

Twelfth Sunday after Pentecost

11 Aug, 2024



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

The Reverend Mark Munn

GATHERING IN GOD'S NAME

All stand

OPENING HYMN This Is the Day the Lord Hath Made

CP 373

GREETING

The grace of our Lord Jesus Christ,
And the love of God,
And the fellowship of the Holy Spirit,
Be with you all.

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

Unseen God, drawing all people to the end of our desires:
teach us to know true bread from false
and to feed on him who shares our flesh,
Jesus Christ, our communion. **Amen.**

Please be seated.

THE LITURGY OF THE WORD

FIRST READING 2 SAMUEL 11:26-12:13A

Gillian Moore

A reading from the second book of Samuel

When the wife of Uriah heard that her husband was dead, she made lamentation for him. When the mourning was over, David sent and brought her to his house, and she became his wife, and bore him a son. But the thing that David had done displeased the Lord, and the Lord sent Nathan to David. He came to him, and said to him, "There were two men in a certain city, the one rich and the other poor. The rich man had very many flocks and herds; but the poor man had nothing but one little ewe lamb, which he had bought. He brought it up, and it grew up with him and with his children; it used to eat of his meagre fare, and drink from his cup, and lie in his bosom, and it was like a daughter to him. Now there came a traveller to the rich man, and he was loath to take one of his own flock or herd to prepare for the wayfarer who had come to him, but he took the poor man's lamb, and prepared that for the guest who had come to him." Then David's anger was greatly kindled against the man. He said to Nathan, "As the Lord lives, the man who has done this deserves to die; he shall restore the lamb fourfold, because he did this thing, and because he had no pity." Nathan said to David, "You

are the man! Thus says the Lord, the God of Israel: I anointed you king over Israel, and I rescued you from the hand of Saul; I gave you your master's house, and your master's wives into your bosom, and gave you the house of Israel and of Judah; and if that had been too little, I would have added as much more. Why have you despised the word of the Lord, to do what is evil in his sight? You have struck down Uriah the Hittite with the sword, and have taken his wife to be your wife, and have killed him with the sword of the Ammonites. Now therefore the sword shall never depart from your house, for you have despised me, and have taken the wife of Uriah the Hittite to be your wife. Thus says the Lord: I will raise up trouble against you from within your own house; and I will take your wives before your eyes, and give them to your neighbour, and he shall lie with your wives in the sight of this very sun. For you did it secretly; but I will do this thing before all Israel, and before the sun." David said to Nathan, "I have sinned against the Lord."

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 letter of Paul to the Ephesians

So then, putting away falsehood, let all of us speak the truth to our neighbours, for we are members of one another. Be angry but do not sin; do not let the sun go down on your anger, and do not make room for the devil. Thieves must give up stealing; rather let them labour and work honestly with their own hands, so as to have something to share with the needy. Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear. And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you. Therefore be imitators of God, as beloved children, and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

Hear what the Spirit is saying to the church.

Thanks be to God.

All stand for the Gospel

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.

Jesus said to the people, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty." Then the Jews began to complain about him because he said, "I am the bread that came down from heaven." They were saying, "Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, 'I have come down from heaven'?" Jesus answered them, "Do not complain among yourselves. No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. It is written in the prophets, 'And they shall all be taught by God.' Everyone who has heard and learned from the Father comes to me. Not that anyone has seen the Father except the one who is from God; he has seen the Father. Very truly, I tell you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh."

The Gospel of Christ.

Praise to you, Lord Jesus Christ.

The people are invited to sit

SERMON

The Rev. Mark Munn

All stand.

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.**

Please stand, sit or kneel as is your custom for prayer.

THE PRAYERS OF THE PEOPLE

Hepsi Chand

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 Worship the Lord in the Beauty of Holiness CP 385

THE HOLY COMMUNION

PRAYER OVER THE GIFTS

Father,

receive all we offer you this day,

and grant that in this eucharist

we may be enriched by the gifts of the Spirit.

We ask this 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 Thou, Who at Thy First Eucharist CP 57
 Healer of Our Every Ill CP 612

All stand.

PRAYER AFTER COMMUNION

Eternal God,
grant to your Church the unity and peace
that we have tasted in this eucharist,
the fruit of your life-giving Spirit.
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

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

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

RECESSIONAL HYMN *Blest Be the Tie That Binds* CP 507

*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.*

Lawn Bowling Social August 11th THIS AFTERNOON!



Come one, come all, come bowl! You are invited to a special Lawn Bowling Social, hosted by St. Helen's and St. Anselm's Anglican Churches, scheduled on **Sunday August 11th, 4pm-7pm** at the **West Point Grey Lawn Bowling Club** located in Trimble Park right by St. Helen's. Bowling will commence at around 4pm until 5:30pm and a picnic style potluck supper will be held from 5:30pm. No prior lawn bowling experience necessary. Please join us for all or part of the events. All are welcome, bring your friends and family!

Invitation to Participate in Our Community Consultation on Liturgical Space

Dear St. Helen's Parishioners,

As your clergy, we are excited to share an important initiative with you. We are exploring ways to create a more intimate and connected worship experience at St. Helen's. In collaboration with the Parish Council, we have developed a consultation process to consider changes to the layout of our main worship space, used for the 10am Eucharist, feast days, and holy days.

Date and Time:

Sunday, September 8th, at the 10am service

On this day, we will trial a new layout of our liturgical space designed to foster a closer sense of community around the table of the Lord. This arrangement is temporary, and we eagerly await your feedback on whether it enhances our worship and connection to God and one another. This is a valuable opportunity to experience the change firsthand and share your thoughts.

Our Vision:

We envision a worship space that mirrors the spirit of the Upper Room, where Jesus shared the Last Supper with his disciples. To reflect this, we will install a new, portable altar closer to the congregation, below the chancel steps, and slightly adjust our seating arrangements. This will create more space for our choir, who will be positioned in the chancel behind the altar, surrounding the Lord's table from behind. We will also angle the first rows of pews slightly towards each other to allow us to better see one another and sing to one another, helping us to visually and spiritually connect as one body in Christ. We hope these changes will replicate the intimate space of fellowship and equality found in the Upper Room.

Spiritual Intentions:

- Fostering a deeper sense of intimacy in our Eucharistic gatherings
- Positioning clergy as fellow worshippers among the congregation
- Enhancing the visibility and accessibility of our liturgical actions
- Strengthening the bonds of our community in worship

After the service on September 8th, we will hold a conversation to gather your feedback and insights.

We value your voice.

We invite all parishioners to participate in this consultation process and help shape the future of our worship space.

Thank you for taking this journey with us.

In Christ,

Rev. Mark Munn & Deacon Jeffrey Preiss

Animating our Faith: Formation Series

Embark on a journey to deepen your Christian understanding and connect with your faith in new and profound ways. Join Rev. Mark Munn for Animating Our Faith, an intellectually stimulating and spiritually enriching series designed for those seeking a deeper engagement with their beliefs.

Details:

- Facilitator: Rev. Mark Munn
- Schedule: Wednesday evenings from 6pm-7:30pm, starting September 11.
- Location: In person at St. Helen's
- Registration: Register with the office via the QR code or link below
<https://tinyurl.com/animatingourfaith>
- What to Bring: Pen and journal



Rev. Mark envisions this series as a stimulating facilitated discussion between equals, which draws out the wisdom and insight of those present.

Together, we will uncover the depths of topics such as:

- God: Who or what is God? How is faith in God like embarking on a quest?
- Religion: Isn't spirituality enough? What is the role/value of a faith tradition in our spiritual journey?
- Jesus: A revolutionary? A revolution of love?
- Salvation: Maybe salvation means abundant life now?
- Cross: What does it mean to find God on the cross?
- Bible: A book like no other, but is it like a book?
- Church: An imperfect family.

Each session will include:

- A short video featuring a leading Christian thinker
- Guided reflection and journaling prompts to personalize your learning
- Engaging group discussions to share insights and deepen understanding

This series is a chance to explore and share the faith with a diverse community of seekers!

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

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).