

Sixteenth Sunday after Pentecost
Sept 8, 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 Immortal, Invisible, God Only Wise

CP 393

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.**

Kyrie Eleison

CP 706

CONFESSION

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

God of power and compassion, in Christ you reveal your will to heal and to save. Open our ears to your redeeming word and move our hearts by the strength of your love, so that our every word and work may proclaim Jesus as Messiah, who lives and reigns with you in the unity of the Holy Spirit, God for ever and ever. **Amen.**

Please be seated.

THE LITURGY OF THE WORD

FIRST READING PROVERBS 22:1-2, 8-9, 22-23

Gillian Moore

A reading from the book of Proverbs

A good name is to be chosen rather than great riches, and favour is better than silver or gold. The rich and the poor have this in common: the Lord is the maker of them all. Whoever sows injustice will reap calamity, and the rod of anger will fail. Those who are generous are blessed, for they share their bread with the poor. Do not rob the poor because they are poor, or crush the afflicted at the gate; for the Lord pleads their cause and despoils of life those who despoil them.

Hear what the Spirit is saying to the church.

Thanks be to God.

PSALM 125



Those who trust in God are like Mount Zion,
which cannot be moved, but stands fast for ever.
The hills stand about Jerusalem;
as you, God, stand round about your people,
from this time forth for evermore. **R.**

The sceptre of the wicked
shall not hold sway over the land allotted to the just,
so that the just shall not put their hands to evil. **R.**

Show your goodness, O God, to those who are good
and to those who are true of heart.
As for those who turn aside to crooked ways,
God will lead them away with the evildoers;
but peace be upon Israel. **R.**

SECOND READING JAMES 2:1-10, 14-17

Tony Hodgson

A reading from the letter of James

My brothers and sisters, do you with your acts of favouritism really believe in our glorious Lord Jesus Christ? For if a person with gold rings and in fine clothes comes into your assembly, and if a poor person in dirty clothes also comes in, and if you take notice of the one wearing the fine clothes and say, "Have a seat here, please," while to the one who is poor you say, "Stand there," or, "Sit at my feet," have you not made distinctions among yourselves, and become judges with evil thoughts? Listen, my beloved brothers and sisters. Has not God chosen the poor in the world to be rich in faith and to be heirs of the kingdom that he has promised to those who love him? But you have dishonoured the poor. Is it not the rich who oppress you? Is it not they who drag you into court? Is it not they who blaspheme the excellent name that was invoked over you? You do well if you really fulfil the royal law according to the scripture, "You shall love your neighbour as yourself." But if you show partiality, you commit sin and are convicted by the law as transgressors. For whoever keeps the whole law but fails in one point has become accountable for all of it.

What good is it, my brothers and sisters, if you say you have faith but do not have works? Can faith save you? If a brother or sister is naked and lacks daily food, and one of you says to them, "Go in peace; keep warm and eat your fill," and yet you do not supply their bodily needs, what is the good of that? So faith by itself, if it has no works, is dead.

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 7:24-37

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.

Jesus set out and went away to the region of Tyre. He entered a house and did not want anyone to know he was there. Yet he could not escape notice, but a woman whose little daughter had an unclean spirit immediately heard about him, and she came and bowed down at his feet. Now the woman was a Gentile, of Syrophenician origin. She begged him to cast the demon out of her daughter. He said to her, "Let the children be fed first, for it is not fair to take the children's food and throw it to the dogs." But she answered him, "Sir, even the dogs under the table eat the children's crumbs." Then he said to her, "For saying that, you may go the

demon has left your daughter." So she went home, found the child lying on the bed, and the demon gone. Then he returned from the region of Tyre, and went by way of Sidon towards the Sea of Galilee, in the region of the Decapolis. They brought to him a deaf man who had an impediment in his speech; and they begged him to lay his hand on him. He took him aside in private, away from the crowd, and put his fingers into his ears, and he spat and touched his tongue. Then looking up to heaven, he sighed and said to him, "Ephphatha," that is, "Be opened." And immediately his ears were opened, his tongue was released, and he spoke plainly. Then Jesus ordered them to tell no one; but the more he ordered them, the more zealously they proclaimed it. They were astounded beyond measure, saying, "He has done everything well; he even makes the deaf to hear and the mute to speak."

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

David Van Blarcom

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 Praise the One Who Breaks the Darkness CP 397

THE HOLY COMMUNION

PRAYER OVER THE GIFTS

Great and holy God,
accept our offering of labour and love.
May we bring you true and spiritual worship
and be one with you.
We ask this in the name of Jesus Christ the 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

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

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 Before the World Began CP 621
Bread of the World (arr. Alan Bullard) *Choir*

All stand.

PRAYER AFTER COMMUNION

Father,
your word and sacrament give us food and life.
May we who have shared in holy things
bear fruit to your honour and glory,
in the name of Jesus Christ the 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

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 Let There Be Light

CP 572

*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 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).