

Fifteenth Sunday after Pentecost

Sept 1, 2024



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

The Rev. Mark Munn

GATHERING IN GOD'S NAME

All stand

OPENING HYMN Praise to the Lord, the Almighty

CP 384

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

Deacon: Let us confess our sins to God.

God of all

mercy, we confess that we have sinned against you, opposing your will in our lives.

We have denied your goodness in each other, in ourselves, and in the world you have created.

We repent of the evil that enslaves us, the evil we have done, and the evil done on our behalf.

Forgive, restore, and strengthen us through our Savior Jesus Christ, that we may abide in your love and serve only your will. 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

Blessed are you, O Lord and Lover,
source of beauty and depth of passion.
Strengthen and inspire us to do the word we hear
and live the faith we confess, through Jesus,
our Saviour and Friend. **Amen.**

Please be seated.

THE LITURGY OF THE WORD

FIRST READING SONG OF SOLOMON 2:8-13

Angela White

A reading from the song of Solomon

The voice of my beloved! Look, he comes, leaping upon the mountains, bounding over the hills. My beloved is like a gazelle or a young stag. Look, there he stands behind our wall, gazing in at the windows, looking through the lattice. My beloved speaks and says to me: "Arise, my love, my fair one, and come away; for now the winter is past, the rain is over and gone. The flowers appear on the earth; the time of singing has come, and the voice of the turtledove is heard in our land. The fig tree puts forth its figs, and the vines are in blossom; they give forth fragrance. Arise, my love, my fair one, and come away."

Hear what the Spirit is saying to the church.

Thanks be to God.

PSALM 45



Ev-ery age will re-call your name. This song will fix it in their me - mo - ry.

My heart is stirring with a noble song;
let me recite what I have fashioned for the king;
my tongue shall be the pen of a skilled writer.
You are the fairest of men; grace flows from your lips,
because God has blessed you for ever. **R.**

Your throne, O God, endures for ever and ever,
a sceptre of righteousness is the sceptre of your kingdom;
you love righteousness and hate iniquity.
Therefore God, your God has anointed you
with the oil of gladness above your fellows. **R.**

All your garments are fragrant with myrrh, aloes, and cassia,
and the music of strings from ivory palaces makes you glad.
Kings' daughters stand among the ladies of the court;
on your right hand is the queen,
adorned with the gold of Ophir. **R.**

SECOND READING JAMES 1:17-27

Hepsi Chand

A reading from the letter of James

Every generous act of giving, with every perfect gift, is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change. In fulfilment of his own purpose he gave us birth by the word of truth, so that we would become a kind of first fruits of his creatures. You must understand this, my beloved: let everyone be quick to listen, slow to speak, slow to anger; for your anger does not produce God's righteousness. Therefore rid yourselves of all sordidness and rank growth of wickedness, and welcome with meekness the implanted word that has the power to save your souls. But be doers of the word, and not merely hearers who deceive themselves. For if any are hearers of the word and not doers, they are like those who look at themselves in a mirror; for they look at themselves and, on going away, immediately forget what they were like. But those who look into the perfect law, the law of liberty, and persevere, being not hearers who

forget but doers who act - they will be blessed in their doing. If any think they are religious, and do not bridle their tongues but deceive their hearts, their religion is worthless. Religion that is pure and undefiled before God, the Father, is this: to care for orphans and widows in their distress, and to keep oneself unstained by the world.

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

MARK 7:1-8, 14-15, 21-23

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.

Now when the Pharisees and some of the scribes who had come from Jerusalem gathered around Jesus, they noticed that some of his disciples were eating with defiled hands, that is, without washing them. (For the Pharisees, and all the Jews, do not eat unless they thoroughly wash their hands, thus observing the tradition of the elders; and they do not eat anything from the market unless they wash it; and there are also many other traditions that they observe, the washing of cups, pots, and bronze kettles.) So the Pharisees and the scribes asked him, "Why do your disciples not live according to the tradition of the elders, but eat with defiled hands?" He said to

them, "Isaiah prophesied rightly about you hypocrites, as it is written, 'This people honours me with their lips, but their hearts are far from me; in vain do they worship me, teaching human precepts as doctrines.' You abandon the commandment of God and hold to human tradition." Then he called the crowd again and said to them, "Listen to me, all of you, and understand: there is nothing outside a person that by going in can defile, but the things that come out are what defile. For it is from within, from the human heart, that evil intentions come: fornication, theft, murder, adultery, avarice, wickedness, deceit, licentiousness, envy, slander, pride, folly. All these evil things come from within, and they defile a person."

The Gospel of Christ.

Praise to you, Lord Jesus Christ.

GOSPEL ACCLAMATION Alleluia

CP 715

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

Daniel Melvill Jones

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 What Does the Lord Require

CP 171

THE HOLY COMMUNION

PRAYER OVER THE GIFTS

Merciful God,
receive all we offer you this day.
Give us grace to love one another
that your love may be made perfect in us.
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 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

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

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

Go forth in the name of Christ.
Thanks be to God.

RECESSIONAL HYMN Lord, We Hear Your Word with Gladness CP 447

*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.*

YOU'RE INVITED TO

ARCHDEACONRY

Please bring a chair or blanket and your own plate and cutlery. Expect ice cream and fun games!

PICNIC IN THE PARK

SUNDAY, SEPT. 8TH, 11:30AM

SOUTH WEST CORNER OF MAPLE GROVE PARK

ARCHDEACONRY

PICNIC IN THE PARK

SUNDAY SEPT. 8TH, 11:30AM

Access is along Balsam

SOUTH WEST CORNER OF MAPLE GROVE PARK

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: Tuesday 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

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).