

*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# 349 All People That on Earth Do Dwell

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# 88 Come Thou Long-expected Jesus

The Collect

Living God,

in Christ you make all things new.

Transform the poverty of our nature by the riches of your grace,

and in the renewal of our lives make known your glory;

**through Jesus Christ our Lord, 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 – Micah 6: 1-8

Hear what the Lord says: Rise, plead your case before the mountains, and let the hills hear your voice. Hear, you mountains, the controversy of the Lord, and you enduring foundations of the earth; for the Lord has a controversy with his people, and he will contend with Israel. "O my people, what have I done to you? In what have I wearied you? Answer me! For I brought you up from the land of Egypt, and redeemed you from the house of slavery; and I sent before you Moses, Aaron, and Miriam. O my people, remember now what King Balak of Moab devised, what Balaam son of Beor answered him, and what happened from Shittim to Gilgal, that you may know the saving acts of the Lord." "With what shall I come before the Lord, and bow myself before God on high? Shall I come before him with burnt offerings, with calves a year old? Will the Lord be pleased with thousands of rams, with ten thousands of rivers of oil? Shall I give my firstborn for my transgression, the fruit of my body for the sin of my soul?" He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?

Listen to what the Spirit is saying to the Church.

Thanks be to God

Psalm 15

1 Lord, who may dwell in your tabernacle?

who may abide upon your holy hill?

2 Whoever leads a blameless life and does what is right,
who speaks the truth from his heart.

3 There is no guile upon his tongue; he does no evil to his friend;
he does not heap contempt upon his neighbour.

4 In his sight the wicked is rejected,
but he honours those who fear the Lord.

5 He has sworn to do no wrong
and does not take back his word.

6 He does not give his money in hope of gain,
nor does he take a bribe against the innocent.

7 Whoever does these things
shall never be overthrown.

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 1:18-31

The message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written, "I will destroy the wisdom of the wise, and the discernment of the discerning I will thwart." Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength. Consider your own call, brothers and sisters: not many of you were wise by human standards, not many were powerful, not many were of noble birth. But God chose what is foolish in the world to shame the wise; God chose what is weak in the world to shame the strong; God

chose what is low and despised in the world, things that are not, to reduce to nothing things that are, so that no one might boast in the presence of God. He is the source of your life in Christ Jesus, who became for us wisdom from God, and righteousness and sanctification and redemption, in order that, as it is written, "Let the one who boasts, boast in the Lord."

Listen to what the Spirit is saying to the Church.

Thanks be to God

Gradual Hymn – CP# 439 Blest Are the Pure in Heart

The Gospel – Matthew 5:1-12

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 Jesus saw the crowds, he went up the mountain; and after he sat down, his disciples came to him. Then he began to speak, and taught them, saying: "Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they will be comforted. Blessed are the meek, for they will inherit the earth. Blessed are those who hunger and thirst for righteousness, for they will be filled. Blessed are the merciful, for they will receive mercy. Blessed are the pure in heart, for they will see God. Blessed are the peacemakers, for they will be called children of God. Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you."

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 steadfast love,

may our offering this day, by the power of your Holy Spirit,

renew us for your service. 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

Source of all goodness,
**in this eucharist we are nourished by the bread of heaven
and invigorated with new wine.**
**May these gifts renew our lives, that we may show your glory to all the world,
in the name of Jesus Christ the 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#375 At the Name of Jesus

Dismissal

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

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Lord's Prayer: SFAGP, 1987, W: International Committee on English in the Liturgy, 1986
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Notices and Prayer List for the week beginning 29th 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 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 Provincial Synod of the Ecclesiastical Province of Canada.

Anglican Communion – we pray for the Church of Pakistan (United)

In our Diocesan Cycle - we pray for our Bishop, the Rt. Rev'd John Stephens. We also pray for:

The Ecclesiastical Province of British Columbia and the Yukon

The Diocese of British Columbia – The Right Rev'd Anna Greenwood-Lee

The Diocese of Caledonia - The Right Rev'd David Lehmann

The Diocese of Kootenay & Metropolitan - The Most Rev'd Lynne McNaughton

The Territory of the People – The Right Rev'd Jane Alexander (Interim)

The Diocese of the Yukon - The Right Rev'd Lesley Wheeler-Dame.

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: Anish & Aparna Chatterjea, John & Sharron Owen Chretien and Pat Clegg. We pray for their work, ministry, and families here and away.

Notices

WORLD DAY OF PRAYER SERVICE 2023

The annual WORLD DAY OF PRAYER SERVICE 2023 will take place at St. Helen's on Friday, March 3, at 1pm. Our ACW is pleased to host this ecumenical service as we focus on the people of TAIWAN and the theme, 'I Have Heard About Your Faith.' The offering will be forwarded to WICC (Women's Inter-Church Council of Canada) to support their annual social justice grants. All are welcome.

DIOCESAN ACW BALES

The outreach work of the Diocesan ACW continues. Each Monday morning women from various parishes, including ours, gather to sort clothing donations. These and other household items are then prepared for shipment to Northern BC and Yukon parishes. A blanket (double/queen/king size) forms the outer 'wrapper' of these 40 pound bundles. At the moment, **BLANKETS** or APHGANS (loosely crocheted sofa/bed covers) are **DESPERATELY NEEDED**. Please consider donating any that you no longer need. They will serve two purposes - one for shipping and secondly to keep someone else 'warm & cozy.' Your support is most appreciated. Judy Nicholson will gladly receive and deliver all donations.

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

This Week's Ministry Team

Officiant/Preacher– The Rev'd Mark Munn

Music – Matthew Ma

Crucifer/Server and Psalmist – Kelly Foulds

Prayers of the Community – Lynn Turner

Lay Administration – Janette Bulkan and Judy Nicholson

Readers – Aparna Chatterjea and Matthew Ma

Greeters – Patricia and Tom Beneteau

Livestream Tech – Zoltan Barabas/Simon Lee/Tom Beneteau

Altar Guild – Lynn Turner and Jane Denton

Fellowship Service - Janette Bulkan and John Palmer

Next week's Ministry Team

Crucifer – Alex Mason

Psalmist and Prayers of the Community – Cathy Anderson

Lay Administration – Lynn Turner and John Palmer

Readers – Mareen & Roshan Mathew

Greeters – Cynthia and Anil Richards

Altar Guild – Mary Patterson and Jane Denton

Fellowship Service - Wendy and Peter Russell

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