

**Seventh Sunday after the Epiphany**  
**Feb 23, 2025**



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

## GATHERING IN GOD'S NAME

*All stand*

OPENING HYMN Christ Whose Glory Fills the Skies

CP 5

## 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 God,  
your Son revealed in signs and miracles  
the wonder of your saving love.  
Renew your people with your heavenly grace,  
and in all our weakness  
sustain us by your mighty power;  
through Jesus Christ our Lord,  
who is alive 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      GENESIS 45:3-11, 15      Rhodri Windsor-Liscombe

A reading from the book of Genesis

Joseph said to his brothers, "I am Joseph. Is my father still alive?" But his brothers could not answer him, so dismayed were they at his presence. Then Joseph said to his brothers, "Come closer to me." And they came closer. He said, "I am your brother, Joseph, whom you sold into Egypt. And now do not be distressed, or angry with yourselves, because you sold me here; for God sent me before you to preserve life. For the famine has been in the land these two years; and there are five more years in which there will be neither plowing nor harvest. God sent me before you to preserve for you a remnant on earth, and to keep alive for you many survivors. So it was not you who sent me here, but God; he has made me a father to Pharaoh, and lord of all his house and ruler over all the land of Egypt. Hurry and go up to my father and say to him, 'Thus says your son Joseph, God has made me lord of all Egypt; come down to me, do not delay. You shall settle in the land of Goshen, and you shall be near me, you and your children and your children's children, as well as your flocks, your herds, and all that you have. I will provide for you there - since there are five more years of famine to come - so that you and your household, and all that you have, will not come to poverty.'" And he kissed all his brothers and wept upon them; and after that his brothers talked with him.

Hear what the Spirit is saying to the church.

**Thanks be to God.**

## Psalm 37



Trust in God and do good, set-tle down and be at peace.

Do not fret yourself because of evildoers;  
do not be jealous of those who do wrong.  
For they shall soon wither like the grass,  
and like the green grass fade away.  
Put your trust in God and do good;  
dwell in the land and feed on its riches.  
Take delight in God, who will give you your heart's desire. **R.**

Commit your way to God and put your trust in the Holy One,  
and God will surely bring it to pass.  
God will make your righteousness as clear as the light  
and your just dealing as the noonday. **R.**

Be still before the Most High and wait patiently for God.  
Do not fret yourself over the one who prospers,  
the one who succeeds in evil schemes.  
Refrain from anger, leave rage alone;  
do not fret yourself; it leads only to evil. **R.**

For evildoers shall be cut off,  
but those who wait upon God shall possess the land.  
In a little while the wicked shall be no more;  
you shall search out their place, but they will not be there.

But the lowly shall possess the land;  
they will delight in abundance of peace. **R.**

But their deliverance of the righteous comes from God;  
who is their stronghold in time of trouble.  
God will help them and rescue them;  
save them from the wicked and deliver them,  
because they seek refuge in the Most High. **R.**

SECOND READING 1 CORINTHIANS 15:35-38, 42-50

Gillian Moore

A reading from the first letter of Paul to the Corinthians

But someone will ask, "How are the dead raised? With what kind of body do they come?" Fool! What you sow does not come to life unless it dies. And as for what you sow, you do not sow the body that is to be, but a bare seed, perhaps of wheat or of some other grain. But God gives it a body as he has chosen, and to each kind of seed its own body. So it is with the resurrection of the dead. What is sown is perishable, what is raised is imperishable. It is sown in dishonour, it is raised in glory. It is sown in weakness, it is raised in power. It is sown a physical body, it is raised a spiritual body. If there is a physical body, there is also a spiritual body. Thus it is written, "The first man, Adam, became a living being"; the last Adam became a life-giving spirit. But it is not the spiritual that is first, but the physical, and then the spiritual. The first man was from the earth, a man of dust; the second man is from heaven. As was the man of dust, so are those who are of the dust; and as is the man of heaven, so are those who are of heaven. Just as we have borne the image of the man of dust, we will

also bear the image of the man of heaven. What I am saying, brothers and sisters, is this: flesh and blood cannot inherit the kingdom of God, nor does the perishable inherit the imperishable.

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 6:27-38

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 said, "But I say to you that listen, Love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you. If anyone strikes you on the cheek, offer the other also; and from anyone who takes away your coat do not withhold even your shirt. Give to everyone who begs from you; and if anyone takes away your goods, do not ask for them again. Do to others as you would have them do to you. If you love those who love you, what credit is that to you? For even sinners love those who love

them. If you do good to those who do good to you, what credit is that to you? For even sinners do the same. If you lend to those from whom you hope to receive, what credit is that to you? Even sinners lend to sinners, to receive as much again. But love your enemies, do good, and lend, expecting nothing in return. Your reward will be great, and you will be children of the Most High; for he is kind to the ungrateful and the wicked. Be merciful, just as your Father is merciful. Do not judge, and you will not be judged; do not condemn, and you will not be condemned. Forgive, and you will be forgiven; give, and it will be given to you. A good measure, pressed down, shaken together, running over, will be put into your lap; for the measure you give will be the measure you get back."

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 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    What Does the Lord Require

CP 171

*Please remain standing until communion.*

## THE HOLY COMMUNION

### PRAYER OVER THE GIFTS

Merciful God,  
accept all we offer you this day.  
Lead us to love you with all our heart,  
and to love all people with your perfect love.  
We ask this in the name of Jesus Christ.

**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.**

We praise you and we bless you, holy and gracious God,  
source of life abundant.

From before time you made ready the creation.

Your Spirit moved over the deep  
and brought all things into being:

sun, moon, and stars; earth, winds, and waters;  
and every living thing.

You made us in your image,  
and taught us to walk in your ways.

But we rebelled against you, and wandered far away;  
and yet, as a mother cares for her children,  
you would not forget us.

Time and again you called us  
to live in the fullness of your love.

And so this day we join with Saints and Angels  
in the chorus of praise that rings through eternity,  
lifting our voices to magnify you as we sing:

Glory and honor and praise to you, holy and living God.

To deliver us from the power of sin and death

and to reveal the riches of your grace,

you looked with favor upon Mary, your willing servant,

that she might conceive and bear a son,

Jesus the holy child of God.

Living among us, Jesus loved us.

He broke bread with outcasts and sinners,

healed the sick, and proclaimed good news to the poor.

He yearned to draw all the world to himself

yet we were heedless of his call to walk in love.

Then, the time came for him to complete upon the cross

the sacrifice of his life,

and to be glorified by you.

On the night before he died for us,

Jesus was at table with his friends.

He took bread, gave thanks to you,

broke it, and gave it to them, and said:

“Take, eat:

This is my Body, which is given for you.

Do this for the remembrance of me.”

As supper was ending, Jesus took the cup of wine.

Again, he gave thanks to you,

gave it to them, and said:

“Drink this, all of you:

This is my Blood of the new Covenant,  
which is poured out for you and for all  
for the forgiveness of sins.

Whenever you drink it,  
do this for the remembrance of me.”

Now gathered at your table, O God of all creation,  
and remembering Christ, crucified and risen,  
who was and is and is to come,  
we offer to you our gifts of bread and wine,  
and ourselves, a living sacrifice.

Pour out your Spirit upon these gifts  
that they may be the Body and Blood of Christ.  
Breathe your Spirit over the whole earth

and make us your new creation,  
the Body of Christ given for the world you have made.

In the fullness of time bring us,  
with all your saints,  
from every tribe and language and people and nation,  
to feast at the banquet prepared  
from the foundation of the world.

Through Christ and with Christ and in Christ,  
in the unity of the Holy Spirit,  
to you be honor, glory, and praise,  
for ever and 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 *Be still, for the presence of the Lord*

(Choir)

From the Falter of Breath

CP 489

*All stand.*

## PRAYER AFTER COMMUNION

The Lord be with you.

**And also with you.**

**Gracious God,**

**in the eucharist we celebrate your love  
for us and for all people.**

**Grant that strengthened by these holy gifts,  
we may show your love in our lives,  
and know its fulfilment in your presence.**

**We ask this in the name of Jesus Christ our 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 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.*

*Our annual vestry meeting begins in the hall shortly after service.*



## 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](mailto:deraaf@gmail.com).

We appreciate your support for our neighbours in need!

## **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](mailto:sthelenswpg@gmail.com) to get started or change your amount
2. Scan the QR code at left or visit [sthelensvancouver.com/give](http://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

