

# Feast Day of St. Francis

## Oct 6, 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 Let All Creation Bless the Lord

CP 419

## 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

O God, you have made us and all living things.  
You are even more wonderful than what you have made.  
We thank you for giving us these pets who bring us joy.  
As you take care of us,  
so also we ask your help  
that we might take care of those who trust us to look after them.  
By doing this, we share in your own love for all creation.  
We ask this in Jesus' name. **Amen.**

*Please be seated.*

## THE LITURGY OF THE WORD

FIRST READING The Creation Story (Abbreviated from Genesis 1:1-34)

Angela White

A reading from the book of Genesis

In the beginning when God created the heavens and the earth, the earth was a formless void and a great dimness covered the face of the deep, while a wind from God swept over the face of the waters. On the first day, God created light and darkness. On the second day, God created the sky above and the waters below. On the third day, God formed the land and called it Earth, and gathered the water and called it Sea. God blessed the earth with vegetation and food. On the fourth day, God separated the day from the night, creating the sun, the moon, and the stars. On the fifth day, God brought forth swarms of living creatures in the air, in the water, and on the land, and God bid them to be fruitful and multiply. On the sixth day, God created humankind in God's image, giving them dominion over the animals. God blessed them and bid them to be fruitful and multiply. On the seventh day, God saw that everything that God had made was very good and God rested and blessed the seventh day and made it sacred.

Hear what the Spirit is saying to the church.

**Thanks be to God.**

## PSALM 104:10-18



You send the springs into the valleys;  
they flow between the mountains.  
All the beasts of the field drink their fill from them,  
and the wild asses quench their thirst. **R.**

Beside them the birds of the air make their nests  
and sing among the branches.  
You water the mountains from your dwelling on high;  
the earth is fully satisfied by the fruit of your works. **R.**

You make grass grow for flocks and herds  
and plants to serve mankind;  
That they may bring forth food from the earth,  
and wine to gladden our hearts,  
Oil to make a cheerful countenance,  
and bread to strengthen the heart. **R.**

The trees of the Most High are full of sap,  
the cedars of Lebanon which he planted,  
In which the birds build their nests,  
and in whose tops the stork makes his dwelling. **R.**

SECOND READING GALATIANS 6:14-18

Hepsi Chand

A reading from Paul's letter to the Galatians

May I never boast of anything except the cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world. For neither circumcision nor uncircumcision is anything; but a new creation is everything! As for those who will follow this rule—peace be upon them, and mercy, and upon the Israel of God.

From now on, let no one make trouble for me; for I carry the marks of Jesus branded on my body.

May the grace of our Lord Jesus Christ be with your spirit, brothers and sisters. Amen.

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

MATTHEW (11:25-30)

The Lord be with you.

**And also with you.**

The Holy Gospel of our Lord Jesus Christ according to Matthew

**Glory to you, Lord Jesus Christ.**

Glory to you Lord Christ. At that time Jesus said, 'I thank you, God of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, God, for such was your gracious will. All things have been handed over to me by my Creator; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal God. 'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.'

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

Liz Hodgson

*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 Bright and Beautiful

CP 416

## 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 honour 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

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

Let's Sing unto the Lord

CP 417

*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.**

## Blessing of the Animals

May you be blessed in the Name of the Father, and of the Son and of  
the Holy Spirit. May you and your human companion enjoy life  
together and find joy with the God who created you. **Amen.**

## DISMISSAL

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

RECESSIONAL HYMN Joyful, Joyful We Adore Thee

CP 425

*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.*

## **Parish Council Meeting after Coffee Hour**

A reminder that Parish Council will be meeting in the Lounge after coffee hour today!

## **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 15 (Tue)	6pm	Animating Our Faith
October 22 (Tue)	6pm	Animating Our Faith
October 29 (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)



## 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.

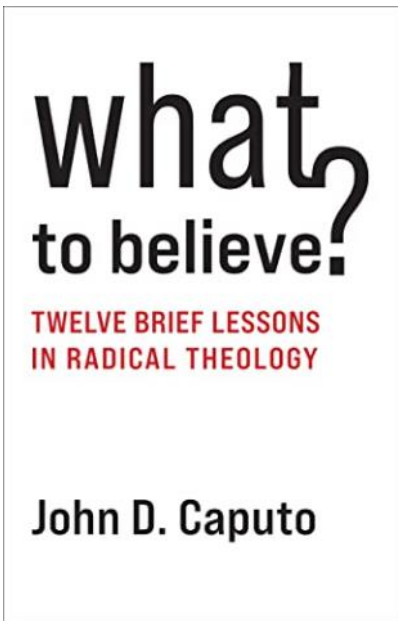
**We are currently looking for volunteers to help us coordinate the outreach and prepare sandwiches and boiled eggs for the outreach days of October 26 (Sat) and November 23 (Sat). Please let us know if you would like to volunteer.**

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.

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**



#### **Details:**

- Facilitator: Rev. Mark Munn
- Schedule: Tuesday evenings from 6-7:30pm, starting September 10.
- Please note, there will not be a session this Tues Oct 8 as Rev. Mark will be away on retreat. The series will resume the week after on Oct 15.

## 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)).