



Saint Helen's  
Anglican Church

**5<sup>th</sup> Sunday after Epiphany**  
**February 8, 2026**  
**10 AM**  
**Holy Eucharist**

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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.*  
[www.sthelensurrey.ca](http://www.sthelensurrey.ca)[www.facebook.com/sainthelensurrey](https://www.facebook.com/sainthelensurrey)

## **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.

### **Introit Hymn: CP 383 Jesus Shall Reign**

### **The Gathering of the Community**

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

**And also with you.**

### **Children's Focus**

### **Gloria: CP 366**

**Glory in the highest glory, peace to all, in all their days.  
Worship, thanks, and praise unceasing to the source of all we raise:  
reigning in the sapphire height, hidden from our mortal sight,  
now receive our adoration, as we make our supplication.**

**Jesus Christ, the world's redeemer, Lamb of God, for sinners given,  
Word eternal, born of Mary, Word made flesh, the face of heaven:  
holy one, to you we pray, hear us in the realms of day,  
with the Spirit there united, and the God-head high exulted.**

## **Kyrie Confessions**

God be gracious to us and bless us,  
and make your face shine upon us:

Lord, have mercy.

**Lord, have mercy.**

May your ways be known on the earth,  
your saving power among the nations:

Christ, have mercy.

**Christ, have mercy.**

You, Lord, have made known your salvation,  
and reveal your justice in the sight of the nations:

Lord, have mercy.

**Lord, have mercy.**

## **Collect of the Day**

Merciful Lord,

**grant to your faithful people pardon and peace,**

**that we may be cleansed from all our sins**

**and serve you with a quiet mind;**

**through Jesus Christ our Lord,**

**who is alive and reigns with you and the Holy Spirit,**

**one God, now and for ever. Amen**

## **The Proclamation of the Word**

### **First Reading: Isaiah 58: 1-9a**

A reading from the prophet Isaiah,

Shout out, do not hold back! Lift up your voice like a trumpet! Announce to my people their rebellion, to the house of Jacob their sins. Yet day after day

they seek me and delight to know my ways, as if they were a nation that practised righteousness and did not forsake the ordinance of their God; they ask of me righteous judgements, they delight to draw near to God. "Why do we fast, but you do not see? Why humble ourselves, but you do not notice?" Look, you serve your own interest on your fast day, and oppress all your workers. Look, you fast only to quarrel and to fight and to strike with a wicked fist. Such fasting as you do today will not make your voice heard on high. Is such the fast that I choose, a day to humble oneself? Is it to bow down the head like a bulrush, and to lie in sackcloth and ashes? Will you call this a fast, a day acceptable to the Lord? Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin? Then your light shall break forth like the dawn, and your healing shall spring up quickly; your vindicator shall go before you, the glory of the Lord shall be your rear guard. Then you shall call, and the Lord will answer; you shall cry for help, and he will say, Here I am.

Listen to what the spirit is saying to the Church

**Thanks be to God**

**Psalm: 112:1-9**

Hallelujah! Happy are they who fear the Lord and have great delight in his commandments! Their descendants will be mighty in the land; the generation of the upright will be blessed.

**Wealth and riches will be in their house, and their righteousness will last for ever.**

Light shines in the darkness for the upright; the righteous are merciful and full of compassion.

**It is good for them to be generous in lending and to manage their affairs with justice.**

For they will never be shaken; the righteous will be kept in everlasting remembrance.

**They will not be afraid of any evil rumours; their heart is right; they put their trust in the Lord.**

Their heart is established and will not shrink, until they see their desire upon their enemies.

**They have given freely to the poor, and their righteousness stands fast for ever; they will hold up their head with honour.**

Glory to God, Source of all Being, Eternal Word, and Holy Spirit:  
**As it was in the beginning, is now and ever shall be. Amen.**

### **Second Reading: 1 Corinthians 2:1-12**

A reading from the first letter of Paul to the Corinthians,  
When I came to you, brothers and sisters, I did not come proclaiming the mystery of God to you in lofty words or wisdom. For I decided to know nothing among you except Jesus Christ, and him crucified. And I came to you in weakness and in fear and in much trembling. My speech and my proclamation were not with plausible words of wisdom, but with a demonstration of the Spirit and of power, so that your faith might rest not on human wisdom but on the power of God. Yet among the mature we do speak wisdom, though it is not a wisdom of this age or of the rulers of this age, who are doomed to perish. But we speak God's wisdom, secret and hidden, which God decreed before the ages for our glory. None of the rulers of this age understood this; for if they had, they would not have crucified the Lord of glory. But, as it is written, "What no eye has seen, nor ear heard, nor the human heart conceived, what God has prepared for those who love him" - these things God has revealed to us through the Spirit; for the Spirit searches everything, even the depths of God. For what human being knows what is truly human except the human spirit that is within? So also no one

comprehends what is truly God's except the Spirit of God. Now we have received not the spirit of the world, but the Spirit that is from God, so that we may understand the gifts bestowed on us by God.

Hear what the Spirit is saying to the Church.

**Thanks be to God**

**Gradual Hymn: CP 502 You are the Salt for the Earth**

**Gospel: Matthew 5:13-20**

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**

Jesus said, "You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything but is thrown out and trampled under foot. You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp, puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven. Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfil. For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven."

The Gospel of Christ

**Praise to you Lord Jesus Christ**

**Homily:**

The Reverend Dr. Robin Ruder-Celiz

**Affirmation of Faith**

*Please rise as you are able*

Let us declare our faith in God:  
**We believe in God the Father,  
from whom every family  
in heaven and on earth is named.**

**We believe in God the Son,  
who lives in our hearts through faith,  
and fills us with his love.  
We believe in God the Holy Spirit,  
who strengthens us  
with power from on high.**

**We believe in one God.  
Father, Son and Holy Spirit. Amen.**

**Prayers of the People**

**Confession & Absolution**

The grace of God has dawned upon the world  
through our Saviour Jesus Christ,  
who sacrificed himself for us to purify a people as his own.  
Let us confess our sins.

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**

*Please rise as you are able*

Christ is our peace.  
If anyone is in Christ, there is a new creation.  
The old has passed away: behold, everything has become new.  
The peace of the Lord be always with you  
**And also with you.**

### **The Celebration of the Eucharist**

**Offertory Hymn: 393 Immortal, Invisible, God Only Wise**

### **Prayers over the Gifts**

God of compassion and forgiveness,  
**receive our offering this day,**

**and make us one with him who is our peace,  
Jesus Christ our Saviour. Amen**

### **The Great Thanksgiving**

The Lord is here.

**His Spirit is with us.**

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.**

All honour and praise be yours always and everywhere,  
mighty creator, ever-living God,

through Jesus Christ your only Son our Lord:

for at this time we celebrate your glory  
made present in our midst.

In the coming of the magi

the King of all the world was revealed to the nations.

In the waters of baptism

Jesus was revealed as the Christ,

the Saviour sent to redeem us.

In the water made wine

the new creation was revealed at the wedding feast.

Poverty was turned to riches, sorrow into joy.

Therefore with all the angels of heaven

we lift our voices to proclaim the glory of your name

and sing our joyful hymn of praise:

**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.**

Lord, you are holy indeed, the source of all holiness;  
grant that by the power of your Holy Spirit,  
and according to your holy will,  
these gifts of bread and wine  
may be to us the body and blood of our Lord Jesus Christ;

who, in the same night that he was betrayed,  
took bread and gave you thanks;  
he broke it and gave it to his disciples, saying:  
Take, eat; this is my body which is given for you;  
do this in remembrance of me.

In the same way, after supper  
he took the cup and gave you thanks;  
he gave it to them, saying:  
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.  
Do this, as often as you drink it,  
in remembrance of me.

**Lord, by your cross and resurrection  
you have set us free.**

## **You are the Saviour of the world.**

And so, Father, calling to mind his death on the cross,  
his perfect sacrifice made once for the sins of the whole world;  
rejoicing in his mighty resurrection and glorious ascension,  
and looking for his coming in glory,  
we celebrate this memorial of our redemption.

As we offer you this our sacrifice of praise and thanksgiving,  
we bring before you this bread and this cup  
and we thank you for counting us worthy  
to stand in your presence and serve you.

Send the Holy Spirit on your people  
and gather into one in your kingdom  
all who share this one bread and one cup,  
so that we, in the company of St. Helen and all the saints,  
may praise and glorify you for ever,  
through Jesus Christ our Lord;

by whom, and with whom, and in whom,  
in the unity of the Holy Spirit,  
all honour and glory be yours, almighty Father,  
for ever and ever. **Amen.**

## **The Lord's Prayer**

Believing the promises 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 Communion**

The gifts of God for the people of God.

### **Thanks be to God**

*Please proceed to the altar for communion as directed. Communion is offered in both bread and wine. If you only wish to receive the bread, you may touch the base of the chalice or give a slight bow in reverence to the Sacrament after receiving the bread.*

### **Prayer after Communion**

*Please Stand as you are able*

Eternal God,

**in you we find peace beyond all telling.**

**May we who share in this heavenly banquet**

**be instruments of your peace on earth,**

**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.**

### **Community Announcements**

### **The Blessing**

Christ our Lord, to whom kings bowed down in worship and offered gifts,  
reveal to you his glory and pour upon you the riches of his grace;  
and the blessing ...

## **Sending Hymn: CP 431 Take Up Your Cross the Savior Said**

### **Dismissal**

One in heart and one in mind,  
and empowered by the Spirit,  
go in the peace of Christ.

**Thanks be to God.**

### **Notices and Prayer List for the week beginning February 8, 2026**

**The flowers** at the altar this morning are given to the glory of God

**We pray for the whole Anglican Church of Canada** – we pray especially for the primate, Archbishop Shane Parker.

**Anglican Communion** – we pray for Hong Kong Sheng Kung Hui

**In our Diocesan Cycle:** We pray for Rt. Rev'd. John Stephens, Archbishop, Robin our Rector, and Stephen our Deacon. We also pray for the Archdeaconry of Burrard; St. Margaret, Cedar Cottage, Vancouver - The Revd Heidi Brear; St. Mark, Ocean Park - The Revd David Taylor.

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 Saliya & Rosita Herat & Wayne & Heather Herd. We pray for their work, ministry, and families here and away.

## Notices

**VESTRY:** St Helens annual vestry meeting will be on **February 22, 2026**.

Many reports are in...thanks.

**Lunch Bunch:** Everyone is invited to join us for lunch and fellowship on Thursday, February 26<sup>th</sup> in the Upper Hall at 11:45 am. The cost is now \$10.00. Your friends and family are welcome.

**Pancake Supper -Shrove Tuesday.** The pancake supper will be on Feb.17th at 5:30 PM. All friends and family are welcome, and the cost is by donation. There will be a craft for the children.

**Ash Wednesday February 18:** There will be two services, 10am and 7pm for Ash Wednesday with the imposition of ashes at both. We look forward to seeing you there.

**ACW** – The members of the ACW (Anglican Church Women) wish to extend an invitation to join them in the Upper Hall for a time of fellowship and light refreshments following the 10am Ash Wednesday Service. All are welcome.

**This Week's Ministry Team**

Officiant.....	The Rev. Dr. Robin Ruder Celiz
Deacon.....	The Rev. Stephen Thompson
Music.....	Joel Adimatha
Crucifer/Servers/Psalmist .....	Jasmyne Kennedy-Gaylen & John Palmer
Prayers of the Community .....	Lynn Turner
Readers.....	Darrel Shaw & Lynn Turner
Lay Administration .....	Janette Bulkan & Kelly Foulds
Greeters.....	Heather & Wayne Herd
Livestream Tech.....	Z. Barabas, T Beneteau, S Lee, Ronit V. I. Nwaogu, A.Sillah
Altar Guild.....	J. Francis, H. Herd, K. Foulds
Fellowship Servers.....	Cynthia & Anil Richards, C. Hall, D. Dronsfield

**Next Week's Ministry Team**

Officiant/Preacher .....	The Rev. Dr. Robin Ruder Celiz
Deacon.....	The Rev. Stephen Thompson
Music.....	Joel Adimatha
Crucifer/Server and Psalmist .....	Alex Mason
Prayers of the Community .....	Cathy Anderson
Readers.....	Mareen & Roshan Mathews
Lay Administration .....	Vee Villar & Edward Villar
Greeters.....	Ike Nwaogu & John Palmer
Livestream Tech.....	Z. Barabas, T. Beneteau, S. Lee Ronit V. I.Nwaogu, A.Sillah
Altar Guild.....	Sarah Vinu & Carol Young
Fellowship Servers.....	J Bulkan, Luke Moo, Dave & C. Stewart-Candy,& L. Richardson.

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There are several ways to may a financial contribution to St. Helen's. Here are two popular ways:  
E-Transfer: [giving2sthelen@gmail.com](mailto:giving2sthelen@gmail.com)  
Pre-Authorised Debit (PAD): Contact the Parish Office for details.

Thank you for your generosity.