

Fourth Sunday of Advent

Dec 22, 2024



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

GATHERING IN GOD'S NAME

All stand

OPENING HYMN Hail to the Lord's Anointed

CP 101

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.

THE ABSOLUTION

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.**

Come O Lord and set us free, Maranatha.

CP 113

*Give us a star in the sky day and night, sign of your promise to save.
Over the mountains we follow its light, hoping for sign of your life.
(Choir)*

Refrain.

COLLECT OF THE DAY

The Lord be with you.

And also with you.

Let us pray.

Love-bearer,
you called a faithful handmaiden
to carry the essence of love,
make room in our hearts for your arrival,
amidst the winter chill,

so that we, warmed by your presence,
may share the good news of your coming with all.
We ask this in the name of our brother and friend,
Jesus the Christ. **Amen.**

Please be seated.

THE LITURGY OF THE WORD

FIRST READING

MICAH 5:2-5A

Rhodri Windsor-Liscombe

A reading from the book of Micah

You, O Bethlehem of Ephrathah, who are one of the little clans of Judah, from you shall come forth for me one who is to rule in Israel, whose origin is from of old, from ancient days. Therefore he shall give them up until the time when she who is in labour has brought forth; then the rest of his kindred shall return to the people of Israel. And he shall stand and feed his flock in the strength of the Lord, in the majesty of the name of the Lord his God. And they shall live secure, for now he shall be great to the ends of the earth; and he shall be the one of peace.

Hear what the Spirit is saying to the church.

Thanks be to God.

Psalm 80



Show the light of your coun-te - nance, and we_ shall be saved.

Hear, O Shepherd of Israel, leading Joseph like a flock;
shine forth, you that are enthroned upon the cherubim.

In the presence of Ephraim, Benjamin, and Manasseh,
stir up your strength and come to help us.

Restore us, O God of hosts;

show the light of your countenance, and we shall be saved. **R.**

O God of hosts,

how long will you be angered despite the prayers of your people?

You have fed them with the bread of tears;

you have given them bowls of tears to drink. **R.**

You have made us the derision of our neighbours,
and our enemies laugh us to scorn.

Restore us, O God of hosts;

show the light of your countenance, and we shall be saved. **R.**

Let your hand be upon your chosen people,
those you have made so strong for yourself.

And so will we never turn away from you;

give us life, that we may call upon your name.

Restore us, O God of hosts;

show the light of your countenance, and we shall be saved. **R.**

A reading from the letter to the Hebrews

When Christ came into the world, he said, "Sacrifices and offerings you have not desired, but a body you have prepared for me; in burnt offerings and sin offerings you have taken no pleasure. Then I said, 'See, God, I have come to do your will, O God' (in the scroll of the book it is written of me)." When he said above, "You have neither desired nor taken pleasure in sacrifices and offerings and burnt offerings and sin offerings" (these are offered according to the law), then he added, "See, I have come to do your will." He abolishes the first in order to establish the second. And it is by God's will that we have been sanctified through the offering of the body of Jesus Christ once for all.

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 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.

In those days Mary set out and went with haste to a Judean town in the hill country, where she entered the house of Zechariah and greeted Elizabeth. When Elizabeth heard Mary's greeting, the child leaped in her womb. And Elizabeth was filled with the Holy Spirit and exclaimed with a loud cry, "Blessed are you among women, and blessed is the fruit of your womb. And why has this happened to me, that the mother of my Lord comes to me? For as soon as I heard the sound of your greeting, the child in my womb leaped for joy. And blessed is she who believed that there would be a fulfilment of what was spoken to her by the Lord."

And Mary said, "My soul magnifies the Lord, and my spirit rejoices in God my Saviour, for he has looked with favour on the lowliness of his servant. Surely, from now on all generations will call me blessed; for the Mighty One has done great things for me, and holy is his name. His mercy is for those who fear him from generation to generation. He has shown strength with his arm; he has scattered the proud in the thoughts of their hearts. He has brought down the powerful from their thrones, and lifted up the lowly; he has filled the hungry with good things, and sent the rich away empty. He has helped his servant Israel, in remembrance of his mercy, according to the promise he made to our ancestors, to Abraham and to his descendants forever."

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. Mark Munn

AFFIRMATION OF FAITH (*All stand*)

CP 681

Let us confess our faith, as we sing,

**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,
being 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 both the 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.
Wait for the Lord: be strong, take heart!**

CP 94

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 Tell Out, My Soul

CP 362

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 Creator of the Stars of Night CP 96
 In the Bleak Midwinter CP 122

All stand.

PRAYER AFTER COMMUNION

The Lord be with you.

And also with you.

Faithful God,
in this sacrament we receive the promise of salvation.
May we, like the Virgin Mary,
be obedient to your will.
We ask this 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

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

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

May God the Comforter,
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 People, Look East! The Time Is Near CP 91

*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.*

ST. HELEN'S ADVENT & CHRISTMAS SCHEDULE



Scan for our
website

December 20 (Fri) 7pm
Family Christmas Carol Sing-Along Concert

December 24 (Tue) 8pm
Christmas Eve Choral Eucharist Service

December 25 (Wed) 10am
Christmas Day (BAS Eucharist Service)

Weekly Schedule

Thursday 1:30pm Tea & Social

Thursday 3:15pm Contemplative Prayer

Sunday Services 8am & 10am (In Person / Zoom)

All are welcome, please join us!

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).