

Thirteenth Sunday after Pentecost

18 Aug, 2024



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

Presider: The Ven. Kevin Hunt
Preacher: The Rev. Jeffrey Preiss

GATHERING IN GOD'S NAME

All stand

OPENING HYMN Sing Praise to God Who Reigns Above

CP 310

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

My siblings,
as we prepare to celebrate the presence of Christ
in word and sacrament,
let us call to mind and confess our sins.

**My God, for love of you
I desire to hate and forsake all sins
by which I have ever displeased you;
and I resolve by the help of your grace
to commit them no more;
and to avoid all opportunities of sin.
Help me to do this,
through Jesus Christ our Lord. 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

Living God, you are the giver of wisdom,
guiding those who seek your ways to choose the good.
Mercifully grant that your people,
who feast on the true bread of heaven,
may have eternal life in Jesus Christ our Lord. **Amen.**

Please be seated.

THE LITURGY OF THE WORD

FIRST READING 1 KINGS 2:10-12; 3:3-14

Shawn de Raaf

A reading from the first book of Kings

Then David slept with his ancestors, and was buried in the city of David. The time that David reigned over Israel was forty years; he reigned seven years in Hebron, and thirty-three years in Jerusalem. So Solomon sat on the throne of his father David; and his kingdom was firmly established. Solomon loved the Lord, walking in the statutes of his father David; only, he sacrificed and offered incense at the high places. The king went to Gibeon to sacrifice there, for that was the principal high place; Solomon used to offer a thousand burnt offerings on that altar. At Gibeon the Lord appeared to Solomon in a dream by night; and God said, "Ask what I should give you." And Solomon said, "You have shown great and steadfast love to your servant my father David, because he walked before you in faithfulness, in righteousness, and in uprightness of heart toward you; and you have kept for him this great and steadfast love, and have given him a son to sit on his throne today. And now, O Lord my God, you have made your servant king in place of my father David, although I am only a little child; I do not know how to go out or come in. And your servant is in the midst of the people whom you have chosen, a great people, so numerous they cannot be numbered or counted. Give your servant therefore an understanding mind to govern your people, able to discern between good and evil; for who can govern this your great people?" It pleased the Lord that Solomon had asked this. God said to him, "Because you have asked this, and have not asked for yourself long life or riches, or for the life of your enemies, but have asked for yourself understanding to

discern what is right, I now do according to your word. Indeed I give you a wise and discerning mind; no one like you has been before you and no one like you shall arise after you. I give you also what you have not asked, both riches and honour all your life; no other king shall compare with you. If you will walk in my ways, keeping my statutes and my commandments, as your father David walked, then I will lengthen your life."

Hear what the Spirit is saying to the church.

Thanks be to God.

PSALM 111



The fear of God _____ is the be-gin - ning of wis - dom.

Hallelujah!

I will give thanks to God with my whole heart,
in the assembly of the upright, in the congregation.
Great are the deeds of God!
they are studied by all who delight in them. **R.**

Your work, O God, is full of majesty and splendour,
and your righteousness endures for ever.
You make your marvellous works to be remembered;
you are gracious and full of compassion. **R.**



The fear of God_____ is the be - gin - ning of wis - dom.

You give food to those who fear you;
you are ever mindful of your covenant.
You have shown your people the power of your works
in giving them the lands of the nations. **R.**

The works of your hands are faithfulness and justice;
all your commandments are sure.
They stand fast for ever and ever,
because they are done in truth and equity. **R.**

You sent redemption to your people;
you commanded your covenant for ever;
holy and awesome is your name.
The fear of God is the beginning of wisdom;
those who act accordingly have a good understanding;
your praise endures for ever. **R.**

SECOND READING EPHESIANS 5:15-20

Hepsi Chand

A reading from the letter of Paul to the Ephesians

Be careful then how you live, not as unwise people but as wise, making the most of the time, because the days are evil. So do not be foolish, but understand what the will of the Lord is. Do not get drunk with wine, for that is debauchery; but be filled with the Spirit, as you sing psalms and hymns and spiritual songs among yourselves, singing and making melody to the Lord in your hearts, giving thanks to God

the Father at all times and for everything in the name of our Lord Jesus Christ.

Hear what the Spirit is saying to the church.

Thanks be to God.

All stand for the Gospel

GOSPEL ACCLAMATION Alleluia

CP 715

THE HOLY GOSPEL

JOHN 6:51-58

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 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 Jews then disputed among themselves, saying, "How can this man give us his flesh to eat?" So Jesus said to them, "Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; for my flesh is true food and my blood is true drink. Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live forever."

The Gospel of Christ.
Praise to you, Lord Jesus Christ.

GOSPEL ACCLAMATION Alleluia

CP 715

The people are invited to sit

SERMON

The Rev. Jeffrey Preiss

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

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 Sing A New Song Unto the Lord

CP 312

THE HOLY COMMUNION

PRAYER OVER THE GIFTS

Wise and gracious God, you spread a table before us;

nourish your people with the word of life

and the bread of heaven. **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.

Father, you made the world and love your creation.
You gave your Son Jesus Christ to be our Saviour.
His dying and rising have set us free from sin and death.
And so we gladly thank you,
with saints and angels praising you, and saying:

Holy, Holy, Holy, Lord

CP 735

We praise and bless you, loving Father,
through Jesus Christ, our Lord;
and as we obey his command,
send your Holy Spirit,
that broken bread and wine outpoured
may be for us the body and blood of your dear Son.

On the night before he died he had supper with his friends
and, taking bread, he praised you.

He broke the bread, gave it to them and said:
Take, eat; this is my body which is given for you;
do this in remembrance of me.

When supper was ended he took the cup of wine.
Again he praised you, gave it to them 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.

So, Father, we remember all that Jesus did,
in him we plead with confidence his sacrifice
made once for all upon the cross.

Bringing before you the bread of life and cup of salvation,
we proclaim his death and resurrection
until he comes in glory.

Christ is the bread of life

When we eat this bread and drink this cup,
we proclaim your death, Lord Jesus,
until you come in glory.

Lord of all life,
help us to work together for that day
when your kingdom comes
and justice and mercy will be seen in all the earth.

Look with favour on your people,
gather us in your loving arms
and bring us with all the saints
to feast at your table in heaven.

Through Christ, and with Christ, and in Christ,
in the unity of the Holy Spirit,
all honour and glory are yours, O loving Father,
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

Lamb of God

Jesus, Lamb of God

CP 747

COMMUNION HYMN

Jesus Is Risen from the Grave

CP 232

You Are Holy

Choir

All stand.

PRAYER AFTER COMMUNION

O God,
we give you thanks that you have set before us this feast,
the body and blood of your Son.
By your Spirit strengthen us to serve all in need
and to give ourselves away as bread for the hungry,
through 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

The love of the Lord Jesus draw you to himself,
the power of the Lord Jesus strengthen you in his service,
the joy of the Lord Jesus fill your hearts;
and the blessing of God almighty,
the Father, the Son, and the Holy Spirit,
be among you and remain with you always.
Amen.

DISMISSAL

Go forth in the name of Christ.

Thanks be to God.

RECESSIONAL HYMN King of Glory, King of Peace

CP 345

*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.*

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).