

# Tenth Sunday after Pentecost

## 28 July, 2024



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

The Reverend Mark Munn

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

OPENING HYMN From All That Dwell Below the Skies

CP 344

### **GREETING**

Grace, mercy and peace  
From God our Father  
And the Lord Jesus Christ 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

O God,  
the protector of all who trust in you,  
without whom nothing is strong, nothing is holy,  
increase and multiply upon us your mercy,  
that with you as our ruler and guide,  
we may so pass through things temporal,  
that we lose not the things eternal;  
through Jesus Christ our Lord,  
who lives and reigns with you and the Holy Spirit,  
one God, for ever and ever. **Amen.**

## THE LITURGY OF THE WORD

### FIRST READING 2 SAMUEL 11:1-15

Hepsi Chand

A reading from the second book of Samuel

In the spring of the year, the time when kings go out to battle, David sent Joab with his officers and all Israel with him; they ravaged the Ammonites, and besieged Rabbah. But David remained at Jerusalem. It happened, late one afternoon, when David rose from his couch and was walking about on the roof of the king's house, that he saw from the roof a woman bathing; the woman was very beautiful. David sent someone to inquire about the woman. It was reported, "This is Bathsheba daughter of Eliam, the wife of Uriah the Hittite." So David sent messengers to get her, and she came to him, and he lay with her. (Now she was purifying herself after her period.) Then she returned to her house. The woman conceived; and she sent and told David, "I am pregnant." So David sent word to Joab, "Send me Uriah the Hittite." And Joab sent Uriah to David. When Uriah came to him, David asked how Joab and the people fared, and how the war was going. Then David said to Uriah, "Go down to your house, and wash your feet." Uriah went out of the king's house, and there followed him a present from the king. But Uriah slept at the entrance of the king's house with all the servants of his lord, and did not go down to his house. When they told David, "Uriah did not go down to his house,"

David said to Uriah, "You have just come from a journey. Why did you not go down to your house?" Uriah said to David, "The ark and Israel and Judah remain in booths; and my lord Joab and the servants of my lord are camping in the open field; shall I then go to my house, to eat and to drink, and to lie with my wife? As you live, and as your soul lives, I will not do such a thing." Then David said to Uriah, "Remain here today also, and tomorrow I will send you back." So Uriah remained in Jerusalem that day. On the next day, David invited him to eat and drink in his presence and made him drunk; and in the evening he went out to lie on his couch with the servants of his lord, but he did not go down to his house. In the morning David wrote a letter to Joab, and sent it by the hand of Uriah. In the letter he wrote, "Set Uriah in the forefront of the hardest fighting, and then draw back from him, so that he may be struck down and die."

Hear what the Spirit is saying to the church.

**Thanks be to God.**

#### PSALM 14



Fools have said in their hearts, "There is no God."

All are corrupt and commit abominable acts; there is none who does any good.

God looks down from heaven upon us all,

to see if there is any who is wise, if there is one who seeks after God. **R.**

Every one has proved faithless; all alike have turned bad;

there is none who does good; no, not one.

Have they no knowledge, all those evildoers

who eat up my people like bread and do not call upon God? **R.**

See how they tremble with fear,

because God is in the company of the righteous.

Their aim is to confound the plans of the afflicted,

but God is their refuge.

Oh, that Israel's deliverance would come out of Zion!

when God restores the fortunes of the people, Jacob will rejoice and Israel be glad. **R.**

A reading from the letter of Paul to the Ephesians

I bow my knees before the Father, from whom every family in heaven and on earth takes its name. I pray that, according to the riches of his glory, he may grant that you may be strengthened in your inner being with power through his Spirit, and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love. I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God. Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, to him be glory in the church and in Christ Jesus to all generations, forever and ever. Amen.

Hear what the Spirit is saying to the church.

**Thanks be to God.**

GOSPEL ACCLAMATION Alleluia

CP 715

THE HOLY GOSPEL

JOHN 6:1-21

The Lord be with you.

**And also with you.**

The Holy Gospel of our Lord Jesus Christ according to John.

**Glory to you, Lord Jesus Christ.**

After this Jesus went to the other side of the Sea of Galilee, also called the Sea of Tiberias. A large crowd kept following him, because they saw the signs that he was doing for the sick. Jesus went up the mountain and sat down there with his disciples. Now the Passover, the festival of the Jews, was near. When he looked up and saw a large crowd coming toward him, Jesus said to Philip, "Where are we to buy bread for these people to eat?" He said this to test him, for he himself knew what he was going to do. Philip answered him, "Six months' wages would not buy enough bread for each of them to get a little." One of his disciples, Andrew, Simon Peter's brother, said to him, "There is a boy here who has five barley loaves and two fish. But what are they among so many people?" Jesus said, "Make the people sit down." Now there was a great deal of grass in the place; so they sat down, about five thousand in all. Then Jesus took the loaves, and when he had given thanks, he distributed them to those who

were seated; so also the fish, as much as they wanted. When they were satisfied, he told his disciples, "Gather up the fragments left over, so that nothing may be lost." So they gathered them up, and from the fragments of the five barley loaves, left by those who had eaten, they filled twelve baskets. When the people saw the sign that he had done, they began to say, "This is indeed the prophet who is to come into the world." When Jesus realized that they were about to come and take him by force to make him king, he withdrew again to the mountain by himself. When evening came, his disciples went down to the sea, got into a boat, and started across the sea to Capernaum. It was now dark, and Jesus had not yet come to them. The sea became rough because a strong wind was blowing. When they had rowed about three or four miles, they saw Jesus walking on the sea and coming near the boat, and they were terrified. But he said to them, "It is I; do not be afraid." Then they wanted to take him into the boat, and immediately the boat reached the land toward which they were going.

The Gospel of Christ.

**Praise to you, Lord Jesus Christ.**

GOSPEL ACCLAMATION Alleluia

CP 715

SERMON

The Rev. Mark Munn

AFFIRMATION OF FAITH

Sacred siblings,

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

**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

*As 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.**

*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 Praise the One Who Breaks the Darkness

CP 397

## THE HOLY COMMUNION

### PRAYER OVER THE GIFTS

God of grace,  
accept all we offer you this day,  
as we look toward the glory you have promised.  
This we ask in the name of Jesus Christ our 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 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**

Lamb of God    Jesus, Lamb of God

CP 747

COMMUNION HYMN    I Come with Joy

CP 60

                                  I Am the Bread, the Bread of Life

CP 56

## PRAYER AFTER COMMUNION

God of grace,

we have received the memorial

of the death and resurrection of your Son.

May your love, poured into us,

bring us to your promises.

We ask this in the name of our Redeemer Jesus Christ. **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.**

RECESSIONAL HYMN Lead Us, Heavenly Father, Lead Us

CP 564

*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)

## 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)).