

*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# 384 Praise to the Lord, the Almighty v.1-3**

### **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.**

## **Glory to God**

Glory to God in the highest,  
and peace to his people on earth.  
Lord God, heavenly king,  
almighty God and Father,  
we worship you, we give you thanks,  
we praise you for your glory.  
Lord Jesus Christ, only Son of the Father,  
Lord God, Lamb of God,  
you take away the sin of the world:  
have mercy on us;  
you are seated at the right hand of the Father:  
receive our prayer.  
For you alone are the Holy One,  
you alone are the Lord,  
you alone are the Most High,  
Jesus Christ, with the Holy Spirit,  
in the glory of God the Father. Amen

## **The Collect**

Almighty God,  
your Son our Saviour Jesus Christ  
is the light of the world.  
May your people,  
illuminated by your word and sacraments,  
shine with the radiance of his glory,  
that he may be known, worshipped, and obeyed  
to the ends of the earth;  
who lives and reigns with you and the Holy Spirit,  
one God, now and for ever. Amen.

## The Proclamation of the Word

### **First Reading** – Isaiah 49: 1-7

Listen to me, O coastlands, pay attention, you peoples from far away! The Lord called me before I was born, while I was in my mother's womb he named me. He made my mouth like a sharp sword, in the shadow of his hand he hid me; he made me a polished arrow, in his quiver he hid me away. And he said to me, "You are my servant, Israel, in whom I will be glorified." But I said, "I have laboured in vain, I have spent my strength for nothing and vanity; yet surely my cause is with the Lord, and my reward with my God." And now the Lord says, who formed me in the womb to be his servant, to bring Jacob back to him, and that Israel might be gathered to him, for I am honoured in the sight of the Lord, and my God has become my strength he says, "It is too light a thing that you should be my servant to raise up the tribes of Jacob and to restore the survivors of Israel; I will give you as a light to the nations, that my salvation may reach to the end of the earth." Thus says the Lord, the Redeemer of Israel and his Holy One, to one deeply despised, abhorred by the nations, the slave of rulers, "Kings shall see and stand up, princes, and they shall prostrate themselves, because of the Lord, who is faithful, the Holy One of Israel, who has chosen you."

Listen to what the Spirit is saying to the Church.

**Thanks be to God**

### **Psalm 40: 1-12**

1 I waited patiently upon the Lord;  
**he stooped to me and heard my cry.**

2 He lifted me out of the desolate pit, out of the mire and clay;  
**he set my feet upon a high cliff and made my footing sure.**

3 He put a new song in my mouth, a song of praise to our God;  
**many shall see, and stand in awe, and put their trust in the Lord.**

4 Happy are they who trust in the Lord!  
**they do not resort to evil spirits or turn to false gods.**

5 Great things are they that you have done, O Lord my God!  
How great your wonders and your plans for us!  
**there is none who can be compared with you.**

6 Oh, that I could make them known and tell them!  
**but they are more than I can count.**

7 In sacrifice and offering you take no pleasure  
**(you have given me ears to hear you);**

8 Burnt-offering and sin-offering you have not required,  
**and so I said, "Behold, I come.**

9 In the roll of the book it is written concerning me:  
**'I love to do your will, O my God; your law is deep in my heart.'**

10 I proclaimed righteousness in the great congregation;  
**behold, I did not restrain my lips; and that, O Lord, you know.**

11 Your righteousness have I not hidden in my heart;  
I have spoken of your faithfulness and your deliverance; \*  
**I have not concealed your love and faithfulness from the great congregation.**

12 You are the Lord; do not withhold your compassion from me;  
**let your love and your faithfulness keep me safe for ever.**

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** – 1 Corinthians 1:1-9

Paul, called to be an apostle of Christ Jesus by the will of God, and our brother Sosthenes, To the church of God that is in Corinth, to those who are sanctified in Christ Jesus, called to be saints, together with all those who in every place call on the name of our Lord Jesus Christ, both their Lord and ours: Grace to you and peace from God our Father and the Lord Jesus Christ. give thanks to my God always for you because of the grace of God that has been given you in Christ Jesus, for in every way you have been enriched in him, in speech and knowledge of every kind--just as the testimony of Christ has been strengthened among you--so that you are not lacking in any spiritual gift as you wait for the revealing of our Lord Jesus Christ. He will also strengthen you to the end, so that you may be blameless on the day of our Lord Jesus Christ. God is faithful; who called you into the fellowship of the Son, Jesus Christ our Lord.

Listen to what the Spirit is saying to the Church.

**Thanks be to God**

**Gradual Hymn** –CP# 341 God of Mercy, God of Grace

**The Gospel** – John 1:29-42

The Lord be with you.

**And also with you.**

The Holy Gospel of our Lord Jesus Christ according to John

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

The next day John the Baptist saw Jesus coming toward him and declared, “Here is the Lamb of God who takes away the sin of the world! This is he of whom I said, ‘After me comes a man who ranks ahead of me because he was before me.’”

I myself did not know him; but I came baptizing with water for this reason, that he might be revealed to Israel.” And John testified, “I saw the Spirit descending from heaven like a dove, and it remained on him. I myself did not know him, but the one who sent me to baptize with water said to me, ‘He on whom you see the Spirit descend and remain is the one who baptizes with the Holy Spirit.’ And I myself have seen and have testified that this is the Son of God.” The next day John again was standing with two of his disciples, and as he watched Jesus walk by, he exclaimed, “Look, here is the Lamb of God!” The two disciples heard him say this, and they followed Jesus. When Jesus turned and saw them following, he said to them, “What are you looking for?” They said to him, “Rabbi” (which translated means Teacher), “where are you staying?” He said to them, “Come and see.” They came and saw where he was staying, and they remained with him that day. It was about four o’clock in the afternoon. One of the two who heard John speak and followed him was Andrew, Simon Peter’s brother. He first found his brother Simon and said to him, “We have found the Messiah” (which is translated Anointed). He brought Simon to Jesus, who looked at him and said, “You are Simon son of John. You are to be called Cephas” (which is translated Peter).

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#393 Immortal, Invisible, God Only Wise**

### **Prayer over the Gifts**

Living God,

**you have revealed your Son as the Messiah.**

**May we hear his word and follow it,**

**and live as children of light.**

**We ask this in the name of Jesus Christ the 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

God of glory,  
you nourish us with bread from heaven.  
Fill us with your Holy Spirit,  
that through us your light may shine in all the world.  
We ask this in the name of Jesus Christ. 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

May the love of God the Father enliven you;  
may the light of Christ the Son enlighten you;  
may the energy of the Holy Spirit inspire you with hope and joy.  
And the blessing of God Almighty,  
the Father, the Son, and the Holy Spirit  
be with you now, and always. Amen

**Sending Hymn – CP#384 Praise to the Lord, the Almighty, v. 4-6**

### Dismissal

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

## Notices and Prayer List for the week beginning 15<sup>th</sup> January 2023

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

**The flowers** by the altar are given for the glory of God by Les and Kelly Foulds in loving memory of our wonderful parents Elsley & Yetty Foulds and Art & Miriam Lehman, miss you always.

**We pray for the whole Anglican Church of Canada** – we pray especially for our primate, Archbishop Linda Nichols. We pray also for Executive Director, Will Postma, and staff of the Primate’s World Relief and Development Fund.

**Anglican Communion** – we pray for the Church of Nigeria (Anglican Communion).

**In our Diocesan Cycle** - we pray for our Bishop, the Rt. Rev’d John Stephens. We also pray for: The Cathedral Chapter – The Very Rev’d Chris Pappas, Chair; Urban Aboriginal Ministry – Mr Stephen Seegerts.

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:** Carol Young, Beverly Akinkeyin and Cathy Anderson & family. We pray for their work, ministry, and families here and away.

## **Notices**

### **MESSAGE FROM PETER SMYTH, REV'D CHAPLAIN OF THE MISSION TO SEAFARERS**

I am taking this opportunity to express to those who coordinated and donated items and dollars to the Christmas at Sea Appeal 2022 our gratitude for caring enough to think of and make someone else's life, namely the seafarers more hope and joy filled.

We gave out approx 1560 gift bags to seafarers amounting to about 70 ships and you played your part. They were well received especially when seafarers thoughts are with family and friends far away.

Please keep the seafarers and the ministry of the Mission in your prayers.

Don't hesitate to contact or check us out on social media.

Blessings on your ministry in 2023.

Rev'd Smyth has shared several pictures of the Christmas at Sea Appeal 2022 project and they are available to be viewed on the St. Helen's website under today's posting.

### **2023 DONATION ENVELOPES**

Those who wish to continue using donation envelopes **must approach the Parish Administrator in person** to obtain a box of donation envelopes from previous years with unassigned envelope numbers. You will need to manually change the envelope number to your own and amend the donation date.

### **ANNUAL REPORTS FOR VESTRY MEETING – DUE DATE: JANUARY 29**

The Annual Vestry Meeting of the Parish of St. Helen will take place following the morning worship service on Sunday, February 26. All who are required to submit their committee's annual report are reminded to do so and **email** it to the church office by the due date.

**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](mailto:giving2sthelen@gmail.com)

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

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

**Officiant/Preacher**– The Reverend Mark Munn

**Music** – Matthew Ma

**Crucifer** – Alex Mason

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

**Readers** – Angelita Sotana and Janette Bulkan

**Lay Administration** – Vee & Ed Villar

**Greeters** – Maureen Thompson and Glenda Colquhoun

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

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

**Fellowship Service** – the Lah Family

### Next week's Ministry Team

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

**Prayers of the Community** – John Palmer

**Readers** – Matthew Ma and Kelly Foulds

**Lay Administration** – Cynthia and Anil Richards

**Greeters** – Mary Patterson and Maureen Thompson

**Altar Guild** – Judy Glanville and Carol Young

**Fellowship Service** – Zoltan Barabas and Anil Richards

## **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](mailto:sainthelensrector@gmail.com)

**Office Number:** 604 581 4800 **Mobile:** 778 384 6999

**Day Off:** usually Friday

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

**Phone Number:** 604 581 4800