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*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#529 God, My Hope on You Is Founded

#### 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# 3 Morning Has Broken

### The Collect

Almighty God,  
**we are taught by your word  
that all our doings without love are worth nothing.  
Send your Holy Spirit and pour into our hearts  
that most excellent gift of love,  
the true bond of peace and of all virtue;  
through Jesus Christ our Lord,  
who lives and reigns with you and the Holy Spirit,  
one God, now and for ever. Amen.**

### The Proclamation of the Word

#### First Reading – Jeremiah 1: 4-10

Now the word of the Lord came to me saying, "Before I formed you in the womb I knew you, and before you were born I consecrated you; I appointed you a prophet to the nations." Then I said, "Ah, Lord God! Truly I do not know how to speak, for I am only a boy."

But the Lord said to me, "Do not say, 'I am only a boy'; for you shall go to all to whom I send you, and you shall speak whatever I command you, Do not be afraid of them, for I am with you to deliver you, says the Lord."

Then the Lord put out his hand and touched my mouth; and the Lord said to me, "Now I have put my words in your mouth. See, today I appoint you over nations and over kingdoms, to pluck up and to pull down, to destroy and to overthrow, to build and to plant."

Listen to what the Spirit is saying to the Church.

**Thanks be to God**

**Psalm 71: 1-6**

1 In you, O Lord, have I taken refuge;  
**let me never be ashamed.**

2 In your righteousness, deliver me and set me free;  
**incline your ear to me and save me.**

3 Be my strong rock, a castle to keep me safe;  
**you are my crag and my stronghold.**

4 Deliver me, my God, from the hand of the wicked,  
**from the clutches of the evildoer and the oppressor.**

5 For you are my hope, O Lord God,  
**my confidence since I was young.**

6 I have been sustained by you ever since I was born;  
from my mother's womb you have been my strength;  
**my praise shall be always of you.**

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** – Hebrews 12: 18-29

You have not come to something that can be touched, a blazing fire, and darkness, and gloom, and a tempest, and the sound of a trumpet, and a voice whose words made the hearers beg that not another word be spoken to them.

(For they could not endure the order that was given, "If even an animal touches the mountain, it shall be stoned to death." Indeed, so terrifying was the sight that Moses said, "I tremble with fear.") But you have come to Mount Zion and to the city of the living God, the heavenly Jerusalem, and to innumerable angels in festal gathering, and to the assembly of the firstborn who are enrolled in heaven, and to God the judge of all, and to the spirits of the righteous made perfect, and to Jesus, the mediator of a new covenant, and to the sprinkled blood that speaks a better word than the blood of Abel.

See that you do not refuse the one who is speaking; for if they did not escape when they refused the one who warned them on earth, how much less will we escape if we reject the one who warns from heaven! At that time his voice shook the earth; but now he has promised, "Yet once more I will shake not only the earth but also the heaven." This phrase, "Yet once more," indicates the removal of what is shaken - that is, created things - so that what cannot be shaken may remain. Therefore, since we are receiving a kingdom that cannot be shaken, let us give thanks, by which we offer to God an acceptable worship with reverence and awe; for indeed our God is a consuming fire.

Listen to what the Spirit is saying to the Church.

**Thanks be to God**

**Gradual Hymn –CP 564 Lead Us, Heavenly Father, Lead Us**

**The Gospel** – Luke 13: 10-17

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 he was teaching in one of the synagogues on the sabbath. And just then there appeared a woman with a spirit that had crippled her for eighteen years. She was bent over and was quite unable to stand up straight. When Jesus saw her, he called her over and said, "Woman, you are set free from your ailment." When he laid his hands on her, immediately she stood up straight and began praising God. But the leader of the synagogue, indignant because Jesus had cured on the sabbath, kept saying to the crowd, "There are six days on which work ought to be done; come on those days and be cured, and not on the sabbath day." But the Lord answered him and said, "You hypocrites! Does not each of you on the sabbath untie his ox or his donkey from the manger, and lead it away to give it water? And ought not this woman, a daughter of Abraham whom Satan bound for eighteen long years, be set free from this bondage on the sabbath day?" When he said this, all his opponents were put to shame; and the entire crowd was rejoicing at all the wonderful things that he was doing.

The Gospel of Christ

**Praise to you, Lord Jesus Christ**

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

### **The Apostles' Creed**

Let us confess the faith of our baptism, as we say,

**I believe in God, the Father almighty,  
creator of heaven and earth.**

**I believe in Jesus Christ, his only Son, our Lord.**

**He was conceived by the power of the Holy Spirit  
and born of the Virgin Mary.**

**He suffered under Pontius Pilate,  
was crucified, died, and was buried.**

**He descended to the dead.  
On the third day he rose again.  
He ascended into heaven,  
and is seated at the right hand of the Father.  
He will come again  
to judge the living and the dead.  
I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting. Amen.**

### **Prayers of the People**

#### **Confession and Absolution**

God is steadfast in love and infinite in mercy.  
God welcomes sinners and invites us 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#306 O For a Thousand Tongues to Sing**

### **Prayer over the Gifts**

God of glory,  
receive all we offer this day as a symbol of our love,  
and increase in us that true and perfect gift.  
**We ask this in the name of Jesus Christ our Lord. Amen**

## The Great Thanksgiving Eucharistic Prayer 2

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,  
through your beloved Son, Jesus Christ,  
our Saviour and Redeemer.

He is your living Word,  
through whom you have created all things.

By the power of the Holy Spirit  
he took flesh of the Virgin Mary  
and shared our human nature.

He lived and died as one of us,  
to reconcile us to you,  
the God and Father of all.

In fulfilment of your will  
he stretched out his hands in suffering,  
to bring release to those who place their hope in you;  
and so he won for you a holy people.

He chose to bear our griefs and sorrows,  
and to give up his life on the cross,  
that he might shatter the chains of evil and death,  
and banish the darkness of sin and despair.

By his resurrection  
he brings us into the light of your presence.  
Now with all creation we raise our voices  
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.**

Holy and gracious God,  
accept our praise,  
through your Son our Saviour Jesus Christ;  
who on the night he was handed over  
to suffering and death,  
took bread and gave you thanks,  
saying, "Take, and eat:  
this is my body which is broken for you."  
In the same way he took the cup,  
saying, "This is my blood which is shed for you.  
When you do this, you do it in memory of me."

Remembering, therefore, his death and resurrection,  
we offer you this bread and this cup,  
giving thanks that you have made us worthy  
to stand in your presence and serve you.

We ask you to send your Holy Spirit  
upon the offering of your holy Church.

Gather into one all who share in these sacred mysteries,  
filling them with the Holy Spirit  
and confirming their faith in the truth,  
that together we may praise you  
and give you glory  
through your Servant, Jesus Christ.  
All glory and honour are yours,  
Father and Son,  
with the Holy Spirit  
in the holy Church,  
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**

Living God,

**increase in us the healing power of your love.**

**Guide and direct us**

**that we may please you in all things,**

**for the sake of 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#433 Lord, You Give the Great Commission**

## **Dismissal**

Go in peace to love and serve the Lord.  
**Thanks be to God.**

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## Notices and Prayer List for the week beginning 21<sup>st</sup> August, 2022

To assist the office, please ensure that any items for the Notices are received  
**before Noon on Thursday.**

**The flowers** at 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. Michael Hawkins, Bishop; The Rt. Rev'd Adam Halkett, Suffragan Bishop, and the clergy and people of the Diocese of Saskatchewan.

**Anglican Communion** – we pray for the Church of the Episcopal / Anglican Province of Alexandria.

**In our Diocesan Cycle** - we pray for our Bishop, the Rt. Rev'd John Stephens. We also pray for: St. Aidan & St. Bartholomew, Gibsons - the Venerable Stephen Muir, the Rev'd Stephen Bailey, the Revd Clarence Li (non-stip); the Archdeaconry of Lougheed - the Venerable Kelly Duncan, Regional Archdeacon.

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 addition to remembering our Companion Parish in your Prayers, remember also bishop-elect Benny Langakan, who will be ordained on Holy Cross Day (September 14).

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:** Kevin & Melissa Gibbs, Judy Glanville and Brownee Hamilton. We pray for their work, ministry, and families here and away.

## Notices

### PARISH PROFILE

Our parish profile is now on the Diocesan website. Please pray for those discerning a call to serve at St Helen's. The closing date for applications is the 25<sup>th</sup> August. The following link will take you to the website

[https://dq5pwpg1q8ru0.cloudfront.net/2022/07/21/15/09/19/556651e9-6f69-46f2-917c-c4a345983b8a/St Helen, Surrey - Parish Profile July 21 2022.pdf](https://dq5pwpg1q8ru0.cloudfront.net/2022/07/21/15/09/19/556651e9-6f69-46f2-917c-c4a345983b8a/St%20Helen,%20Surrey%20-%20Parish%20Profile%20July%2021%202022.pdf)

### PHILIPPA'S ABSENCE

Philippa will be taking some vacation time between **22<sup>nd</sup> August – Saturday 3<sup>rd</sup> September**. The Rev'd Amanda Ruston will lead worship on the 28<sup>th</sup> August.

As part of the Diocese of New West Delegation to the Consecration of Bishop Benny, Philippa will depart for the Philippines on **Wednesday 8<sup>th</sup> September** and return to the Parish on the **20<sup>th</sup> September**. The Rev'd Amanda Ruston will lead worship on the 11<sup>th</sup> September and the Rev'd Steve Thompson will lead worship on the 18<sup>th</sup> September.

### BALIKBAYAN (Care Package for the Philippines)

Philippa is hoping to take a care package of gifts and provisions with her on the trip to the Philippines. If you are interested in supporting this project please be in contact with her. There is a list of items requested at the back of the church.

### FOODBANK DONATIONS

Once again we will be receiving donations for the Surrey foodbank. Please leave your donations in the basket at the back of church. The following items have been requested.

***Canned protein (fish & meat), Canned fruit, Canned vegetables, Meal-in-a-Tin Whole grain rice or legumes, Pasta & sauce, Healthy canned soup, Baby formula (Large Cans.***

Please make sure that items are unopened and have not expired. They also appreciate monetary donations via their website <https://www.surreyfoodbank.org/donate/>

**PRAYER REQUESTS TO THE PRAYER CIRCLE** – please be in touch with Judy Nicholson who will receive and forward your prayer requests to the prayer circle. If you do not have her contact details, please send an email to the office email address and it will be passed on to her for distribution.

**ALTAR FLOWERS** – Please consider providing for the flowers placed on the Altar to the glory of God, in celebration, in thanksgiving, or in memory of loved ones. The cost is usually in the \$40 - \$50 range. Contact Heather Herd for details. You may make your donation by cheque made out to St. Helen's Anglican Church and send it in the mail or leave it in the offering plate on a Sunday or by Interac e-Transfer. The email address to transfer electronically is: [giving2sthelen@gmail.com](mailto:giving2sthelen@gmail.com)

## **This Week's Ministry Team**

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

**Music** – Matthew Ma

**Crucifer/Server and Psalmist** – Maureen Thompson

**Prayers of the Community** – Lynn Turner

**Chalice assistants/Lay administrators** – Janette Bulkan & Cathy Anderson

**Readers** – Matthew Ma & Cynthia Richards

**Greeters** – Judy Nicholson & John Palmer

**Livestream Tech** – Zoltan Barabas/Simon Lee/Tom Beneteau

**Altar Guild** – Jane Denton and Mary Patterson

**Fellowship Servers** – Ann Nelitz and helpers

### Next week's Ministry Team

**Crucifer** – Alex Mason

**Psalmist & Prayers of the Community** – Cathy Anderson

**Chalice assistants/Lay administrators** – Cynthia & Anil Richards

**Readers** – Wendy Russell & Angelita Sotana

**Greeters** – Patricia & Tom Beneteau

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

**Fellowship Servers** – Zoltan Barabas & Anil Richards

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

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