

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

**Fifth Sunday in Lent**  
**22 March, 2026**



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

## GATHERING IN GOD'S NAME

*All stand*

OPENING HYMN O for a Thousand Tongues to Sing

CP 306

### 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:

God of compassion,  
you call us out of the bindings of death  
on this, our resurrection day:  
make us ready to surrender the fear in which we hide  
to step into your future alive and unashamed;  
through Jesus Christ, the life of the world. **Amen.**

*Please be seated.*

## THE LITURGY OF THE WORD

FIRST READING EZEKIEL 37.1-14

Gillian Moore

The hand of the Lord came upon me, and he brought me out by the spirit of the Lord and set me down in the middle of a valley; it was full of bones. He led me all around them; there were very many lying in the valley, and they were very dry. He said to me, "Mortal, can these bones live?" I answered, "O Lord God, you know." Then he said to me, "Prophecy to these bones and say to them: O dry bones, hear the word of the Lord. Thus says the Lord God to these bones: I will cause breath to enter you, and you shall live. I will lay sinews on you and will cause flesh to come upon you and cover you with skin and put breath in you, and you shall live, and you shall know that I am the Lord."

So I prophesied as I had been commanded, and as I prophesied, suddenly there was a noise, a rattling, and the bones came together, bone to its bone. I looked, and there were sinews on them, and flesh had come upon them, and skin had covered them, but there was no breath in them. Then he said to me, "Prophecy to the breath, prophecy, mortal, and say to the breath: Thus says the Lord God: Come from the four winds, O breath, and breathe upon these slain, that they may live." I prophesied as he commanded me, and the breath came into them, and they lived and stood on their feet, a vast multitude.

Then he said to me, "Mortal, these bones are the whole house of Israel. They say, 'Our bones are dried up, and our hope is lost; we are cut off completely.' Therefore prophecy and say to them: Thus says the Lord God: I am going to open your graves and bring you up from your graves, O my people, and I will bring you back to the land of Israel. And you shall know that I am the Lord when I open your graves and bring you up from your graves, O my people. I will put my

spirit within you, and you shall live, and I will place you on your own soil; then you shall know that I, the Lord, have spoken and will act, says the Lord.”

The Word of the Lord.

**Thanks be to God.**

## PSALM 130



Our God shall re - deem us from all\_\_ our\_\_ sins.

Out of the depths have I called to you, O God:  
God, hear my voice;  
let your ears consider well the voice of my supplication. **R.**

If you were to note what is done amiss,  
O God, who could stand?  
For there is forgiveness with you;  
therefore you shall be feared. **R.**

I wait for you, O God, my soul waits for you;  
in your word is my hope.  
My soul waits for God, more than sentinels for the morning,  
more than sentinels for the morning. **R.**

O Israel, wait for God,  
the One with whom there is mercy;  
With you, O God, there is plenteous redemption,  
and you shall redeem Israel from all their sins. **R.**

SECOND READING ROMANS 8.6-11

Alida Priess

To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For this reason the mind that is set on the flesh is hostile to God; it does not submit to God's law — indeed, it cannot, and those who are in the flesh cannot please God.

But you are not in the flesh; you are in the Spirit, since the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, then the body is dead because of sin, but the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will give life to your mortal bodies also through his Spirit that dwells in 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)**

*As a Father has compassion on his children,*

*Choir*

*The Lord has pity on those who fear him;*

*For he knows of what we are made,*

*He remembers that we are dust.*

## THE HOLY GOSPEL JOHN 11.1-45

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.**

Now a certain man was ill, Lazarus of Bethany, the village of Mary and her sister Martha. Mary was the one who anointed the Lord with perfume and wiped his feet with her hair; her brother Lazarus was ill. So the sisters sent a message to Jesus, "Lord, he whom you love is ill." But when Jesus heard it, he said, "This illness does not lead to death; rather, it is for God's glory, so that the Son of God may be glorified through it." Accordingly, though Jesus loved Martha and her sister and Lazarus, after having heard that Lazarus was ill, he stayed two days longer in the place where he was.

Then after this he said to the disciples, "Let us go to Judea again." The disciples said to him, "Rabbi, the Jews were just now trying to stone you, and are you going there again?" Jesus answered, "Are there not twelve hours of daylight? Those who walk during the day do not stumble because they see the light of this world. But those who walk at night stumble because the light is not in them." After saying this, he told them, "Our friend Lazarus has fallen asleep, but I am going there to awaken him." The disciples said to him, "Lord, if he has fallen asleep, he will be all right." Jesus, however, had been speaking about his death, but they thought that he was referring merely to sleep. Then Jesus told them plainly, "Lazarus is dead. For your sake I am glad I was not there, so that you may believe. But let us go to him." Thomas, who was called the Twin, said to his fellow disciples, "Let us also go, that we may die with him."

When Jesus arrived, he found that Lazarus had already been in the tomb four days. Now Bethany was near Jerusalem, some two miles away, and many of the Jews had come to Martha and Mary to console them about their brother. When Martha heard that Jesus was coming, she went and met him, while Mary stayed at home. Martha said to Jesus, "Lord, if you had been here, my brother would not have died. But even now I know that God will give you whatever you ask of him." Jesus said to her, "Your brother will rise again." Martha said to him, "I know that he will rise again in the resurrection on the last day." Jesus said to her, "I am the resurrection and the life. Those who believe in me, even though they die, will live, and everyone who lives and believes in me will never die. Do you believe this?" She said to him, "Yes, Lord, I believe that you are the Messiah, the Son of God, the one coming into the world."

When she had said this, she went back and called her sister Mary and told her privately, "The Teacher is here and is calling for you." And when she heard it, she got up quickly and went to him. Now Jesus had not yet come to the village but was still at the place where Martha had met him. The Jews who were with her in the house consoling her saw Mary get up quickly and go out. They followed her because they thought that she was going to the tomb to weep there. When Mary came where Jesus was and saw him, she knelt at his feet and said to him, "Lord, if you had been here, my brother would not have died." When Jesus saw her weeping and the Jews who came with her also weeping, he was greatly disturbed in spirit and deeply moved. He said, "Where have you laid him?" They said to him, "Lord, come and see." Jesus began to weep. So the Jews said, "See how he loved him!" But some of them said, "Could not he who opened the eyes of the blind man have kept this man from dying?"

Then Jesus, again greatly disturbed, came to the tomb. It was a cave, and a stone was lying against it. Jesus said, "Take away the stone." Martha, the sister of the dead man, said to him, "Lord, already there is a stench because he has been dead four days." Jesus said to her, "Did I not tell you that if you believed you would see the glory of God?" So they took away the stone. And Jesus looked upward and said, "Father, I thank you for having heard me. I knew that you always hear me, but I have said this for the sake of the crowd standing here, so that they may believe that you sent me." When he had said this, he cried with a loud voice, "Lazarus, come out!" The dead man came out, his hands and feet bound with strips of cloth and his face wrapped in a cloth. Jesus said to them, "Unbind him, and let him go."

Many of the Jews, therefore, who had come with Mary and had seen what Jesus did believed in him.

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

David Van Blarcom

## 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    Holy Spirit, Storm of Love

CP 603

*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:

**Holy, Holy, Holy Lord**

**CP 722**

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 Wind Who Makes All Winds That Blow CP 249  
From the Falter of Breath CP 489

*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 with compassion, O Lord,  
upon this your people;  
that, rightly observing this holy season,  
they may learn to know you more fully,  
and to serve you a more perfect will;  
through Christ our Lord. **Amen.**

CLOSING HYMN The Kingdom of God Is Justice and Joy CP 631

## DISMISSAL

Go forth into the world  
and proclaim the new life  
that is coming into the world.

**Thanks be to God.**

POSTLUDE AVE VERUM CORPUS W.A. Mozart

*Choir*

Hail, true Body, born of Mary the Virgin;  
truly suffering, sacrificed on the cross for us;  
from Whose pierced side flowed water and blood.  
Be to us a foretaste at death's trial,  
O sweet Jesus, O loving Jesus, O Jesus Son of Mary.

*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](mailto: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

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One tap mobile

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**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 First Reading: Isaiah 50.4-9a*

*The Second Reading: Philippians 2.1-11*

*The Gospel: Matthew 21.1-11*

## 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

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# *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](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: David Van Blarcom

Readers: Gillian Moore, Alida Priess

Lay Administrators: Rhodri Windsor-Liscombe, Angela White

Counter: Lynn Raymond

Zoom: Kathy Li

### **Volunteers Next Week:**

Intercessor: Hepsi Chand

Readers: Matt Powell, Paula Pryce

Lay Administrators: Shawn de Raaf, Suzanne Windsor-Liscombe

Counter: Dale O'Brien

### **Connect with us:**

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