

**Twenty-Second Sunday
after Pentecost
Oct 20, 2024**



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

GATHERING IN GOD'S NAME

All stand

OPENING HYMN God, Your Glorious Presence

CP 337

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

The Lord be with you.

And also with you.

Let us pray.

Almighty and everliving God,
increase in us your gift of faith,
that forsaking what lies behind
and reaching out to what is before,
we may run the way of your commandments
and win the crown of everlasting joy;
through Jesus Christ our Lord,
who lives and reigns with you and the Holy Spirit,
one God, now and for ever. **Amen.**

Please be seated.

THE LITURGY OF THE WORD

FIRST READING

JOB 38:1-7 (34-41)

Shawn de Raaf

A READING FROM THE BOOK OF JOB

Then the Lord answered Job out of the whirlwind: "Who is this that darkens counsel by words without knowledge? Gird up your loins like a man, I will question you, and you shall declare to me. Where were you when I laid the foundation of the earth? Tell me, if you have understanding. Who determined its measurements - surely you know! Or who stretched the line upon it? On what were its bases sunk, or who laid its cornerstone when the morning stars sang together and all the heavenly beings shouted for joy?"

"Can you lift up your voice to the clouds, so that a flood of waters may cover you? Can you send forth lightnings, so that they may go and say to you, 'Here we are'? Who has put wisdom in the inward parts, or given understanding to the mind? Who has the wisdom to number the clouds? Or who can tilt the waterskins of the heavens, when the dust runs into a mass and the clods cling together? Can you hunt the prey for the lion, or satisfy the appetite of the young lions, when they crouch in their dens, or lie in wait in their covert? Who provides for the raven its prey, when its young ones cry to God, and wander about for lack of food?"

Hear what the Spirit is saying to the church.

Thanks be to God.

PSALM 104.1-6,25,30-31



Praise our God, O my Soul; My God, how excellent is your greatness!
You are clothed with majesty and splendour.
You wrap yourself with light as with a cloak
And spread out the heavens like a curtain. **R.**

You lay the beams of your chambers in the waters above;
you make the clouds your chariot, and ride on the wings of the wind.
You make the winds your messengers
and flames of fire your servants. **R.**

You have set the earth upon its foundations,
so that it never shall move at any time.
You covered it with the deep as with a mantle;
the waters stood higher than the mountains.
O God, how manifold are your works!
In wisdom you have made them all; the earth is full of your
creatures. **R.**

You hide your face, and they are terrified;
you take away their breath, and they die and return to their dust.
You sent forth your spirit, and they are created;
And so you renew the face of the earth. **R.**

A reading from the letter to the Hebrews

Every high priest chosen from among mortals is put in charge of things pertaining to God on their behalf, to offer gifts and sacrifices for sins. He is able to deal gently with the ignorant and wayward, since he himself is subject to weakness; and because of this he must offer sacrifice for his own sins as well as for those of the people. And one does not presume to take this honour, but takes it only when called by God, just as Aaron was. So also Christ did not glorify himself in becoming a high priest, but was appointed by the one who said to him, "You are my Son, today I have begotten you"; as he says also in another place, "You are a priest forever, according to the order of Melchizedek." In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to the one who was able to save him from death, and he was heard because of his reverent submission. Although he was a Son, he learned obedience through what he suffered; and having been made perfect, he became the source of eternal salvation for all who obey him, having been designated by God a high priest according to the order of Melchizedek.

Hear what the Spirit is saying to the church.

Thanks be to God.

All stand for the Gospel

GOSPEL ACCLAMATION

CP 712

Alleluia, Alleluia.

Blessed are you O Lord of Creation,
Revealing your kingdom to the humble and weak.

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.

James and John, the sons of Zebedee, came forward to Jesus and said to him, "Teacher, we want you to do for us whatever we ask of you." And he said to them, "What is it you want me to do for you?" And they said to him, "Grant us to sit, one at your right hand and one at your left, in your glory." But Jesus said to them, "You do not know what you are asking. Are you able to drink the cup that I drink, or be baptized with the baptism that I am baptized with?" They replied, "We are able." Then Jesus said to them, "The cup that I drink you will drink; and with the baptism with which I am baptized, you will be baptized; but to sit at my right hand or at my left is not mine to grant, but it is for those for whom it has been prepared." When the ten heard this, they began to be angry with James and John. So Jesus called them and said to them, "You know that among the Gentiles those whom they recognize as their rulers lord it over them, and their great ones are tyrants over them. But it is not so among you; but whoever wishes to become great among you must be your servant, and whoever wishes to be first among you must be slave of all. For the Son of Man came not to be served but to serve, and to give his life a ransom for many."

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

AFFIRMATION OF FAITH *(All stand)*

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

Hepsi Chand

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

THE 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 Where Charity and Love Prevail

CP 487

THE HOLY COMMUNION

PRAYER OVER THE GIFTS

Eternal God,
your word inspires our faith.
May we who offer you our praise
trust you in all things.
We ask this in the name of Jesus Christ the 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 praise you and we bless you, holy and gracious God,
source of life abundant.

From before time you made ready the creation.

Your Spirit moved over the deep
and brought all things into being:

sun, moon, and stars; earth, winds, and waters;
and every living thing.

You made us in your image,
and taught us to walk in your ways.

But we rebelled against you, and wandered far away;
and yet, as a mother cares for her children,
you would not forget us.

Time and again you called us
to live in the fullness of your love.

And so this day we join with Saints and Angels
in the chorus of praise that rings through eternity,
lifting our voices to magnify you as we sing:

Holy, Holy, Holy Lord

CP 719

Glory and honor and praise to you, holy and living God.
To deliver us from the power of sin and death
and to reveal the riches of your grace,
you looked with favor upon Mary, your willing servant,
that she might conceive and bear a son,
Jesus the holy child of God.

Living among us, Jesus loved us.

He broke bread with outcasts and sinners,
healed the sick, and proclaimed good news to the poor.

He yearned to draw all the world to himself
yet we were heedless of his call to walk in love.

Then, the time came for him to complete upon the cross
the sacrifice of his life,
and to be glorified by you.

On the night before he died for us,
Jesus was at table with his friends.
He took bread, gave thanks to you,
broke it, and gave it to them, and said:
“Take, eat:
This is my Body, which is given for you.
Do this for the remembrance of me.”

As supper was ending, Jesus took the cup of wine.
Again, he gave thanks to you,
gave it to them, and said:
“Drink this, all of you:
This is my Blood of the new Covenant,
which is poured out for you and for all
for the forgiveness of sins.
Whenever you drink it,
do this for the remembrance of me.”

Now gathered at your table, O God of all creation,
and remembering Christ, crucified and risen,
who was and is and is to come,
we offer to you our gifts of bread and wine,
and ourselves, a living sacrifice.
Pour out your Spirit upon these gifts
that they may be the Body and Blood of Christ.
Breathe your Spirit over the whole earth

and make us your new creation,
the Body of Christ given for the world you have made.

In the fullness of time bring us,
with all your saints,
from every tribe and language and people and nation,
to feast at the banquet prepared
from the foundation of the world.

Through Christ and with Christ and in Christ,
in the unity of the Holy Spirit,
to you be honor, glory, and praise,
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

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

This is the cup of restored relationship with God.

INVITATION TO HOLY COMMUNION

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

Thanks be to God

LAMB OF GOD

Lamb of God

CP 745

COMMUNION HYMN

Jesu, Jesu, Fill Us with Your Love

CP 504

Whoever Would Be Great Among You *Choir*

All stand.

PRAYER AFTER COMMUNION

God of peace,

you have nourished us in this sacrament
with the body and blood of Christ.

May we who have taken holy things

keep faith in our hearts and lives,

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 in peace and share God's love.
Thanks be to God!

RECESSIONAL HYMN Will You Come and Follow Me

CP 430

*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 **Next Sunday**

We're looking for volunteers to organize our coffee and tea time after the 10:00 AM service. We are still seeking volunteers for the following dates: Oct 27, Nov 3, Nov 17, Nov 24, Dec 8, Dec 22, Dec 29.



What's involved? Having coffee and tea ready right after the service.

Cleaning up after the coffee and tea time.

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.

Who's Coming for Dinner?

At St. Helen's, stewardship is about more than financial giving—it's about growing together in faith, friendship, and service. This year we want to strengthen and celebrate our community bonds. So you are invited



to participate in a potluck dinner hosted by fellow members of our congregation. These gatherings are an opportunity to build and strengthen relationships in the parish, to share great food, and to celebrate each person's unique gifts that they bring to our church family.

We hope you'll consider hosting or joining a potluck! It's a chance to enjoy fellowship while supporting the life of our community.

Sign up at: <https://tinyurl.com/sthelenspotluck>

What to Believe? Book Group

what to believe?

TWELVE BRIEF LESSONS
IN RADICAL THEOLOGY

John D. Caputo

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.

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

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**

Thursday Afternoon Contemplative Prayer

“God’s first language is silence” – Saint John of the Cross

Join us for Contemplative Prayer on Thursdays at 3:15pm starting Oct 17 in St. Helen’s side chapel, led by St. Helen’s parishioner Paula Pryce. Guidance in contemplative prayer will be offered, so both newcomers and experienced meditators are welcome!



Contemplative prayer is a practice that involves using silent meditation and prayer to focus on God's presence. Pope Francis has described contemplative prayer as a way of being, like salt that adds flavor to the day. He also said that everyone has a "contemplative dimension."

Animating our Faith: Formation Series

Last Week!

Details:

- Facilitator: Rev. Mark Munn
- Tuesday evening from 6-7:30pm (Oct 22)



Pets at Sunday Service

The Feast Day of St. Francis celebration was a success on Sunday Oct 6! We have received wonderful feedback of how enjoyable it was to have the company of our furry friends with us during the service and so we would like to see if this is something that we would like to incorporate going forward. Please let us know your comments and suggestions by filling out the form below!

<https://tinyurl.com/sthelenspets>

Upcoming Events at St. Helen's

October 22 (Tuesday)	6pm	Animating Our Faith
November 3 (Sunday)	10am	All Saints' Day Celebration
November 14 (Thursday)	6:30pm	God Talk for Secular Ears – Rev. Dr. Harold Munn
November 17 (Sunday)	11am	Community Potluck
December 1 (Sunday)	12 pm	Church decoration for Christmas
December 2 (Monday)	6:30pm	Book Study: Caputo's What to Believe?
December 7 (Saturday)	9am	Advent Quiet Morning (Retreat)
December 9 (Monday)	6:30pm	Book Study: Caputo's What to Believe?
December 8 (Sunday)	12pm	Wreath Making Workshop
December 15 (Sunday)	TBD	Christmas Concert
December 16 (Monday)	6:30pm	Book Study: Caputo's What to Believe?
December 24 (Tuesday)	8pm	Christmas Eve Choral Eucharist Service
December 25 (Wednesday)	10am	Christmas Day (BAS Eucharist)

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).