

First Sunday of Advent

Nov 30, 2025



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

GATHERING IN GOD'S NAME

All stand

OPENING HYMN Hark the Glad Sound! The Savior Comes CP 98

GREETING

In this time and place

We gather on the unceded, ancestral lands of the Musqueam nation.

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

In this time and place

We await the coming of Emmanuel, God with us.

Come O Lord and set us free, Maranatha. CP 113

In this time and place

We await God's transformation of the world.

Come O Lord and set us free, Maranatha. CP 113

In this time and place

We await the coming of the commonwealth of peace.

Come O Lord and set us free, Maranatha. CP 113

CONFESSION

When the Lord comes,

he will bring to light the things now hidden in darkness,
and will disclose the purposes of the heart.

Therefore in the light of Christ let us confess our sins.

Holy One,
we long for you.
You know our wounding and our broken-heartedness.
You know how others have hurt us,
and how we have hurt others.
You alone have the healing we need.
Yours is the love that changes everything. Amen.

Giver of life, **have mercy on us;**
pardon and deliver, revive and strengthen,
and keep us in eternal life,
through Jesus Christ our Lord. Amen.

THE ABSOLUTION

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

Come O Lord and set us free, Maranatha. CP 113
*Desert and dry land will grow green in praise; clay will rejoice with
full bloom: showers of flowers given birth in dead earth; in colours
they echo Love's song. (Choir)*
Refrain.

COLLECT OF THE DAY

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

Almighty God, give us grace to cast away the works of darkness and put on the armour of light, now in the time of this mortal life in which your Son Jesus Christ came to us in great humility, that on the last day, when he shall come again in his glorious majesty to judge both the living and the dead, we may rise to the life immortal; through him who lives 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 2:1-5

Rhodri Windsor-Liscombe

A reading from the book of Isaiah

The word that Isaiah son of Amoz saw concerning Judah and Jerusalem. In days to come the mountain of the Lord's house shall be established as the highest of the mountains, and shall be raised above the hills; all the nations shall stream to it. Many peoples shall come and say, "Come, let us go up to the mountain of the Lord, to the house of the God of Jacob; that he may teach us his ways and that we may walk in his paths." For out of Zion shall go forth instruction, and the word of the Lord from Jerusalem. He shall judge between the nations, and shall arbitrate for many peoples; they shall beat their swords into plowshares, and their spears into pruning hooks; nation shall not lift up sword against nation, neither shall they learn war any more. O house of Jacob, come, let us walk in the light of the Lord!

Hear what the Spirit is saying to the church.

Thanks be to God.

PSALM 122



I was glad when they said to me,
"Let us go to the house of God."
Now our feet are standing
within your gates, O Jerusalem. **R.**

Jerusalem is built as a city,
that is at unity with itself.
To which the tribes go up,
the tribes of God, the assembly of Israel,
to praise God's holy name. **R.**

For there are the thrones of judgement,
the thrones of the house of David.
Pray for the peace of Jerusalem:
"May they prosper who love you. **R.**

Peace be within your walls
and quietness within your towers.
For my kindred and companions' sake,
I pray for your prosperity,
Because of the house of our God,
I will seek to do you good." **R.**

SECOND READING ROMANS 13:11-14

Angela White

A reading from the First Letter of Paul to the Romans

Besides this, you know what time it is, how it is now the moment for you to wake from sleep. For salvation is nearer to us now than when we became believers; the night is far gone, the day is near. Let us then lay aside the works of darkness and put on the armour of light; let us live honourably as in the day, not in revelling and drunkenness, not in debauchery and licentiousness, not in quarrelling and jealousy. Instead, put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

Hear what the Spirit is saying to the church.

Thanks be to God.

All stand for the Gospel

GOSPEL ACCLAMATION

CP 107

Prepare the way of the Lord.

Prepare the way of the Lord

and all people will see the salvation of our God. x3

THE HOLY GOSPEL

MATTHEW 24:36-44

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.

But about that day and hour no one knows, neither the angels of heaven, nor the Son, but only the Father. For as the days of Noah were, so will be the coming of the Son of Man. For as in those days before the flood they were eating and drinking, marrying and giving in marriage, until the day Noah entered the ark, and they knew nothing until the flood came and swept them all away, so too will be the coming of the Son of Man. Then two will be in the field; one will be taken and one will be left. Two women will be grinding meal together; one will be taken and one will be left. Keep awake therefore, for you do not know on what day your Lord is coming. But understand this: if the owner of the house had known in what part of the night the thief was coming, he would have stayed awake and would not have let his house be broken into. Therefore you also must be ready, for the Son of Man is coming at an unexpected hour.

The Gospel of Christ.

Praise to you, Lord Jesus Christ.

GOSPEL ACCLAMATION

CP 107

Prepare the way of the Lord.

Prepare the way of the Lord

and all people will see the salvation of our God. x3

Please be seated.

SERMON

The Rev. Mark Munn

Let us confess our faith, as we sing,

**I believe in one God,
the Father Almighty,
maker of heaven and earth,
and all things visible and invisible;
And in one Lord, Jesus Christ,
the only begotten Son of God,
begotten of the Father before all worlds,
God from God, Light from Light,
very God of very God,
begotten, not made,
of one substance with the Father;
through whom all things were made.
Who for us and for our salvation
came down from heaven,
and was incarnate of the Holy Ghost of the Virgin Mary
and was made man,
and was crucified also for us under Pontius Pilate;
he suffered and was buried.
And the third day he rose again
according to the Scriptures;
and ascended into heaven
and sitteth on the right hand of the Father.
And he shall come again with glory to judge quick and the dead,
whose kingdom shall have no end.
And I believe in the Holy Ghost, the Lord, the giver of life,
who proceedeth from the Father and the Son,
with the Father and the Son together is worshiped and glorified,
who spake by the prophets.
And I believe one holy catholic and apostolic Church.**

**I acknowledge one baptism for the forgiveness of sins.
And I look for the resurrection of the dead,
and the life of the world to come. Amen.**

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

THE PRAYERS OF THE PEOPLE

Liz Hodgson

In joyful expectation of his coming to our aid
we pray to Jesus.

**Wait for the Lord, Whose Day Is Near.
Wait for the Lord: be strong, take heart!**

CP 94

Come to your Church as Lord and judge.
Help us to live in the light of your coming
and give us a longing for your kingdom.
Maranatha: **R.**

Come to your world as King of the nations.
Before you rulers will stand in silence.
Maranatha: **R.**

Come to the suffering as Saviour and comforter.
Break into our lives,
where we struggle with sickness and distress,
and set us free to serve you for ever.
Maranatha: **R.**

Come to us as shepherd and guardian of our souls.
Give us with all the faithful departed
a share in your victory over evil and death.
Maranatha: **R.**

Come from heaven, Lord Jesus, with power and great glory.
Lift us up to meet you,
that with all your saints and angels
we may live and reign with you in your new creation.
Maranatha: **R.**
Silence is kept.

Come, Lord Jesus, do not delay;
give new courage to your people,
who trust in your love.
By your coming, raise us to share in the joy of your kingdom
on earth as in heaven,
where you live and reign with the Father and the Spirit,
one God for ever and ever.
Amen.

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

THE PEACE

In the tender mercy of our God,
the dayspring from on high shall break upon us,
to give light to those who dwell in darkness
and in the shadow of death,
and to guide our feet into the way of peace.

May the peace of God 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

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.

OFFERTORY HYMN You Servants of the Lord

CP 93

Please remain standing until communion.

THE HOLY COMMUNION

PRAYER OVER THE GIFTS

Eternal One,
risking hope in this season of anticipation,
watching and waiting for your Holy Light,
we bring our offerings to you and say in faith:
Amen. Come, Lord Jesus.

We thank you for this bread and wine, gifts of your creation.
We thank you for the gift of Emmanuel: God with us. **Amen.**

THE GREAT THANKSGIVING

God is with you.
And also with you.
Open your hearts.
We open our hearts to God.
Let us give thanks to God our Creator.
We give our thanks and praise.

It is indeed right, our duty and our joy,
that we should at all times and in all places
give thanks and praise to you, almighty and merciful God,
through our Savior Jesus Christ.

You comforted your people with the promise of the Redeemer,
through whom you will also make all things new
in the day when he comes to judge the world in righteousness.
And so, with all the choirs of angels,
with the church on earth and the hosts of heaven,
we praise your name and join their unending hymn:

Holy, Holy, Holy Lord

CP 689

Holy One, the beginning and the end, the giver of life:
Blessed are you for the birth of creation.
Blessed are you in the darkness and in the light.
Blessed are you for your promise to your people.
Blessed are you in the prophets' hopes and dreams.
Blessed are you for Mary's openness to your will.
Blessed are you for your Son Jesus,
the Word made flesh.

In the night in which he was betrayed,
our Lord Jesus took bread, and gave thanks;
broke it, and gave it to his disciples, saying:
Take and eat; this is my body, given for you.
Do this for the remembrance of me.

Again, after supper, he took the cup, gave thanks,
and gave it for all to drink, saying:
This cup is the new covenant in my blood,
shed for you and for all people for the forgiveness of sin.
Do this for the remembrance of me.

Let us proclaim the mystery of faith:

Christ has died.

Christ is risen.

Christ will come again.

With this bread and cup

we remember your Word dwelling among us,

full of grace and truth.

We remember our new birth in his death and resurrection.

We look with hope for his coming.

Come, Lord Jesus.

Holy God, we long for your Spirit.

Come among us.

Bless this meal.

May your Word take flesh in us.

Awaken your people.

Fill us with your light.

Bring the gift of peace on earth.

Come, Holy Spirit.

All praise and glory are yours,

Holy One of Israel,

Word of God incarnate,

Power of the Most High,

one God, now and forever.

Amen.

THE LORD'S PRAYER

In the spirit of Jesus' teaching, let us pray.

**Source of Life,
holy is your name.
May your community of shalom be realized,
here on earth as it is in heaven.
Give us each what we need for today.
Forgive us our wrongdoings,
and help us release those who wrong us.
Save us from times of duress,
and deliver us from the effects of evil.
For you hold truth and justice and love,
now and forever. Amen.**

THE BREAKING OF THE BREAD

God of promise,
you prepare a banquet for us in your kingdom.
**Happy are those who are called
to the supper of the Lamb.**

INVITATION TO HOLY COMMUNION

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

All who seek Christ and are drawn to this holy table are invited to come forth to receive Holy Communion. Dipping the bread (intinction) into the wine is not permitted. If you wish to receive a blessing rather than Holy Communion, please indicate such by placing your right hand over your heart.

Lamb of God

Lamb of God

CP 690

COMMUNION HYMN

O God, Unseen Yet Ever Near

CP 52

“Sleepers, Wake!” A Voice Astounds Us CP 110

All stand.

PRAYER AFTER COMMUNION

The Lord be with you.

And also with you.

Let us pray:

God for whom we wait,

you have fed us with the bread of eternal life.

Keep us ever watchful,

that we may be ready to stand before the Son of man.

We ask this in the name of Christ the Lord.

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 loved the world so much that God sent God's only Son,
give you grace to prepare for life eternal.

Amen.

May God the Son,
who comes to us as redeemer and judge,
reveal to you the path from darkness to light.

Amen.

May God the Holy Spirit,
by whose working the Virgin Mary conceived the Christ,
help you bear the fruits of holiness.

Amen.

And the blessing of God,

Source of Life,
Living Word,
and Comforter
be with you now and always.

Amen

DISMISSAL

Let us go in peace to prepare the way for Christ.

Thanks be to God!

RECESSIONAL HYMN Lo, He Comes with Clouds Descending CP 114

Please be seated for the postlude. The community disperses in silence.

¹⁶ In respect of those who may linger in contemplation, conversation is reserved for the narthex.

Upcoming Events:

30 November (Sun) 11am — Greening of the Church

3 December (Wed) 7pm— Discover the History + Imagine the Future of WPG

14 December (Sun) 8am, 10am— Archbishop John's Visit

19 December (Fri) 7pm— St. Helen's Christmas Concert

20 December (Sat) 9am— Advent Quiet Morning

24 December (Wed) 8pm— Christmas Eve Choral Eucharist Service

25 December (Thu) 10am— Christmas Day BAS Eucharist Service

For more information, visit sthelensvancouver.com/events

ST. HELEN'S

WEST POINT GREY ANGLICAN CHURCH

Discover the History + Imagine the Future of West Point Grey



Come learn about the history and future of our shared home, **West Point Grey**. Storytelling by former City of Vancouver planners Jeannette Hvalach and Christina DeMarco.

Connect with neighbours, reflect on the past, and dream about the future.

Dec. 3, 2025 — 7 PM

Jan. 14, 2026 — 7 PM

Everyone is welcome -
come curious and leave
connected.



ST. HELEN'S
WEST POINT GREY ANGLICAN CHURCH

Christmas at St. Helen's

Christmas Concert - Dec. 19 - 7pm

Christmas Eve Choral Service - Dec. 24 - 8pm

Christmas Day Service - Dec. 25 - 10am



sthelensvancouver.com

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: Liz Hodgson

Readers: Rhodri Windsor-Liscombe, Angela White

Counter: Dale O'Brien

Zoom: Tony Hodgson

Bread: Rhodri Windsor-Liscombe

Wine: Rev. Jeffrey Preiss, Suzanne Windsor-Liscombe

Volunteers for next week:

Intercessor: Hepsi Chand

Readers: Tony Hodgson, Angela White

Counter: Lynn Raymond

Connect with us: