

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

Fourth Sunday in Lent
15 March, 2026



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

GATHERING IN GOD'S NAME

All stand

OPENING HYMN Word of God, Come Down on Earth

CP 446

OPENING LITANY

Blessed be the Holy One,
**who forgives all our sins and
whose mercy endures for ever.**

Creator of all, we acknowledge that we gather
on the unceded ancestral lands of the Coast Salish peoples:
lead us on pathways of reconciliation and peace.

We have wilfully misused your gifts of creation:
**Holy God, holy and mighty, holy immortal one,
have mercy upon us.**

CP 707

We have seen the ill-treatment of others
and have not gone to their aid:
**Holy God, holy and mighty, holy immortal one,
have mercy upon us.**

CP 707

We have condoned evil and dishonesty
and failed to strive for justice:
**Holy God, holy and mighty, holy immortal one,
have mercy upon us.**

CP 707

We have heard the good news of Christ,
but have failed to share it with others:
**Holy God, holy and mighty, holy immortal one,
have mercy upon us.**

CP 707

We have not loved you with all our heart,
nor our neighbours as ourselves:
**Holy God, holy and mighty, holy immortal one,
have mercy upon us.**

CP 707

May the God of love and power forgive you
and free you from your sins, heal and strengthen you by the Holy
Spirit, and raise you to new life in Christ our Saviour and Friend.
Amen.

COLLECT

Let us pray:

Creator and Healer,
you work your Sabbath will
in the chaos of our life:
teach us the insight that gives true judgement
and praises you wherever you are found,
making miracles from spit and mud;
through Jesus Christ, the Son of earth. **Amen.**

Please be seated.

THE LITURGY OF THE WORD

FIRST READING 1 SAMUEL 16.1-13

Pam Doig

The Lord said to Samuel, "How long will you grieve over Saul? I have rejected him from being king over Israel. Fill your horn with oil and set out; I will send you to Jesse the Bethlehemite, for I have provided for myself a king among his sons." Samuel said, "How can I go? If Saul hears of it, he will kill me." And the Lord said, "Take a heifer with you and say, 'I have come to sacrifice to the Lord.' Invite Jesse to the sacrifice, and I will show you what you shall do, and you shall anoint for me the one whom I name to you." Samuel did what the Lord commanded and came to Bethlehem. The elders of the city came to meet him trembling and said, "Do you come peaceably?" He said, "Peaceably. I have come to sacrifice to the Lord; sanctify yourselves and come with me to the sacrifice." And he sanctified Jesse and his sons and invited them to the sacrifice.

When they came, he looked on Eliab and thought, "Surely his anointed is now before the Lord." But the Lord said to Samuel, "Do not look on his appearance or on the height of his stature, because I have rejected him, for the Lord does not see as mortals see; they look on the outward appearance, but the Lord looks on the heart." Then Jesse called Abinadab and made him pass before Samuel. He said, "Neither has the Lord chosen this one." Then Jesse made Shammah pass by. And he said, "Neither has the Lord chosen this one." Jesse made seven of his sons pass before Samuel, and Samuel said to Jesse, "The Lord has not chosen any of these." Samuel said to Jesse, "Are all your sons here?" And he said, "There remains yet the youngest, but he is keeping the sheep." And Samuel said to Jesse, "Send and bring him, for we will not sit down until he comes here." He sent and brought him in. Now he was ruddy and had beautiful eyes and was handsome. The Lord said, "Rise and anoint him, for this is the one." Then Samuel took the horn of oil and

anointed him in the presence of his brothers, and the spirit of the Lord came mightily upon David from that day forward. Samuel then set out and went to Ramah.

The Word of the Lord.

Thanks be to God.

PSALM 23



O_ God is my shep - herd, I shall not be in want.

O God, you are my shepherd;

I shall not be in want.

You make me lie down in green pastures
and lead me beside still waters. **R.**

You revive my soul

and guide me along right pathways for your name's sake.

Though I walk through the valley of the shadow of death,

I shall fear no evil;

for you are with me; your rod and your staff, they comfort me. **R.**

You spread a table before me

in the presence of those who trouble me;

you have anointed my head with oil, and my cup is running over.

Surely your goodness and mercy

shall follow me all the days of my life,

and I will dwell in your house, O God, for ever. **R.**

SECOND READING EPHESIANS 5.8-14

Angela White

For once you were darkness, but now in the Lord you are light. Walk as children of light, for the fruit of the light is found in all that is good and right and true. Try to find out what is pleasing to the Lord. Take no part in the unfruitful works of darkness; rather, expose them. For it is shameful even to mention what such people do secretly, but everything exposed by the light becomes visible, for everything that becomes visible is light. Therefore it says, "Sleeper, awake! Rise from the dead, and Christ will shine on you."

Hear what the Spirit is saying to the church.

Thanks be to God.

All stand for the Gospel

GOSPEL ACCLAMATION

CP 360

Bless the Lord, my soul, and bless God's holy name.

Bless the Lord, my soul, who leads me into life. (X2)

*It is he who forgives all your guilt,
who heals everyone of your ills,
who redeems your life from the grave,
who crowns you with love and compassion.*

Choir

THE HOLY GOSPEL JOHN 9.1-41

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.

As Jesus walked along, he saw a man blind from birth. His disciples asked him, "Rabbi, who sinned, this man or his parents, that he was born blind?" Jesus answered, "Neither this man nor his parents sinned; he was born blind so that God's works might be revealed in him. We must work the works of him who sent me while it is day; night is coming, when no one can work. As long as I am in the world, I am the light of the world." When he had said this, he spat on the ground and made mud with the saliva and spread the mud on the man's eyes, saying to him, "Go, wash in the pool of Siloam" (which means Sent). Then he went and washed and came back able to see. The neighbours and those who had seen him before as a beggar began to ask, "Is this not the man who used to sit and beg?" Some were saying, "It is he." Others were saying, "No, but it is someone like him." He kept saying, "I am he." But they kept asking him, "Then how were your eyes opened?" He answered, "The man called Jesus made mud, spread it on my eyes, and said to me, 'Go to Siloam and wash.' Then I went and washed and received my sight." They said to him, "Where is he?" He said, "I do not know."

They brought to the Pharisees the man who had formerly been blind. Now it was a Sabbath day when Jesus made the mud and opened his eyes. Then the Pharisees also began to ask him how he had received his sight. He said to them, "He put mud on my eyes. Then I washed, and now I see." Some of the Pharisees said, "This man is not from God, for he does not observe the Sabbath." Others said, "How can a man who is a sinner perform such signs?" And they were divided. So they said again to the blind man, "What do you say about him? It was your eyes he opened." He said, "He is a prophet."

The religious authorities did not believe that he had been blind and had received his sight until they called the parents of the man who had received his sight and asked them, "Is this your son, who you say was born blind? How then does he now see?" His parents answered, "We know that this is our son and that he was born blind, but we do not know how it is that now he sees, nor do we know who opened his eyes. Ask him; he is of age. He will speak for himself." His parents said this because they were afraid of the religious authorities, for they had already agreed that anyone who confessed Jesus to be the Messiah would be put out of the synagogue. Therefore his parents said, "He is of age; ask him."

So for the second time they called the man who had been blind, and they said to him, "Give glory to God! We know that this man is a sinner." He answered, "I do not know whether he is a sinner. One thing I do know, that though I was blind, now I see." They said to him, "What did he do to you? How did he open your eyes?" He answered them, "I have told you already, and you would not listen. Why do you want to hear it again? Do you also want to become his disciples?" Then they reviled him, saying, "You are his disciple, but we are disciples of Moses. We know that God has spoken to Moses, but as for this man, we do not know where he comes from." The man answered, "Here is an astonishing thing! You do not know where he comes from, yet he opened my eyes. We know that God does not listen to sinners, but he does listen to one who worships him and obeys his will. Never since the world began has it been heard that anyone opened the eyes of a person born blind. If this man were not from God, he could do nothing." They answered him, "You were born entirely in sins, and are you trying to teach us?" And they drove him out.

Jesus heard that they had driven him out, and when he found him he said, "Do you believe in the Son of Man?" He answered, "And who is he, sir? Tell me, so that I may believe in him." Jesus said to him, "You have seen him, and the one speaking with you is he." He said, "Lord, I believe." And he worshipped him. Jesus said, "I came into this world for judgement, so that those who do not see may see and those who do see may become blind." Some of the Pharisees who were with him heard this and said to him, "Surely we are not blind, are we?" Jesus said to them, "If you were blind, you would not have sin. But now that you say, 'We see,' your sin remains."

The Gospel of Christ.

Praise to you, Lord Jesus Christ.

GOSPEL ACCLAMATION

CP 360

Bless the Lord, my soul, and bless God's holy name.

Bless the Lord, my soul, who leads me into life. (X2)

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

Hepsi Chand

THE EXCHANGE OF THE PEACE

Friends in Christ, we are ambassadors for Christ,
since God is making his appeal through us.
The peace of the Lord be always with you
and also with you.

THE HOLY COMMUNION

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 Praise the One Who Breaks the Darkness CP 397
Please remain standing until communion.

PRAYER OVER THE GIFTS

Let us pray.

God our provider,
**you have not fed us with bread alone,
but with words of grace and life.**
**Bless us and these your gifts,
which we receive from your bounty,
through Jesus Christ our Lord. Amen.**

THANKSGIVING AT THE TABLE

May God be with you.

And also with you.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to God our Creator.

It is right to 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 Saviour Jesus Christ. You call your people to cleanse their hearts and prepare with joy for the paschal feast, that renewed in the gift of baptism, we may come to the fullness of your grace. 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:

Blessed are you, O God of the universe. Your mercy is everlasting and your faithfulness endures from age to age.

Praise to you for creating the heavens and the earth. Praise to you for saving the earth from the waters of the flood. Praise to you for bringing the Israelites safely through the sea. Praise to you for leading your people through the wilderness to the land of milk and honey. Praise to you for the words and deeds of Jesus, your anointed one. Praise to you for the death and resurrection of Christ. Praise to you for your Spirit poured out on all nations.

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.

With this bread and cup we remember our Lord's passover from death to life as we proclaim the mystery of faith: **Christ has died. Christ is risen. Christ will come again.**

O God of resurrection and new life: Pour out your Holy Spirit on us and on these gifts of bread and wine. Bless this feast. Grace our table with your presence. **Come, Holy Spirit.**

Reveal yourself to us in the breaking of the bread. Raise us up as the body of Christ for the world. Breathe new life into us. Send us forth, burning with justice, peace and love. **Come, Holy Spirit.**

With blessed Helen and your holy ones of all times and places, with the earth and all its creatures, with sun and moon and stars, we praise you, O God, blessed and holy Trinity, now and forever.
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 this bread,
communion in Christ's body once broken.

Let your Church be the wheat
which bears fruit in dying.

**If we have died with him,
we shall live with him;
if we hold firm,
we shall reign with him.**

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

JESUS, LAMB OF GOD

CP 747

THE 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 Jesus, Joy of Our Desiring
Amazing Grace

CP 514

CP 352

All stand.

PRAYER AFTER COMMUNION

Let us pray:

Compassionate God,
you have fed us with the bread of heaven.
Sustain us in our Lenten pilgrimage;
may our fasting be hunger for justice;
our alms, a making of peace;
and our prayer, the song of grateful hearts;
through Jesus Christ, our Saviour and Lord. Amen.

LENTEN PRAYER OVER THE PEOPLE

Look down in mercy, Lord,
on your people who gathered before you;
and grant that those whom you have nourished
by your Word and Sacraments
may bring forth fruit worthy of repentance;
through Christ our Lord. **Amen.**

CLOSING HYMN Be Thou My Vision

CP 505

DISMISSAL

Go forth into the world
and proclaim that God is working
to bring light into our shadowed world.
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.*

Tax Receipts

The 2025 St. Helen's tax receipts were mailed out this week, apologies for the delay. If you are in urgent need of your tax information, please email Cynthia at the office at sthelenswpg@gmail.com and she can send you an electronic copy of your receipt.

Upcoming Events at St. Helen's

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

In the eucharist there are three acts of self giving; God to us, we to God and we to each other. We do this through our words and actions, our songs and silences. In this five-session Lenten study with the Ven. Richard Leggett, we'll explore together how the five movements of the eucharist enable that self giving.

Join Zoom Meeting

Meeting ID: 873 1670 8891

Passcode: 268502

One tap mobile

+14388097799,,87316708891#,,,,*268502# Canada

+15873281099,,87316708891#,,,,*268502# Canada

**Contemplative Prayer in Lent—Wednesday, February 25—April 1 |
7:30pm—8:30pm (St. Helen's Sanctuary)**

Lent gives us the space to pause, reflect, and renew. Come pray together through this holy season. Our evenings will draw from Compline and contemplative practices.

The final gathering will observe Tenebrae, the Holy Week service of shadows.

Next Week's Scripture Readings

The readings for the 5th Sunday in Lent, 22 March 2026, are Ezekiel 37.1-14; Psalm 130; Romans 8.6-11; John 11.1-45.

Suite or Room for rent?

Hi Everyone,

We have a lovely young couple in our parish, both working but one is pregnant! (we are all so excited!!). Anyways, this couple are from Sri Lanka and have family coming to celebrate the upcoming birth. However, they live in a small 1 bedroom apt in Marpole and hosting family with a new baby will be nigh on impossible. Nadeesha's mom is coming first, then Tharsigan's parents, then Nadeesha's dad. These visits will take place July – October. If anyone has or knows anyone who has a granny suite or even a bedroom that could be rented by their relatives, please contact me. Your assistance is greatly appreciated in getting the word out to your parishioners.

Lenten blessings

K+

The Rev. Dr. Katherine Hough (she/her)
Vicar - St Augustine's Anglican Church Marpole
8680 Hudson St, Vancouver BC V6P 4M5
Office: 604-263-9212 Cell: 250-421-9383



The Seven Last Words of Christ

F. J. Haydn

WHEN?

Sunday, March 29th, 2026 at 7:30pm

WHERE?

St. Faith's Anglican Church
7284 Cypress Street, Vancouver BC V6P 5M3

You are invited to an evening of classical music, led by Edette Gagné, featuring the Vivaldi Chamber Choir, Ensemble Harmonia, and talented soloists for a performance of *The Seven Last Words of Christ* by Joseph Haydn.

Originally composed in 1786, Haydn's iconic oratorio features nine movements, focused on one of the last seven sayings of Jesus spoken at the crucifixion. The words and music begin with a somber mood, growing towards an explosive conclusion in the final movement.

Tickets are on sale now for \$20, with a \$10 discount ticket option available.



Please scan QR code or call 604.266.8011 to purchase your tickets.

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 Today:

Intercessor: Hepsi Chand

Readers: Pam Doig, Angela White

Lay Administrators: Shawn de Raaf, Suzanne Windsor-Liscombe

Counter: Lynn Raymond

Zoom: Lynn Raymond

Volunteers Next Week:

Intercessor: David Van Blarcom

Readers: Gillian Moore, Alida Priess

Lay Administrators: Rhodri Windsor-Liscombe, Angela White

Counter: Lynn Raymond

Zoom: Kathy Li

The readings for the 5th Sunday in Lent, 22 March 2026, are Ezekiel 37.1-14; Psalm 130; Romans 8.6-11; John 11.1-45.

Connect with us:

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