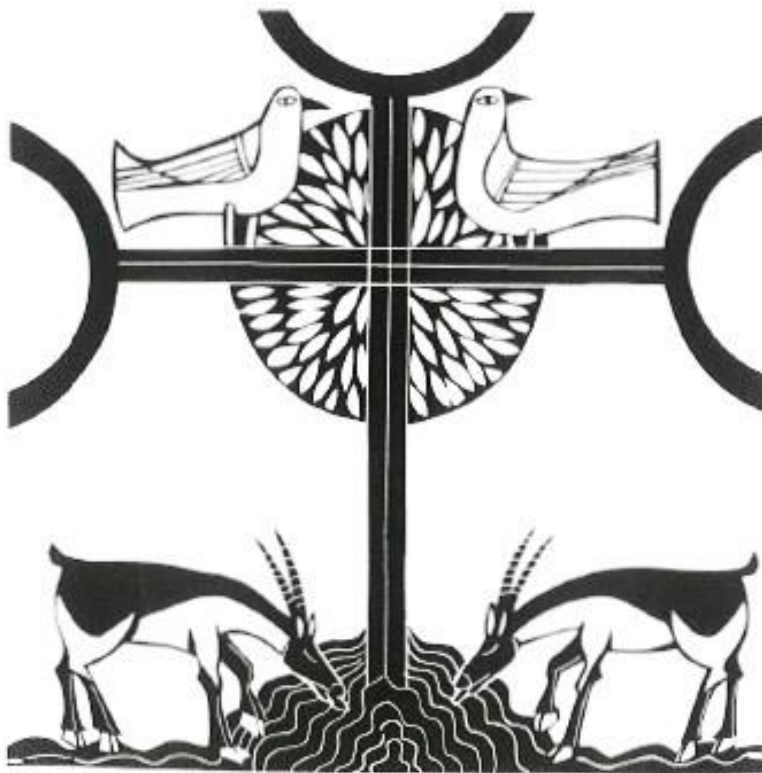


Seventeenth Sunday after Pentecost

Sept 15, 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 All Creatures of Our God and King (*Verses 1-4, 5, 7*)CP 335

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.

CONFESSION

Christ himself carried up our sins in his body to the tree,
so that, free from sins, we might live for righteousness;
by his wounds we have been healed.

Let us confess our sins.

Lord Jesus, you came to reconcile us to one another and the Father:
Lord, have mercy.

Lord, have mercy.

Kyrie Eleison (*sung once*)

CP 706

Lord Jesus, you heal the wounds of sin and division:

Christ, have mercy.

Christ, have mercy.

Christe Eleison (*sung once*)

CP 706

Lord Jesus, you intercede for us with your Father:

Lord, have mercy.

Lord, have mercy.

Kyrie Eleison (*sung once*)

CP 706

THE ABSOLUTION

Almighty God have mercy on you,
forgive you all your sins through the grace of Jesus Christ,
strengthen you in all goodness,
and by the power of the Holy Spirit
keep you in eternal life. **Amen.**

COLLECT OF THE DAY

Healer of the nations,
your beloved was lifted on the wood of the cross
and exalted as Lord of all creation.
Grant that all who believe in him
may have the gift of eternal life
and share in the glory of your promised reign
of justice and peace.
Amen.

Please be seated.

THE LITURGY OF THE WORD

FIRST READING PROVERBS 1:20-33

Shawn de Raaf

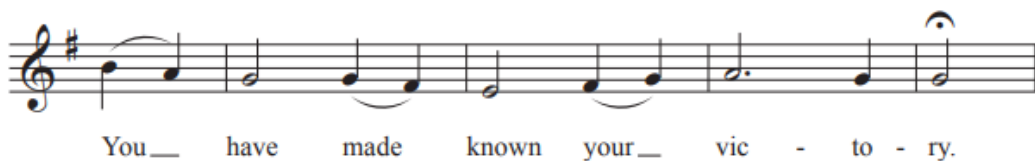
A reading from the book of Proverbs

Wisdom cries out in the street; in the squares she raises her voice. At the busiest corner she cries out; at the entrance of the city gates she speaks: "How long, O simple ones, will you love being simple? How long will scoffers delight in their scoffing and fools hate knowledge? Give heed to my reproof; I will pour out my thoughts to you; I will make my words known to you. Because I have called and you refused, have stretched out my hand and no one heeded, and because you have ignored all my counsel and would have none of my reproof, I also will laugh at your calamity; I will mock when panic strikes you, when panic strikes you like a storm, and your calamity comes like a whirlwind, when distress and anguish come upon you. Then they will call upon me, but I will not answer; they will seek me diligently, but will not find me. Because they hated knowledge and did not choose the fear of the Lord, would have none of my counsel, and despised all my reproof, therefore they shall eat the fruit of their way and be sated with their own devices. For waywardness kills the simple, and the complacency of fools destroys them; but those who listen to me will be secure and will live at ease, without dread of disaster."

Hear what the Spirit is saying to the church.

Thanks be to God.

PSALM 98



Let us sing a new song to God,
who has done marvellous things.
With your right hand and your holy arm
you have won for yourself the victory. **R.**

You have made known your victory;
your righteousness have you openly shown
in the sight of the nations.
You remember your mercy and faithfulness
to the house of Israel, and all the ends of
the earth have seen the victory of our God. **R.**

Shout with joy to God, all you lands;
lift up your voice, rejoice, and sing.
Sing to God with the harp,
with the harp and the voice of song. **R.**

A reading from the letter of James

Not many of you should become teachers, my brothers and sisters, for you know that we who teach will be judged with greater strictness. For all of us make many mistakes. Anyone who makes no mistakes in speaking is perfect, able to keep the whole body in check with a bridle. If we put bits into the mouths of horses to make them obey us, we guide their whole bodies. Or look at ships: though they are so large that it takes strong winds to drive them, yet they are guided by a very small rudder wherever the will of the pilot directs. So also the tongue is a small member, yet it boasts of great exploits. How great a forest is set ablaze by a small fire! And the tongue is a fire. The tongue is placed among our members as a world of iniquity; it stains the whole body, sets on fire the cycle of nature, and is itself set on fire by hell. For every species of beast and bird, of reptile and sea creature, can be tamed and has been tamed by the human species, but no one can tame the tongue a restless evil, full of deadly poison. With it we bless the Lord and Father, and with it we curse those who are made in the likeness of God. From the same mouth come blessing and cursing. My brothers and sisters, this ought not to be so. Does a spring pour forth from the same opening both fresh and brackish water? Can a fig tree, my brothers and sisters, yield olives, or a grapevine figs? No more can salt water yield fresh.

Hear what the Spirit is saying to the church.

Thanks be to God.

All stand for the Gospel

Alleluia, alleluia.

We adore you, O Christ, and we bless you,
because by your holy cross you have redeemed the world.

Alleluia.

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.

Jesus went on with his disciples to the villages of Caesarea Philippi; and on the way he asked his disciples, "Who do people say that I am?" And they answered him, "John the Baptist; and others, Elijah; and still others, one of the prophets." He asked them, "But who do you say that I am?" Peter answered him, "You are the Messiah." And he sternly ordered them not to tell anyone about him. Then he began to teach them that the Son of Man must undergo great suffering, and be rejected by the elders, the chief priests, and the scribes, and be killed, and after three days rise again. He said all this quite openly. And Peter took him aside and began to rebuke him. But turning and looking at his disciples, he rebuked Peter and said, "Get behind me, Satan! For you are setting your mind not on divine things but on human things." He called the crowd with his disciples, and said to them, "If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it. For what will

it profit them to gain the whole world and forfeit their life? Indeed, what can they give in return for their life? Those who are ashamed of me and of my words in this adulterous and sinful generation, of them the Son of Man will also be ashamed when he comes in the glory of his Father with the holy angels."

The Gospel of Christ.

Praise to you, Lord Jesus Christ.

GOSPEL ACCLAMATION

CP 714

Alleluia, alleluia.

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

Liz Hodgson

As you are able, please gather in a circle around the altar.

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 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 Take Up Your Cross, the Saviour Said CP 431

THE HOLY COMMUNION

PRAYER OVER THE GIFTS

Merciful God,

through the death of your beloved Son
you transformed an instrument of shame
into a sign of hope and glory.

Receive all we bring before you this day,
and renew us in the mystery of his love;
through the same Jesus Christ, the Lord of glory. **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

All thanks and praise are yours
at all times and in all places,
our true and loving God;
through Jesus Christ, your eternal Word,
the Wisdom from on high by whom you created all things.
You laid the foundations of the world
and enclosed the sea when it burst out from the womb;
You brought forth all creatures of the earth
and gave breath to humankind.

Wondrous are you, Holy One of Blessing,
all you create is a sign of hope for our journey;
And so as the morning stars sing your praises
we join the heavenly beings and all creation as we shout with joy:

Holy, Holy, Holy, Lord

CP 719

Glory and honor are yours,
Creator of all, your Word has never been silent;
you called a people to yourself, as a light to the nations,
you delivered them from bondage
and led them to a land of promise.
Of your grace, you gave Jesus
to be human, to share our life,
to proclaim the coming of your holy reign
and give himself for us, a fragrant offering.

Through Jesus Christ our Redeemer,
you have freed us from sin,
brought us into your life, reconciled us to you,
and restored us to the glory you intend for us.

We thank you that on the night before he died for us
Jesus took bread, and when he had given thanks to you,
he broke it, gave it to his friends and said:
“Take, eat, this is my Body, broken for you.
Do this for the remembrance of me.”

After supper Jesus took the cup of wine,
said the blessing, gave it to his friends and said:
“Drink this, all of you:
this cup is the new Covenant in my Blood,
poured out for you and for all for the forgiveness of sin.
Do this for the remembrance of me.”

And so, remembering all that was done for us:
the cross, the tomb, the resurrection and ascension,
longing for Christ's coming in glory,
and presenting to you these gifts
your earth has formed and human hands have made,
we acclaim you, O Christ:

Dying, you destroyed our death.

Rising, you restored our life.

Christ Jesus, come in glory!

Send your Holy Spirit upon us
and upon these gifts of bread and wine
that they may be to us the Body and Blood of your Christ.
Grant that we, burning with your Spirit's power,
may be a people of hope, justice and love.

Giver of Life, draw us together in the Body of Christ,
and in the fullness of time gather us
with all your people into the joy of our true eternal home.

Through Christ and with Christ and in Christ,
by the inspiration of your Holy Spirit,
we worship you our God and Creator in voices of unending praise.

Blessed are you now and for 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

God of promise, you have prepared a banquet for us.

Happy are those who are called to the Supper of the Lamb.

INVITATION TO HOLY COMMUNION

The gifts of God for the people of God

Thanks be to God

Lamb of God

Lamb of God

CP 745

COMMUNION HYMN

We Gather at Your Table, Lord

Choir

When I Survey the Wondrous Cross

CP 386

All stand.

PRAYER AFTER COMMUNION

God of compassion, Jesus was lifted up on the cross, a sign of your steadfast love and a pledge of your will to save. Grant healing of soul and life eternal to those who look upon the cross in faith; through Jesus Christ, our peace and our salvation. **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

Christ crucified draws you to himself,
to find in him a sure ground for faith,
a firm support for hope,
and the assurance of sins forgiven;
and the blessing of God almighty, the Father, the Son,
and the Holy Spirit,
be among you and remain with you always. **Amen.**

DISMISSAL

Let us go in peace to love and serve the crucified Lord.
Thanks be to God.

RECESSIONAL HYMN Lift High the Cross

CP 602

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.

A PILGRIM'S WAY

Walking and praying for trees Sept 21, 2024

Walking our prayers in the places we live, work and worship

Our Day

We will walk 13km over 4 hours with some rests. There will be a break and bathroom every hour (or hour and a half)

This is a day that can be walked in full, or join us for sections. All times are reasonable estimates. As we walk time will shift slightly (the times listed are good times to plan to join or leave.)

Gathering 10:00am at St Helen's

4405 W 8th, Vancouver

Question for reflection: What hopes and expectations do I have about this pilgrimage?

11:30am at St Mary's Kerrisdale

2490 W 37th Ave.

Question for reflection: What do trees teach us about God?

12:00pm Balaclava Park

(Carnarvon and 27th)

Question for reflection: What do trees teach us about discipleship?

2:00 pm at St Anslem's

5210 University Blvd

Following-gather at a local restaurant for fellowship and discussion

Question for reflection: What will you take from this time

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 6-7:30pm, starting September 10.
- 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).