

**Third Sunday after the Epiphany**  
**Jan 26, 2025**



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

## GATHERING IN GOD'S NAME

*All stand*

OPENING HYMN All Beautiful the March of Days

CP 427

## 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.

The kingdom is yours, but we turn away from your just rule:

**Holy God, holy and mighty,**

CP 707

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

The power is yours, but we trust in our own power and strength:

**Holy God, holy and mighty,**

CP 707

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

The glory is yours, but we fall short of the glory of God:

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

CP 707

#### THE ABSOLUTION

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

**Amen.**

#### GLORIA

**Gloria, gloria, in excelsis Deo!  
Gloria. Gloria, alleluia, alleluia! (x3)**

#### COLLECT OF THE DAY

The Lord be with you.

**And also with you.**

Let us pray.

Almighty God,  
by grace alone you call us  
and accept us in your service.  
Strengthen us by your Spirit,

and make us worthy of your call;  
through Jesus Christ our Lord,  
who lives and reigns with you and the Holy Spirit,  
one God, now and for ever. **Amen.**

*Please be seated.*

## THE LITURGY OF THE WORD

FIRST READING    NEHEMIAH 8:1-3, 5-6, 8-10    Rhodri Windsor–Liscombe

A reading from the book of Nehemiah

All the people gathered together into the square before the Water Gate. They told the scribe Ezra to bring the book of the law of Moses, which the Lord had given to Israel. Accordingly, the priest Ezra brought the law before the assembly, both men and women and all who could hear with understanding. This was on the first day of the seventh month. He read from it facing the square before the Water Gate from early morning until midday, in the presence of the men and the women and those who could understand; and the ears of all the people were attentive to the book of the law. And Ezra opened the book in the sight of all the people, for he was standing above all the people; and when he opened it, all the people stood up. Then Ezra blessed the Lord, the great God, and all the people answered, "Amen, Amen," lifting up their hands. Then they bowed their heads and worshipped the Lord with their faces to the ground. So they read from the book, from the law of God, with interpretation. They gave the sense, so that the people understood the reading. And Nehemiah, who was the governor, and Ezra the priest and scribe, and the Levites who taught the people said to all the people, "This day is holy to the Lord your God; do not mourn or

weep." For all the people wept when they heard the words of the law. Then he said to them, "Go your way, eat the fat and drink sweet wine and send portions of them to those for whom nothing is prepared, for this day is holy to our Lord; and do not be grieved, for the joy of the Lord is your strength."

Hear what the Spirit is saying to the church.

**Thanks be to God.**

### Psalm 19



The com - mand - ment of God is — clear and gives light to the eyes.

The heavens declare your glory, O God,  
and the firmament shows your handiwork.

One day tells its tale to another,  
and one night imparts knowledge to another. **R.**

Although they have no words or language,  
and their voices are not heard,  
their sound has gone out into all lands,  
and their message to the ends of the world. **R.**

In the deep you have set a pavilion for the sun;  
it comes forth like a bridegroom out of his chamber,  
and rejoices like a champion to run its course.  
It goes forth from the uttermost edge of the heavens  
and runs about to the end of it again;  
nothing is hidden from its burning heat. **R.**

The law of God is perfect and revives the soul;  
the testimony of our God is sure and gives wisdom to the innocent.  
The statutes of our God are just and rejoice the heart;  
the commandment of God is clear and gives light to the eyes. **R.**

The fear of God is clean and endures for ever;  
the judgments of our God are true and righteous altogether.  
More to be desired are they than gold, more than much fine gold,  
sweeter far than honey, than honey in the comb.  
By them also is your servant enlightened,  
and in keeping them there is great reward. **R.**

How can I tell how often I offend?  
cleanse me from my secret faults.  
Above all, keep your servant from presumptuous sins;  
let them not get dominion over me;  
then shall I be whole and sound, and innocent of a great offence.  
Let the words of my mouth and the meditation of my heart  
be acceptable in your sight,  
O God, my strength and my redeemer. **R.**

SECOND READING 1 CORINTHIANS 12:12-31A

Angela White

A reading from the first letter of Paul to the Corinthians

Just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. For in the one Spirit we were all baptized into one body - Jews or Greeks, slaves

or free - and we were all made to drink of one Spirit. Indeed, the body does not consist of one member but of many. If the foot would say, "Because I am not a hand, I do not belong to the body," that would not make it any less a part of the body. And if the ear would say, "Because I am not an eye, I do not belong to the body," that would not make it any less a part of the body. If the whole body were an eye, where would the hearing be? If the whole body were hearing, where would the sense of smell be? But as it is, God arranged the members in the body, each one of them, as he chose. If all were a single member, where would the body be? As it is, there are many members, yet one body. The eye cannot say to the hand, "I have no need of you," nor again the head to the feet, "I have no need of you." On the contrary, the members of the body that seem to be weaker are indispensable, and those members of the body that we think less honourable we clothe with greater honour, and our less respectable members are treated with greater respect; whereas our more respectable members do not need this. But God has so arranged the body, giving the greater honour to the inferior member, that there may be no dissension within the body, but the members may have the same care for one another. If one member suffers, all suffer together with it; if one member is honoured, all rejoice together with it. Now you are the body of Christ and individually members of it. And God has appointed in the church first apostles, second prophets, third teachers; then deeds of power, then gifts of healing, forms of assistance, forms of leadership, various kinds of tongues. Are all apostles? Are all prophets? Are all teachers? Do all work miracles? Do all possess gifts of healing? Do all speak in tongues? Do all interpret? But strive for the greater gifts.

Hear what the Spirit is saying to the church.

**Thanks be to God.**

*All stand for the Gospel*

GOSPEL ACCLAMATION

**Raise a song of gladness, peoples of the earth.  
Christ has come, bringing peace, joy to every heart.  
Alleluia, alleluia, joy to every heart!  
Alleluia, alleluia, joy to every heart!**

THE HOLY GOSPEL

LUKE 4:14-21

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.**

Then Jesus, filled with the power of the Spirit, returned to Galilee, and a report about him spread through all the surrounding country. He began to teach in their synagogues and was praised by everyone.

When he came to Nazareth, where he had been brought up, he went to the synagogue on the sabbath day, as was his custom. He stood up to read, and the scroll of the prophet Isaiah was given to him. He unrolled the scroll and found the place where it was written:

‘The Spirit of the Lord is upon me,  
because he has anointed me  
to bring good news to the poor.  
He has sent me to proclaim release to the captives  
and recovery of sight to the blind,  
to let the oppressed go free,



to proclaim the year of the Lord's favour.'

And he rolled up the scroll, gave it back to the attendant, and sat down. The eyes of all in the synagogue were fixed on him. Then he began to say to them, 'Today this scripture has been fulfilled in your hearing.' All spoke well of him and were amazed at the gracious words that came from his mouth. They said, 'Is not this Joseph's son?' He said to them, 'Doubtless you will quote to me this proverb, "Doctor, cure yourself!" And you will say, "Do here also in your home town the things that we have heard you did at Capernaum."' And he said, 'Truly I tell you, no prophet is accepted in the prophet's home town. But the truth is, there were many widows in Israel in the time of Elijah, when the heaven was shut up for three years and six months, and there was a severe famine over all the land; yet Elijah was sent to none of them except to a widow at Zarephath in Sidon. There were also many lepers in Israel in the time of the prophet Elisha, and none of them was cleansed except Naaman the Syrian.' When they heard this, all in the synagogue were filled with rage. They got up, drove him out of the town, and led him to the brow of the hill on which their town was built, so that they might hurl him off the cliff. But he passed through the midst of them and went on his way.

The Gospel of Christ.

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

GOSPEL ACCLAMATION

**Raise a song of gladness, peoples of the earth.**

**Christ has come, bringing peace, joy to every heart.**

**Alleluia, alleluia, joy to every heart!**

**Alleluia, alleluia, joy to every heart!**

*Please be seated.*

SERMON

The Rev. Mark Munn

AFFIRMATION OF FAITH *(All stand)*

Let us confess our faith, as we say,

**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

You shall go out in joy and be led back in peace;

the mountains and the hills before you shall burst into song,  
and all the trees of the field shall clap their hands.  
The peace of Christ be always with you.  
And also with you.

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    I'll Praise My Maker While I've Breath    CP 346

*Please remain standing until communion.*

#### **THE HOLY COMMUNION**

##### PRAYER OVER THE GIFTS

Loving God,  
before the world began you called us.  
Make holy all we offer you this day,  
and strengthen us in that calling.  
We ask this in the name of Jesus Christ the Lord.

#### 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.**

Holy God, Lover of creation,

we give you thanks and praise for in the ocean of your steadfast love  
you bear us and place the song of your Spirit in our hearts.

When we turn from your love and defile the earth,  
you do not abandon us.

Your Spirit speaks through Huldah and Micah,

through prophets, sages, and saints in every age,

to confront our sin and reveal the vision of your new creation.

Joining in the song of the universe we proclaim your glory saying  
singing:

Holy, Holy, Holy Lord

CP 735

Gracious God,

in the fullness of time you sent Jesus the Christ to share our fragile  
humanity.

Through Jesus' life, death, and resurrection

you open the path from brokenness to health,

from fear to trust, from pride and conceit to reverence for you.

Rejected by a world that could not bear the Gospel of life,  
Jesus knew death was near.

His head anointed for burial by an unknown woman,  
Jesus gathered together those who loved him.

He took bread, gave thanks to you, broke it and gave it to his friends,  
saying, "Take and eat: this is my body which is given for you.  
Do this for the remembrance of me."

After supper, Jesus took the cup of wine, gave you thanks, and said  
"Drink this all of you, this is my blood of the new covenant  
which is shed for you and for many.  
Whenever you drink it, do this for the remembrance of me."

And now we gather at this table in response to his commandment,  
to share the bread and cup of Christ's undying love,  
and to proclaim our faith.

**Christ has died,**

**Christ is risen,**

**Christ will come again**

Breathe your Holy Spirit, the wisdom of the universe,  
upon these gifts that we bring to you:

this bread, this cup, ourselves, our souls and bodies,  
that we may be signs of your love for all the world  
and ministers of your transforming purpose.

Through Christ, with Christ, and in Christ,  
in the unity of the Holy Spirit,

all glory is yours, Creator of all,  
and we bless your holy name 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

We break the bread of life, and that life is the light of the world.  
**God here among us, light in the midst of us,**  
**Bring us to light and life.**

#### INVITATION TO HOLY COMMUNION

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

## Thanks be to God

Lamb of God

CP 747

COMMUNION HYMN One Bread, One Body, One Lord of All  
Blest Be the Tie That Binds

CP 73

CP 507

*All stand.*

### PRAYER AFTER COMMUNION

The Lord be with you.

**And also with you.**

Gracious God,  
our hands have taken holy things;  
our lives have been nourished by the body of your Son.  
May we who have eaten at this holy table  
be strengthened for service in your world.  
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

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

Thanks be to God.  
**Amen.**

RECESSIONAL HYMN Filled with the Spirit's Power

CP 658

*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.*



## **Neighbourhood Ministry Shopping List for this Week**

St. Helen's is one of four parishes in the West Point Grey neighbourhood supporting this important ministry to provide conversation, food, essential supplies, and other forms of care to our street-involved neighbours. Once a month our parish prepares food and packets of essential supplies for a team of volunteers to distribute on their rounds on Saturday mornings.

The Ministry has compiled a list of essential items to include in their packets. We are grateful for the donations of supplies we receive on a regular basis. This month we would especially appreciate donations of **men's socks, cans of tuna (with pull tabs), and Boost or Ensure.** Other staples needed on a regular basis include: Juice boxes, Fruit or pudding cups.

Donations can be placed in the NM bins under the table in the narthex.

We would also appreciate volunteers to prepare sandwiches and/or boiled eggs for **the February 15 and March 15** outings.

If you have questions or would like to volunteer, please email Shawn at [deraaf@gmail.com](mailto:deraaf@gmail.com).

We appreciate your support for our neighbours in need!

### **Pastoral Offices at St. Helen's:**

St. Helen's offers support and care for people during significant moments in their lives.

Pastoral offices at St. Helen's include:

- **Baptisms:** Welcoming and forming individuals new to the Christian faith.
- **Marriages:** Celebrating and blessing two loving adults entering into marriage as an expression of their Christian vocation.
- **Funerals:** Honouring the life of a person who has died, offering comfort to the bereaved, and commending the deceased to God's care.
- **Confirmation:** Deepening individuals' commitments to Christ and their baptismal vows, including the laying on of hands by the Bishop.
- **Reaffirmation of Faith:** A way for someone to renew their commitment to their faith.
- **Anointing for Healing:** Offering prayer and the sacrament of anointing with oil for physical, emotional, or spiritual healing.
- **Blessings:** Such as house blessings, milestone blessings, or blessings for new endeavors.
- **Contemplative Prayer:** Opportunities for stillness, reflection, and deepening your connection with God in silence and simplicity.
- **Prayer:** Praying with and for individuals, families, and the community in times of celebration, challenge, or need.
- **Visitations:** Personal visits to homes, hospitals, care facilities, or other settings to offer prayer, companionship, and support, especially for those unable to attend church in person.
- **Pastoral Care:** Providing emotional and spiritual support through listening, prayer, and guidance in times of joy, difficulty, or discernment.
- **Discernment Groups:** Small groups offering prayerful support and guidance for individuals seeking clarity in their faith journey, life decisions, or sense of calling—whether it's to ordination, a new vocation, or other significant life choices.

These pastoral services are here for you. If you'd like to learn more or arrange for any of these, please don't hesitate to reach out to Reverend's Mark or Jeffrey.



## 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)).