

Sixth Sunday after the Epiphany
Feb 16, 2025



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

GATHERING IN GOD'S NAME

All stand

OPENING HYMN Blessed Jesus, At Your Word

CP 559

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

Let us confess our sins to God.

Silence for confessions is kept.

God of all mercy,
**we confess that we have sinned against you,
opposing your will in our lives.
We have denied your goodness in each other,
in ourselves, and in the world you have created.
We repent of the evil that ensnares us,
the evil we have done,
and the evil done on our behalf.
Forgive, restore, and strengthen us
through our Saviour Jesus Christ,**

**that we may abide in your love
and serve only your will. Amen.**

THE ABSOLUTION

Almighty God have mercy on you,
forgive you all your sins through the grace of Jesus Christ,
strengthen you in all goodness,
and by the power of the Holy Spirit
keep you in eternal life.
Amen.

GLORIA

CP 376

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 and everliving God,
whose Son Jesus Christ healed the sick
and restored them to wholeness of life,
look with compassion on the anguish of the world,
and by your power make whole all peoples and nations;
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 JEREMIAH 17:5-10

Suzanne Windsor-Liscombe

A reading from the book of Jeremiah

Thus says the Lord: Cursed are those who trust in mere mortals and make mere flesh their strength, whose hearts turn away from the Lord. They shall be like a shrub in the desert, and shall not see when relief comes. They shall live in the parched places of the wilderness, in an uninhabited salt land. Blessed are those who trust in the Lord, whose trust is the Lord. They shall be like a tree planted by water, sending out its roots by the stream. It shall not fear when heat comes, and its leaves shall stay green; in the year of drought it is not anxious, and it does not cease to bear fruit. The heart is devious above all else; it is perverse - who can understand it? I the Lord test the mind and search the heart, to give to all according to their ways, according to the fruit of their doings.

Hear what the Spirit is saying to the church.

Thanks be to God.

Psalm 1



Happy are they who have not walked in the counsel of the wicked,
nor lingered in the way of sinners,
nor sat in the seats of the scornful!
Their delight is in your law O God,

and they meditate on it day and night. **R.**

They are like trees planted by streams of water,
bearing fruit in due season,
with leaves that do not wither;
everything they do shall prosper. **R.**

It is not so with the wicked;
they are like chaff which the wind blows away.
Therefore the wicked shall not stand upright
when judgement comes,
nor the sinner in the council of the righteous.
For God knows the way of the righteous,
but the way of the wicked is doomed. **R.**

SECOND READING 1 CORINTHIANS 15:12-20 Suzanne Windsor-Liscombe

A reading from the first letter of Paul to the Corinthians

Now if Christ is proclaimed as raised from the dead, how can some of you say there is no resurrection of the dead? If there is no resurrection of the dead, then Christ has not been raised; and if Christ has not been raised, then our proclamation has been in vain and your faith has been in vain. We are even found to be misrepresenting God, because we testified of God that he raised Christ - whom he did not raise if it is true that the dead are not raised. For if the dead are not raised, then Christ has not been raised. If Christ has not been raised, your faith is futile and you are still in your sins. Then those also who have died in Christ have

perished. If for this life only we have hoped in Christ, we are of all people most to be pitied. But in fact Christ has been raised from the dead, the first fruits of those who have died.

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 6:17-26

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.

Jesus came down with them and stood on a level place, with a great crowd of his disciples and a great multitude of people from all Judea, Jerusalem, and the coast of Tyre and Sidon. They had come to hear him and to be healed of their diseases; and those who were troubled with unclean spirits were cured. And all in the crowd were trying to touch him, for power came out from him and healed all of them.

Then he looked up at his disciples and said: "Blessed are you who are poor, for yours is the kingdom of God. Blessed are you who are hungry now, for you will be filled. Blessed are you who weep now, for you will laugh. Blessed are you when people hate you, and when they exclude you, revile you, and defame you on account of the Son of Man. Rejoice in that day and leap for joy, for surely your reward is great in heaven; for that is what their ancestors did to the prophets.

But woe to you who are rich, for you have received your consolation. Woe to you who are full now, for you will be hungry. Woe to you who are laughing now, for you will mourn and weep. Woe to you when all speak well of you, for that is what their ancestors did to the false prophets."

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. Jeffrey Preiss

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

Liz Hodgson

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 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 Blest Are the Pure in Heart

CP 439

Please remain standing until communion.

THE HOLY COMMUNION

PRAYER OVER THE GIFTS

Eternal God,
you are the strength of the weak
and the comfort of sufferers,
receive all we offer you this day;
turn our sickness into health
and our sorrow into joy.
We ask this in the name of Jesus Christ the 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 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 this bread
to share in the Body of Christ.
We who are many are one body,
for we all share in the one bread.

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 Not for Tongues of Heaven's Angels

CP 494

Healer of Our Every Ill

CP 612

All stand.

PRAYER AFTER COMMUNION

The Lord be with you.

And also with you.

God of tender care,

in this eucharist we celebrate your love

for us and for all people.

May we show your love in our lives

and know its fulfilment in your presence.

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

Let us go in peace to love and serve the Lord.
Thanks be to God!

RECESSIONAL HYMN Guide Me, O Thou Great Jehovah

CP 565

*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.*

Call for Volunteers and Leadership Nominations

As we prepare for our Vestry Meeting on February 23rd, you are invited to consider which ministries at St. Helen's might bring you joy this year. We are looking for volunteers and nominations for key leadership roles and ministries, including:

- Altar Guild (helping to clean our communion hardware and linens)
- Children's Services (planning simple inclusion of children in worship, etc)
- Exterior Renewal Planning Group (helping to plan plantings, signage)
- Financial Stewardship Chair & Helpers
- Interior Renewal Planning Group (revitalizing the Narthex)
- Lay Administrants (serving wine during communion – training will be included)
- Newcomers/Welcoming Chair
- Scripture Readers
- Warden-at-large (1 position)

Your gifts and leadership help strengthen our parish community! If you feel called to serve or wish to nominate someone, please contact Rev. Mark at Rev.Mark.Munn@gmail.com by February 12.

Thank you for your prayerful consideration and support.

Vestry Meeting: Feb 23

Please mark your calendars for St. Helen's Annual Vestry Meeting, which is scheduled for February 25th 2024, (the last Sunday of February). This meeting is a vital opportunity for our church community to come together, review the accomplishments of the past year, and discuss budgets and plans for the upcoming year.

Date: Sunday February 23rd, 2024

Time: Approximately 11:45am to 2:30pm.

Location: Parish Hall

Your participation and input are important and invited. The Annual Vestry Meeting provides a platform for open dialogue within our community, where your thoughts and ideas contribute to the collective vision of our church.

Motions: If there is anyone who would like to make a motion at the Annual Vestry Meeting, it must be submitted in writing to the Parish Office before February 12th, 2025.

Ministry Reports: If you lead a ministry here at St. Helen's, we kindly ask that you submit your 2024 ministry report to Cynthia at the office before Wednesday February 12th.

Nominations: There are several ways you can participate in the leadership and ministry of St. Helen's. If you would like to participate in one of these positions, or nominate someone, please email the office. In addition, one of the wardens will be collecting nominations for ministry positions in the coming weeks. Stay tuned for their announcements on roles needing filling.

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 March 15** outing.

If you have questions or would like to volunteer, please email Shawn at 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.

Lenten Quiet Day at Van Dusen

Start Lent with a quiet day at the beautiful VanDusen Botanical Gardens as we explore four different prayer practices that engage various parts of our minds, hearts, and bodies. Participants will also have access to walk the grounds at the botanical gardens. Registration is \$10, and free tickets are available so that cost is not a barrier to participation. A light lunch is provided.

Saturday March 9th from 9:30am to 2:30pm
Van Dusen Botanical Gardens
5251 Oak Street, Vancouver

Sign up at: <https://www.tickettailor.com/events/stfaithsanglicanchurch/1549887>

LENT QUIET DAY AT VANDUSEN



SATURDAY,
MARCH 8TH

FROM 9:30AM- 2:30PM

VANDUSEN
BOTANICAL
GARDENS

5251 OAK STREET
VANCOUVER BC



Start Lent with a quiet day at the beautiful VanDusen Botanical Gardens as we explore four different prayer practices that engage various parts of our minds, hearts, and bodies. Participants will also have access to walk the grounds at the botanical gardens.

Registration is \$10, and free tickets are available so that cost is not a barrier to participation. A light lunch is provided.



How to Contribute to St. Helen's Financially

We deeply appreciate financial contributions to our shared congregational life and mission. The best ways to donate are:

1. Set up a Pre-Authorized Donation - simply send an email to sthelenswpg@gmail.com to get started or change your amount
2. Scan the QR code at left or visit sthelensvancouver.com/give to donate via credit card
3. Use one of the envelopes available at the back of the church by the offering plate to donate via cheques or cash

