

First Sunday of Advent

Dec 1, 2024



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

GATHERING IN GOD'S NAME

All stand

OPENING HYMN Come, Thou Long-expected Jesus

CP 88

GREETING

In this time and place

We gather on the unceded, ancestral lands of the Musqueam nation.

From many places and peoples we come to this house of prayer.

In this time and place

We await the coming of Emmanuel, God with us.

Come O Lord and set us free, Maranatha.

CP 113

In this time and place

We await God's transformation of the world.

Come O Lord and set us free, Maranatha.

CP 113

In this time and place

We await the coming of the Commonwealth of peace.

Come O Lord and set us free, Maranatha.

CP 113

CONFESSION

When the Lord comes,

he will bring to light the things now hidden in darkness,
and will disclose the purposes of the heart.

Therefore in the light of Christ let us confess our sins.

Holy One,
we long for you.
You know our wounding and our broken-heartedness.
You know how others have hurt us,
and how we have hurt others.
You alone have the healing we need.
Yours is the love that changes everything. Amen.

Giver of life, have mercy on us;
pardon and deliver, revive and strengthen,
and keep us in eternal life,
through Jesus Christ our Lord. **Amen.**

THE ABSOLUTION

May almighty God have mercy on you,
forgive you your sins,
and bring you to everlasting life.
Amen.

Come O Lord and set us free, Maranatha. CP 113

Desert and dry land will grow green in praise; clay will rejoice with full bloom: showers of flowers given birth in dead earth; in colours they echo Love's song. (Choir)

Refrain.

COLLECT OF THE DAY

The Lord be with you.

And also with you.

Let us pray.

Hope-bringer,
you in whom we live and move and have our being,
may your advent revive our waning spirits,
so that we may embody your hope anew
to a fearful and weary world.
We ask this in the name of God with us,
Jesus the Christ. **Amen.**

Please be seated.

THE LITURGY OF THE WORD

FIRST READING

JEREMIAH 33:14-16

Tony Hodgson

A reading from the book of Jeremiah

The days are surely coming, says the Lord, when I will fulfil the promise I made to the house of Israel and the house of Judah. In those days and at that time I will cause a righteous Branch to spring up for David; and he shall execute justice and righteousness in the land. In those days Judah will be saved and Jerusalem will live in safety. And this is the name by which it will be called: "The Lord is our righteousness."

Hear what the Spirit is saying to the church.

Thanks be to God.

PSALM 25:1-9



O To you, O God, I lift up my soul; my God, I put my trust in you;
let me not be humiliated, nor let my enemies triumph over me.
Let none who look to you be put to shame;
let the treacherous be disappointed in their schemes. **R.**

Show me your ways, O God, and teach me your paths.
Lead me in your truth and teach me,
for you are the God of my salvation;
in you have I trusted all the day long. **R.**

Remember, O God,
your compassion and love, for they are from everlasting.
Remember not the sins of my youth and my transgressions;
remember me according to your love
and for the sake of your goodness, O God. **R.**

Gracious are you and upright, O God;
therefore you teach sinners in your way.
You guide the humble in doing right and teach your way to the lowly.
Your paths, O God, are love and faithfulness
to those who keep your covenant and your testimonies. **R.**

SECOND READING 1 THESSALONIANS 3:9-13

Hepsi Chand

A reading from the First Letter of Paul to the Thessalonians

How can we thank God enough for you in return for all the joy that
we feel before our God because of you? Night and day we pray most
earnestly that we may see you face to face and restore whatever is
lacking in your faith. Now may our God and Father himself and our

Lord Jesus direct our way to you. And may the Lord make you increase and abound in love for one another and for all, just as we abound in love for you. And may he so strengthen your hearts in holiness that you may be blameless before our God and Father at the coming of our Lord Jesus with all his saints.

Hear what the Spirit is saying to the church.

Thanks be to God.

All stand for the Gospel

GOSPEL ACCLAMATION

CP 107

Prepare the way of the Lord.

Prepare the way of the Lord

and all people will see the salvation of our God. X3

THE HOLY GOSPEL

LUKE 21:25-36

The Lord be with you.

And also with you.

The Holy Gospel of our Lord Jesus Christ according to Luke.

Glory to you, Lord Jesus Christ.

Jesus said, "There will be signs in the sun, the moon, and the stars, and on the earth distress among nations confused by the roaring of the sea and the waves. People will faint from fear and foreboding of what is coming upon the world, for the powers of the heavens will be shaken. Then they will see 'the Son of Man coming in a cloud' with power and great glory. Now when these things begin to take place, stand up and raise your heads, because your redemption is drawing near." Then he told them a parable: "Look at the fig tree and all the

trees; as soon as they sprout leaves you can see for yourselves and know that summer is already near. So also, when you see these things taking place, you know that the kingdom of God is near. Truly I tell you, this generation will not pass away until all things have taken place. Heaven and earth will pass away, but my words will not pass away. Be on guard so that your hearts are not weighed down with dissipation and drunkenness and the worries of this life, and that day catch you unexpectedly, like a trap. For it will come upon all who live on the face of the whole earth. Be alert at all times, praying that you may have the strength to escape all these things that will take place, and to stand before the Son of Man."

The Gospel of Christ.

Praise to you, Lord Jesus Christ.

GOSPEL ACCLAMATION

CP 107

Prepare the way of the Lord.

Prepare the way of the Lord

and all people will see the salvation of our God. X3

Please be seated.

SERMON

The Rev. Jeffrey Preiss

AFFIRMATION OF FAITH *(All stand)*

CP 681

Let us confess our faith, as we say,

**I believe in one God,
the Father Almighty,
maker of heaven and earth,**

**and all things visible and invisible;
And in one Lord, Jesus Christ,
the only begotten Son of God,
begotten of the Father before all worlds,
God from God, Light from Light,
very God of very God,
begotten, not made,
of one substance with the Father;
through whom all things were made.
Who for us and for our salvation
came down from heaven,
and was incarnate of the Holy Ghost of the Virgin Mary
and was made man,
and was crucified also for us under Pontius Pilate;
he suffered and was buried.
And the third day he rose again
according to the Scriptures;
and ascended into heaven
and sitteth on the right hand of the Father.
And he shall come again with glory to judge quick and the dead,
whose kingdom shall have no end.
And I believe in the Holy Ghost, the Lord, the giver of life,
who proceedeth from the Father and the Son,
with the Father and the Son together is worshiped and glorified,
who spake by the prophets.
And I believe one holy catholic and apostolic Church.
I acknowledge one baptism for the forgiveness of sins.
And I 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

Liz Hodgson

In joyful expectation of his coming to our aid
we pray to Jesus.

Wait for the Lord, Whose Day Is Near.

CP 94

Wait for the Lord: be strong, take heart!

Come to your Church as Lord and judge.
Help us to live in the light of your coming
and give us a longing for your kingdom.
Maranatha: **R.**

Come to your world as King of the nations.
Before you rulers will stand in silence.
Maranatha: **R.**

Come to the suffering as Saviour and comforter.
Break into our lives,
where we struggle with sickness and distress,
and set us free to serve you for ever.
Maranatha: **R.**

Come to us as shepherd and guardian of our souls.
Give us with all the faithful departed
a share in your victory over evil and death.
Maranatha: **R.**

Come from heaven, Lord Jesus, with power and great glory.
Lift us up to meet you,
that with all your saints and angels
we may live and reign with you in your new creation.
Maranatha: **R.**

Silence is kept.

Come, Lord Jesus, do not delay;
give new courage to your people,
who trust in your love.

By your coming, raise us to share in the joy of your kingdom
on earth as in heaven,
where you live and reign with the Father and the Spirit,
one God for ever and ever.

Amen.

After the prayers, those who wish may gather in a circle around the altar.

THE PEACE

In the tender mercy of our God,
the dayspring from on high shall break upon us,
to give light to those who dwell in darkness
and in the shadow of death,
and to guide our feet into the way of peace.

May the peace of God be always with you.

And also with you.

The people greet one another with signs of God's peace (a handshake, an embrace, or a nod and wave are all appropriate signs). Please remain standing.

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.

OFFERTORY HYMN Hark the Glad Sound! The Saviour Comes CP 98
Please remain standing until communion.

THE HOLY COMMUNION

PRAYER OVER THE GIFTS

Eternal One,
risking hope in this season of anticipation,
watching and waiting for your Holy Light,
we bring our offerings to you and say in faith:
Amen. Come, Lord Jesus.

We thank you for this bread and wine, gifts of your creation.
We thank you for the gift of Emmanuel: 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.

Holy, Holy, Holy Lord

CP 689

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

In the spirit of Jesus' teaching, let us pray.

**Source of Life,
holy is your name.
May your community of shalom be realized,
here on earth as it is in heaven.
Give us each what we need for today.
Forgive us our wrongdoings,
and help us release those who wrong us.
Save us from times of duress,
and deliver us from the effects of evil.
For you hold truth and justice and love,
now and forever. Amen.**

THE BREAKING OF THE BREAD

God of promise,
you prepare a banquet for us in your kingdom.

**Happy are those who are called
to the supper of the Lamb.**

INVITATION TO HOLY COMMUNION

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

Thanks be to God

All who seek Christ and are drawn to this holy table are invited to come forth to receive Holy Communion. Dipping the bread (intinction) into the wine is not permitted. If you wish to receive a blessing rather than Holy Communion, please indicate such by placing your right hand over your heart.

Lamb of God Lamb of God CP 690

COMMUNION HYMN Let All Mortal Flesh Keep Silence CP 48

How the World Longs for Your Birth CP 90

All stand.

PRAYER AFTER COMMUNION

The Lord be with you.

And also with you.

Let us pray:

God for whom we wait,

you have fed us with the bread of eternal life.

Keep us ever watchful,
that we may be ready to stand before the Son of man.
We ask this in the name of 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

May God the Father,
who loved the world so much that he sent his only Son,
give you grace to prepare for life eternal.

Amen.

May God the Son,
who comes to us as redeemer and judge,
reveal to you the path from darkness to light.

Amen.

May God the Holy Spirit,
by whose working the Virgin Mary conceived the Christ,
help you bear the fruits of holiness.

Amen.

And the blessing of God,
Source of Life,
Living Word,
and Comforter
be with you now and always.

Amen

DISMISSAL

Let us go in peace to prepare the way for Christ.

Thanks be to God!

RECESSIONAL HYMN Lo, He Comes with Clouds Descending CP 114

*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.*



Advent Quiet Morning: A Mini Silent Retreat

Dec 7 (Saturday) 9am

Join us as we step into a space of quiet anticipation, waiting and preparing our hearts for the coming of Christ. This Advent Quiet Morning offers a moment of pause, an invitation to reflect deeply and spiritually during this season of hope.

The retreat begins at 9:00 am with Morning Prayer, inviting us to center ourselves in community. We will then enter two hours of silence, a time to pray, meditate, journal, or simply “be.” Participants are encouraged to

move through the worship space freely, whether to sit quietly, colour, walk, or explore other contemplative practices. Please feel welcome to bring a journal, prayer book, colouring supplies, prayer beads, or any other items that support your time in silence.

During the retreat, we will center on the image of Christ in the Rubble, an icon written by Kelly Latimore. In this profound work, the infant Christ is held by his mother and father amid the ruins of what is today known as Gaza. The image prompts us into “holy pondering” on suffering, resilience, and the enduring hope found in Christ’s presence among us. It challenges us to reflect on our role as agents of reconciliation and peace and inspires us to envision a world bound together by compassion and justice.

Anointing with holy oil will be available for those who wish, followed by a brief closing prayer as we end our time together.

All are welcome. Let this morning be a time of listening, reflection, and renewed commitment to a world transformed by love.

No registration required for this time of prayer.

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 Deacon Jeffrey Preiss for a 3-week book group exploring John D. Caputo's thought-provoking book, *What to Believe?: Twelve Brief Lessons in Radical Theology*.

Register at the welcome table or online:
<https://tinyurl.com/What-to-Believe>

Dates: December 2, 9, and 16. 6:30pm.
Start time: 6:30pm

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

Pre-reading for December 2: This is How the World Began: Lessons 1, 2, 3 and 4.

Neighbourhood Ministry Shopping List

Thank you to everyone who has volunteered for St. Helen's Neighborhood Ministries program (our homelessness outreach initiative at St. Helen's)!

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

Coffee & Tea Time Volunteers Needed Dec 15 & 29

Join our coffee and tea-time team! We're looking for volunteers to help set-up, serve, and share in fellowship after the service. If you're interested in lending a hand, please sign up on the volunteer list on the bulletin board!

Thursday Afternoon Contemplative Prayer

Come experience peace and reflection at our contemplative prayer sessions every Thursday afternoon at 3:15-3:35pm in the St. Helen's sanctuary. All are welcome to join us as we pause, pray, and find stillness in God's presence.

Led by parishioner Paula Pryce, accompanied by the Reverend Mark Munn.



St. Helen's Directory

The Rev. Mark Munn, Priest & Rector (rev.mark.munn@gmail.com)

The Rev. Jeffrey Preiss, Deacon

Dale Throness, 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).