

**First Sunday in Lent**  
**March 9, 2025**



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

## **GATHERING IN GOD'S NAME**

*All stand*

OPENING HYMN Rejoyce Today with One Accord

CP 318

### **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**

Dear friends in Christ,  
God is steadfast in love and infinite in mercy;  
he welcomes sinners and invites them to his table.

Let us confess our sins, confident in God's forgiveness.

*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.**

## KYRIE ELEISON

Cantor; All repeat

Ky - ri - e, e - lé - i - son. Chri - ste, e -  
 Lord, \_\_\_\_\_ have mer - cy. Christ, \_\_\_\_\_ have

lé - i - son. Ky - ri - e, e - lé - i - son.  
 mer - cy. Lord, \_\_\_\_\_ have mer - cy.

## COLLECT OF THE DAY

The Lord be with you.

**And also with you.**

Let us pray.

Almighty God,  
whose Son fasted forty days in the wilderness,  
and was tempted as we are but did not sin,  
give us grace to discipline ourselves  
in submission to your Spirit,  
that as you know our weakness,  
so we may know your power to save;  
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 DEUTERONOMY 26:1-11

Liz Hodgson

A reading from the book of Deuteronomy

When you have come into the land that the Lord your God is giving you as an inheritance to possess, and you possess it, and settle in it, you shall take some of the first of all the fruit of the ground, which you harvest from the land that the Lord your God is giving you, and you shall put it in a basket and go to the place that the Lord your God will choose as a dwelling for his name. You shall go to the priest who is in office at that time, and say to him, "Today I declare to the Lord your God that I have come into the land that the Lord swore to

our ancestors to give us." When the priest takes the basket from your hand and sets it down before the altar of the Lord your God, you shall make this response before the Lord your God: "A wandering Aramean was my ancestor; he went down into Egypt and lived there as an alien, few in number, and there he became a great nation, mighty and populous. When the Egyptians treated us harshly and afflicted us, by imposing hard labour on us, we cried to the Lord, the God of our ancestors; the Lord heard our voice and saw our affliction, our toil, and our oppression. The Lord brought us out of Egypt with a mighty hand and an outstretched arm, with a terrifying display of power, and with signs and wonders; and he brought us into this place and gave us this land, a land flowing with milk and honey. So now I bring the first of the fruit of the ground that you, O Lord, have given me." You shall set it down before the Lord your God and bow down before the Lord your God. Then you, together with the Levites and the aliens who reside among you, shall celebrate with all the bounty that the Lord your God has given to you and to your house.

Hear what the Spirit is saying to the church.

**Thanks be to God.**

Psalm 91:1-2, 9-16



Those who dwell in the shelter of the Most High,  
abide under the shadow of the Almighty  
They shall say to God,  
"You are my refuge and my stronghold,  
my God in whom I put my trust." **R.**

Because you have made God your refuge,  
and the Most High your habitation.  
No evil shall happen to you,  
neither shall any plague come near your dwelling. **R.**

For God's angels shall take care of you,  
to keep you in all your ways.  
They shall bear you in their hands,  
lest you dash your foot against a stone. **R.**

You shall tread upon the lion and adder;  
you shall trample the young lion and the serpent under your feet.

Because you are bound to me in love,  
therefore I will deliver you;  
I will protect you, because you know my name. **R.**

You will call upon me, and I will answer you;  
I am with you in trouble;  
I will rescue you and bring you to honour.  
With long life will I satisfy you,  
and show you my salvation. **R.**

SECOND READING ROMANS 10:8B-13

Hepsi Chand

A reading from the letter of Paul to the Romans

"The word is near you, on your lips and in your heart" that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, "No one who believes in him will be put to shame." For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, "Everyone who calls on the name of the Lord shall be saved."

Hear what the Spirit is saying to the church.

**Thanks be to God.**

*All stand for the Gospel*

## GOSPEL ACCLAMATION



Glo-ry to you, O Word of God, Lord \_\_\_\_\_ Je - sus Christ!  
Glo-ry to you, Lord Je - sus Christ, Son of the liv - ing God.

Glo-ry to you, O Word of God, Lord \_\_\_\_\_ Je - sus Christ!  
Glo-ry to you, Lord Je - sus Christ, Son of the liv - ing God.

## THE HOLY GOSPEL

LUKE 4:1-13

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, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, "If you are the Son of God, command this stone to become a loaf of bread." Jesus answered him, "It is written, 'One does not live by bread alone.'" Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, "To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours." Jesus answered him, "It is written, 'Worship the Lord your God, and serve only him.'" Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down from here, for it is written, 'He will command his angels concerning you, to protect



you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'" Jesus answered him, "It is said, 'Do not put the Lord your God to the test.'" When the devil had finished every test, he departed from him until an opportune time.

The Gospel of Christ.

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

GOSPEL ACCLAMATION



Glo-ry to you, O Word of God, Lord \_\_\_\_ Je - sus Christ!  
Glo-ry to you, Lord Je - sus Christ, Son of the liv - ing God.



Glo-ry to you, O Word of God, Lord \_\_\_\_ Je - sus Christ!  
Glo-ry to you, Lord Je - sus Christ, Son of the liv - ing God.

*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

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 We Praise You, O God

CP 342

*Please remain standing until communion.*

## THE HOLY COMMUNION

### PRAYER OVER THE GIFTS

God our refuge and our strength,  
receive all we offer you this day,  
and through the death and resurrection of your Son  
transform us to his likeness.

We ask this in his name. **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.

Ho - ly, Ho - ly, Ho - ly Lord God of hosts. Heav-en and  
earth are full of your glo - ry. Ho-san-na in the high - est.  
Bless-ed is he who comes in the name of the Lord. Ho-  
san-na in the high-est. Ho-san-na in the high - est.

The image shows a musical score for a hymn. It consists of four staves of music in a 3/4 time signature, with a key signature of one flat (B-flat). The lyrics are written below the notes. The first staff begins with 'Ho - ly, Ho - ly, Ho - ly Lord God of hosts. Heav-en and'. The second staff continues with 'earth are full of your glo - ry. Ho-san-na in the high - est.'. The third staff starts with 'Bless-ed is he who comes in the name of the Lord. Ho-'. The fourth and final staff concludes with 'san-na in the high-est. Ho-san-na in the high - est.'.

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

Musical notation for the hymn "Lamb of God". The first line of music is in 4/4 time and contains the lyrics: "Lamb of God, you take a-way the sins of the world, have mer - cy,". Above the final measure of this line is a box containing the numbers "1, 2". The second line of music is also in 4/4 time and contains the lyrics: "have mer - cy on us. world, grant us, grant us peace." Above the first measure of this line is a box containing the word "Final".

COMMUNION HYMN Jesus, Lover of My Soul CP 533

You Who Dwell in the Shelter of the Lord CP 531

*All stand.*

## PRAYER AFTER COMMUNION

The Lord be with you.

**And also with you.**

**Faithful God,  
in this holy bread  
you increase our faith and hope and love.  
Lead us in the path of Christ  
who is your Word of life.  
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

May God the Father,  
who has made us his children in Christ,  
give you grace to grow in faith and love.  
May Jesus, who fasted forty days in the wilderness,  
give you strength to overcome temptation.  
May the Holy Spirit,  
who leads us into all truth,  
grant you wisdom and peace.  
And the blessing of God almighty,  
the Father, the Son, and the Holy Spirit,  
be upon you and remain with you always. **Amen.**

## DISMISSAL

Go in peace to walk in the way of the cross.  
**Thanks be to God!**

RECESSIONAL HYMN Forty Days and Forty Nights

CP 175

*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 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!

## **Tax Receipts on the way**

The 2024 tax receipts were sent out this week. If you think you should have received one, but didn't, it's likely because we do not have your mailing address. Please email the office [sthelenswpg@gmail.com](mailto:sthelenswpg@gmail.com) to ensure the church has this information. The Envelope Secretary can then email or mail your receipt to you. Please note that tax receipts must include the donor's mailing address, even if the receipt is emailed.

Thank you for your generous support of St. Helen's and its ministries!

## 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

