**Text

Description automatically generatedMay 29th, 2022 – Ascension Sunday**

**Holy Eucharist**

*This service is Livestreamed via Facebook and the Parish website.*

*We welcome everyone worshipping with us today whether in person or online.*

**The Gathering of the Community**

**Words of Welcome and Acknowledgment**

We begin by acknowledging that we live, work, play, and worship on the traditional and unceded territory of the Coast Salish peoples

including the Katzee, Tsawwassen, Semiahmoo and Kwantlen Nations.

May our words and our actions reflect our awareness and appreciation of this.

**Processional Hymn** – **CP# 247 Hail the Day That Sees Him Rise**

**The Greeting**

The grace of our Lord Jesus Christ, the love of God and

the fellowship of the Holy Spirit be with you all.

**And also with you.**

**The Collect for Purity**

Almighty God,

**to you all hearts are open, all desires known,**

**and from you no secrets are hidden.**

**Cleanse the thoughts of our hearts   
by the inspiration of your Holy Spirit,**

**that we may perfectly love you,**

**and worthily magnify your holy name;**

**through Christ our Lord. Amen.**

**Hymn of Praise – CP# 371 To God Be the Glory**

**The Collect**

Almighty God,

**your Son Jesus Christ ascended to the throne of heaven**

**that he might rule over all things as Lord.**

**Keep the Church in the unity of the Spirit**

**and in the bond of his peace,**

**and bring the whole of creation**

**to worship at his feet,**

**who is alive and reigns with you and the Holy Spirit,**

**one God, now and for ever. Amen.**

**The Proclamation of the Word**

**First Reading** – Acts 1: 1-11

In the first book, Theophilus, I wrote about all that Jesus did and taught from the beginning until the day when he was taken up to heaven, after giving instructions through the Holy Spirit to the apostles whom he had chosen. After his suffering he presented himself alive to them by many convincing proofs, appearing to them over the course of forty days and speaking about the kingdom of God. While staying with them, he ordered them not to leave Jerusalem, but to wait there for the promise of the Father. ‘This’, he said, ‘is what you have heard from me; for John baptized with water, but you will be baptized with the Holy Spirit not many days from now.’

So when they had come together, they asked him, ‘Lord, is this the time when you will restore the kingdom to Israel?’ He replied, ‘It is not for you to know the times or periods that the Father has set by his own authority. But you will receive power when the Holy Spirit has come upon you; and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth.’

When he had said this, as they were watching, he was lifted up, and a cloud took him out of their sight. While he was going and they were gazing up towards heaven, suddenly two men in white robes stood by them. They said, ‘Men of Galilee, why do you stand looking up towards heaven? This Jesus, who has been taken up from you into heaven, will come in the same way as you saw him go into heaven.’

Listen to what the Spirit is saying to the Church.

**Thanks be to God**

**Psalm 47**

1 Clap your hands, all you peoples;

**shout to God with a cry of joy.**

2 For the Lord Most High is to be feared;

**he is the great king over all the earth.**

3 He subdues the peoples under us,

**and the nations under our feet.**

4 He chooses our inheritance for us,

**the pride of Jacob whom he loves.**

5 God has gone up with a shout,

**the Lord with the sound of the ram’s-horn.**

6 Sing praises to God, sing praises;

**sing praises to our king, sing praises.**

7 For God is king of all the earth;

**sing praises with all your skill.**

8 God reigns over the nations;

**God sits upon his holy throne.**

9 The nobles of the peoples have gathered together

**with the people of the God of Abraham.**

10 The rulers of the earth belong to God,

**and he is highly exalted.**

Glory to God, Source of all being, eternal Word and Holy Spirit:

**as it was in the beginning, is now and will be for ever. Amen**

**Second Reading** – Ephesians 1: 15–23

I have heard of your faith in the Lord Jesus and your love towards all the saints, and for this reason I do not cease to give thanks for you as I remember you in my prayers. I pray that the God of our Lord Jesus Christ, the Father of glory, may give you a spirit of wisdom and revelation as you come to know him, so that, with the eyes of your heart enlightened, you may know what is the hope to which he has called you, what are the riches of his glorious inheritance among the saints, and what is the immeasurable greatness of his power for us who believe, according to the working of his great power. God put this power to work in Christ when he raised him from the dead and seated him at his right hand in the heavenly places, far above all rule and authority and power and dominion, and above every name that is named, not only in this age but also in the age to come. And he has put all things under his feet and has made him the head over all things for the church, which is his body, the fullness of him who fills all in all.

Listen to what the Spirit is saying to the Church.

**Thanks be to God**

**Alleluia Acclamation –Alleluia, Alleluia, Alleluia, Alleluia**

**The Gospel** – Luke 24: 44-53

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.**

Then he said to them, ‘These are my words that I spoke to you while I was still with you—that everything written about me in the law of Moses, the prophets, and the psalms must be fulfilled.’ Then he opened their minds to understand the scriptures, and he said to them, ‘Thus it is written, that the Messiah is to suffer and to rise from the dead on the third day, and that repentance and forgiveness of sins is to be proclaimed in his name to all nations, beginning from Jerusalem. You are witnesses of these things. And see, I am sending upon you what my Father promised; so stay here in the city until you have been clothed with power from on high.’

Then he led them out as far as Bethany, and, lifting up his hands, he blessed them. While he was blessing them, he withdrew from them and was carried up into heaven. And they worshipped him, and returned to Jerusalem with great joy; and they were continually in the temple blessing God.

The Gospel of Christ

**Praise to you, Lord Jesus Christ**

**Homily:** *The Rev’d Philippa Segrave-Pride*

**The Nicene Creed**

Let us confess our faith, as we say,

**We believe in one God,**

**the Father, the Almighty,**

**maker of heaven and earth,**

**of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ,**

**the only Son of God,**

**eternally begotten of the Father,**

**God from God, Light from Light,**

**true God from true God,**

**begotten, not made,**

**of one being with the Father.**

**Through him all things were made.**

**For us and for our salvation**

**he came down from heaven:**

**by the power of the Holy Spirit**

**he became incarnate from the Virgin Mary,**

**and was made man.**

**For our sake he was crucified**

**under Pontius Pilate;**

**he suffered death and was buried.**

**On the third day he rose again**

**in accordance with the scriptures;**

**he ascended into heaven**

**and is seated at the right hand of the Father.**

**He will come again in glory**

**to judge the living and the dead,**

**and his kingdom will have no end.**

**We believe in the Holy Spirit,**

**the Lord, the giver of life,**

**who proceeds from the Father.**

**With the Father and the Son**

**he is worshipped and glorified.**

**He has spoken through the prophets.**

**We believe in one holy catholic**

**and apostolic Church.**

**We acknowledge one baptism**

**for the forgiveness of sins.**

**We look for the resurrection of the dead,**

**and the life of the world to come. Amen.**

**Prayers of the People**

**Confession and Absolution**

God is steadfast in love and infinite in mercy. God welcomes sinners and invites them to this table. Let us confess our sins confident in God’s forgiveness.

*Silence is kept.*

Most merciful God,

**we confess that we have sinned against you**

**in thought, word, and deed, by what we have done,**

**and by what we have left undone.**

**We have not loved you with our whole heart;**

**We have not loved our neighbours as ourselves.**

**We are truly sorry and we humbly repent.**

**For the sake of your Son Jesus Christ,**

**have mercy on us and forgive us,**

**that we may delight in your will,**

**and walk in your ways,**

**to the glory of your name. Amen.**

Almighty God have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and keep you in eternal life; through Jesus Christ our Lord. **Amen.**

**The Peace**

The peace of the Lord be always with you.

**And also with you.**

**The Celebration of the Eucharist**

**Offertory Hymn –** **CP#374 Alleluia! Sing to Jesus**

**Prayer over the Gifts**

Eternal God,

**our Saviour Jesus Christ**

**has promised to be with us until the end of time.**

**Accept all we offer you this day,**

**and renew us in his transfigured life;**

**for the sake of Jesus Christ our Lord. Amen**

**The Great Thanksgiving Eucharistic Prayer 3**

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;

we give you thanks and praise

through Jesus Christ our Lord,

who after his glorious resurrection

appeared to his disciples,

and in their sight ascended into heaven

to prepare a place for us;

that where he is, there we might also be,

and reign with him in glory.

Therefore we praise you with angels and archangels

and with all the company of heaven,

who for ever sing this hymn

to proclaim the glory of your name.

**Holy, holy, holy Lord, God of power and might,**

**heaven and earth are full of your glory.**

**Hosanna in the highest.**

**Blessed is he who comes in the name of the Lord.**

**Hosanna in the highest.**

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**

Rejoicing in God’s new creation,

let us pray as our Redeemer has taught us.

**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, being many, are one body,**

**for we all share in the one bread.**

**The Communion**

The gifts of God for the people of God.

**Thanks be to God**

*Please proceed to the altar for communion as directed, we ask that you sanitise your hands before receiving Communion.*

**Prayer after Communion**

Eternal Giver of love and power,

**your Son Jesus Christ has sent us into all the world**

**to preach the gospel of his kingdom.**

**Confirm us in this mission,**

**and help us to live the good news we proclaim;**

**through Jesus Christ our Lord. Amen**

**The 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.**

**The Blessing**

The peace of God

which passes all understanding,

keep your hearts and minds

in the knowledge and love of God and of our Lord Jesus Christ.

And the blessing of God Almighty,

the Father, the Son, and the Holy Spirit

be with you now, and always. **Amen**

**Sending Hymn** **–** **CP#379 Rejoice, the Lord is King**

**Dismissal**

Go in peace to love and serve the Lord. Alleluia!

**Thanks be to God. Alleluia**

**Copyright Acknowledgments**

Hail the Day That Sees Him Rise: Public Domain

To God Be the Glory: Public Domain.

Alleluia! Sing to Jesus: Public Domain

Holy, Holy, Holy Lord: adapt. Marcia Pruner, 1980 Church Pension Fund

Lord’s Prayer: SFAGP, 1987, W: International Committee on English ion the Liturgy, 1986

Rejoice, the Lord is King: Public Domain

CCLI License number 20316737 ONE LICENSE number: 734895-A

**Notices and Prayer List for the week beginning 29th May 2022**

To assist the office, please ensure that any items for the Notices are received

**before Noon on Thursday**.

**The flowers** by the altar this morning are given for the glory of God.

**We pray for the whole Anglican Church of Canada –** we pray especially for our primate, Archbishop Linda Nichols. We pray also for the Rt. Rev’d Andrew Asbil, Bishop; the Rt. Rev’d Kevin Robertson, Suffragan Bishop; the Rt. Rev’d Riscylla Shaw, Suffragan Bishop, and the clergy and people of the Diocese of Toronto. We also pray for the Anglican Diocese of Jerusalem and for peace in the Middle East.

**Anglican Communion –** we pray for the Church of South India (United).

**In our Diocesan Cycle** - we pray for our Bishop, the Rt. Rev’d John Stephens. We also pray for: Holy Trinity, Vancouver - the Rev’d Karl Przywala; Church of the Holy Trinity, White Rock - the Rev’d Wesley Hills, the Rev’d Paul Richards; Holy Trinity Cathedral, New Westminster - the Venerable Richard Leggett, the Rev’d Carole Neilson, the Rev’d Monte Tugwete.

We pray for our companion diocese of Northern Philippines. We pray for our own twinned parish of Holy Apostles, Abatan, and their priest, Father Joey Napat-a.

In all these prayers for the church near and far, we pray for the people and clergy and for the ministries flowing from these places into the communities.

**In our Parish Cycle we pray for:** Doug & Marie Swales, Mary Swanson and Joyce Sytko. We pray for their work, ministry, and families here and away.

**Notices**

**Where’s Philippa?**

Philippa is on study leave from Tuesday 24th – 28th and the at clergy conference from Monday 30th May – Wednesday 1st June. She will be here to lead worship on the Sundays. If there is a pastoral emergency, please ring her mobile, not the parish office number.

**Trivia Night** – June 11, 2022

**Invitation to June BBQ and fellowship at St. Mark’s Ocean Park**

Date: Saturday June 11 Time: 12-4pm

Venue: Outdoor space behind Church Building

Please RSVP to [ymautio@gmail.com](mailto:ymautio@gmail.com) by Thursday June 3.

**St. Helen’s Lunch Bunch** - is up and running;) Our next gathering will be on Tuesday, June 21, at 11:30am in the Upper Hall. Bring along a bag lunch. Tea, coffee and cake will be provided. Please note this social time has changed to the 3rd Tuesday of the month. After a relaxing July and August, we plan to meet again on September 20…same time, place and format. Please join us for a time of fellowship and leisurely conversation. All are welcome, including family, friends and neighbours.

**Annual Strawberry Tea** – will be held at St. Helen’s on Saturday June 25, 2022. This is a fundraising event and your support is greatly appreciated.

**Raffle Tickets** - are available now from Judy Nicholson for the Strawberry Tea event. 1st prize is $250.00 cash, 2nd prize a $50.00 Keg Gift Card and 3rd prize a floral hanging basket. Tickets are 3 for $5.00 or a book of 12 for $20.00. Please support this annual parish event by purchasing your own tickets, as well as, selling to your family, friends, and neighbours. The draw will take place during the event on Saturday, June 25.

**This Week’s Ministry Team**

**Officiant/Preacher**– The Rev’d Philippa Segrave-Pride

**Music –** Matthew Ma

**Crucifer/Server and Psalmist** – Wendy Russell

**Prayers of the Community –** John Palmer

**Readers –** Aparna Chatterjea and Jacquie Stinson

**Lay Administration –** Janette Bulkan and Cathy Anderson

**Greeters –** Heather and Wayne Herd

**Altar Guild –** Jane Denton and Brownee Hamilton

**Fellowship Servers** – Ann Nelitz and helpers

Next week’s Ministry Team

**Crucifer/Server and Psalmist** – John Palmer

**Prayers of the Community –** Lynn Turner

**Readers –** Cynthia Richards and Janette Bulkan

**Lay Administration –** Vee & Edward Villar

**Greeters –** Janette Bulkan and Glenda Colquhoun

**Altar Guild –** Josie Francis, Heather Herd and Kelly Foulds

**Fellowship Servers** – Wendy and Peter Russell

**Contact Details for the Priest in Charge - The Rev’d Philippa Segrave-Pride**

If you would like to contact Philippa, her details are as follows:

**Email:** [sainthelensrector@gmail.com](mailto:sainthelensrector@gmail.com)

**Office Number:** 604 581 4800 **Mobile:** 778 838 3132

**Day Off:** usually Monday

**Parish Office email:** [churchoffice@shawbiz.ca](mailto:churchoffice@shawbiz.ca)

**Phone Number:** 604 581 4800