

*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 101 Hail to the Lord's Anointed

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.**

Kyrie Eleison

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

The Collect

God of power and mercy,

you call us once again

to celebrate the coming of your Son.

Remove those things which hinder love of you,

that when he comes,

he may find us waiting in awe and wonder

for him who lives and reigns with you and the Holy Spirit,

one God, now and for ever. Amen.

The Lighting of the Advent Wreath

God our Father,

you gave to Zechariah and Elizabeth in their old age

a son called John.

He grew up strong in spirit,

prepared the people for the coming of the Lord,

and baptized them in the Jordan to wash away their sins.

Help us, who have been baptized into Christ,

to be ready to welcome him into our hearts,

and to grow strong in faith by the power of the Spirit.

We ask this through Jesus Christ,

the light who is coming into the world.

Amen.

Two Blue and the Pink Candle are Lit

**Lord Jesus, light of the world,
John told the people to prepare,
for you were very near.
As Christmas grows closer day by day,
help us to be ready to welcome you now.
Amen.**

People of God: return!
You are called to be God's own.
From the mountains announce the good news.
God comes in justice and peace,
to all who follow his ways.
You are God's children.
**Lord, make us one in the peace of Christ
today and for ever. Amen.**

The Proclamation of the Word

First Reading – Isaiah 35: 1-10

The wilderness and the dry land shall be glad, the desert shall rejoice and blossom; like the crocus it shall blossom abundantly, and rejoice with joy and singing. The glory of Lebanon shall be given to it, the majesty of Carmel and Sharon. They shall see the glory of the Lord, the majesty of our God.

Strengthen the weak hands, and make firm the feeble knees. Say to those who are of a fearful heart, "Be strong, do not fear! Here is your God. He will come with vengeance, with terrible recompense. He will come and save you."

Then the eyes of the blind shall be opened, and the ears of the deaf unstopped; then the lame shall leap like a deer, and the tongue of the speechless sing for joy. For waters shall break forth in the wilderness, and streams in the desert; the

burning sand shall become a pool, and the thirsty ground springs of water; the haunt of jackals shall become a swamp, the grass shall become reeds and rushes.

A highway shall be there, and it shall be called the Holy Way; the unclean shall not travel on it, but it shall be for God's people; no traveller, not even fools, shall go astray. No lion shall be there, nor shall any ravenous beast come up on it; they shall not be found there, but the redeemed shall walk there. And the ransomed of the Lord shall return, and come to Zion with singing; everlasting joy shall be upon their heads; they shall obtain joy and gladness, and sorrow and sighing shall flee away.

Listen to what the Spirit is saying to the Church.

Thanks be to God

Psalm 146: 4-9

4 Happy are they who have the God of Jacob for their help!
whose hope is in the Lord their God;

5 Who made heaven and earth, the seas, and all that is in them;
who keeps his promise for ever;

6 Who gives justice to those who are oppressed,
and food to those who hunger.

7 The Lord sets the prisoners free; the Lord opens the eyes of the blind;
the Lord lifts up those who are bowed down;

8 The Lord loves the righteous; the Lord cares for the stranger;
he sustains the orphan and widow, but frustrates the way of the wicked.

9 The Lord shall reign for ever,
your God, O Zion, throughout all generations. Hallelujah!

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 – James 5: 7-10

Be patient, therefore, beloved, until the coming of the Lord. The farmer waits for the precious crop from the earth, being patient with it until it receives the early and the late rains. You also must be patient. Strengthen your hearts, for the coming of the Lord is near. Beloved, do not grumble against one another, so that you may not be judged. See, the Judge is standing at the doors! As an example of suffering and patience, beloved, take the prophets who spoke in the name of the Lord.

Listen to what the Spirit is saying to the Church.

Thanks be to God

Gradual Hymn –CP 98 Hark the Glad Sound! The Saviour Comes

The Gospel – Matthew 11: 2-11

The Lord be with you.

And also with you.

The Holy Gospel of our Lord Jesus Christ according to Matthew

Glory to you, Lord Jesus Christ.

When John heard in prison what the Messiah was doing, he sent word by his disciples and said to him, "Are you the one who is to come, or are we to wait for another?" Jesus answered them, "Go and tell John what you hear and see: the blind receive their sight, the lame walk, the lepers are cleansed, the deaf hear, the dead are raised, and the poor have good news brought to them. And blessed is anyone who takes no offence at me."

As they went away, Jesus began to speak to the crowds about John: "What did you go out into the wilderness to look at? A reed shaken by the wind? What then did you go out to see? Someone dressed in soft robes? Look, those who wear soft

robes are in royal palaces. What then did you go out to see? A prophet? Yes, I tell you, and more than a prophet. This is the one about whom it is written, 'See, I am sending my messenger ahead of you, who will prepare your way before you.'

Truly I tell you, among those born of women no one has arisen greater than John the Baptist; yet the least in the kingdom of heaven is greater than he."

The Gospel of Christ

Praise to you, Lord Jesus Christ

Homily: *The Reverend Mark Munn*

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 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#379 Rejoice, the Lord is King

Prayer over the Gifts

God of hope,
renew in us the joy of your salvation
and make us a living sacrifice to you,
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 in the fullness of time came among us in our flesh,
and opened to us the way of salvation.

Now we watch for the day when he will come again
in power and great triumph to judge this world,
that we, without shame or fear, may rejoice to behold his appearing.
Therefore we praise you, joining our voices 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.**

God of promise, you prepare a banquet for us in your kingdom.

**All Happy are those who are called
to the supper of the Lamb.**

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

Merciful God,
**may this eucharist free us from our sins,
fill us with unending joy,
and prepare us for the birthday of our Saviour.
We ask this in the name of Jesus Christ,
who is Lord now and for ever. 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

Christ the Sun of Righteousness shine upon you,
scatter the darkness from before your path,
and make you ready to meet him when he comes in glory.
And the blessing of God Almighty,
the Father, the Son, and the Holy Spirit
be with you now, and always. **Amen**

Sending Hymn – CP#108 Hark, a Herald Voice Is Sounding

Dismissal

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

Thanks be to God. Alleluia

Notices and Prayer List for the week beginning 11st December 2022

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

The flowers on the altar this morning are given for the glory of God by Maureen Thompson in memory of sister-in-law Cathie Pierce and nephew, Craig Pierce.

We pray for the whole Anglican Church of Canada – we pray especially for our primate, Archbishop Linda Nichols. We pray also for the Venerable Alan Perry, General Secretary, and the staff of the General Secretary’s Office; Melanie Delva, Reconciliation Animator; Dawn Maracle, Animator, Indigenous Justice – Interim

Anglican Communion – we pray for the Anglican Church of Kenya.

In our Diocesan Cycle - we pray for our Bishop, the Rt. Rev’d John Stephens. We also pray for: the Deanery of Royal City/South Burnaby – The Rev’d Greg Jenkins, Regional Dean; and the Deanery of Point Grey – The Rev’d Loren Manweiler, Regional Dean.

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: Jacquie Stinson, Mark Styles and Doug & Marie Swales. We pray for their work, ministry, and families here and away.

Notices

CHRISTMAS LUNCH BUNCH - Everyone is invited to enjoy a festive time of fellowship and lunch on Thursday, December 15, at 11:45am, in the Upper Hall. The menu will include a variety of Chinese food dishes at a prepaid cost of \$20.00. Please confirm with Joan Hnedish that you will be attending and pay her by Sunday, December 11. All are welcome.

PWRDF ADVENT NEWS from Paulette Smith

Will Postma executive director in his Advent note Bind us together in care and affection for each other and the land that all creation might flourish in our places.

This amazing Canadian charity started in 1958 when the mines in Springhill NS had a mine explosion. Many men were killed leaving wives and children with no means of support. It started locally for a specific cause slowly growing into the organization it is today. Please check it out online.... the site is well done.

The needs in our world are greater than ever. We can just look locally at our mental health issues...our homeless.... the increasing food costs etc. Worldwide it is ever so challenging. We can offer Hope by caring ...by sending aid....by joining other charities already in place. This can include sharing vaccines in Mail.... digging wells in Kenya...giving shelter and food after tropical storms in Guatemala or solar suitcases providing light to aid doctors or midwives. The needs are endless at home or abroad!

This Sunday I will be in the church hall once again during coffee hour to accept any donations. Let's try for \$1000 plus again this year. Thank you

Paulette Smith

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 for both vases.

If you would like to make a donation of a lesser amount, we always appreciate any contributions!

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

IMPORTANT DATES

December 18	7pm Candlelight Multicultural lessons and carols service
December 24	7pm and 11pm Christmas Eve Services with Eucharist
December 25	10am Christmas Sunday service

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Lord's Prayer: SFAGP, 1987, W: International Committee on English in the Liturgy, 1986

Hark, a Herald Voice Is Sounding: Public Domain

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This Week's Ministry Team

Officiant/Preacher– The Reverend Mark Munn

Music – Matthew Ma

Crucifer/Server and Psalmist – Wendy Russell

Prayers of the Community – John Palmer

Chalice assistants/Lay administrators – Janette Bulkan and Kelly Foulds

Readers – Aparna Chatterjea and Jacquie Stinson

Greeters – Heather and Wayne Herd

Livestream Tech – Zoltan Barabas/Simon Lee/ Tom Beneteau

Altar Guild – Jane Denton and Mary Patterson

Fellowship Servers – Anne Nelitz, Maxine Hryhoriw, Alex Mason and Cathy Anderson

Next week's Ministry Team

Crucifer/Server and Psalmist – John Palmer

Prayers of the Community – Lynn Turner

Chalice assistants/Lay administrators – Vee & Edward Villar

Readers – Matthew Ma and Cynthia Richards

Greeters – Glenda Colquhoun and Pat Nociar

Altar Guild – Josie Francis, Heather Herd and Kelly Foulds

Fellowship Servers – the Lah Family

Contact Details for the Priest in Charge - The Reverend Mark Munn

If you would like to contact Mark, his details are as follows:

Email: sainthelensrector@gmail.com

Office Number: 604 581 4800

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Day Off: usually Friday

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