

Eighth Sunday after Pentecost
14 July, 2024



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

The Reverend Mark Munn

MEETING IN GOD'S NAME

OPENING HYMN O Worship the King

CP 380

MEETING

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.

Prayer Eleison

CP 706

CONFESSIO

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

LECTURE OF THE DAY

Almighty God,
you have made us for yourself,
and our hearts are restless
until they find their rest in you.
May we find peace in your service,
and in the world to come, see you face to face;
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 6:1-5, 12B-19

Daniel Melvill Jones

A reading from the second book of Samuel

David again gathered all the chosen men of Israel, thirty-thousand. David and all the people with him set out and went from Baale-judah, to bring up from there the ark of God, which is called by the name of the Lord of hosts who is enthroned on the cherubim. They carried the ark of God on a new cart, and brought it out of the house of Abinadab, which was on the hill. Uzzah and Ahio, the sons of Abinadab, were driving the new cart with the ark of God; and Ahio went in front of the ark. David and all the house of Israel were dancing before the Lord with all their might, with songs and lyres and harps and tambourines and castanets and cymbals. So David went and brought up the ark of God from the house of Obededom to the city of David with rejoicing; and when those who bore the ark of the Lord had gone six paces, he sacrificed an ox and fatling. David danced before the Lord with all his might; David was girded with a line of ephod. So David and all the house of Israel brought up the ark of the Lord with shouting, and with the sound of the trumpet. As the ark of the Lord came into the city of David, Michal daughter of Saul looked out of the window, and saw King David leaping and dancing before the Lord; and she despised him in her heart. They brought in the ark of the Lord, and set it in its place, inside the tent that David had pitched for it; and David offered burnt offerings and offerings of well-being before the Lord. Wh

David had finished offering the burnt offerings and the offerings of well-being, he blessed the people in the name of the Lord of hosts, and distributed food among all the people, the whole multitude of Israel, both men and women, to each a cake of bread, a portion of meat, and a cake of raisins. Then all the people went back to their homes.

Hear what the Spirit is saying to the church.

Thanks be to God.

ALM 24



The God of hosts it is who reigns in glo - ry.

The earth is our God's and all that is in it,
the world and all who dwell therein.
For God has founded it upon the seas
and made it firm upon the rivers of the deep. **R.**

"Who can ascend the hill of the Holy One?
and who can stand in the holy place?"
"Those who have clean hands and a pure heart,
who have not pledged themselves to falsehood, nor sworn by what is a fraud. **R.**

They shall receive a blessing from the Holy One,
and a just reward from the God of their salvation."
Such is the generation of those who seek you,
of those who seek your face, O God of Jacob. **R.**

SECOND READING EPHESIANS 1:3-14

Tony Hodgson

A reading from the letter of Paul to the Ephesians

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, just as he chose us in Christ before the foundation of the world to be holy and blameless before him in love. He destined us for adoption as his children through Jesus Christ, according to the good pleasure of his will, to the praise of his glorious grace that he freely bestowed on us in the Beloved. In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace that he lavished on us. With all wisdom and insight he has made known to us the mystery of his will, according to his good pleasure that

he set forth in Christ, as a plan for the fullness of time, to gather up all things in him, things in heaven and things on earth. In Christ we have also obtained an inheritance having been destined according to the purpose of him who accomplishes all things according to his counsel and will, so that we, who were the first to set our hope on Christ, might live for the praise of his glory. In him you also, when you had heard the word of truth, the gospel of your salvation, and had believed in him, were marked with the seal of the promised Holy Spirit; this is the pledge of our inheritance toward redemption as God's own people, to the praise of his glory.

Hear what the Spirit is saying to the church.

Thanks be to God.

SPEL ACCLAMATION Alleluia

CP 715

E HOLY GOSPEL

MARK 6:14-29

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.

King Herod heard of it, for Jesus' name had become known. Some were saying, "John the baptizer has been raised from the dead; and for this reason these powers are at work in him." But others said, "It is Elijah." And others said, "It is a prophet, like one of the prophets of old." But when Herod heard of it, he said, "John, whom I beheaded, has been raised." For Herod himself had sent men who arrested John, bound him, and put him in prison on account of Herodias, his brother Philip's wife, because Herod had married her. For John had been telling Herod, "It is not lawful for you to have your brother's wife." And Herodias had a grudge against him, and wanted to kill him. But she could not, for Herod feared John, knowing that he was a righteous and holy man, and he protected him. When he heard him, he was greatly perplexed; and yet he liked to listen to him. But an opportunity came when Herod on his birthday gave a banquet for his courtiers and officers and for the leaders of Galilee. When his daughter Herodias came in and danced, she pleased Herod and his guests; and the king said to the girl, "Ask me for whatever you wish, and I will give it." And he solemnly swore to her, "Whatever you ask me, I will give you, even half of my kingdom." She went out and said to her mother, "What should I ask for?" She replied, "The head of John the baptizer." Immediately she rushed back to the king and requested, "I want you to give me at once the head of John the Baptist on a platter." The king was deeply grieved; and out of regard for his oaths and for the guests, he did not want to refuse her.

Immediately the king sent a soldier of the guard with orders to bring John's head. He went and beheaded him in the prison, brought his head on a platter, and gave it to the girl. Then the girl gave it to her mother. When his disciples heard about it, they came and took his body, and laid it in a tomb.

The Gospel of Christ.

Praise to you, Lord Jesus Christ.

SPEL ACCLAMATION Alleluia

CP 715

MON

The Rev. Mark Munn

FIRMATION OF FAITH

Sisters, brothers, 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

Liz Hodgson

you are able, please gather at the bottom of the chancel steps for the sharing of the peace

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 the Lord be always with you.

And also with you.

people greet one another with signs of God's peace.

THE OFFERTORY

*the altar is prepared for Holy Communion, the congregation is invited to make an offering
expression of gratitude for God's generosity. A QR code is provided at the back of the leaf
those who prefer to donate online. During the collection, a hymn is sung.*

OFFERTORY HYMN Let All Things Now Living

CP 403

THE HOLY COMMUNION

PRAYER OVER THE GIFTS

Father, your word creates in us a yearning for your kingdom.
Receive all we offer you this day, and keep us in your peace;
for the sake of Jesus Christ the Lord. **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.

Blessed are you, Lord God,
our light and our salvation;
to you be glory and praise for ever.

From the beginning you have created all things
and all your works echo the silent music of your praise.
In the fullness of time you made us in your image,
the crown of all creation.

You give us breath and speech, that with angels and archangels
and all the powers of heaven
we may find a voice to sing your praise:

Holy, Holy, Holy, Lord

CP 735

How wonderful the work of your hands, O Lord.
As a mother tenderly gathers her children,
you embraced a people as your own.
When they turned away and rebelled
your love remained steadfast.

From them you raised up Jesus our Saviour, born of Mary,
to be the living bread,
in whom all our hungers are satisfied.

He offered his life for sinners,
and with a love stronger than death
he opened wide his arms on the cross.

On the night before he died,
he came to supper with his friends
and, taking bread, he 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.

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 and for many for the forgiveness of sins.
Do this, as often as you drink it, in remembrance of me.

Praise to you, Lord Jesus:
Dying you destroyed our death,
rising you restored our life:
Lord Jesus, come in glory.

Father, we plead with confidence
his sacrifice made once for all upon the cross;
we remember his dying and rising in glory,
and we rejoice that he intercedes for us at your right hand.

Pour out your Holy Spirit as we bring before you
these gifts of your creation;
may they be for us the body and blood of your dear Son.

As we eat and drink these holy things in your presence,
form us in the likeness of Christ,
and build us into a living temple to your glory.

Bring us at the last with all the saints
to the vision of that eternal splendour
for which you have created us;

through Jesus Christ, our Lord,
by whom, with whom, and in whom,
with all who stand before you in earth and heaven,
we worship you, Father almighty, in songs of everlasting praise:

**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

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.

Lord of God	Jesus, Lamb of God	CP 747
COMMUNION HYMN	Laudate Omnes Gentes	CP 314
	Precious Lord, Take My Hand	CP 509

PRAYER AFTER COMMUNION

Living God, in this sacrament we have shared in your eternal kingdom.

May we who taste this mystery

forever serve you in faith, hope, and love.

We ask this in the name of Jesus Christ the 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 God, who in Christ gives us a spring of water welling up to eternal life,

Perfect in you the image of God’s glory;

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.

POSTLUDE HYMN	God of Grace and God of Glory	CP 577
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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)

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).