

Last Sunday after the Epiphany
March 2, 2025



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

GATHERING IN GOD'S NAME

All stand

OPENING HYMN Immortal, Invisible, God Only Wise

CP 393

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,
on the holy mount you revealed to chosen witnesses
your well-beloved Son, wonderfully transfigured:
mercifully deliver us from the darkness of this world,
and change us into his likeness from glory to glory;
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 EXODUS 34:29-35

Angela White

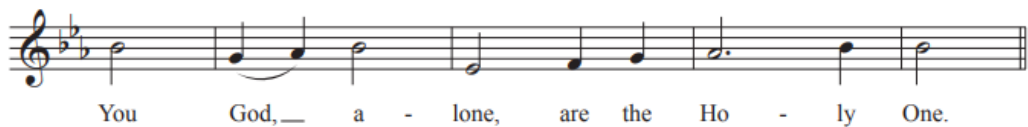
A reading from the book of Exodus

Moses came down from Mount Sinai. As he came down from the mountain with the two tablets of the covenant in his hand, Moses did not know that the skin of his face shone because he had been talking with God. When Aaron and all the Israelites saw Moses, the skin of his face was shining, and they were afraid to come near him. But Moses called to them; and Aaron and all the leaders of the congregation returned to him, and Moses spoke with them. Afterward all the Israelites came near, and he gave them in commandment all that the Lord had spoken with him on Mount Sinai. When Moses had finished speaking with them, he put a veil on his face; but whenever Moses went in before the Lord to speak with him, he would take the veil off, until he came out; and when he came out, and told the Israelites what he had been commanded, the Israelites would see the face of Moses, that the skin of his face was shining; and Moses would put the veil on his face again, until he went in to speak with him.

Hear what the Spirit is saying to the church.

Thanks be to God.

Psalm 99



God is enthroned upon the cherubim;
let the earth shake and its people tremble.
Our God is great in Zion;
and high above all peoples.
Let them confess the Name which is great and awesome,
Our God is the Holy One. **R.**

"O Mighty Sovereign, lover of justice, you have established equity;
you have executed justice and righteousness in Jacob."
Proclaim the greatness of our God, bow down in worship:
You, God, are the Holy One. **R.**

Moses and Aaron among your priests,
and Samuel among those who call upon your name,
they called upon you and you answered them.
You spoke to them out of the pillar of cloud,
they kept your testimonies and the decrees that you gave them. **R.**

"O God, you answered them indeed;
you were a God who forgave them,
yet punished them for their evil deeds."
Proclaim God's greatness; worship upon the holy hill;
for God is the Holy One. **R.**

A reading from the second letter of Paul to the Corinthians

Since, then, we have such a hope, we act with great boldness, not like Moses, who put a veil over his face to keep the people of Israel from gazing at the end of the glory that was being set aside. But their minds were hardened. Indeed, to this very day, when they hear the reading of the old covenant, that same veil is still there, since only in Christ is it set aside. Indeed, to this very day whenever Moses is read, a veil lies over their minds; but when one turns to the Lord, the veil is removed. Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And all of us, with unveiled faces, seeing the glory of the Lord as though reflected in a mirror, are being transformed into the same image from one degree of glory to another; for this comes from the Lord, the Spirit. Therefore, since it is by God's mercy that we are engaged in this ministry, we do not lose heart. We have renounced the shameful things that one hides; we refuse to practise cunning or to falsify God's word; but by the open statement of the truth we commend ourselves to the conscience of everyone in the sight of God.

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 9:28-43A

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.

Now about eight days after these sayings Jesus took with him Peter and John and James, and went up on the mountain to pray. And while he was praying, the appearance of his face changed, and his clothes became dazzling white. Suddenly they saw two men, Moses and Elijah, talking to him. They appeared in glory and were speaking of his departure, which he was about to accomplish at Jerusalem. Now Peter and his companions were weighed down with sleep; but since they had stayed awake, they saw his glory and the two men who stood with him. Just as they were leaving him, Peter said to Jesus, "Master, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah " - not knowing what he said. While he was saying this, a cloud came and overshadowed them; and they were terrified as they entered the cloud. Then from the cloud came a voice that said, "This is my Son, my Chosen; listen to him!" When the voice had spoken, Jesus was found alone. And they kept silent and in those days told no one any of the things they had seen.

On the next day, when they had come down from the mountain, a great crowd met him. Just then a man from the crowd shouted,

"Teacher, I beg you to look at my son; he is my only child. Suddenly a spirit seizes him, and all at once he shrieks. It convulses him until he foams at the mouth; it mauls him and will scarcely leave him. I begged your disciples to cast it out, but they could not." Jesus answered, "You faithless and perverse generation, how much longer must I be with you and bear with you? Bring your son here." While he was coming, the demon dashed him to the ground in convulsions. But Jesus rebuked the unclean spirit, healed the boy, and gave him back to his father. And all were astounded at the greatness of God.

The Gospel of Christ.

Praise to you, Lord Jesus Christ.

GOSPEL ACCLAIMATION

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

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 Eternal, Unchanging

CP 394

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.

Blessed are you, gracious God, creator of heaven and earth;
you have revealed your eternal plan of salvation,
and have shown your Son Jesus Christ to be the light of all peoples.

Therefore with angels and archangels
we raise our voices in joyful praise
to proclaim the glory of your name.

Holy, Holy, Holy Lord

CP 735

We give thanks to you, Lord our God,
for the goodness and love
you have made known to us in creation;
in calling Israel to be your people;
in your Word spoken through the prophets;
and above all in the Word made flesh, Jesus your Son.
For in these last days you sent him
to be incarnate from the Virgin Mary,
to be the Saviour and Redeemer of the world.
In him, you have delivered us from evil,
and made us worthy to stand before you.
In him, you have brought us out of error into truth,
out of sin into righteousness, out of death into life.

On the night he was handed over to suffering and death,
a death he freely accepted, our Lord Jesus Christ took bread;
and when he had given thanks to you,
he broke it, and gave it to his disciples,
and said, " Take, eat: this is my body which is given for you.
Do this for the remembrance of me."

After supper he took the cup of wine;
and when he had given thanks,
he gave it to them, and said, "Drink this, all of you:
this is my blood of the new covenant,
which is shed for you and for many for the forgiveness of sins.
Whenever you drink it, do this for the remembrance of me."
Therefore, Father, according to his command,
we remember his death,
we proclaim his resurrection,
we await his coming in glory;

and we offer our sacrifice of praise and thanksgiving to you,
Lord of all; presenting to you,
from your creation, this bread and this wine.

We pray you, gracious God,
to send your Holy Spirit upon these gifts,
that they may be the sacrament of the body of Christ
and his blood of the new covenant.
Unite us to your Son in his sacrifice, that we,
made acceptable in him, may be sanctified by the Holy Spirit.

In the fullness of time,
reconcile all things in Christ, and make them new,
and bring us to that city of light
where you dwell with all your sons and daughters;
through Jesus Christ our Lord, the firstborn of all creation,
the head of the Church, and the author of our salvation;

by whom, and with whom, and in whom,
in the unity of the Holy Spirit, all honour and glory are yours,
almighty Father, now and 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 Thee We Adore, O Hidden Saviour, Thee CP 76

To God, with the Lamb and the Dove CP 665

All stand.

PRAYER AFTER COMMUNION

The Lord be with you.

And also with you.

**Holy God,
we see your glory in the face of Jesus Christ.
May we who are partakers of his table
reflect his life in word and deed,
that all the world may know
his power to change and save.
We ask this in his name. 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 Come Down, O Love Divine

CP 645

*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.*

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

