

**Twenty-Fifth Sunday after Pentecost**  
**Nov 10, 2024**



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

## GATHERING IN GOD'S NAME

*All stand*

OPENING HYMN O God, Our Help in Ages Past

CP 528

## 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,  
Let us confess to God the sins and shortcomings of the world;  
its pride, its selfishness, its greed; its evil divisions and hatreds.  
Let us confess our share in what is wrong,  
and our failure to seek and establish  
that peace which God wills for God's children.

Lord Jesus, you came to reconcile us to one another and the Father:

**Holy God, holy and mighty,  
holy immortal one, have mercy on us.**

CP 707

Lord Jesus, you heal the wounds of sin and division:

**Holy God, holy and mighty,**

CP 707

**holy immortal one, have mercy on us.**

Lord Jesus, you intercede for us with your Father:

**Holy God, holy and mighty,**

CP 707

**holy immortal one, have mercy on us.**

### THE ABSOLUTION

Almighty God, who forgives all who truly repent,  
have mercy upon us, pardon and deliver us from all our sins,  
confirm and strengthen us in all goodness,  
and keep us in life eternal;  
through Jesus Christ our Lord. **Amen.**

### COLLECT OF THE DAY

The Lord be with you.

**And also with you.**

Let us pray.

Ever-living God,  
we remember those whom you have gathered  
from the storm of war into the peace of your presence;  
may that same peace calm our fears,  
bring justice to all peoples and establish harmony  
among the nations, through Jesus Christ our Lord. **Amen.**

*Please be seated.*

## THE LITURGY OF THE WORD

### FIRST READING

RUTH 3:1-5, 4:13-17

Matt Powell

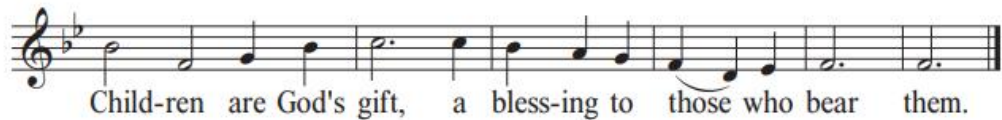
### A READING FROM THE BOOK OF RUTH

Naomi her mother-in-law said to her, "My daughter, I need to seek some security for you, so that it may be well with you. Now here is our kinsman Boaz, with whose young women you have been working. See, he is winnowing barley tonight at the threshing floor. Now wash and anoint yourself, and put on your best clothes and go down to the threshing floor; but do not make yourself known to the man until he has finished eating and drinking. When he lies down, observe the place where he lies; then, go and uncover his feet and lie down; and he will tell you what to do." She said to her, "All that you tell me I will do." So Boaz took Ruth and she became his wife. When they came together, the Lord made her conceive, and she bore a son. Then the women said to Naomi, "Blessed be the Lord, who has not left you this day without next-of-kin; and may his name be renowned in Israel! He shall be to you a restorer of life and a nourisher of your old age; for your daughter-in-law who loves you, who is more to you than seven sons, has borne him." Then Naomi took the child and laid him in her bosom, and became his nurse. The women of the neighbourhood gave him a name, saying, "A son has been born to Naomi." They named him Obed; he became the father of Jesse, the father of David.

Hear what the Spirit is saying to the church.

**Thanks be to God.**

PSALM 127



Unless God builds the house,  
their labour is in vain who build it.  
Unless God watches over the city,  
in vain the sentinel keeps vigil. **R.**

It is in vain that you rise so early and go to bed so late;  
vain, too, to eat the bread of toil,  
for God's friends receive the gift of sleep.  
Children are a heritage from God,  
and the fruit of the womb is a gift. **R.**

Like arrows in the hand of a warrior  
are the children of one's youth.  
Happy are those who have their quiver full of them!  
the shall not be put to shame  
when they contend with their enemies in the gate. **R.**

SECOND READING HEBREWS 9:24-28

Gillian Moore

A reading from the letter to the Hebrews

For Christ did not enter a sanctuary made by human hands, a mere copy of the true one, but he entered into heaven itself, now to

appear in the presence of God on our behalf. Nor was it to offer himself again and again, as the high priest enters the Holy Place year after year with blood that is not his own; for then he would have had to suffer again and again since the foundation of the world. But as it is, he has appeared once for all at the end of the age to remove sin by the sacrifice of himself. And just as it is appointed for mortals to die once, and after that the judgement, so Christ, having been offered once to bear the sins of many, will appear a second time, not to deal with sin, but to save those who are eagerly waiting for him.

Hear what the Spirit is saying to the church.

**Thanks be to God.**

*All stand for the Gospel*

GOSPEL ACCLAMATION

CP 457

**Alleluia, alleluia, alleluia. (x2)**

*Choir:*

*If we have love, then we dwell in the Lord; God will protect us from fire and sword, fill us with love and the peace of his word: alleluia!*

**Alleluia, alleluia, alleluia. (X2)**

THE HOLY GOSPEL

MARK 12:38-44

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.**

As Jesus taught, he said, "Beware of the scribes, who like to walk

around in long robes, and to be greeted with respect in the marketplaces, and to have the best seats in the synagogues and places of honour at banquets! They devour widows' houses and for the sake of appearance say long prayers. They will receive the greater condemnation." He sat down opposite the treasury, and watched the crowd putting money into the treasury. Many rich people put in large sums. A poor widow came and put in two small copper coins, which are worth a penny. Then he called his disciples and said to them, "Truly I tell you, this poor widow has put in more than all those who are contributing to the treasury. For all of them have contributed out of their abundance; but she out of her poverty has put in everything she had, all she had to live on."

The Gospel of Christ.

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

GOSPEL ACCLAMATION

**Alleluia, alleluia, alleluia. (x2)**

*Please be seated.*

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

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

THE PEACE

Jesus said, 'Peace I leave with you;  
my peace I give to you.  
I do not give to you as the world gives.'

The Peace of the Lord 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.*



*Please remain standing until communion.*

## **THE HOLY COMMUNION**

### **PRAYER OVER THE GIFTS**

We offer our whole selves to you, O God, creator of everything.  
It is a joy and a blessing to share our gifts with one another.  
As we offer these things for the work of your church,  
help us to be mindful of all that we can do together  
as the Body of Christ. **Amen.**

### **THE GREAT THANKSGIVING**

May God be with you

**And also with you**

Lift up your hearts

**We lift them up to God**

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 719

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

"I am the bread of life," says the Lord,  
"Whoever comes to me will never be hungry;  
Whoever believes in me will never thirst."  
**Taste and see that the Lord is good;**  
**Happy are they who trust in him!**

## 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	Come Now, O Prince of Peace	CP 588
	Dona Nobis Pacem	CP 562

*All stand.*

## PRAYER AFTER COMMUNION

We give you thanks, almighty God, that you have refreshed us through the healing power of this gift of life. In your mercy, strengthen us through this gift, in faith toward you and in fervent love toward one another; for the sake of Jesus Christ our 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 to love and serve the Lord.  
**Amen.**

RECESSIONAL HYMN The Love of Jesus Calls Us

CP 434

*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.*

*All are invited to a hot dog feast in the hall —  
a long standing tradition at St. Helen's on Remembrance Sunday!*



## Coffee & Tea Time Volunteers

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!



Available Sundays coming up: **Dec 8, and Dec 29.**



## 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.

## Thursday Afternoon Scrabble & Tea

Come join members of the St. Helen's community on Thursday afternoons at 1:30pm for tea, cookies, a fun game of scrabble and conversation.





## **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

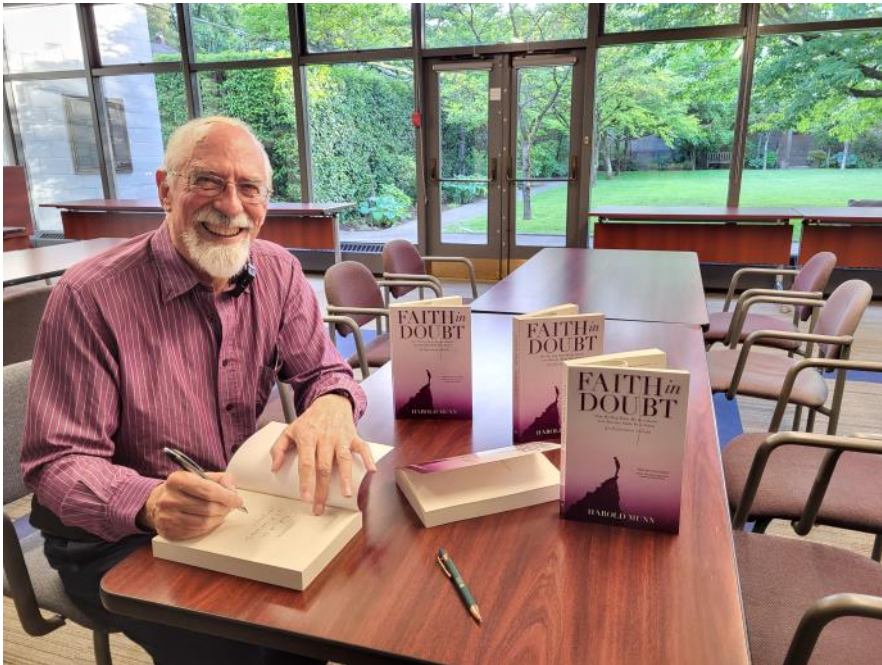
For any further information about volunteering or contributing supplies, please feel free to contact Shawn at: [deraaf@gmail.com](mailto:deraaf@gmail.com)



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

## Harold Munn Book Launch: God Talk for Secular Ears



Date & Time: November 14 (Thursday) 6:30pm

On November 14th you are invited to hear The Rev. Dr. Harold Munn speak about the challenges facing religion in secular society and proposes some fascinating and unexpected opportunities that science and secularism may offer religion. Join us to discuss ways that secularism and science may contribute to an ancient faith. And vice-versa!

Copies of the resource book will be available: "Faith in Doubt: How my Dog Made Me an Atheist and Atheism Made Me a Priest" by Rev. Dr. Harold Munn, former Dean of Edmonton, and former Anglican mentor at the Vancouver School of Theology. Order copies, download the free study guide, and write directly to the author at [www.haroldmunbooks.com](http://www.haroldmunbooks.com)

## 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](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)).