

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

**Fifth Sunday After Epiphany**  
**8 Feb, 2026**



Presider & Preacher: The Ven. Richard Legget  
Deacon : The Reverend Jeffrey Preiss

## **GATHERING IN GOD'S NAME**

*All stand*

HYMN Immortal, Invisible, God Only Wise

CP 393

## **GATHERING OF THE COMMUNITY**

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 give thanks for the light of God that shines in the darkness

**A light no darkness can quench**

In this time and place

We give thanks for the light and peace of Jesus Christ  
the Word made flesh.

**The light of all people.**

In this time and place

We pray that the Spirit of God will be renewed  
in our hearts and minds

**That we might be the light of God in the world.**

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.**

## CONFSSION & ABSOLUTION

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

### *Silent Reflection*

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.**

## GLORIA

1. Glo - ry to God in the high - est heav - en, Peace to your peo - ple here on earth.

Al - might - y God, we wor - ship you, We give you thanks and praise your birth.

*Refrain*

Glo - ri-a, in ex-cel-sis De - o! De - o!

2. Je - sus Christ, on - ly Son of God, You take a - way the sin of the world;

Je - sus Christ, the Lamb of God, Have mer - cy on us and re - ceive our prayer.

*repeat Refrain*

3. For You a - lone are the One most Ho - ly, You a - lone are the Lord most high

Je - sus Christ with the Ho - ly Spi - rit In the glo - ry of God. A-men.

*repeat Refrain*

## COLLECT

O God of light,  
your Spirit reveals and illumines  
your presence in creation.  
Shine your radiant holiness into our lives,  
so that we may offer our hands and hearts to your work:  
to heal and shelter, to feed and clothe,  
to break every yoke and silence evil tongues. **Amen.**

*Please be seated.*

## THE LITURGY OF THE WORD

FIRST READING      ISAIAH 58.1-9A

Hepsi Chand

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 practiced righteousness and did not forsake the ordinance of their God; they ask of me righteous judgments; they want God on their side. “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. 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 straps 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."

The Word of the Lord.

**Thanks be to God.**

## PSALM 84



Hap - py are they who have giv - en to the poor.

Hallelujah!

Happy are they who fear God  
and have great delight in the commandments of the Holy One!  
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. **R.**

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. **R.**

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 God. **R.**

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. **R.**

#### SECOND READING 1 CORINTHIANS 2.1-12

Paula Pryce

When I came to you, brothers and sisters, I did not come proclaiming the testimony of God to you with superior speech 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 made not with persuasive 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 being destroyed. But we speak God's wisdom, a hidden mystery, which God decreed before the ages for our glory and which none of the rulers of this age understood, 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" — God has revealed to us through

the Spirit, for the Spirit searches everything, even the depths of God. For what human 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.**

*All stand for the Gospel*

#### GOSPEL ACCLAMATION

**Raise a song of gladness, peoples of the earth.**

**Christ has come, bringing peace, joy to every heart.**

**Alleluia, alleluia, joy to every heart!**

**Alleluia, alleluia, joy to every heart!**

#### THE HOLY GOSPEL MATTHEW 5.13-20

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.**

Jesus said to the crowd, "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. People do not light a lamp and put it under the bushel basket; rather, they put it 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 fulfill. 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.**

GOSPEL ACCLAMATION

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**Raise a song of gladness, peoples of the earth.**

**Christ has come, bringing peace, joy to every heart.**

**Alleluia, alleluia, joy to every heart!**

**Alleluia, alleluia, joy to every heart!**

*Please be seated.*

SERMON

The Ven. Richard Leggett

APOSTLE'S CREED (*All stand*)

Let us confess the faith of our baptism.

**I believe in God, the Father almighty,  
creator of heaven and earth.**

**I believe in Jesus Christ, God's only Son, our Lord,  
who was conceived by the Holy Spirit,  
born of the virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died, and was buried;  
he descended to the dead.**

**On the third day he rose again;  
he ascended into heaven,  
he is seated at the right hand of the Father,  
and he will come to judge the living and the dead.**

**I believe in the Holy Spirit,  
the holy catholic church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting. Amen.**

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

THE PRAYERS OF THE PEOPLE

David Van Blarcom

## THE PEACE

We are all one in Christ Jesus.  
We belong to him through faith,  
heirs of the promise of the Spirit of peace.

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.*

OFFERTORY HYMN    O Lord of Every Shining Constellation       CP 411  
*Please remain standing until communion.*

## THE HOLY COMMUNION

### PRAYER 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 EUCHARISTIC 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.  
**We give our thanks and praise.**

We give you thanks and praise, almighty God, through your beloved Son, Jesus Christ, our Saviour and Redeemer. He is your living Word, through whom you have created all things.

By the power of the Holy Spirit he took flesh from the Virgin Mary and shared our human nature. He lived and died as one of us, to reconcile us to you, the God and Creator of all.

In fulfilment of your will he stretched out his hands in suffering, to bring release to those who place their hope in you; and so he won for you a holy people.

He chose to bear our griefs and sorrows, and to give up his life on the cross, that he might shatter the chains of evil and death, and banish the darkness of sin and despair. By his resurrection he brings us into the light of your presence.

Now with all creation we raise our voices to proclaim the glory of your name.

*Introduction* Ho - ly, ho - ly ho - ly Lord, Ho - ly God - of pow'r and might: ,  
Heav'n and earth are full of your glo - ry. Glo - ry to You, - O Lord most high.  
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!

Broadly

rit. **ff** molto rit.

Holy and gracious God, accept our praise, through your Son our Saviour Jesus Christ; who on the night he was handed over to suffering and death, took bread and gave you thanks, saying, “Take, and eat: this is my body which is broken for you.”

In the same way he took the cup, saying, “This is my blood which is shed for you. When you do this, you do it in memory of me.”

Remembering, therefore, his death and resurrection, we offer you this bread and this cup, giving thanks that you have made us worthy to stand in your presence and serve you.

We ask you to send your Holy Spirit upon the offering of your holy Church. Gather into one all who share in these sacred mysteries, filling them with the Holy Spirit and confirming their faith in the truth, that together we may praise you and give you glory through your Servant, Jesus Christ.

All glory and honour are yours, Source of all being and eternal Word, with the Holy Spirit in the holy Church, 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 the bread of life,  
and that life is the light of the world.  
**God here among us,  
light in the midst of us,  
bring us to light and life.**

These are the gifts of God for the people of God.  
**Thanks be to God.**

### LAMB OF GOD



*mf*

O Lamb of God, you take a - way the sin — of the world;  
Have mer - cy, have mer - cy, have mer - cy on us.

*mf* All

O Lamb of God, you take a - way the sin — of the world;  
Lul - lay, lul - la, thou lit - tle tin - y child; *rall.* *p* *> pp* Grant — us your peace.

## INVITATION TO HOLY COMMUNION

*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.*

COMMUNION HYMN	We Who Live by Sound and Symbol	CP 69
	May the Spirit of Christ Be Our Hope	CP 483

*All stand.*

## PRAYER AFTER COMMUNION

Let us pray:

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.**

## BLESSING

Christ the Son of God perfect in you the image of his glory  
and gladden your hearts with the good news of his kingdom;  
and the blessing ...

HYMN	You Are Salt for the Earth	CP 502
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## DISMISSAL

Go forth into the world  
as salt and light of God's peace and justice.  
**Thanks be to God.**

## POSTLUDE

*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 at St. Helen's

**Ash Wednesday Service**— Wednesday, February 18 | 7:00 pm

**Lenten Quiet Morning**—Saturday, February 21 | 9:00 am–12:30 pm

**Annual Vestry Meeting**—Sunday, February 22 | After 10am Service

**The Eucharist as God's Self Giving**—Tuesday, February 24—March 24 |  
6:30pm-7:30pm (Zoom)







## 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](mailto:sthelenswpg@gmail.com) to get started or change your amount
- Donate via interact e-transfer to [sthelenswpg@gmail.com](mailto:sthelenswpg@gmail.com)
- Scan the QR code to the right or visit [sthelensvancouver.com/give](http://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 Today:**

Intercessor: Hepsi Chand

Readers: Pam Doig, Shawn de Raaf

Lay Administrators: Shawn de Raaf, Paula Pryce

Counter: Lynn Raymond

Zoom: Kathy Li

### **Volunteers Next Week:**

Intercessor: David Van Blarcom

Readers: Hepsi Chand, Angela White

Lay Administrators: Rhodri Windsor-Liscombe, Suzanne Windsor-Liscombe

Counter: Dale O'Brien

Zoom: Irene Vavasour

### **Connect with us:**

St Helen's Office: [sthelenswpg@gmail.com](mailto:sthelenswpg@gmail.com) | 604-224-0212

Dcn. Jeffrey Preiss: [rev.jeffreypreiss@gmail.com](mailto:rev.jeffreypreiss@gmail.com)

The Ven. Richard Leggett : [liturgypacific@gmail.com](mailto:liturgypacific@gmail.com)

Pastoral Emergencies: 604-828-6704