

Seventh Sunday after Pentecost

27 July, 2025



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

GATHERING OF THE COMMUNITY

OPENING HYMN Praise to the Lord, the Almighty

CP 384

All stand.

In this time and place

We gather on the ancestral lands of the Musqueam nation

From many places and peoples we come to this house of prayer.

In this time and place

We meet in the presence of the living God

The living God who creates us and all that is.

In this time and place

The risen Christ stands in our midst.

The risen Christ who accompanies us and all people.

In this time and place

God's Holy Spirit breathes in and through us

The Holy Spirit who transforms us and all life.

In this time and place

Together, one people of God.

+ In the name of God, Source of all being,

Eternal Word and Holy Spirit. Amen.

INVITATION TO CONFESSION

Jesus said:

Before you offer your gift,

go and be reconciled.

As siblings in God's family,

we come together to ask our Father for forgiveness.

KYRIE CONFESSION

Remember, Lord, your compassion and love,
for they are everlasting.

Kyrie Eleison (sung once)

CP 706

Remember not the sins of my youth or my transgressions,
but think on me in your goodness, O Lord,
according to your steadfast love.

Christie Eleison (sung once)

CP 706

O keep my soul and deliver me;
let me not be put to shame, for I have put my trust in you.

Kyrie Eleison (sung once)

CP 706

ABSOLUTION

May almighty God have mercy on you,
forgive you your sins,
and bring you to everlasting life.

Amen.

COLLECT OF THE DAY

The Lord be with you.

And also with you.

Let us pray:

O God,

the protector of all who trust in you,
without whom nothing is strong, nothing is holy,
increase and multiply upon us your mercy,
that with you as our ruler and guide,

we may so pass through things temporal,
that we lose not the things eternal;
through Jesus Christ our Lord,
who lives and reigns with you and the Holy Spirit,
one God, for ever and ever. **Amen.**

THE LITURGY OF THE WORD

FIRST READING HOSEA 1:2-10

Liz Hodgson

A reading from the book of Amos

When the Lord first spoke through Hosea, the Lord said to Hosea, "Go, take for yourself a wife of whoredom and have children of whoredom, for the land commits great whoredom by forsaking the Lord." So he went and took Gomer daughter of Diblaim, and she conceived and bore him a son. And the Lord said to him, "Name him Jezreel; for in a little while I will punish the house of Jehu for the blood of Jezreel, and I will put an end to the kingdom of the house of Israel. On that day I will break the bow of Israel in the valley of Jezreel." She conceived again and bore a daughter. Then the Lord said to him, "Name her Loruhamah, for I will no longer have pity on the house of Israel or forgive them. But I will have pity on the house of Judah, and I will save them by the Lord their God; I will not save them by bow, or by sword, or by war, or by horses, or by horsemen." When she had weaned Loruhamah, she conceived and bore a son. Then the Lord said, "Name him Loammi, for you are not my people and I am not your God." Yet the number of the people of Israel shall be like the sand of the sea, which can be neither measured nor numbered; and in the place where it was said to them, "You are not my people," it shall be said to them, "Children of the living God."

The Word of the Lord.

Thanks be to God.

PSALM 85



You have been gracious to your land, O God,
you have restored the good fortune of Jacob.
You have forgiven the iniquity of your people
and blotted out all their sins. **R.**

You have withdrawn all your fury
and turned yourself from your wrathful indignation.
Restore us then, O God our Saviour;
let your anger depart from us. **R.**

Will you be displeased with us for ever?
will you prolong your anger from age to age?
Will you not give us life again,
that your people may rejoice in you?
Show us your mercy, O God,
and grant us your salvation. **R.**

You speak, O God and I will listen,
for your words are peace to your faithful people
and to those who turn their hearts to you.
Truly, your salvation is very near to those who fear you,
that your glory may dwell in our land. **R.**

Mercy and truth have met together;
righteousness and peace have kissed each other.
Truth shall spring up from the earth,
and righteousness shall look down from heaven. **R.**

God shall indeed grant prosperity,
and our land will yield its increase.
Righteousness shall go before you,
and peace shall be a pathway for your feet. **R.**

SECOND READING

COLOSSIANS 2:6-19

Gillian Moore

A reading from the Letter of Paul to the Colossians

As you therefore have received Christ Jesus the Lord, continue to live your lives in him, rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving. See to it that no one takes you captive through philosophy and empty deceit, according to human tradition, according to the elemental spirits of the universe, and not according to Christ. For in him the whole fullness of deity dwells bodily, and you have come to fullness in him, who is the head of every ruler and authority. In him also you were circumcised with a spiritual circumcision, by putting off the body of the flesh in the circumcision of Christ; when you were buried with him in baptism, you were also raised with him through faith in the power of God, who raised him from the dead. And when you were dead in trespasses and the uncircumcision of your flesh, God made you alive together with him, when he forgave us all our trespasses, erasing the record that stood against us with its legal demands. He set this aside, nailing it to the cross. He disarmed the rulers and authorities and made a public example of them, triumphing over them in it.

Therefore do not let anyone condemn you in matters of food and drink or of observing festivals, new moons, or sabbaths. These are only a shadow of what is to come, but the substance belongs to Christ. Do not let anyone disqualify you, insisting on self-abasement and worship of angels, dwelling on visions, puffed up without cause by a human way of thinking, and not holding fast to the head, from whom the whole body, nourished and held together by its ligaments and sinews, grows with a growth that is from God.

The Word of the Lord.

Thanks be to God.

GOSPEL ACCLAMATION

CP 712

Alleluia, Alleluia.

The Word of God came and lived here among us, so all who believe might be the children of God. **Alleluia.**

THE HOLY GOSPEL

LUKE 11:1-13

The Lord be with you.

And also with you.

The Holy Gospel of our Lord Jesus Christ according to Luke

Glory to you, Lord Jesus Christ.

Jesus was praying in a certain place, and after he had finished, one of his disciples said to him, "Lord, teach us to pray, as John taught his disciples." He said to them, "When you pray, say: Father, hallowed be your name. Your kingdom come. Give us each day our daily bread. And forgive us our sins, for we ourselves forgive everyone indebted to us. And do not bring us to the time of trial." And he said to them, "Suppose one of you has a friend, and you go to him at

midnight and say to him, 'Friend, lend me three loaves of bread; for a friend of mine has arrived, and I have nothing to set before him.' And he answers from within, 'Do not bother me; the door has already been locked, and my children are with me in bed; I cannot get up and give you anything.' I tell you, even though he will not get up and give him anything because he is his friend, at least because of his persistence he will get up and give him whatever he needs. So I say to you, Ask, and it will be given you; search, and you will find; knock, and the door will be opened for you. For everyone who asks receives, and everyone who searches finds, and for everyone who knocks, the door will be opened. Is there anyone among you who, if your child asks for a fish, will give a snake instead of a fish? Or if the child asks for an egg, will give a scorpion? If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him!"

The Gospel of Christ.

Praise to you, Lord Jesus Christ.

GOSPEL ACCLAMATION

CP 712

Alleluia, Alleluia.

The people are invited to sit.

SERMON

The Rev. Mark Munn

AFFIRMATION OF FAITH

Let us affirm our faith, as together we say:

**You, O God, are Creator of all,
by whom every being in heaven and earth
is fashioned, named, and sustained.**

You call us each by name.

**You, O God, are Living Word,
who came and pitched your tent with us,
lived and died and rose again.
You speak to us now through faith.**

**You, O God, are Holy Spirit,
who comforts, strengthens, and inspires,
sending us forth to share your love.
You are the breath of grace.**

**You, O God, are Trinity:
Creator, Word, Spirit;
artist, healer, friend.
You are holy mystery.
We worship you. Amen.**

PRAYERS OF INTERCESSION

David Van Blarcom

Please stand as you are able.

THE PEACE

We are the body of Christ.
In the one Spirit we were all baptized into one body.
Let us then pursue all that makes for peace
and builds up our common life.

The peace of the Lord be always with you.

And also with you.

THE OFFERTORY

As the altar is prepared for Holy Communion, the congregation is invited to make an offering as an expression of gratitude for God's generosity. A QR code is provided at the back of the leaflet for those who prefer to donate online. During the collection, a hymn is sung.

OFFERTORY HYMN Seek Ye First

CP 458

PRAYER OVER THE GIFTS

Let us pray:

God of grace,

accept all we offer you this day,

as we look toward the glory you have promised.

This we ask in the name of Jesus Christ our Lord. **Amen.**

EUCCHARISTIC PRAYER

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 thanks and praise.

We give you thanks and praise, almighty God,
for the gift of a world full of wonder,
and for our life which comes from you.

By your power you sustain the universe.

You created us to love you with all our heart,
and to love each other as ourselves,
but we rebel against you by the evil that we do.
In Jesus, your Son, you bring healing to our world
and gather us into one great family.

Therefore, with all who serve you on earth and in heaven,
we praise your wonderful name, as we sing,

Ho - ly, Ho - ly, Ho - ly Lord God of hosts. Heav-en and
earth are full of your glo - ry. Ho-san-na in the high - est.
Bless-ed is he who comes in the name of the Lord. Ho-
san-na in the high-est. Ho-san-na in the high - est.

The image shows a musical score for the hymn 'Hosanna in the Highest'. It consists of four staves of music in a 3/4 time signature, with a key signature of one flat (B-flat). The lyrics are written below the notes. The first staff begins with 'Ho - ly, Ho - ly, Ho - ly Lord God of hosts. Heav-en and'. The second staff continues with 'earth are full of your glo - ry. Ho-san-na in the high - est.'. The third staff starts with 'Bless-ed is he who comes in the name of the Lord. Ho-'. The fourth and final staff concludes with 'san-na in the high-est. Ho-san-na in the high - est.'.

We give you thanks and praise, loving Father,
because in sending Jesus, your Son,
to us you showed us how much you love us.
He cares for the poor and the hungry.
He suffers with the sick and the rejected.

Betrayed and forsaken,
he did not strike back but overcame hatred with love.
On the cross he defeated the power of sin and death.
By raising him from the dead you show us the power of your love
to bring new life to all your people.

On the night before he gave up his life for us,
Jesus, at supper with his friends, took bread,
gave thanks to you, broke it, and gave it to them, saying,
“Take this, all of you, and eat it:
this is my body which is given for you.”

After supper, Jesus took the cup of wine,
said the blessing, gave it to his friends, and said,
“Drink this, all of you: this is the cup of my blood,
the blood of the new and eternal covenant,
which is shed for you and for many, so that sins may be forgiven.
Do this in memory of me.”

Gracious God, with this bread and wine
we celebrate the death and resurrection of Jesus,
and we offer ourselves to you in him.
Send your Holy Spirit on us and on these gifts,
that we may know the presence of Jesus in the breaking of bread,
and share in the life of the family of your children.

Father, you call us to be your servants;
fill us with the courage and love of Jesus,
that all the world may gather in joy at the table of your kingdom.
We sing your praise, almighty Father,
through Jesus, our Lord, in the power of the Holy Spirit,
now and for ever.

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

This is the bread of life given in love for us.

This is the cup of restored relationship with God.

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

Thanks be to God.

LAMB OF GOD

The image shows two staves of musical notation in G major, 4/4 time. The first staff contains the melody for the first line of the hymn, with a first and second ending bracketed over the final two measures. The second staff contains the melody for the second line, starting with a repeat sign and ending with a double bar line and the word 'Final' above it.

Lamb of God, you take a-way the sins of the world, have mer - cy,
have mer - cy on us. world, grant us, grant us peace.

COMMUNION HYMN	I Sought the Lord	CP 547
	What a Friend We Have in Jesus	CP 532

PRAYER AFTER COMMUNION

The Lord be with you.

And also with you.

Let us pray:

God of grace,
we have received the memorial
of the death and resurrection of your Son.

May your love, poured into us,
bring us to your promises.

We ask this in the name of our Redeemer Jesus Christ. **Amen.**

BLESSING

The Wisdom of God
the Love of God
and the Grace of God
strengthen you
to be Christ's hands and heart in this world,
+ in the name of the Holy Trinity. **Amen.**

DISMISSAL

Let us go in peace to love and serve the Lord.

Thanks be to God.

RESESSIONAL HYMN	Let There Be Light	CP 572
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*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.*

**St. Anselm's and St. Helen's Bowling Challenge and Pot Luck Supper
Sunday Aug 3 - 4pm to 8pm at WPG Lawn Bowling Club**

We will gather at 4pm on Sunday August 3 at West Point Grey Lawn Bowling Club located at 6th Ave and Trimble (next to the tennis courts and across the street from St. Helen's). There is plenty of free street parking, there are bus stops on 10th Ave or 4th Ave.

If you would like to bowl, please email Heather (heatherhf2003@yahoo.ca) by Wed July 30th to give time to make up the teams for play (3 or 4 per team depending on how many want to play). If you would like to be on a team with a particular person, mention that as well. If you will be bowling please wear comfortable clothing and flat (no heels) soft soled shoes to protect the bowling greens from damage. Whether bowling or cheering from the sidelines, don't forget a sun hat and sun screen. You may also want to bring a water bottle, there is a water fountain and benches for seating at the club.

We will have a short intro to lawn bowling and then start the first game at 4:30pm so if you sign up for a team please plan to arrive by 4pm. We will bowl 2 games of 45 minutes each with a short break between games to change rinks and challengers. If you have never lawn bowled before, check out the short video below - it is great fun.

Around 6pm after the bowling, we will have a picnic at the club. We are asking each family to bring a "ready to serve" dish to share. Ideas of what to bring are: Salads, cooked meats (chicken, cold cuts), sandwiches, veggies & dip, cheese & crackers, fruit, cookies/squares, or a traditional family favourite. Paper plates, cutlery, glasses and lemonade will be provided.

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:

- Set up a Pre-Authorized Donation - simply send an email to sthelenswpg@gmail.com to get started or change your amount
- Donate via interact e-transfer to sthelenswpg@gmail.com
- Scan the QR code to the right or visit sthelensvancouver.com/give to donate via credit card
- Use one of the envelopes available at the back of the church by the offering plate to donate via cheques or cash



Volunteers for this week:

Intercessor: David Van Blarcom

Readers: Liz Hodgson, Gillian Moore

Counter & Zoom: Lynn Raymond

Connect with us:

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