
*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 give thanks 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 175 Forty Days and Forty Nights

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

Almighty God,

whose Son fasted forty days in the wilderness,

and was tempted as we are but did not sin,

give us grace to discipline ourselves

in submission to your Spirit,

that as you know our weakness,

so we may know your power to save;

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 – Genesis 2: 15-17; 3: 1-7

The Lord God took the man and put him in the garden of Eden to till it and keep it. And the Lord God commanded the man, "You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die."

Now the serpent was more crafty than any other wild animal that the Lord God had made. He said to the woman, "Did God say, 'You shall not eat from any tree in the garden'?" The woman said to the serpent, "We may eat of the fruit of the trees in the garden; but God said, 'You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die.'" But the

serpent said to the woman, "You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

Listen to what the Spirit is saying to the Church.

Thanks be to God

Psalm 32

1 Happy are they whose transgressions are forgiven,
and whose sin is put away!

2 Happy are they to whom the Lord imputes no guilt,
and in whose spirit there is no guile!

3 While I held my tongue, my bones withered away,
because of my groaning all day long.

4 For your hand was heavy upon me day and night;
my moisture was dried up as in the heat of summer.

5 Then I acknowledged my sin to you,
and did not conceal my guilt.

6 I said, "I will confess my transgressions to the Lord."
Then you forgave me the guilt of my sin.

7 Therefore all the faithful will make their prayers to you in time of trouble;
when the great waters overflow, they shall not reach them.

8 You are my hiding-place; you preserve me from trouble;
you surround me with shouts of deliverance.

9 "I will instruct you and teach you in the way that you should go;
I will guide you with my eye.

10 Do not be like horse or mule, which have no understanding;
who must be fitted with bit and bridle, or else they will not stay near you."

11 Great are the tribulations of the wicked;
but mercy embraces those who trust in the Lord.

12 Be glad, you righteous, and rejoice in the Lord;
shout for joy, all who are true of heart.

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 – Romans 5: 12-19

Therefore, just as sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come.

But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. And the free gift is not like the effect of the one man's sin. For the judgement following one trespass brought condemnation, but the free gift following many trespasses brings justification. If, because of the one man's trespass, death exercised dominion through that one,

much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ.

Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

Listen to what the Spirit is saying to the Church.

Thanks be to God

Gradual Hymn –CP# 179 Tree of Life

**Tree of life and awesome mystery,
In your death we are reborn,
Though you die in all of history,
Still you rise with every morn (x2)**

**Light of life beyond conceiving,
Mighty spirit of our Lord;
Give me strength to our believing,
Give us faith to live your word. (x2)**

**From the dawning of creation
You have loved us as your own;
Stay with us through all temptation,
Make us turn to you alone. (x2)**

The Gospel – Matthew 4: 1-11

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.

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted forty days and forty nights, and afterwards he was famished. The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written, 'One does not live by bread alone, but by every word that comes from the mouth of God.'"

Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down; for it is written, 'He will command his angels concerning you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'" Jesus said to him, "Again it is written, 'Do not put the Lord your God to the test.'"

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour; and he said to him, "All these I will give you, if you will fall down and worship me." Jesus said to him, "Away with you, Satan! for it is written, 'Worship the Lord your God, and serve only him.'" Then the devil left him, and suddenly angels came and waited on him.

The Gospel of Christ

Praise to you, Lord Jesus Christ

Homily:

The Reverend Robin Ruder Celiz

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#564 Lead us, heavenly Father

Prayer over the Gifts

God our refuge and our strength,

receive all we offer you this day,

and through the death and resurrection of your Son

transform us to his likeness. We ask this in his name. 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,

because you bid your faithful people to cleanse their hearts

and to prepare with joy for the paschal feast;

that reborn through the waters of baptism

and renewed in the eucharistic mystery,

we may be more fervent in prayer

and more generous in the works of love.

Therefore we raise our voices to you in praise

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

As Jesus taught, so we pray.

**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

Faithful God,
in this holy bread
you increase our faith and hope and love.
Lead us in the path of Christ
who is your Word of life.
We ask this in his name. 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 Lord Jesus who serves with wounded hands,
teach you to serve others.
May the Lord Jesus, who walks on wounded feet,
walk with you to the end of your road.
May the Lord Jesus who serves with a wounded heart, be your love forever.
Whenever you go out, may you see the face of Jesus in everyone you meet,
and may everyone see the face of Jesus in you.
And the Blessing of the God of Hope,
the God of Compassion and the God of Life be with you,
and those you care for, this day and always. **Amen**

Sending Hymn – CP#375 At the name of Jesus (tune Evelyns)

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 26th February 2023

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

The flowers at the altar this morning are given for the glory of God by Wendy & Peter Russell In remembrance of their loving parents and grandparents.

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. John Organ, Bishop, and the clergy and people of the Diocese of Western Newfoundland.

Anglican Communion – we pray for the Scottish Episcopal Church.

In our Diocesan Cycle - we pray for our Bishop, the Rt. Rev'd John Stephens. We also pray for: The Archdeacons of Westminster –The Ven Richard Leggett, Regional Archdeacon; Mother's Union – Diocese of New Westminster Chapter.

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: Dulcenia, Jose & Jeedee Gedalanga, Judy Glanville and Terri Harding. We pray for their work, ministry, and families here and away.

Notices

Sunday School

Our Sunday School program will be starting up again, many thanks to Fil Sotana and Sarah Vinu for taking the initiative in this important ministry.

The start date for Sunday School is **Sunday March 5, 2023**. The general format for Sunday School will include a brief Children's Focus at the beginning of the service. Sunday School then takes place in the upper hall, returning back to the service towards the conclusion of the Prayer of the People.

As this is a re-start with some renewed and fresh program material, the Sunday School will be entering a Pilot Period over Lent where there will be opportunity for Fil and Sarah to determine what is working and how this ministry can grow. Please spread the word among your neighbours and friends who may be interested in participating again in Sunday School.

For more information and registration, please contact Fil at: fil_sotana@hotmail.com or phone, 778-828-4057.

Thank you to our Pancake Chefs!

Thank you to those who made our Shrove Thursday supper a success. It was lovely to be able to gather in fellowship.

Bottle Drive

A big thank you from Kelly and Les Foulds to everyone for the continued support of the bottle drive. Please be reminded that Kelly and Les would be happy to accept any clean, rinsed milk containers including almond, oat and soy along with bottles and cans that you donate on the last Sunday of the month in clear plastic bags. DO NOT INCLUDE ANY NON-JUICE OR NON-MILK TETRA PACKS, OR COFFEE CREAM, WHIPPING CREAM, BUTTERMILK OR DRINKABLE YOGURT CONTAINERS IN YOUR BAGS.

ACW Meeting

A note to ACW members of our monthly meeting on Wednesday, March 1, at 11:30am, in the Upper Hall. Please bring along your lunch. Goodies, tea and coffee will be provided. A warm welcome is extended to other ladies wishing to join us. Our agenda includes finalizing plans for hosting the World Day of Service and welcoming parishioners of neighbouring churches.

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.

Fireside Chats with Robin

Our new Rector has set us a task. Father Robin has asked that some parishioners consider hosting a “Fireside Chat” in their homes. These can take place daytime or evening, but are to be kept very simple. If you are interested in hosting one of these chats, or would like to sign up, please let one of the Wardens know or leave a message in the office.

This Week's Ministry Team

Officiant/Preacher– The Rev'd Robin Ruder Celiz

Music – Matthew Ma

Crucifer – Alex Mason

Psalmist and Prayers of the Community – Cathy Anderson

Readers – Aparna Chatterjea and Kelly Foulds

Lay Administration - Janette Bulkan and Angelita Sotana

Greeters – Patricia & Tom Beneteau

Livestream Tech – Zoltan Barabas/Simon Lee/Tom Beneteau

Altar Guild – Jane Denton and Lynn Turner

Fellowship Servers – Zoltan Barabas and Anil Richards

Next week's Ministry Team ???

Crucifer/Server and Psalmist – Maureen Thompson

Prayers of the Community – John Palmer

Readers – (1) Matthew Ma, (2) Cynthia Richards

Lay Administration - Janette Bulkan and Cathy Anderson

Greeters – Judy Nicholson and Mary Patterson

Altar Guild – Mary Patterson and Jane Denton

Fellowship Servers – Wendy and Peter Russell

Contact Details for the Rector - Father Robin Ruder Celiz

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

Email: sainthelensrector@gmail.com

Office Number: 604 581 4800 **Mobile:** 604 379 8966

To Schedule a visit or to check in use this link:

<https://calendly.com/sainthelensrector/visit-fr-robin>

Parish Office email: churchoffice@shawbiz.ca

Phone Number: 604 581 4800