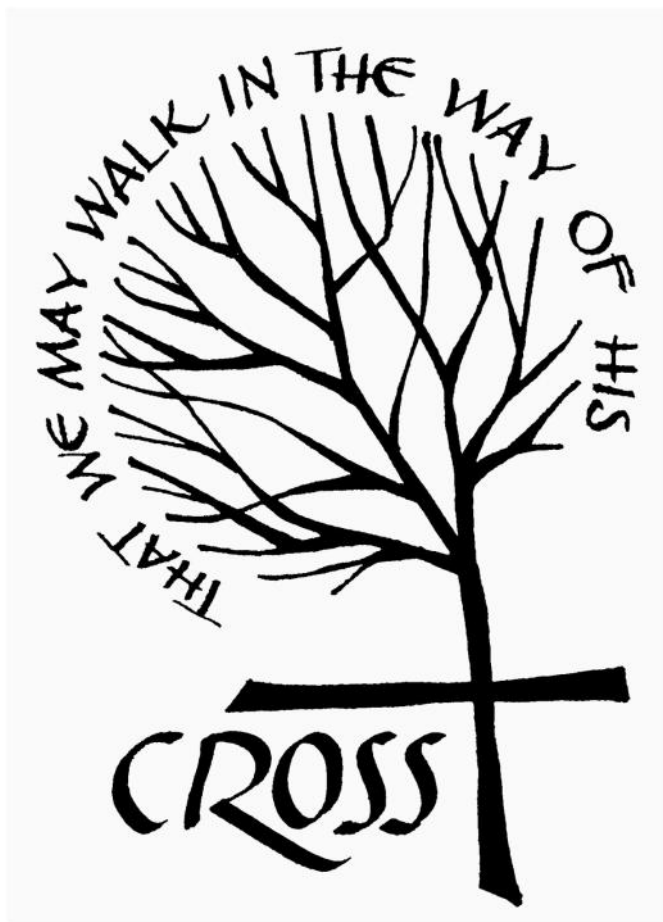


**Fifth Sunday in Lent**  
**April 6, 2025**



St. Helen's  
Anglican Church of Canada  
Diocese of New Westminster

## GATHERING IN GOD'S NAME

*All stand*

OPENING HYMN Word of God, Come Down on Earth

CP 446

## GREETING

The grace of our Lord Jesus Christ,  
and the love of God,  
and the fellowship of the Holy Spirit,  
be with you all.

**And also with you.**

As we gather, we acknowledge with respect and gratitude  
our presence on the traditional, ancestral and unceded lands  
of the Musqueam People.

## CONFESSION

Dear friends in Christ,  
God is steadfast in love and infinite in mercy;  
he welcomes sinners and invites them to his table.  
Let us confess our sins, confident in God's forgiveness.

*Silence for confessions is kept.*

God of all mercy,  
**we confess that we have sinned against you,  
opposing your will in our lives.  
We have denied your goodness in each other,  
in ourselves, and in the world you have created.**

**We repent of the evil that ensnares us,  
the evil we have done,  
and the evil done on our behalf.  
Forgive, restore, and strengthen us  
through our Saviour Jesus Christ,  
that we may abide in your love  
and serve only your will. Amen.**

## THE ABSOLUTION

Almighty God have mercy on you,  
forgive you all your sins through the grace of Jesus Christ,  
strengthen you in all goodness,  
and by the power of the Holy Spirit  
keep you in eternal life.  
**Amen.**

## KYRIE ELEISON

Cantor; All repeat

Ky - ri - e, e - lé - i - son. Chri - ste, e -  
Lord, have mer - cy. Christ, have  
lé - i - son. mer - cy. Ky - ri - e, e - lé - i - son.  
Lord, have mer - cy.

## COLLECT OF THE DAY

The Lord be with you.  
**And also with you.**  
Let us pray.

Almighty and everliving God,  
in tender love for all our human race  
you sent your Son our Saviour Jesus Christ  
to take our flesh  
and suffer death upon a cruel cross.  
May we follow the example of his great humility,  
and share in the glory of his resurrection;  
through Jesus Christ our Lord,  
who is alive and reigns with you and the Holy Spirit,  
one God, now and for ever. **Amen.**

*Please be seated.*

## THE LITURGY OF THE WORD

FIRST READING     ISAIAH 43:16-21

ANGELA WHITE

A reading from the book of Isaiah

Thus says the Lord, who makes a way in the sea, a path in the mighty waters, who brings out chariot and horse, army and warrior; they lie down, they cannot rise, they are extinguished, quenched like a wick: Do not remember the former things, or consider the things of old. I am about to do a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert. The wild animals will honour me, the jackals and the ostriches; for I give water in the wilderness, rivers in the desert, to give drink to my chosen people, the people whom I formed for myself so that they might declare my praise.

Hear what the Spirit is saying to the church.

**Thanks be to God.**

## Psalm 126



When God restored the fortunes of Zion,  
then were we like those who dream.  
Then was our mouth filled with laughter,  
and our tongue with shouts of joy. **R.**

Then they said among the nations,  
"Our God has done great things for them."  
Our God has done great things for us,  
and we are glad indeed. **R.**

Restore our fortunes, O God,  
like the watercourses of the Negev. **R.**

Those who sowed with tears  
will reap with songs of joy.  
Those who go out weeping, carrying their seed,  
will come again with joy, shouldering their sheaves. **R.**

## SECOND READING PHILIPPIANS 3:4B-14

Shawn de Raaf

A reading from the first letter of Paul to the Philippians

If anyone else has reason to be confident in the flesh, I have more: circumcised on the eighth day, a member of the people of Israel, of the tribe of Benjamin, a Hebrew born of Hebrews; as to the law, a Pharisee, as to zeal, a persecutor of the church; as to righteousness under the law, blameless. Yet whatever gains I had, these I have


come to regard as loss because of Christ. More than that, I regard everything as loss because of the surpassing value of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things, and I regard them as rubbish, in order that I may gain Christ and be found in him, not having a righteousness of my own that comes from the law, but one that comes through faith in Christ, the righteousness from God based on faith. I want to know Christ and the power of his resurrection and the sharing of his sufferings by becoming like him in his death, if somehow I may attain the resurrection from the dead. Not that I have already obtained this or have already reached the goal; but I press on to make it my own, because Christ Jesus has made me his own. Beloved, I do not consider that I have made it my own; but this one thing I do: forgetting what lies behind and straining forward to what lies ahead. I press on toward the goal for the prize of the heavenly call of God in Christ Jesus.

Hear what the Spirit is saying to the church.

**Thanks be to God.**

*All stand for the Gospel*

GOSPEL ACCLAMATION



The image shows two staves of musical notation in G major (one sharp) and 2/4 time. The melody is simple and repetitive. Below the first staff, the lyrics are: "Glo-ry to you, O Word of God, Lord\_\_\_\_ Je - sus Christ! Glo-ry to you, Lord Je - sus Christ, Son of the liv - ing God." Below the second staff, the lyrics are: "Glo-ry to you, O Word of God, Lord\_\_\_\_ Je - sus Christ! Glo-ry to you, Lord Je - sus Christ, Son of the liv - ing God."

*Choir: One does not live on bread alone but on every word that comes forth from the mouth of God.*

The Lord be with you.

**And also with you.**

The Holy Gospel of our Lord Jesus Christ according to John.

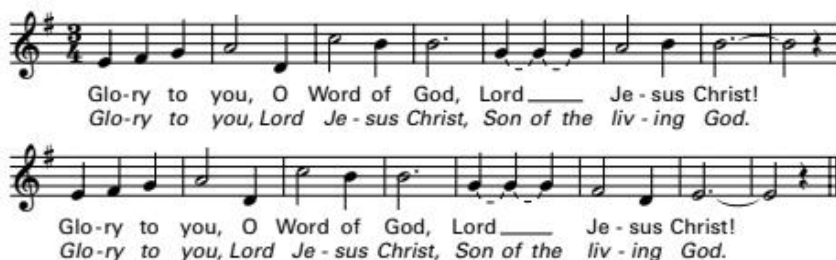
**Glory to you, Lord Jesus Christ.**

Six days before the Passover Jesus came to Bethany, the home of Lazarus, whom he had raised from the dead. There they gave a dinner for him. Martha served, and Lazarus was one of those at the table with him. Mary took a pound of costly perfume made of pure nard, anointed Jesus' feet, and wiped them with her hair. The house was filled with the fragrance of the perfume. But Judas Iscariot, one of his disciples (the one who was about to betray him), said, "Why was this perfume not sold for three hundred denarii and the money given to the poor?" (He said this not because he cared about the poor, but because he was a thief; he kept the common purse and used to steal what was put into it.) Jesus said, "Leave her alone. She bought it so that she might keep it for the day of my burial. You always have the poor with you, but you do not always have me."

The Gospel of Christ.

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

## GOSPEL ACCLAMATION



*Please be seated.*

## SERMON

The Rev. Mark Munn

*After the sermon, a moment of silence is kept for reflection.*

## AFFIRMATION OF FAITH *(All stand)*

Let us confess our faith, as we say,

**We believe in God, the Source of Life,  
by whom every being in heaven and earth  
is created, named, and sustained.**

**We believe in God, the Living Word,  
who restores us to relationship  
and speaks to us through faith.**

**We believe in God, the Holy Spirit,  
who comforts, guides, and strengthens us  
to share the good news of grace.**

**We believe in God,  
one, holy, undivided Trinity:  
Source of Life, Living Word, Comforter:  
Mystery. Amen.**

*Please stand, sit or kneel as is your custom for prayer.*

## THE PRAYERS OF THE PEOPLE

Liz Hodgson

*After the prayers, those who wish may gather in a circle around the altar.*



## THE PEACE

You shall go out in joy and be led back in peace;  
the mountains and the hills before you shall burst into song,  
and all the trees of the field shall clap their hands.

The Peace of the Lord be always with you.

**And also with you.**

*The people greet one another with signs of God's peace (a handshake, an embrace, or a nod and wave are all appropriate signs). Please remain standing.*

## THE OFFERTORY

*In this offering, we do not give what is ours but return what is God's,  
that in bread and wine, in our gifts and in our lives, the world may be  
made holy.*

OFFERTORY HYMN    A Spendthrift Lover Is the Lord

CP 177

*Please remain standing until communion.*

## THE HOLY COMMUNION

### PRAYER OVER THE GIFTS

Eternal God,  
your only Son suffered death upon the cross  
to bring the world salvation.  
Accept the praise and thanksgiving  
we offer you this day,  
in the name of Jesus Christ the Lord. **Amen.**

## THE GREAT THANKSGIVING

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.**

Eternal God, Source of all being,  
we give you thanks and praise for your faithful love.  
You call us into friendship with you and one another  
to be your holy people, a sign of your presence in the world.

When those we trust betray us,  
unfailingly you remain with us.  
When we injure others,  
you confront us in your love  
and call us to the paths of righteousness.  
You stand with the weak, and those, broken and alone,  
whom you have always welcomed home,  
making the first last, and the last first.  
Therefore we raise our voices with angels and archangels,  
forever praising you and singing:



Blessed are you, O Holy One:  
when Hagar was driven into the wilderness  
you followed her and gave her hope.  
When Joseph was sold into bondage,  
you turned malice to your people's good.  
When you called Israel out of slavery,  
you brought them through the wilderness into the promised land.  
When your people were taken into exile  
you wept with them by the river of Babylon and carried them home.

**Restore us, O God, let your face shine!**

At the right time you sent your Anointed One  
to stand with the poor, the outcast, and the oppressed.  
Jesus touched lepers, and the sick, and healed them.

He accepted water from a woman of Samaria  
and offered her the water of new life.  
Christ knew the desolation of the cross

and opened the way for all humanity  
into the redemption of your reconciling love.

On the night he was betrayed,  
Jesus, at supper with his friends, took bread, gave you thanks,  
broke the bread, gave it to them, and said,  
“Take and 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.”  
Loving and Holy One, recalling Christ’s death and resurrection,  
we offer you these gifts, longing for the bread of tomorrow  
and the wine of the age to come.  
Therefore we proclaim our hope.

**Dying you destroyed our death,  
rising you restored our life.  
Lord Jesus, come in glory.**

Pour out your Spirit on these gifts  
that through them you may sustain us in our hunger for your peace.  
We hold before you all whose lives are marked by suffering,  
our sisters and brothers.

When we are broken and cast aside, embrace us in your love.  
**Restore us, O God, let your face shine!**

Through Christ, with Christ,  
and in Christ in the unity of the Holy Spirit,  
all honour and glory are yours, O Source of all life,  
now and for ever.  
**Amen.**

#### THE LORD'S PRAYER

As our Saviour taught us, let us 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 who are many are one body,  
for we all share in the one bread.**

## INVITATION TO HOLY COMMUNION

These are the gifts of God for all God's people.

**Thanks be to God.**

## Lamb of God



COMMUNION HYMNS King of Glory, King of Peace

CP 345

Fairest Lord Jesus

CP 619

*All stand.*

## PRAYER AFTER COMMUNION

The Lord be with you.

**And also with you.**

Merciful God,  
you have called us to your table  
and fed us with the bread of life.  
Draw us and all people to your Son,  
our Saviour Jesus Christ. **Amen.**

## 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.**

## BLESSING

May God the Father,  
who has made us his children in Christ,  
give you grace to grow in faith and love.  
May Jesus, who fasted forty days in the wilderness,  
give you strength to overcome temptation.  
May the Holy Spirit,  
who leads us into all truth,  
grant you wisdom and peace.  
And the blessing of God almighty,  
the Father, the Son, and the Holy Spirit,  
be upon you and remain with you always. **Amen.**

## DISMISSAL

Go in peace to walk in the way of the cross.  
**Thanks be to God!**

RECESSIONAL HYMN    Forth in Thy Name, O Lord, I Go

CP 467

*Please be seated for the postlude. The community disperses in silence.  
In respect of those who may linger in contemplation, conversation is  
reserved for the narthex.*

## How to Contribute to St. Helen's Financially

We deeply appreciate financial contributions to our shared congregational life and mission. The best ways to donate are:

1. Set up a Pre-Authorized Donation - simply send an email to [sthelenswpg@gmail.com](mailto:sthelenswpg@gmail.com) to get started or change your amount
2. Scan the QR code to the right or visit [sthelensvancouver.com/give](http://sthelensvancouver.com/give) to donate via credit card
1. Use one of the envelopes available at the back of the church by the offering plate to donate via cheques or cash

