

# St Michael and All Angels

## Sept 29, 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, My Soul

CP 381

## 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

Dear friends in Christ, God is steadfast in love and infinite in mercy.  
Let us confess our sins, confident in God's forgiveness.

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

God of our salvation,  
we falter before the demands of your word  
and turn away from your call to life.  
As you showed mercy to your people of old,  
pour out your mercy on us,  
so that we may turn from our sinfulness  
and walk the path of self-emptying love made known in Jesus Christ,  
who lives and reigns with you and the Holy Spirit,  
one God, now and forever. **Amen**

*Please be seated.*

## THE LITURGY OF THE WORD

### FIRST READING GENESIS 28:10-17

Liz Hodgson

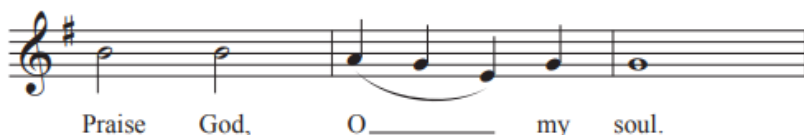
A reading from the book of Proverbs

Jacob left Beersheba and went toward Haran. He came to a certain place and stayed there for the night, because the sun had set. Taking one of the stones of the place, he put it under his head and lay down in that place. And he dreamed that there was a ladder set up on the earth, the top of it reaching to heaven; and the angels of God were ascending and descending on it. And the Lord stood beside him and said, "I am the Lord, the God of Abraham your father and the God of Isaac; the land on which you lie I will give to you and to your offspring; and your offspring shall be like the dust of the earth, and you shall spread abroad to the west and to the east and to the north and to the south; and all the families of the earth shall be blessed in you and in your offspring. Know that I am with you and will keep you wherever you go, and will bring you back to this land; for I will not leave you until I have done what I have promised you." Then Jacob woke from his sleep and said, "Surely the Lord is in this place and I did not know it!" And he was afraid and said, "How awesome is this place! This is none other than the house of God, and this is the gate of heaven."

Hear what the Spirit is saying to the church.

**Thanks be to God.**

## PSALM 103:19-22



O God, you have set your throne in heaven,  
and your majesty rules over all.

Praise God, you holy angels, mighty and obedient ones,  
who hearken to the voice of your Creator. **R.**

Praise God, all you hosts of heaven,  
you ministers who serve in faithfulness.

Praise God, all things that are made, wherever God rules,  
praise God, O my soul. **R.**

## SECOND READING REVELATION 12:7-12

Tony Hodgson

A reading from the letter of James

War broke out in heaven; Michael and his angels fought against the dragon. The dragon and his angels fought back, but they were defeated, and there was no longer any place for them in heaven. The great dragon was thrown down, that ancient serpent, who is called the Devil and Satan, the deceiver of the whole world - he was thrown down to the earth, and his angels were thrown down with him. Then I heard a loud voice in heaven, proclaiming, "Now have come the salvation and the power and the kingdom of our God and the authority of his Messiah, for the accuser of our comrades has been thrown down, who accuses them day and night before our God. But they have conquered him by the blood of the Lamb and by

the word of their testimony, for they did not cling to life even in the face of death. Rejoice then, you heavens and those who dwell in them! But woe to the earth and the sea, for the devil has come down to you with great wrath, because he knows that his time is short!"

Hear what the Spirit is saying to the church.

**Thanks be to God.**

*All stand for the Gospel*

GOSPEL ACCLAMATION

CP 712

**Alleluia, Alleluia.**

Speak, O Lord, your servant is listening,  
you have the words of everlasting life.

**Alleluia.**

THE HOLY GOSPEL

JOHN 1:47-51

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 Jesus saw Nathanael coming toward him, he said of him, "Here is truly an Israelite in whom there is no deceit!" Nathanael asked him, "Where did you get to know me?" Jesus answered, "I saw you under the fig tree before Philip called you." Nathanael replied, "Rabbi, you are the Son of God! You are the King of Israel!" Jesus answered, "Do you believe because I told you that I saw you under the fig tree? You will see greater things than these." And he said to

him, "Very truly, I tell you, you will see heaven opened and the angels of God ascending and descending upon the Son of Man." 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

You are invited to join in an affirmation of faith.

**We believe in God, the Source of Life,  
by whom every being in heaven and earth  
is created, named, and sustained.**

**We believe in God, the Living Word,  
who restores us to relationship and speaks to us through faith.**

**We believe in God, the Holy Spirit, who comforts,  
guides, and strengthens us to share the good news of grace.**

**We believe in God, one, holy, undivided Trinity:  
Source of Life, Living Word, Comforter: Mystery. Amen.**

*Please stand, sit or kneel as is your custom for prayer.*

THE PRAYERS OF THE PEOPLE

David Van Blarcom

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

## THE PEACE

To crown all things there must be love,  
to bind all together and complete the whole.  
Let the peace of Christ rule in our hearts.

*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    How Blessed Is This Place

CP 301

## THE HOLY COMMUNION

### PRAYER OVER THE GIFTS

Source Eternal, we bring our offerings to you.  
We thank you for this bread and wine, gifts of your creation.  
We thank you for Jesus: God with us. **Amen.**

## THE GREAT THANKSGIVING

God is with you.  
**And also with you**  
Open your hearts.  
**We open our hearts to God.**  
Let us give thanks to God our Creator  
**We give our thanks and praise.**



Source of all, you made our world beautiful and good,  
and made us to live in right relationship with you and all creation.  
You companion and sustain us in both wilderness and oasis  
and accompany us daily through remarkable and ordinary days.  
You sent your Word to live among us and show us what you are like.

We bring our seeking pilgrim hearts to you, Creator God.  
You spoke the universe into being,  
the earth and all that dwells here,  
from the seas below to the skies above,  
you fashioned all living creatures  
and imbued them with your love.  
The signs of your goodness surround us,  
and we give you honour and praise.

And so, we join with the heavenly beings  
and all of creation as we say:

Holy, Holy, Holy, Lord

CP 735

We give all thanks and praise to you, our true and loving God.  
Of your grace, you sent Jesus to be human, to share our life,  
to announce your kingdom of justice and peace,  
and to reconcile us to you.  
Through Jesus Christ  
you have restored the glory you intended for us.

On the night before he died, Jesus ate supper with his friends.  
He took bread, gave thanks, broke it and gave it to them, saying,  
“Take and eat. This is my very self given for you.  
Do this for the remembrance of me.”

Then he took the cup of wine.  
Again, he gave thanks and gave it to them, saying,  
“Drink it, all of you.  
This cup is a new covenant poured out for you and all people.  
Do this for the remembrance of me.”

And so, we remember:  
the cross, the tomb, the resurrection and ascension,  
and, longing for Christ’s coming again in glory,  
we present these gifts to you.

Send your Holy Spirit upon us and upon these gifts,  
so that we who share this bread and wine  
may embody your justice and love.

Draw us together in Christ,  
and, in the fullness of time, gather us with all your people  
into the joy of your eternal home.

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

This is the bread of life given in love for us.

This is the cup of restored relationship with God.

These are the gifts of God for all God's people.

## 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

As We Gather at Your Table

CP 61

As Jacob with Travel Was Weary

CP 535

*All stand.*

#### PRAYER AFTER COMMUNION

Let us pray.

As we have shared this bread and wine,  
we share new life in Christ.

Send us out in the power of your spirit,  
to stand with you in world and share your love. **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

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 in peace and share God's love.

**Thanks be to God.!**

RECESSIONAL HYMN Ye Holy Angles Bright

CP 323

*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.*

## Coffee & Tea Time Volunteers Needed



We're looking for volunteers to organize our coffee and tea time after the 8:00 AM and 10:00 AM services.

What's involved?

- Setting up the coffee and tea area before the service
- Having coffee and tea ready right after the service
- Cleaning up after the coffee and tea time

No baking required! While cookies and treats are always appreciated, they're not mandatory.

If you're interested in this important community ministry, please sign up on the sheet posted on the bulletin board in the Narthex.

## Upcoming Events at St. Helen's

October 1 (Tue)	6pm	Animating Our Faith
October 6 (Sun)	10am	Blessing of the Animals
October 8 (Tue)	6pm	Animating Our Faith
October 15 (Tue)	6pm	Animating Our Faith
October 22 (Tue)	6pm	Animating Our Faith
October 26 (Tue)	6pm	Animating Our Faith
November 3 (Sun)	10am	All Saints' Day Celebration
November 17 (Sun)	11am	Community Potluck
December 1 (Sun)	12 pm	Church decoration for Christmas
December 2 (Mon)	6:30pm	Book Study: Caputo's What to Believe?
December 7 (Sat)	9am	Advent Quiet Morning (Retreat)
December 9 (Mon)	6:30pm	Book Study: Caputo's What to Believe?
December 8 (Sun)	12pm	Wreath Making Workshop
December 15 (Sun)	TBD	Christmas Concert
December 16 (Mon)	6:30pm	Book Study: Caputo's What to Believe?
December 24 (Tues)	8pm	Christmas Eve Service
December 25 (Wed)	10am	Christmas Day (BCP Eucharist)

## **Blessing of the Animals Oct 6 (Sun)**



You and your animal friends are invited to a special Feast Day of Saint Francis and Blessing of the Animals next **Sunday October 6th (at both the 8am and 10am services)**. We will welcome their barking, meowing, grunting, hissing, and the general beautiful chaos that our animal companions bring with them. Even if you can't bring your animal, we hope some can, and that they will stand in for all our four-legged friends! The service will end with the blessing of each animal present.

## Neighbourhood Ministry Volunteers Needed & Shopping List



St. Helen's needs your support for our Neighborhood Ministries program (our homelessness outreach initiative at St. Helen's). Our streets are home to many facing tough times, and as a church community we want to make a difference in their lives. We provide care packages with essentials like food, hygiene items, warm clothing, and blankets to our homeless neighbors. These packages offer more than just supplies; they're a symbol of hope and compassion and a sign of Christ's love at work in the world.

**We are currently looking for volunteers to help us coordinate the outreach and prepare sandwiches and boiled eggs for the outreach days of October 26 (Sat) and November 23 (Sat). Please let us know if you would like to volunteer.**

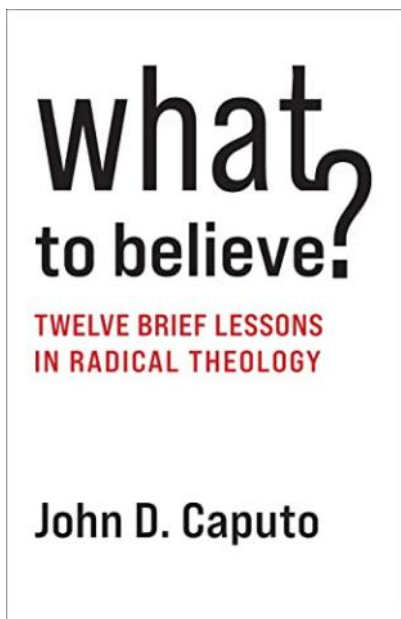
We are currently inviting donations of the following items:

- **men's socks (size medium)**
- **cans of tuna (with pull tabs only)**
- Boost/Ensure
- Juice boxes
- Fruit or pudding cups
- Cereal bars

For any further information about volunteering or contributing supplies, please feel free to contact Shawn at: [deraaf@gmail.com](mailto:deraaf@gmail.com)



## What to Believe? Book Group



Do you ever wonder what to believe in a world filled with uncertainty? Have you ever wondered what is God? Join Dcn. Jeffrey for a 3-week book group exploring John D. Caputo's thought-provoking book, *What to Believe?: Twelve Brief Lessons in Radical Theology*.

This book isn't an easy read (though Caputo claims it is), and it is for believers, doubters, and everyone in between. Caputo challenges traditional ideas of God and religion, proposing a radical theology that emphasizes love, hope, and a mystical sense of life.

Each gathering will consist of a short contextualization presentation (a simple lecture) on the topics followed by a group discussion on the assigned reading.

**Registration Required:** Follow this link to register <https://tinyurl.com/What-to-Believe>

**Timeline:** December 2, 9, and 16

**Start time:** 6:30pm

**Location:** St. Helen's Anglican Church (in-person)

**Required text:** *What to Believe?: Twelve Brief Lessons in Radical Theology*  
by John D. Caputo.

## Outline

Please complete the assigned readings for each week before our gathering:

### **December 2**

This is How the World Began  
Lessons 1, 2, 3 and 4

### **December 9**

Lessons 5, 6, 7 and 8

### **December 16**

Lessons 9, 10, 11 and 12  
A Parting Word (or Two): Yes, Yes

## **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](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)).