

**Fifth Sunday after the Epiphany**  
**Feb 9, 2025**



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

## GATHERING IN GOD'S NAME

*All stand*

OPENING HYMN Holy God, We Praise Your Name

CP 334

## 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.

Merciful Lord,  
grant to your faithful people pardon and peace,  
that we may be cleansed from all our sins  
and serve you with a quiet mind;  
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    ISAIAH 6:1-13

Liz Hodgson

A reading from the book of Isaiah

In the year that King Uzziah died, I saw the Lord sitting on a throne, high and lofty; and the hem of his robe filled the temple. Seraphs were in attendance above him; each had six wings: with two they covered their faces, and with two they covered their feet, and with two they flew. And one called to another and said: "Holy, holy, holy is the Lord of hosts; the whole earth is full of his glory." The pivots on the thresholds shook at the voices of those who called, and the house filled with smoke. And I said: "Woe is me! I am lost, for I am a man of unclean lips, and I live among a people of unclean lips; yet my eyes have seen the King, the Lord of hosts!" Then one of the seraphs flew to me, holding a live coal that had been taken from the altar with a pair of tongs. The seraph touched my mouth with it and said: "Now that this has touched your lips, your guilt has departed and your sin is blotted out." Then I heard the voice of the Lord saying, "Whom shall I send, and who will go for us?" And I said, "Here am I; send me!"

Hear what the Spirit is saying to the church.

**Thanks be to God.**

## Psalm 138



I will give thanks to you, O God, with my whole heart;  
before the gods I will sing your praise.  
I will bow down toward your holy temple and praise your name,  
because of your love and faithfulness. **R.**

For you have glorified your name  
and your word above all things.  
When I called, you answered me;  
you increased my strength within me. **R.**

All who reign on earth will praise you, O God,  
when they have heard the words of your mouth.  
They will sing of your ways,  
that great is your glory O God. **R.**

Though you be high, you care for the lowly;  
you perceive the haughty from afar.  
Though I walk in the midst of trouble, you keep me safe;  
you stretch forth your hand against the fury of my enemies;  
your right hand shall save me.  
You will make good your purpose for me;  
O God, your love endures for ever;  
do not abandon the works of your hands. **R.**

A reading from the first letter of Paul to the Corinthians

Now I would remind you, brothers and sisters, of the good news that I proclaimed to you, which you in turn received, in which also you stand, through which also you are being saved, if you hold firmly to the message that I proclaimed to you unless you have come to believe in vain. For I handed on to you as of first importance what I in turn had received: that Christ died for our sins in accordance with the scriptures, and that he was buried, and that he was raised on the third day in accordance with the scriptures, and that he appeared to Cephas, then to the twelve. Then he appeared to more than five hundred brothers and sisters at one time, most of whom are still alive, though some have died. Then he appeared to James, then to all the apostles. Last of all, as to one untimely born, he appeared also to me. For I am the least of the apostles, unfit to be called an apostle, because I persecuted the church of God. But by the grace of God I am what I am, and his grace toward me has not been in vain. On the contrary, I worked harder than any of them - though it was not I, but the grace of God that is with me. Whether then it was I or they, so we proclaim and so you have come to believe.

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 5:1-11

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.**

Once while Jesus was standing beside the lake of Gennesaret, and the crowd was pressing in on him to hear the word of God, he saw two boats there at the shore of the lake; the fishermen had gone out of them and were washing their nets. He got into one of the boats, the one belonging to Simon, and asked him to put out a little way from the shore. Then he sat down and taught the crowds from the boat. When he had finished speaking, he said to Simon, "Put out into the deep water and let down your nets for a catch." Simon answered, "Master, we have worked all night long but have caught nothing. Yet if you say so, I will let down the nets." When they had done this, they caught so many fish that their nets were beginning to break. So they signalled their partners in the other boat to come and help them. And they came and filled both boats, so that they began to sink. But when Simon Peter saw it, he fell down at Jesus' knees, saying, "Go away from me, Lord, for I am a sinful man!" For he and all who were with him were amazed at the catch of fish that they had taken; and so also were James and John, sons of Zebedee, who were partners with Simon. Then Jesus said to Simon, "Do not

be afraid; from now on you will be catching people." When they had brought their boats to shore, they left everything and followed him.

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

David Van Blarcom

*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    Take My Life, and Let It Be

CP 435

*Please remain standing until communion.*

## THE HOLY COMMUNION

### PRAYER OVER THE GIFTS

God of compassion and forgiveness,  
receive our offering this day,  
and make us one with him who is our peace,  
Jesus Christ our Saviour. **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 give you thanks and praise, almighty God,  
for the gift of a world full of wonder,  
and for our life which comes from you.  
By your power you sustain the universe.  
**Glory to you for ever and ever.**

You created us to love you with all our heart,  
and to love each other as ourselves,  
but we rebel against you by the evil that we do.

In Jesus, your Son, you bring healing to our world  
and gather us into one great family.

Therefore, with all who serve you on earth and in heaven,

we praise your wonderful name, as we sing :

Holy, Holy, Holy Lord

CP 735

We give you thanks and praise, loving Father,  
because in sending Jesus, your Son, to us  
you showed us how much you love us.  
He cares for the poor and the hungry.  
He suffers with the sick and the rejected.

Betrayed and forsaken, he did not strike back  
but overcame hatred with love.  
On the cross he defeated the power of sin and death.  
By raising him from the dead  
you show us the power of your love to bring new life to all your  
people.

**Glory to you for ever and ever.**

On the night before he gave up his life for us,  
Jesus, at supper with his friends, took bread,  
gave thanks to you, broke it, and gave it to them, saying,  
“Take this, all of you, and eat it:  
this is my body which is given for you.”

After supper, Jesus took the cup of wine,  
said the blessing, gave it to his friends, and said,  
“Drink this, all of you: this is the cup of my blood,

the blood of the new and eternal covenant,  
which is shed for you and for many, so that sins may be forgiven.  
Do this in memory of me.”

**Glory to you for ever and ever.**

Gracious God, with this bread and wine  
we celebrate the death and resurrection of Jesus,  
and we offer ourselves to you in him.

Send your Holy Spirit on us and on these gifts,  
that we may know the presence of Jesus in the breaking of bread,  
and share in the life of the family of your children.

Father, you call us to be your servants;  
fill us with the courage and love of Jesus,  
that all the world may gather in joy at the table of your kingdom.

We sing your praise, almighty Father,  
through Jesus, our Lord, in the power of the Holy Spirit,  
now and for ever.

**Glory to you 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 Let All Mortal Flesh Keep Silence

CP 48

We Hold the Death of the Lord

CP 68

*All stand.*

#### PRAYER AFTER COMMUNION

The Lord be with you.

**And also with you.**

**Eternal God,  
in you we find peace beyond all telling.  
May we who share in this heavenly banquet  
be instruments of your peace on earth,  
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

Live without fear: your Creator has made you holy, has always protected you and loves you as a mother. Go in peace to follow the good road and may the blessing of God the Creator, Redeemer and Sustainer be with you always. **Amen.**

#### DISMISSAL

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

RECESSIONAL HYMN Strengthen for Service, Lord

CP 87

*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.*

## ***Candlemas Evensong: THIS EVENING!***

***Feb 9, 6-8pm***

Join us for a contemplative service of candlelight and sun prayer, as we notice the light that is coming into our world. As our days get longer and daylight grows stronger, we commemorate the day that Mary brought the infant Christ into the temple and head of the promised light he would bring to all peoples. You are invited to bring a candle to light during this service.

In France, it is customary to eat crepes on Candlemas, we will be hosting a crepe dinner following the service. All are welcome!

### **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](mailto: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.



## **Where's Rev. Mark Next Week?**

Rev. Mark will be away on study leave from February 10-15 as he continues work on his second Master's degree at the Vancouver School of Theology. During this time, he will be unavailable for parish business, except in emergencies, but will still be present for all Sunday worship services.

Rev. Mark is grateful for the congregation's support, including the weeks allotted each year for continuing education. This time of study and reflection strengthens his ministry and enriches our shared journey of faith. Rev. Mark should graduate this May with his next degree (God-willing!).

Thank you for your understanding and encouragement!

## **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

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)).