

Eighteenth Sunday after Pentecost

Sept 22, 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 Holy, Holy, Holy, Lord God Almighty

CP 1

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

The sun of righteousness has dawned with healing in his wings.
Let us come to the light of Christ,
confessing our sins in penitence and faith.

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

Kyrie Eleison (*sung once*)

CP 706

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

Christe Eleison (*sung once*)

CP 706

Lord Jesus, you intercede for us with your Father:

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

Creating God, your name is written on every leaf,
every bird, every river, every stone, every living being.
We praise and worship you for the magnificence of your creation.
Make us attentive to the wounds of the earth
and willing to work for the healing of the whole creation,
through Jesus Christ, our Savior and Lord.

Amen

Please be seated.

THE LITURGY OF THE WORD

FIRST READING PROVERBS 31:10-31

Liz Hodgson

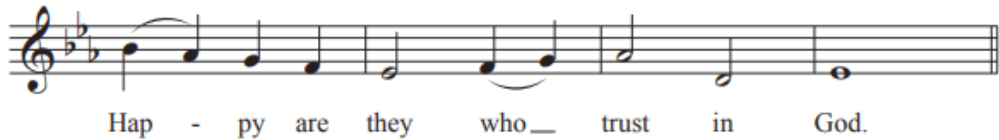
A reading from the book of Proverbs

A capable wife who can find? She is far more precious than jewels. The heart of her husband trusts in her, and he will have no lack of gain. She does him good, and not harm, all the days of her life. She seeks wool and flax, and works with willing hands. She is like the ships of the merchant, she brings her food from far away. She rises while it is still night and provides food for her household and tasks for her servant girls. She considers a field and buys it; with the fruit of her hands she plants a vineyard. She girds herself with strength, and makes her arms strong. She perceives that her merchandise is profitable. Her lamp does not go out at night. She puts her hands to the distaff, and her hands hold the spindle. She opens her hand to the poor, and reaches out her hands to the needy. She is not afraid for her household when it snows, for all her household are clothed in crimson. She makes herself coverings; her clothing is fine linen and purple. Her husband is known in the city gates, taking his seat among the elders of the land. She makes linen garments and sells them; she supplies the merchant with sashes. Strength and dignity are her clothing, and she laughs at the time to come. She opens her mouth with wisdom, and the teaching of kindness is on her tongue. She looks well to the ways of her household, and does not eat the bread of idleness. Her children rise up and call her happy; her husband too, and he praises her: "Many women have done excellently, but you surpass them all." Charm is deceitful, and beauty is vain, but a woman who fears the Lord is to be praised. Give her a share in the fruit of her hands, and let her works praise her in the city gates.

Hear what the Spirit is saying to the church.

Thanks be to God.

PSALM 1



Happy are they who have not walked in the counsel
of the wicked,
nor lingered in the way of sinners,
nor sat in the seats of the scornful!
Their delight is in your law O God,
and they meditate on it day and night. **R.**

They are like trees planted by streams of water,
bearing fruit in due season,
with leaves that do not wither;
everything they do shall prosper. **R.**

It is not so with the wicked;
they are like chaff which the wind blows away.
Therefore the wicked shall not stand upright
when judgement comes,
nor the sinner in the council of the righteous.
For God knows the way of the righteous,
but the way of the wicked is doomed. **R.**

A reading from the letter of James

Who is wise and understanding among you? Show by your good life that your works are done with gentleness born of wisdom. But if you have bitter envy and selfish ambition in your hearts, do not be boastful and false to the truth. Such wisdom does not come down from above, but is earthly, unspiritual, devilish. For where there is envy and selfish ambition, there will also be disorder and wickedness of every kind. But the wisdom from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without a trace of partiality or hypocrisy. And a harvest of righteousness is sown in peace for those who make peace. Those conflicts and disputes among you, where do they come from? Do they not come from your cravings that are at war within you? You want something and do not have it; so you commit murder. And you covet something and cannot obtain it; so you engage in disputes and conflicts. You do not have, because you do not ask. You ask and do not receive, because you ask wrongly, in order to spend what you get on your pleasures. Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw near to God, and he will draw near to you.

Hear what the Spirit is saying to the church.

Thanks be to God.

All stand for the Gospel

Alleluia, Alleluia.

Blessed are you, O Lord of creation,
revealing your kingdom to the humble and weak.

Alleluia.

THE HOLY GOSPEL

MARK 9:30-37

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.

They went on from there and passed through Galilee. Jesus did not want anyone to know it; for he was teaching his disciples, saying to them, "The Son of Man is to be betrayed into human hands, and they will kill him, and three days after being killed, he will rise again." But they did not understand what he was saying and were afraid to ask him. Then they came to Capernaum; and when he was in the house he asked them, "What were you arguing about on the way?" But they were silent, for on the way they had argued with one another who was the greatest. He sat down, called the twelve, and said to them, "Whoever wants to be first must be last of all and servant of all." Then he took a little child and put it among them; and taking it in his arms, he said to them, "Whoever welcomes one such child in my name welcomes me, and whoever welcomes me welcomes not me but the one who sent me."

The Gospel of Christ.

Praise to you, Lord Jesus Christ.

GOSPEL ACCLAMATION

CP 712

Alleluia, Alleluia.

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

Hepsi Chand

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

THE PEACE

You shall go out in joy and be led back in peace;
the mountains and the hills before you shall burst into song,
and all the trees of the field shall clap their hands.

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 All Things Are Thine

CP 304

THE HOLY COMMUNION

PRAYER OVER THE GIFTS

God of power,
the glory of your works fills us with wonder and awe.
Accept our offering this day, and help us to live in peace
and harmony with all your creation,
for the sake of Jesus Christ our Lord. **Amen.**

THE GREAT THANKSGIVING

May God be with you

And also with you

Lift up your hearts

We lift them up

Let us give thanks to God our Creator

It is right to give our thanks and praise

It is right in all times and in all places
to thank and praise you Creator of all.

We praise you here where the Fraser River meets the Salish Sea,
where city and farm, wilderness and industry are side by side.

We praise you at a time when the body of earth
is broken again and again.

We give thanks for our place in the story of salvation.

Our ancestors journeyed with you
in creation and migration.

They depended on the land,
were displaced from the land and
displaced others from their lands.

They knew you in tents and cities, on mountains and by wells,
in families and in dreams,
and through wilderness prophets who spoke of cedars
and listened to ravens.

Together with angels and ancestors,
orca and salmon, bear and raven, salal and cedar
we join our voices with all creation in this ancient honour song:

Holy, Holy, Holy, Lord

CP 735

We give thanks to you for Jesus,
whose first bed was a feed trough.

He was baptized in the Jordan, tested in the wilderness,
he traveled in fishing boats and told parables of farmers and
seeds, labour and wages, yeast and bread.

On the night before he died, Jesus took bread,
food of the poor, the work of field and hearth,
he gave thanks, broke it and gave it to his friends saying:
Take and eat, this is my body, given for you,
do this to remember me.

Again after supper he took the cup of wine,
fruit of the land, gave thanks and gave it to his friends saying:
This is my blood, which is shed for you.
When you do this, do it in memory of me.

Again after supper he took the cup of wine, fruit of the land,
gave thanks and gave it to his friends saying:
This is my blood, which is shed for you.
When you do this, do it in memory of me.

Remembering Jesus' life, death and resurrection
and awaiting his coming kingdom,
we offer you this bread and this cup.

Creator, send your Spirit on these gifts
so that we know Jesus in them and are gathered together
with everyone who shares this sacred meal of justice and
community.

Fill us with the courage and love of Jesus,
that we may strive for justice and peace,
Respect the dignity of every human being,
and safeguard the integrity of creation.

Bring us with St. Helen and all your saints to your commonwealth of
sparrow and lily,
child and beggar which is both now and yet to come.

All honor and glory are yours,
Creator, Christ and Spirit, now and forever.
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

Jesus Calls Us Here to Meet Him

CP 59

Sister, Let Me Be Your Servant

CP 500

All stand.

PRAYER AFTER COMMUNION

God, the source of all that is,

with joy we have offered thanksgiving for your love in creation

and have shared in the bread and the wine of the kingdom:

by your grace plant within us a reverence for all that you give us

and make us generous and wise stewards of

the good things we enjoy. **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

God the Father, who created the world,
give you grace to be wise stewards of his creation. **Amen.**

God the Son, who redeemed the world,
inspire you to go out as labourers into his harvest. **Amen.**

God the Holy Spirit, whose breath fills the whole creation,
help you to bear his fruits of love, joy and peace **Amen.**

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 Lord, Whose Love in Humble Service CP 585

*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.*

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!

Upcoming Events at St. Helen's

September 24 (Tuesday) 6pm	Animating Our Faith
October 1 (Tuesday) 6pm	Animating Our Faith
October 6 (Sunday)	Blessing of the Animals
October 8 (Tuesday) 6pm	Animating Our Faith
October 15 (Tuesday) 6pm	Animating Our Faith
October 22 (Tuesday) 6pm	Animating Our Faith
October 26 (Tuesday) 6pm	Animating Our Faith
November 3 (Sunday)	All Saints' Day Celebration
November 17 (Sunday)	Community Potluck
December 1 (Sunday)	Church decoration for Christmas
December 8 (Sunday)	Wreath Making Workshop
December 15 (Sunday)	Christmas Concert

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).