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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# 353 My God, How Endless Is Your Love**

### **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 Jesus Christ gives the water of eternal life,  
may we always thirst for you,  
the spring of life and source of goodness;  
through him who lives and reigns with you  
and the Holy Spirit,  
one God, now and for ever. Amen.**

## **The Proclamation of the Word**

### **First Reading** – Exodus 17: 1-7

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the Lord commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarrelled with Moses, and said, "Give us water to drink." Moses said to them, "Why do you quarrel with me? Why do you test the Lord?" But the people thirsted there for water; and the people complained against Moses and said, "Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?" So Moses cried out to the Lord, "What shall I do with this people? They are almost ready to stone me."

The Lord said to Moses, "Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink." Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarrelled and tested the Lord, saying, "Is the Lord among us or not?"

Listen to what the Spirit is saying to the Church.

**Thanks be to God**

## **Psalm 95**

1 Come, let us sing to the Lord;  
**let us shout for joy to the rock of our salvation.**

2 Let us come before his presence with thanksgiving  
**and raise a loud shout to him with psalms.**

3 For the Lord is a great God,  
**and a great king above all gods.**

4 In his hand are the caverns of the earth,  
**and the heights of the hills are his also.**

5 The sea is his, for he made it,  
**and his hands have molded the dry land.**

6 Come, let us bow down, and bend the knee,  
**and kneel before the Lord our Maker.**

7 For he is our God, and we are the people of his pasture and the sheep of his hand.  
**Oh, that today you would hearken to his voice!**

8 Harden not your hearts, as your forebears did in the wilderness,  
**at Meribah, and on that day at Massah, when they tempted me.**

9 They put me to the test,  
**though they had seen my works.**

10 Forty years long I detested that generation and said,  
**"This people are wayward in their hearts; they do not know my ways."**

11 So I swore in my wrath,  
**"They shall not enter into my rest."**

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: 1-11

Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.

For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person - though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us. Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

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)**

**We remember truth one spoken,  
Love passed on through act and word,  
Every person, lost and broken  
Wears the body of our Lord (x2)**

**Living Water of salvation,  
Be the foundation of each soul;  
Springing up in new creation,  
Flow in us and make us whole. (x2)**

## **The Gospel** – John 4: 5-42

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.**

Jesus came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink." (His disciples had gone to the city to buy food.) The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samaria?" (Jews do not share things in common with Samaritans.) Jesus answered her, "If you knew the gift of God, and who it is that is saying to you, 'Give me a drink,' you would have asked him, and he would have given you living water." The woman said to him, "Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?" Jesus said to her, "Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life." The woman said to him, "Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water."

Jesus said to her, "Go, call your husband, and come back." The woman answered him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband'; for you have had five husbands, and the one you have now is not your husband. What you have said is true!" The woman said to him, "Sir, I see that you are a prophet. Our ancestors worshipped on this mountain, but you say that the place where people must worship is in Jerusalem." Jesus said to her, "Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshippers will worship

the Father in spirit and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth." The woman said to him, "I know that Messiah is coming" (who is called Christ). "When he comes, he will proclaim all things to us." Jesus said to her, "I am he, the one who is speaking to you."

Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, "What do you want?" or, "Why are you speaking with her?" Then the woman left her water jar and went back to the city. She said to the people, "Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?" They left the city and were on their way to him.

Meanwhile the disciples were urging him, "Rabbi, eat something." But he said to them, "I have food to eat that you do not know about." So the disciples said to one another, "Surely no one has brought him something to eat?" Jesus said to them, "My food is to do the will of him who sent me and to complete his work. Do you not say, 'Four months more, then comes the harvest'? But I tell you, look around you, and see how the fields are ripe for harvesting. The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, 'One sows and another reaps.' I sent you to reap that for which you did not labour. Others have laboured, and you have entered into their labour."

Many Samaritans from that city believed in him because of the woman's testimony, "He told me everything I have ever done." So when the Samaritans came to him, they asked him to stay with them; and he stayed there two days. And many more believed because of his word. They said to the woman, "It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Saviour of the world."

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# 400 What Wondrous Love Is This**

### **Prayer over the Gifts**

Spring of life and Source of goodness,  
receive all we offer you this day,  
and bring us to the living water,  
Jesus Christ, your Son 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,  
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**

God of our pilgrimage,  
**we have found the living water.**  
**Refresh and sustain us**  
**as we go forth on our journey,**  
**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**

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#384 Praise to the Lord, the Almighty (v.1-3, 7)**

### **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 12<sup>th</sup> March 2023**

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

**We pray for the whole Anglican Church of Canada** – we pray especially for our primate, Archbishop Linda Nichols. We pray also for the Rev. Bruce Myers, Bishop, and the people and clergy of the Diocese of Quebec.

**Anglican Communion** – we pray for the Church of South India (United).

**In our Diocesan Cycle** - we pray for our Bishop, the Rt. Rev'd John Stephens. We also pray for: St. Christopher, West Vancouver - The Rev'd Karen Urquhart, the Rev'd Jonathan Pinkney (Temporary Priest-in-Charge); St. Cuthbert, Delta - The Rev'd Paul Woerhle and the Archdeacons of Granville - The Ven Stephanie Shepard, Regional 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:** Maxine Hryhoriw, Gay Nay & Hsar Kaprue Lah Htoo and Stanley Ingham & Imelda Velchez-Ingham. 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** – 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

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

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

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

### Next week's Ministry Team

**Crucifer** – Alex Mason

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

**Readers** – Aparna Chatterjea and Jane Denton

**Lay Administration** – Janette Bulkan and Kelly Foulds

**Greeters** – Sarah Vinu and Vinu Jacob

**Altar Guild** – Lynn Turner and Jane Denton

**Fellowship Servers** – the Lah Family

## **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