

# Second Sunday of Advent

## Dec 8, 2024



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

## GATHERING IN GOD'S NAME

*All stand*

OPENING HYMN On Jordan's Bank, the Baptist's Cry CP 103

## 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

*Strengthen the hearts of the fearful and weak; be strong; fear not,  
God is near, coming in power and loosing our bonds, setting the  
captives free. (Choir)*

***Refrain.***

#### COLLECT OF THE DAY

The Lord be with you.

**And also with you.**

Let us pray.

Peace-maker,  
you gave breath to a voice in the wilderness  
calling us to prepare,  
clothe us in the beauty of your compassion  
and swaddle us against all fear,

so that we may rest in your arms of love  
and share in your way of shalom.  
We ask this in the name of the one  
who was, who is, and who is to come,  
Jesus the Christ. **Amen.**

*Please be seated.*

THE LITURGY OF THE WORD

FIRST READING

BARUCH 5:1-9

Liz Hodgson

A reading from the book of Baruch

Take off the garment of your sorrow and affliction, O Jerusalem, and put on forever the beauty of the glory from God. Put on the robe of the righteousness that comes from God; put on your head the diadem of the glory of the Everlasting; for God will show your splendour everywhere under heaven. For God will give you evermore the name, Righteous Peace, Godly Glory." Arise, O Jerusalem, stand upon the height; look toward the east, and see your children gathered from west and east at the word of the Holy One, rejoicing that God has remembered them. For they went out from you on foot, led away by their enemies; but God will bring them back to you, carried in glory, as on a royal throne. For God has ordered that every high mountain and the everlasting hills be made low and the valleys filled up, to make level ground, so that Israel may walk safely in the glory of God. The woods and every fragrant tree have shaded Israel at God's command. For God will lead Israel with joy, in the light of his glory, with the mercy and righteousness that come from him.

Hear what the Spirit is saying to the church.

**Thanks be to God.**

## CANTICLE Blest Be the God of Israel, Song of Zechariah



1 Blest be the God of Is - rael, who comes to set us free;  
2 God from the house of Da - vid a child of grace has given;  
3 On those who sit in dark - ness the sun be - gins to rise,



who vis - its and re - deems us, who grants us lib - er - ty.  
a Sav - ior comes a - mong us to raise us up to heaven.  
the dawn - ing of for - give - ness up - on the sin - ner's eyes.



The proph - ets spoke of mer - cy, of free - dom and re - lease;  
Be - fore him goes the her - ald, fore - run - ner in the way,  
God guides the feet of pil - grims a - long the paths of peace.



God shall ful - fill that prom - ise and bring the peo - ple peace.  
the proph - et of sal - va - tion, the har - bin - ger of day.  
O bless our God and Sav - ior with songs that nev - er cease!

SECOND READING PHILIPPIANS 1:3-11

Angela White

A reading from the letter of Paul to the Philipians

I thank my God every time I remember you, -constantly praying with joy in every one of my prayers for all of you, -because of your sharing in the gospel from the first day until now. -I am confident of this, that the one who began a good work among you will bring it to completion by the day of Jesus Christ. -It is right for me to think this way about all of you, because you hold me in your heart, for all of you share in God's grace with me, both in my imprisonment and in the defence and confirmation of the gospel. -For God is my witness, how I long for all of you with the compassion of Christ Jesus. And this is my prayer, that your love may overflow more and more with knowledge and full insight -to help you to determine what is best, so that in the day of Christ you may be pure and blameless, -having produced the harvest of righteousness that comes through Jesus Christ for the glory and praise of God. -

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 the fifteenth year of the reign of Emperor Tiberius, when Pontius Pilate was governor of Judea, and Herod was ruler of Galilee, and his brother Philip ruler of the region of Ituraea and Trachonitis, and Lysanias ruler of Abilene, during the high priesthood of Annas and Caiaphas, the word of God came to John son of Zechariah in the wilderness. He went into all the region around the Jordan, proclaiming a baptism of repentance for the forgiveness of sins, -as it is written in the book of the words of the prophet Isaiah, "The voice of one crying out in the wilderness: 'Prepare the way of the Lord, make his paths straight. Every valley shall be filled, and every mountain and hill shall be made low, and the crooked shall be made straight, and the rough ways made smooth; -and all flesh shall see the salvation of God.'"

The Gospel of Christ.

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

**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.*

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,  
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

Hepsi Chand

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    There's a Voice in the Wilderness                      CP 106  
*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

Jesus Calls Us Here to Meet Him  
Our Soul Is Waiting for God

CP 59

The image shows a musical score for a communion hymn. It consists of two systems of music. The first system is a vocal line with a piano accompaniment. The vocal line is in 4/4 time and has a key signature of one flat (B-flat). It begins with a square box containing the letter 'A'. The lyrics are: "Our soul is wait - ing for God. Our hearts find joy — in the Lord. Notre âme at - tend le Sei - gneur. En lui la joie de no - tre cœur." The piano accompaniment is in 4/4 time and has a key signature of one flat. The second system is labeled "Verses (Cantor)" and is in 4/4 time with a key signature of one flat. It begins with a square box containing the letter 'B'. The lyrics are "O" followed by a long horizontal line. The piano accompaniment is in 4/4 time and has a key signature of one flat. Both systems end with a double bar line and a fermata. The word "D.C." is written above the final measure of the piano accompaniment in both systems. The word "Last time" is written above the final measure of the vocal line in the first system.

*All stand.*

## PRAYER AFTER COMMUNION

The Lord be with you.

**And also with you.**

Let us pray:

Faithful God,

we thank you for feeding us with this heavenly banquet.

Help us always to hear the prophet's call

to turn our hearts to you;

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 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 When the King Shall Come Again

CP 109

*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.*

*There will be the Christmas Decoration after coffee hour.  
Please join us in creating a beautiful festive atmosphere at St. Helen's.*

# 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 ANGLICAN CHURCH

# Family Christmas Carol Sing-along Concert

**FRIDAY  
DECEMBER 20TH  
7PM**

Admission by donation  
Reception to follow



4405 w8th Ave, Vancouver BC V6R 2A2 | 604-224-0212

## 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)).