

# Fourteenth Sunday after Pentecost

## 25 Aug, 2024



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

Presider & Preacher: The Ven. Douglas Fenton  
Deacon: The Rev. Jeffrey Preiss

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

*All stand*

OPENING HYMN Joyful, Joyful We Adore Thee

CP 425

## **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.**

As we gather, we acknowledge with respect and gratitude  
our presence on the traditional, ancestral and unceded lands  
of the Musqueam People.

## 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.**

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

COLLECT OF THE DAY

Gracious God, although we once were strangers,  
you receive us as friends and draw us home to you.  
Set your living bread before us,  
so that we may be strengthened to continue the work  
your Son has commissioned us to do. **Amen.**

*Please be seated.*

THE LITURGY OF THE WORD

FIRST READING 1 KINGS 8:(1, 6, 10-11) 22-30, 41-43      Liz Hodgson

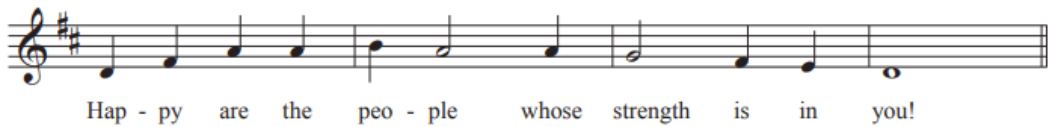
A reading from the second book of Samuel

Then Solomon stood before the altar of the Lord in the presence of all the assembly of Israel, and spread out his hands to heaven. He said, "O Lord, God of Israel, there is no God like you in heaven above or on earth beneath, keeping covenant and steadfast love for your servants who walk before you with all their heart, the covenant that you kept for your servant my father David as you declared to him; you promised with your mouth and have this day fulfilled with your hand. Therefore, O Lord, God of Israel, keep for your servant my father David that which you promised him, saying, 'There shall never fail you a successor before me to sit on the throne of Israel, if only your children look to their way, to walk before me as you have walked before me.' Therefore, O God of Israel, let your word be confirmed, which you promised to your servant my father David. But will God indeed dwell on the earth? Even heaven and the highest heaven cannot contain you, much less this house that I have built! Regard your servant's prayer and his plea, O Lord my God, heeding the cry and the prayer that your servant prays to you today; that your eyes may be open night and day toward this house, the place of which you said, 'My name shall be there,' that you may heed the prayer that your servant prays toward this place. Hear the plea of your servant and of your people Israel when they pray toward this place; O hear in heaven your dwelling place; heed and forgive. Likewise when a foreigner, who is not of your people Israel, comes from a distant land because of your name - for they shall hear of your great name, your mighty hand, and your outstretched arm -

when a foreigner comes and prays toward this house, then hear in heaven your dwelling place, and do according to all that the foreigner calls to you, so that all the peoples of the earth may know your name and fear you, as do your people Israel, and so that they may know that your name has been invoked on this house that I have built."

Hear what the Spirit is saying to the church.

**Thanks be to God.**

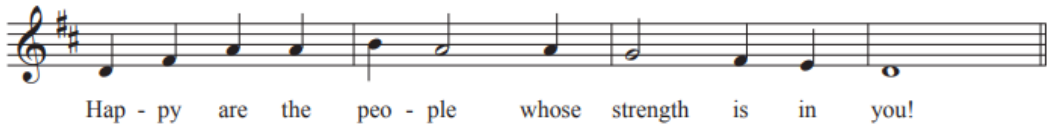


## PSALM 84

How dear to me is your dwelling, O God of hosts!  
My soul has a desire and longing for your courts;  
my heart and my flesh rejoice in you, O living God. **R.**

The sparrow has found her a house  
and the swallow a nest where she may lay her young;  
by the side of your altars, O God of hosts,  
my God who reigns over me. **R.**

Happy are they who dwell in your house!



they will always be praising you.

Happy are the people whose strength is in you!

whose hearts are set on the pilgrim's way. **R.**

Those who go through the desolate valley

will find it a place of springs,

for the early rains have covered it with pools of water.

They will climb from strength to strength;

the God of gods will be seen in Zion.

O God of hosts, hear my prayer;

hearken, O God of Jacob. **R.**

Behold our defender, O God;

and look upon the face of your anointed.

For one day in your courts

is better than a thousand in my own room,

and to stand at the threshold of the house of my God

than to dwell in the tents of the wicked. **R.**

You, God, are both sun and shield,

you will give grace and glory.

No good thing will you withhold

from those who walk with integrity.  
O God of hosts,  
happy are they who put their trust in you! **R.**

SECOND READING EPHESIANS 6:10-20

Daniel Melvill Jones

A reading from the letter of Paul to the Ephesians

Finally, be strong in the Lord and in the strength of his power. Put on the whole armour of God, so that you may be able to stand against the wiles of the devil. For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places. Therefore take up the whole armour of God, so that you may be able to withstand on that evil day, and having done everything, to stand firm. Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness. As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace. With all of these, take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one. Take the helmet of salvation, and the sword of the Spirit, which is the word of God. Pray in the Spirit at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints. Pray also for me, so that when I speak, a message may be given to me to make known with boldness the mystery of the gospel, for which I am an ambassador in chains. Pray that I may declare it boldly, as I must speak.

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 6:56-69

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 Jesus said, "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." He said these things while he was teaching in the synagogue at Capernaum. When many of his disciples heard it, they said, "This teaching is difficult; who can accept it?" But Jesus, being aware that his disciples were complaining about it, said to them, "Does this offend you? Then what if you were to see the Son of Man ascending to where he was before? It is the spirit that gives life; the flesh is useless. The words that I have spoken to you are spirit and life. But among you there are some who do not believe." For Jesus knew from the first who were the ones that did not believe, and who was the one that would betray him. And he said, "For this reason I have told you that no one can come to me unless it is granted by the Father." Because of this many of his disciples turned



back and no longer went about with him. So Jesus asked the twelve, "Do you also wish to go away?" Simon Peter answered him, "Lord, to whom can we go? You have the words of eternal life. We have come to believe and know that you are the Holy One of God."

The Gospel of Christ.

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

GOSPEL ACCLAMATION Alleluia

CP 715

*The people are invited to sit*

SERMON

The Ven. Douglas Fenton

*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

We are all one in Christ Jesus.  
We belong to him through faith,  
heirs of the promise of the Spirit of peace.

The peace of Christ 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    God Is Our Fortress and Our Rock

CP 526

## THE HOLY COMMUNION

### PRAYER OVER THE GIFTS

Blessed are you, Lord God of all creation:

through your goodness we have this bread to set before you,  
which earth has given and human hands have made.  
It will become for us the bread of life.

**Blessed be God for ever.**

Blessed are you, Lord God of all creation:  
through your goodness we have this wine to set before you,  
fruit of the vine and work of human hands.  
It will become for us the cup of salvation.

**Blessed be God for ever.**

## 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

Every time we eat this bread and drink this cup,  
**we proclaim the Lord's death until he comes.**

#### 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	Come, My Way, My Truth, My Life	CP 569
	How Lovely Is Thy Dwelling Place	CP 498

*All stand.*

PRAYER AFTER COMMUNION

Let us pray:

You have opened to us the Scriptures, O Christ,  
and you have made yourself known in the breaking of the bread.  
Abide with us, we pray, that, blessed by your royal presence,  
we may walk with you all the days of our life,  
and at its end behold you in the glory of the eternal Trinity,  
one God for ever and ever. **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 Take My Life, and Let It Be

CP 435

*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 8<sup>th</sup>, 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

## 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](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)).