all things.
 When I called, you answered me;
 you increased my strength within me. **R.**

All who reign on earth will praise you, O God,
 when they have heard the words of your mouth.
 They will sing of your ways,
 that great is your glory O God. **R.**

Though you be high, you care for the lowly;
 you perceive the haughty from afar.
 Though I walk in the midst of trouble, you keep me safe;
 you stretch forth your hand against the fury of my enemies;
 your right hand shall save me.
 You will make good your purpose for me;
 O God, your love endures for ever;
 do not abandon the works of your hands. **R.**

SECOND READING 2 CORINTHIANS 4:13-5:1

Isabelle Avakumovic-Pointon

A reading from the second letter of Paul to the Corinthians

But just as we have the same spirit of faith that is in accordance with scripture—"I believed, and so I spoke"—we also believe, and so we speak, because we know that the one who raised the Lord Jesus will raise us also with Jesus, and will bring us with you into his presence. Yes, everything is for your sake, so that grace, as it extends to more and more people, may increase thanksgiving, to the glory of God. So we do not lose heart. Even though our outer nature is wasting away, our inner nature is being renewed day by day. For this slight momentary affliction is preparing us for an eternal weight of glory beyond all measure, because we look not at what can be seen but at what cannot be seen; for what can be seen is temporary, but what cannot be seen is eternal. For we know that if the earthly tent we live in is destroyed, we have a building from God, a house not made with hands, eternal in the heavens.

Hear what the Spirit is saying to the church.

Thanks be to God.

GOSPEL ACCLAMATION Alleluia

CP 715

THE HOLY GOSPEL

MARK 3:20-35

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.

The crowd came together again, so that they could not even eat. When his family heard it, they went out to restrain Jesus, for people were saying, "He has gone out of his mind." And the scribes who came down from Jerusalem said, "He has Beelzebul, and by the ruler of the demons he casts out demons." And he called them to him, and spoke to them in parables, "How can Satan cast out Satan? If a kingdom is divided against itself, that kingdom cannot stand. And if a house is divided against itself, that house will not be able to stand. And if Satan has risen up against himself and is divided, he cannot stand, but his end has come. But no one can enter a strong man's house and plunder his property without first tying up the strong man; then indeed the house can be plundered. Truly I tell you, people will be forgiven for their sins and whatever

blasphemies they utter; but whoever blasphemes against the Holy Spirit can never have forgiveness, but is guilty of an eternal sin" - for they had said, "He has an unclean spirit." Then his mother and his brothers came; and standing outside, they sent to him and called him. A crowd was sitting around him; and they said to him, "Your mother and your brothers and sisters are outside, asking for you." And he replied, "Who are my mother and my brothers?" And looking at those who sat around him, he said, "Here are my mother and my brothers! Whoever does the will of God is my brother and sister and mother."

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

Please stand as you are able.

Liz Hodgson

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 Come, Thou Fount of Every Blessing

CP 354

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

Holy, holy, holy Lord,
God of power and might.
Holy, holy, holy Lord,
God of power and might,
Heaven and earth are full,
Full of your glory.
Hosanna in the highest,
Hosanna in the highest.

Blessed is he who comes in the name of the Lord.
Hosanna in the highest,
Hosanna in the highest..

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 the bread of life, and that life is the light of the world.

God here among us, light in the midst of us, bring us to light and life.

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

Jesus, Lamb of God, have mercy on us.

Jesus, bearer of our sins, have mercy on us.

Jesus, redeemer, redeemer of the world,

Give us your peace, give us your peace.

COMMUNION HYMN Eat This Bread, Drink this Cup

CP 63

My Life Flows On in Endless Song

CP 401

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

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.

DISMISSAL

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

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.

Combined Services with St. Anselm's

We are delighted to welcome 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

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).