

Fourth Sunday of Advent

Dec 21, 2025



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

GATHERING IN GOD'S NAME

All stand

OPENING HYMN Come, Thou Long-expected Jesus

CP 88

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

CONFSSION

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.

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

*Give us a star in the sky day and night, sign of your promise to save.
Over the mountains we follow its light, hoping for sign of your life.
Refrain.*

COLLECT OF THE DAY

The Lord be with you.

And also with you.

Let us pray.

Heavenly Father,
who chose the Virgin Mary, full of grace,
to be the mother of our Lord and Saviour,
now fill us with your grace,
that we in all things may embrace your will
and with her rejoice in your salvation;

through Jesus Christ our Lord,
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 7:10-16 Liz Hodgson

A reading from the book of Isaiah

Again the Lord spoke to Ahaz, saying, Ask a sign of the Lord your God; let it be deep as Sheol or high as heaven. But Ahaz said, I will not ask, and I will not put the Lord to the test. Then Isaiah said: "Hear then, O house of David! Is it too little for you to weary mortals, that you weary my God also? Therefore the Lord himself will give you a sign. Look, the young woman is with child and shall bear a son, and shall name him Immanuel. He shall eat curds and honey by the time he knows how to refuse the evil and choose the good. For before the child knows how to refuse the evil and choose the good, the land before whose two kings you are in dread will be deserted."

Hear what the Spirit is saying to the church.

Thanks be to God.

PSALM 80



Show the light of your coun-te - nance, and we__ shall be saved.

Hear, O Shepherd of Israel, leading Joseph like a flock;
shine forth, you that are enthroned upon the cherubim.
In the presence of Ephraim, Benjamin, and Manasseh,
stir up your strength and come to help us.
Restore us, O God of hosts;
show the light of your countenance, and we shall be saved. **R.**

O God of hosts,
how long will you be angered despite the prayers of your people?
You have fed them with the bread of tears;
you have given them bowls of tears to drink. **R.**

You have made us the derision of our neighbours,
and our enemies laugh us to scorn.
Restore us, O God of hosts;
show the light of your countenance, and we shall be saved. **R.**

SECOND READING ROMANS 1:1-7

Angela White

A reading from the First Letter of Paul to the Romans

Paul, a servant of Jesus Christ, called to be an apostle, set apart for the gospel of God, which he promised beforehand through his prophets in the holy scriptures, the gospel concerning his Son, who was descended from David according to the flesh and was declared to be Son of God with power according to the spirit of holiness by resurrection from the dead, Jesus Christ our Lord, through whom we have received grace and apostleship to bring about the obedience of faith among all the Gentiles for the sake of his name, including yourselves who are called to belong to Jesus Christ, To all God's

beloved in Rome, who are called to be saints: Grace to you and peace from God our Father and the Lord Jesus Christ.

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 1:18-25

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.

Now the birth of Jesus the Messiah took place in this way. When his mother Mary had been engaged to Joseph, but before they lived together, she was found to be with child from the Holy Spirit. Her husband Joseph, being a righteous man and unwilling to expose her to public disgrace, planned to dismiss her quietly. But just when he had resolved to do this, an angel of the Lord appeared to him in a dream and said, "Joseph, son of David, do not be afraid to take Mary as your wife, for the child conceived in her is from the Holy Spirit. She will bear a son, and you are to name him Jesus, for he will save his people from their sins." All this took place to fulfil what had been spoken by the Lord through the prophet: "Look, the virgin shall conceive and bear a son, and they shall name him Emmanuel," which

means, "God is with us." When Joseph awoke from sleep, he did as the angel of the Lord commanded him; he took her as his wife, but had no marital relations with her until she had borne a son; and he named him Jesus.

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. Jeffrey Preiss

AFFIRMATION OF FAITH *(All stand)*

CP 681

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

David Van Blarcom

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

Wait for the Lord, Whose Day Is Near.

CP 94

Wait for the Lord: be strong, take heart!

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 The God Whom Earth and Sea and Sky CP 267
Please remain standing until communion.

THE HOLY COMMUNION

PRAYER OVER THE GIFTS

Gracious God,
by the power of the Spirit
who sanctified the mother of your Son,
make holy all we offer you this day.
We ask this in the name of Jesus Christ the Lord. **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

Of the Father's Love Begotten
In the Bleak Midwinter

Choir
CP 122

All stand.

PRAYER AFTER COMMUNION

The Lord be with you.

And also with you.

Faithful God,

in this sacrament we receive the promise of salvation.

May we, like the Virgin Mary,
be obedient to your will.

We ask this in the name of Jesus 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 *It Came upon the Midnight Clear* CP 140

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.*

Upcoming Events:

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: Hepsi Chand

Readers: Tony Hodgson, Angela White

Counter: Lynn Raymond

Lay Administrators: Rev. Jeffrey Priess, Tony Hodgson, Paula Pryce

Volunteers for next week:

Intercessor: Liz Hodgson

Readers: Rhodri Windsor-Liscombe, Hepsi Chand

Counter and Zoom: Lynn Raymond

Lay Administrators: Suzanne and Rhodri Windsor-Liscombe, Claire Munn

Connect with us:

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