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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 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# 505 Be Thou My Vision**

### **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 was revealed in majesty**

**before he suffered death upon the cross,**

**give us faith to perceive his glory,**

**that being strengthened by his grace**

**we may be changed into his likeness, from glory to glory;**

**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 12: 1-4a

Now the Lord said to Abram, "Go from your country and your kindred and your father's house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed." So Abram went, as the Lord had told him; and Lot went with him.

Listen to what the Spirit is saying to the Church.

**Thanks be to God**

### **Psalm 121**

1 I lift up my eyes to the hills;

**from where is my help to come?**

2 My help comes from the Lord,  
**the maker of heaven and earth.**

3 He will not let your foot be moved  
**and he who watches over you will not fall asleep.**

4 Behold, he who keeps watch over Israel  
**shall neither slumber nor sleep;**

5 The Lord himself watches over you;  
**the Lord is your shade at your right hand,**

6 So that the sun shall not strike you by day,  
**nor the moon by night.**

7 The Lord shall preserve you from all evil;  
**it is he who shall keep you safe.**

8 The Lord shall watch over your going out and your coming in,  
**from this time forth for evermore.**

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 4: 1-5, 13-17

What then are we to say was gained by Abraham, our ancestor according to the flesh? For if Abraham was justified by works, he has something to boast about, but not before God. For what does the scripture say? "Abraham believed God, and it was reckoned to him as righteousness." Now to one who works, wages are not reckoned as a gift but as something due. But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness.

For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation.

For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, "I have made you the father of many nations")-in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

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)**

**Seed that dies to rise in glory,  
May we see ourselves in you,  
If we learn to live your story,  
We may die to rise anew. (x2)**

**In our call to be a blessing,  
May we be a blessing true;  
May we live and die confessing  
Christ as Lord of all we do (x2)**

## **The Gospel** – John 3:1-17

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.**

Now there was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, "Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God." Jesus answered him, "Very truly, I tell you, no one can see the kingdom of God without being born from above." Nicodemus said to him, "How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?" Jesus answered, "Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, 'You must be born from above.' The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit." Nicodemus said to him, "How can these things be?" Jesus answered him, "Are you a teacher of Israel, and yet you do not understand these things?

Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, what whoever believes in him may have eternal life.

For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through 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#628 O Love, How Deep, How Broad, How High (v.1-4,7)

### Prayer over the Gifts

God of wisdom,  
may the light of the eternal Word,  
our Lord and Saviour Jesus Christ,  
guide us to your glory. 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**

Trusting in the compassion of God,  
as our Saviour taught us, 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**

Creator of heaven and earth,  
**we thank you for these holy mysteries,  
which bring us now a share in the life to come,  
through 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 with Birthday & Anniversary Candles**

**May the blessing of God be upon you  
The blessing of the Father and the Son,  
And may the Spirit of God the Spirit of Love (Peace on 2nd X)  
Be with you all your Days.**

### **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#529 God, My Hope on You is Founded**

### **Dismissal**

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

### **Copyright Acknowledgments**

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Holy, Holy, Holy Lord: adapt. Marcia Pruner, 1980 Church Pension Fund

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

God, My Hope on You is Founded: ©1938 Hal Leonard Corporation

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## **Notices and Prayer List for the week beginning 5<sup>th</sup> March 2023**

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

**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. Sandra Fyfe, Bishop, and the people and clergy of the Diocese of Nova Scotia and Prince Edward Island.

**Anglican Communion** – we pray for the Church of the Province of South East Asia.

**In our Diocesan Cycle** - we pray for our Bishop, the Rt. Rev'd John Stephens. We also pray for: the Archdeacons: the Venerable Kevin Hunt (Burrard), the Venerable Stephanie Shepard (Granville), the Venerable Kelly Duncan (Lougheed), the Venerable Stephen Muir (Capilano), the Venerable Luisito Engnan (Fraser), the Venerable Richard Leggett (Westminster), the Venerable Peggy Trendell-Jensen, Archdeacon for Deacons and the Venerable Philippa Pride, (Vancouver) Executive 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 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:** Wayne & Heather Herd, Joan Hnedish and Lavina Howard. 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](mailto:fil_sotana@hotmail.com) or phone, 778-828-4057.

### **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.

**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 Robin Ruder Celiz

**Music** – Matthew Ma

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

**Prayers of the Community** – John Palmer

**Readers** – Matthew Ma and Cynthia Richards

**Lay Administration** - Janette Bulkan and Cathy Anderson

**Greeters** – Judy Nicholson and Mary Patterson

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

**Fellowship Servers** – Wendy and Peter Russell

### Next week's Ministry Team

**Crucifer/Server and Psalmist** – Kelly Foulds

**Prayers of the Community** – Lynn Turner

**Readers** – Wendy Russell and Angelita Sotana

**Lay Administration** – Cynthia and Anil Richards

**Greeters** – Christine and Simon Lee

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

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

## **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](mailto: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](mailto:churchoffice@shawbiz.ca)

**Phone Number:** 604 581 4800