

**Twenty-Fifth Sunday after Pentecost**  
**Nov 17, 2024**



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

## GATHERING IN GOD'S NAME

*All stand*

OPENING HYMN Lo, God Is Here! Let Us Adore

CP 328

## 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

Jesus says, 'Repent, for the kingdom of heaven is close at hand.'  
So let us turn away from sin and turn to Christ,  
confessing our sins in penitence and faith.

Lord Jesus,  
you came to reconcile us to one another and the Father  
Lord, have mercy.

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

CP 707

The power is yours,  
but we trust in our own power and strength:  
Christ, have mercy.

**Holy God, holy and mighty, holy immortal one,** CP 707  
**have mercy upon us.**

The glory is yours, but we fall short of the glory of God:  
Lord, have mercy.

**Holy God, holy and mighty, holy immortal one,** CP 707  
**have mercy upon us.**

#### THE ABSOLUTION

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

#### COLLECT OF THE DAY

The Lord be with you.  
**And also with you.**  
Let us pray.

O God,  
in Christ you give us hope for a new heaven and a new earth.  
Grant us wisdom to interpret the signs of our times,  
courage to stand in the time of trial,  
and faith to witness to your truth and love. **Amen.**

*Please be seated.*

## THE LITURGY OF THE WORD

### FIRST READING

1 SAMUEL 1:4-20

Liz Hodgson

#### A READING FROM THE FIRST BOOK OF SAMUEL

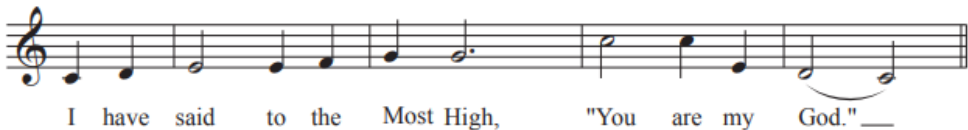
On the day when Elkanah sacrificed, he would give portions to his wife Peninnah and to all her sons and daughters; but to Hannah he gave a double portion, because he loved her, though the Lord had closed her womb. Her rival used to provoke her severely, to irritate her, because the Lord had closed her womb. So it went on year by year; as often as she went up to the house of the Lord, she used to provoke her. Therefore Hannah wept and would not eat. Her husband Elkanah said to her, "Hannah, why do you weep? Why do you not eat? Why is your heart sad? Am I not more to you than ten sons?" After they had eaten and drunk at Shiloh, Hannah rose and presented herself before the Lord. Now Eli the priest was sitting on the seat beside the doorpost of the temple of the Lord. She was deeply distressed and prayed to the Lord, and wept bitterly. She made this vow: "O Lord of hosts, if only you will look on the misery of your servant, and remember me, and not forget your servant, but will give to your servant a male child, then I will set him before you as a nazirite until the day of his death. He shall drink neither wine nor intoxicants, and no razor shall touch his head." As she continued praying before the Lord, Eli observed her mouth. Hannah was praying silently; only her lips moved, but her voice was not heard; therefore Eli thought she was drunk. So Eli said to her, "How long will you make a drunken spectacle of yourself? Put away your wine." But Hannah answered, "No, my lord, I am a woman deeply troubled; I have drunk neither wine nor strong drink, but I have been pouring out my soul before the Lord. Do not regard your servant as a worthless woman, for I have been speaking out of my great anxiety

and vexation all this time." Then Eli answered, "Go in peace; the God of Israel grant the petition you have made to him." And she said, "Let your servant find favour in your sight." Then the woman went to her quarters, ate and drank with her husband, and her countenance was sad no longer. They rose early in the morning and worshipped before the Lord; then they went back to their house at Ramah. Elkanah knew his wife Hannah, and the Lord remembered her. In due time Hannah conceived and bore a son. She named him Samuel, for she said, "I have asked him of the Lord."

Hear what the Spirit is saying to the church.

**Thanks be to God.**

## PSALM 16



Protect me, O God, for I take refuge in you;  
I have said, "You are my God, my good above all other."  
All my delight is upon the godly that are in the land,  
upon those who are noble among the people.  
But those who run after other gods  
shall have their troubles multiplied.  
Their libations of blood I will not offer,  
nor take the names of their gods upon my lips. **R.**

O God, you are my portion and my cup;  
it is you who uphold my lot.  
My boundaries enclose a pleasant land;  
indeed, I have a goodly heritage.  
I will bless my God who gives me counsel;  
my heart teaches me, night after night. **R.**

O God, I have set you always before me;  
because you are at my right hand I shall not fall.  
My heart, therefore, is glad, and my spirit rejoices;  
my body also shall rest in hope.  
For you will not abandon me to the grave,  
nor let your holy one see the Pit.  
You will show me the path of life;  
in your presence there is fullness of joy,  
and in your right hand are pleasures for evermore. **R.**

SECOND READING HEBREWS 10:11-18, 19-25      Angela White  
A reading from the letter to the Hebrews

And every priest stands day after day at his service, offering again and again the same sacrifices that can never take away sins. But when Christ had offered for all time a single sacrifice for sins, "he sat down at the right hand of God," and since then has been waiting "until his enemies would be made a footstool for his feet." For by a single offering he has perfected for all time those who are sanctified.

And the Holy Spirit also testifies to us, for after saying, "This is the covenant that I will make with them after those days, says the Lord: I

will put my laws in their hearts, and I will write them on their minds," he also adds, I will remember their sins and their lawless deeds no more." Where there is forgiveness of these, there is no longer any offering for sin.

Therefore, my friends, since we have confidence to enter the sanctuary by the blood of Jesus, by the new and living way that he opened for us through the curtain (that is, through his flesh), and since we have a great priest over the house of God, let us approach with a true heart in full assurance of faith, with our hearts sprinkled clean from an evil conscience and our bodies washed with pure water. Let us hold fast to the confession of our hope without wavering, for he who has promised is faithful. And let us consider how to provoke one another to love and good deeds, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day approaching.

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:*

*See how salvation for the all has been won;*

*Up from the grace our new life has begun;*

*Life now perfected in Jesus, the Son: Alleluia!*

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

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 came out of the temple, one of his disciples said to him, "Look, Teacher, what large stones and what large buildings!" Then Jesus asked him, "Do you see these great buildings? Not one stone will be left here upon another; all will be thrown down." When he was sitting on the Mount of Olives opposite the temple, Peter, James, John, and Andrew asked him privately, "Tell us, when will this be, and what will be the sign that all these things are about to be accomplished?" Then Jesus began to say to them, "Beware that no one leads you astray. Many will come in my name and say, 'I am he!' and they will lead many astray. When you hear of wars and rumours of wars, do not be alarmed; this must take place, but the end is still to come. For nation will rise against nation, and kingdom against kingdom; there will be earthquakes in various places; there will be famines. This is but the beginning of the birth pangs."

The Gospel of Christ.

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

GOSPEL ACCLAMATION

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

*Please be seated.*



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

David Van Blarcom

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

THE PEACE

To crown all things there must be love,

to bind all together and complete the whole.

Let the peace of Christ rule in our hearts.

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.*

OFFERTORY HYMN    Love Divine, All Loves Excelling

CP 486

*Please remain standing until communion.*

## THE HOLY COMMUNION

### PRAYER OVER THE GIFTS

Holy God, in this eucharist we renew our baptismal covenant.  
Help us, through our offering this day,  
to renounce all things that draw us from your love.  
This we ask in the name of Jesus Christ our 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 thanks and praise.**

Lord of all life, you created the universe,  
where all living things reflect your glory.  
You give us this great and beautiful earth,  
to discover and to cherish.

You give us sun and moon and star-lit sky,  
everything that gives us light,  
light for our eyes, our hearts, our minds.

You give us the fish in the sea, the birds of the air,  
and every plant and tree;  
the life that sleeps in the winter earth,  
and awakens again in the spring.

You made us all, each wonderfully different,  
to join with the angels and sing your praise:

**Holy, holy, holy Lord, God of power and might,  
heaven and earth are full of your glory.  
Hosanna in the highest.  
Blessed is the One who comes in the name of the Lord.  
Hosanna in the highest.**

We thank you, loving Father,  
because, when we turned away,  
you sent Jesus, your Son.  
He gave his life for us on the cross  
and shows us the way to live.

Send your Holy Spirit that these gifts of bread and wine  
may be for us Christ's body and his blood.

On the night before he died,  
when darkness had fallen, Jesus took bread.  
He gave thanks, broke it, and shared it with his disciples, saying:  
'This is my body, given for you. Do this to remember me.'

After they had eaten, he took the cup of wine,  
gave thanks, and shared it with his disciples, saying:  
'This is my blood, poured out for you and for many,  
for the forgiveness of sins.'

So Father, with this bread and this cup we celebrate his love,  
his death, his risen life.

As you feed us with these gifts, send your Holy Spirit,  
and change us more and more to be like Jesus our Saviour.

Help us, Father, to love one another,  
as we look forward to that day when suffering is ended,  
and all creation is gathered in your loving arms.

And now with St. Helen, and all your saints we give you glory,  
through Jesus Christ, in the strength of the Spirit, today and for 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

Creator of all, you gave us golden fields of wheat,  
whose many grains we have gathered and made into this one bread.

**So may your Church be gathered  
from the ends of the earth into your kingdom.**

## 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	We Hold the Death of God	CP 68
	Eat This Bread, Drink This Cup	CP 63

*All stand.*

#### PRAYER AFTER COMMUNION

Gracious God,  
 in this sacrament we have shared the body and blood of Christ.  
 May we who have been nourished by holy things  
 bear witness to his light, and share in his eternal priesthood;  
 for he is Lord for ever and ever. **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 Jesus Shall Reign Where'er the Sun CP 383

*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 “holypondering” 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.



## 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)**



## 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)).