

# Seventh Sunday after Pentecost

7 July, 2024



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

The Reverend Mark Munn

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

OPENING HYMN Morning has Broken

CP 3

## **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 of 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,  
your Son Jesus Christ has taught us  
that what we do for the least of your children  
we do also for him.  
Give us the will to serve others  
as he was the servant of all,  
who gave up his life and died for us,  
but 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 5:1-5, 9-10

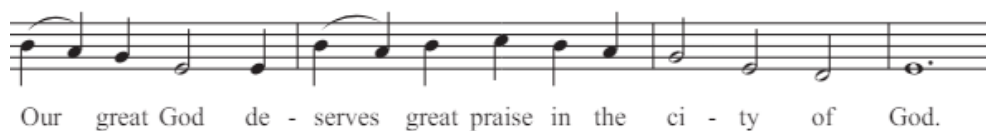
Angela White

A reading from the second book of Samuel

Then all the tribes of Israel came to David at Hebron, and said, "Look, we are your bone and flesh. For some time, while Saul was king over us, it was you who led out Israel and brought it in. The Lord said to you: It is you who shall be shepherd of my people Israel; you who shall be ruler over Israel." So all the elders of Israel came to the king at Hebron; and King David made a covenant with them at Hebron before the Lord, and they anointed David king over Israel. David was thirty years old when he began to reign, and he reigned forty years. At Hebron he reigned over Judah seven years and months; and at Jerusalem he reigned over all Israel and Judah thirty-three years. David occupied the stronghold, and named it the city of David. David built the city all around from the Millo inward. And David became greater and greater, for the Lord, the God of hosts, was with him.

Hear what the Spirit is saying to the church.

**Thanks be to God.**



Great is our God, and highly to be praised;  
 in the city of our God is the holy hill.  
 Beautiful and lofty, the joy of all the earth, is the hill of Zion,  
 the very centre of the world and the city of the Holy One of Israel. **R.**

God is in the citadels of Zion,  
 and is known to be the sure refuge of Jerusalem.  
 Behold, the rulers of the earth assembled  
 and marched forward together. **R.**

They looked and were astounded;  
 they retreated and fled in terror.  
 Trembling seized them there; they writhed like a woman in childbirth,  
 like ships of the sea when the east wind shatters them. **R.**

As we have heard, so have we seen, in the city of the God of hosts, in the city of the  
 Holy One;  
 God has established it for ever.  
 We have waited in silence on your loving-kindness, O God,  
 in the midst of your temple.  
 Your praise, like your name, O God, reaches to the world's end;  
 your right hand is full of justice. **R.**

Let Mount Zion be glad and the cities of Judah rejoice,  
 because of your judgments.  
 Make the circuit of Zion; walk round about it;  
 count the number of its towers. **R.**

Consider well its bulwarks; examine its strongholds;  
 that you may tell those who come after.  
 You, God, are our God for ever and ever;  
 you will be our guide for evermore. **R.**

A reading from the second letter of Paul to the Corinthians

I know a person in Christ who fourteen years ago was caught up to the third heaven - whether in the body or out of the body I do not know; God knows. And I know that such a person - whether in the body or out of the body I do not know; God knows was caught up into Paradise and heard things that are not to be told, that no mortal is permitted to repeat. On behalf of such a one I will boast, but on my own behalf I will not boast, except of my weaknesses. But if I wish to boast, I will not be a fool, for I will be speaking the truth. But I refrain from it, so that no one may think better of me than what is seen in me or heard from me, even considering the exceptional character of the revelations. Therefore, to keep me from being too elated, a thorn was given me in the flesh, a messenger of Satan to torment me, to keep me from being too elated. Three times I appealed to the Lord about this, that it would leave me, but he said to me, "My grace is sufficient for you, for power is made perfect in weakness." So, I will boast all the more gladly of my weaknesses, so that the power of Christ may dwell in me. Therefore I am content with weaknesses, insults, hardships, persecutions, and calamities for the sake of Christ; for whenever I am weak, then I am strong.

Hear what the Spirit is saying to the church.

**Thanks be to God.**

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 came to his hometown, and his disciples followed him. On the sabbath he began to teach in the synagogue, and many who heard him were astounded. They said, "Where did this man get all this? What is this wisdom that has been given to him? What deeds of power are being done by his hands! Is not this the carpenter, the son of Mary and brother of James and Joses and Judas and Simon, and are not his sisters here with us?" And they took offence at him. Then Jesus said to them, "Prophets are not without honour, except in their hometown, and among their own kin, and in their own house." And he could do no deed of power there, except that he laid his hands on a few sick people and cured them. And he was amazed at their unbelief. Then he went

about among the villages teaching. He called the twelve and began to send them out two by two, and gave them authority over the unclean spirits. He ordered them to take nothing for their journey except a staff; no bread, no bag, no money in their belts; but to wear sandals and not to put on two tunics. He said to them, "Wherever you enter a house, stay there until you leave the place. If any place will not welcome you and they refuse to hear you, as you leave, shake off the dust that is on your feet as a testimony against them." So they went out and proclaimed that all should repent. They cast out many demons, and anointed with oil many who were sick and cured them.

The Gospel of Christ.

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

SPEL ACCLAMATION Alleluia

CP 715

MON

The Rev. Mark Munn

FIRMATION 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

*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 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

*When the altar is prepared for Holy Communion, the congregation is invited to make an offering of 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.*

## 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.**

We give you thanks and praise, almighty God,  
for the gift of a world full of wonder,  
and for our life which comes from you.  
By your power you sustain the universe.  
**Glory to you for ever and ever.**

You created us to love you with all our heart,  
and to love each other as ourselves,  
but we rebel against you by the evil that we do.

In Jesus, your Son, you bring healing to our world  
and gather us into one great family.  
Therefore, with all who serve you on earth and in heaven,  
we praise your wonderful name, as we sing :

Holy, Holy, Holy, Lord

CP 735

We give you thanks and praise, loving Father,  
because in sending Jesus, your Son, to us  
you showed us how much you love us.



He cares for the poor and the hungry.  
He suffers with the sick and the rejected.

Betrayed and forsaken, he did not strike back  
but overcame hatred with love.

On the cross he defeated the power of sin and death.  
By raising him from the dead  
you show us the power of your love to bring new life to all your people.  
**Glory to you for ever and ever.**

On the night before he gave up his life for us,  
Jesus, at supper with his friends, took bread,  
gave thanks to you, broke it, and gave it to them, saying,  
“Take this, all of you, and eat it: this is my body which is given for you.”

After supper, Jesus took the cup of wine,  
said the blessing, gave it to his friends, and said,  
“Drink this, all of you: this is the cup of my blood,  
the blood of the new and eternal covenant,

which is shed for you and for many, so that sins may be forgiven.  
Do this in memory of me.”

**Glory to you for ever and ever.**

Gracious God, with this bread and wine  
we celebrate the death and resurrection of Jesus,  
and we offer ourselves to you in him.

Send your Holy Spirit on us and on these gifts,  
that we may know the presence of Jesus in the breaking of bread,  
and share in the life of the family of your children.

Father, you call us to be your servants;  
fill us with the courage and love of Jesus,  
that all the world may gather in joy at the table of your kingdom.

We sing your praise, almighty Father,

through Jesus, our Lord, in the power of the Holy Spirit,  
now and for ever.

**Glory to you 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

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**

#### 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.**

COMMUNION HYMN    Laudate Dominum  
                                    Fairest Lord Jesus

CP 313  
CP 619

#### 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.**

#### POSTLUDE

Let us go forth into the world, rejoicing in the power of the Spirit.  
**Thanks be to God.**

POSTLUDE HYMN    The Love of Jesus Calls Us

CP 434

*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](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

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](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)).