

Eleventh Sunday after Pentecost
4 Aug, 2024



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

The Reverend Mark Munn

GATHERING IN GOD'S NAME

OPENING HYMN Stand Up and Bless the Lord

CP 350

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

Almighty God,
you sent your Holy Spirit
to be the life and light of your Church.
Open our hearts to the riches of your grace,
that we may bring forth the fruit of the Spirit
in love, joy, and peace;
through Jesus Christ our Lord,
who is alive and reigns with you and the Holy Spirit,
one God, now and for ever. **Amen.**

THE LITURGY OF THE WORD

FIRST READING 2 SAMUEL 18:5-9, 15, 31-33

Hepsi Chand

A reading from the second book of Samuel

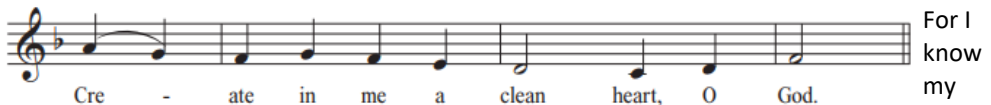
The king ordered Joab and Abishai and Ittai, saying, "Deal gently for my sake with the young man Absalom." And all the people heard when the king gave orders to all the commanders concerning Absalom. So the army went out into the field against Israel; and the battle was fought in the forest of Ephraim. The men of Israel were defeated there by the servants of David, and the slaughter there was great on that day, twenty thousand men. The battle spread over the face of all the country; and the forest claimed more victims that day than the sword. Absalom happened to meet the servants of David. Absalom was riding on his mule, and the mule went under the thick branches of a great oak. His head caught fast in the oak, and he was left hanging between heaven and earth, while the mule that was under him went on. And ten young men, Joab's armour-bearers, surrounded Absalom and struck him, and killed him. Then the Cushite came; and the Cushite said, "Good tidings for my lord the king! For the Lord has vindicated you this day, delivering you from the power of all who rose up against you." The king said to the Cushite, "Is it well with the young man Absalom?" The Cushite answered, "May the enemies of my lord the king, and all who rise up to do you harm, be like that young man." The king was deeply moved, and went up to the

chamber over the gate, and wept; and as he went, he said, "O my son Absalom, my son, my son Absalom! Would I had died instead of you, O Absalom, my son, my son!"
Hear what the Spirit is saying to the church.

Thanks be to God.

PSALM 51

Have mercy on me, O God, according to your loving kindness;
in your great compassion blot out my offenses,
Wash me through and through from my wickedness
and cleanse me from my sin. **R.**



transgression,
and my sin is ever before me.
Against you only have I sinned
and done what is evil in your sight. **R.**

And so you are justified when you speak
and upright in your judgement.
Indeed, I have been wicked from my birth,
a sinner from my mother's womb. **R.**

For behold, you look for truth deep within me,
and will make me understand wisdom secretly
Purge me from my sins, and I shall be pure;
wash me, and I shall be clean indeed. **R.**

Make me hear of joy and gladness,
that the body you have broken man rejoice.
Hide your face from my sins
and blot out all my iniquities. **R.**

Create in me a clean heart, O God,
and renew a right spirit within me.
Cast me not away from your presence
and take not your holy Spirit from me. **R.**

Give me the joy of your saving help again
and sustain me with your bountiful Spirit.
I shall teach your ways to the wicked,
and sinners shall return to you. **R.**

Deliver me from death, O God,
and my tongue shall sing of your righteousness, O God of my salvation.
Open my lips, O God,
and my mouth shall proclaim your praise. **R.**

Had you desired it, I would have offered sacrifice,
but you take no delight in burnt-offerings.
The sacrifice of God is as troubled spirit;
a broken and contrite heart, O God, you will not despise. **R.**

SECOND READING EPHESIANS 4:1-16

Suzanne Windsor-Liscombe

A reading from the letter of Paul to the Ephesians

I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all. But each of us was given grace according to the measure of Christ's gift. Therefore it is said, "When he ascended on high he made captivity itself a captive; he gave gifts to his people." (When it says, "He ascended," what does it mean but that he had also descended into the lower parts of the earth? He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ. We must no longer be children, tossed to and fro and blown about by every wind of doctrine, by people's trickery, by their craftiness in deceitful

scheming. But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, from whom the whole body, joined and knit together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

Hear what the Spirit is saying to the church.

Thanks be to God.

GOSPEL ACCLAMATION Alleluia

CP 715

THE HOLY GOSPEL

JOHN 6:24-35

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.

When the crowd saw that neither Jesus nor his disciples were there, they themselves got into the boats and went to Capernaum looking for Jesus. When they found him on the other side of the sea, they said to him, "Rabbi, when did you come here?" Jesus answered them, "Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal." Then they said to him, "What must we do to perform the works of God?" Jesus answered them, "This is the work of God, that you believe in him whom he has sent." So they said to him, "What sign are you going to give us then, so that we may see it and believe you? What work are you performing? Our ancestors ate the manna in the wilderness; as it is written, 'He gave them bread from heaven to eat.'" Then Jesus said to them, "Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world." They said to him, "Sir, give us this bread always." Jesus said to them, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty."

The Gospel of Christ.

Praise to you, Lord Jesus Christ.

6 GOSPEL ACCLAMATION Alleluia

CP 715

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 Come Ye Sinners Poor and Needy

CP 608

THE HOLY COMMUNION

PRAYER OVER THE GIFTS

God our sustainer,
accept all we offer you this day,
and feed us continually with that bread
which satisfies all hunger,
your Son our Saviour Jesus Christ. **Amen.**

THE GREAT THANKSGIVING

The Lord be with you
and also with you.

8

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 Bread of the World, in Mercy Broken

CP 54

One Bread, One Body, One Lord of All

CP 73

PRAYER AFTER COMMUNION

God of grace,

**we have shared in the mystery
of the body and blood of Christ.
May we who have tasted the bread of life
live with you for ever.
We ask this in the name of 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

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 Alleluia! Sing to Jesus

CP 374

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)

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).