

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

Palm Sunday
29 March, 2026



Presider: The Ven. Richard Leggett
Preacher: The Rev'd Harold Munn
Deacon : The Reverend Jeffrey Preiss

GATHERING IN GOD'S NAME

All stand

OPENING HYMN At the Name of Jesus

CP 375

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:

Holy and immortal God,
as we enter into this holy week
turn our hearts to Jerusalem,
so that, united with Christ and all the faithful,
we may enter the city not made with hands,
your promised realm of justice and peace,
eternal from age to age. **Amen.**

Please be seated.

THE LITURGY OF THE WORD

FIRST READING ISAIAH 50.4-9A

Matt Powell

The Lord God has given me a trained tongue, that I may know how to sustain the weary with a word. Morning by morning he wakens, wakens my ear to listen as those who are taught. The Lord God has opened my ear, and I was not rebellious; I did not turn backward. I gave my back to those who struck me and my cheeks to those who pulled out the beard; I did not hide my face from insult and spitting. The Lord God helps me; therefore I have not been disgraced; therefore I have set my face like flint, and I know that I shall not be put to shame; he who vindicates me is near. Who will contend with me? Let us stand in court together. Who are my adversaries? Let them confront me. It is the Lord God who helps me; who will declare me guilty? All of them will wear out like a garment; the moth will eat them up.

The Word of the Lord.

Thanks be to God.

PSALM 31:9-16



Have mercy on me, O God, for I am in trouble;
my eye is consumed with sorrow, and also my throat and my belly.
For my life is wasted with grief,
and my years with sighing;
my strength fails me because of affliction,
and my bones are consumed. **R.**

I have become a reproach to all my enemies and even to my neighbours.

a dismay to those of my acquaintance;
when they see me in the street they avoid me.

I am forgotten as one who is dead;
I am as useless as a broken pot. **R.**

For I have heard the whispering of the crowd;
fear is all around;

they put their heads together against me;
they plot to take my life.

But as for me, I have trusted in you, O Most High.
I have said, "You are my God. **R.**

My times are in your hand;

rescue me from the hand of my enemies, and from those who persecute me.

Make your face to shine upon your servant,
and in your loving-kindness save me." **R.**

SECOND READING PHILIPPIANS 2.1-11

Paula Pryce

If, then, there is any comfort in Christ, any consolation from love, any partnership in the Spirit, any tender affection and sympathy, make my joy complete: be of the same mind, having the same love, being in full accord and of one mind. Do nothing from selfish ambition or empty conceit, but in humility regard others as better than yourselves. Let each of you look not to your own interests but to the interests of others. Let the same mind be in you that was in Christ Jesus,

who, though he existed in the form of God, did not regard equality with God as something to be grasped, but emptied himself, taking the form of a slave, assuming human likeness. And being found in appearance as a human, he humbled himself and became obedient to the point of death — even death on a cross.

Therefore God exalted him even more highly and gave him the name that is above every other name, so that at the name given to Jesus every knee should bend, in heaven and on earth and under the earth, and every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.

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. (X3)

It is he who forgives all your guilt,

Choir

Who heals every one of your ills,

Who redeems your life from the grave,

Who crowns you with love and compassion.

THE HOLY GOSPEL MATTHEW 21.1-11

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.

When they had come near Jerusalem and had reached Bethphage, at the Mount of Olives, Jesus sent two disciples, saying to them, “Go into the village ahead of you, and immediately you will find a donkey tied and a colt with her; untie them and bring them to me. If anyone says anything to you, just say this, ‘The Lord needs them.’ And he will send them immediately.” This took place to fulfill what had been spoken through the prophet: “Tell the daughter of Zion, Look, your king is coming to you, humble and mounted on a donkey, and on a colt, the foal of a donkey.”

The disciples went and did as Jesus had directed them; they brought the donkey and the colt and put their cloaks on them, and he sat on them. A very large crowd spread their cloaks on the road, and others cut branches from the trees and spread them on the road. The crowds that went ahead of him and that followed were shouting, “Hosanna to the Son of David! Blessed is the one who comes in the name of the Lord! Hosanna in the highest heaven!”

When he entered Jerusalem, the whole city was in turmoil, asking, “Who is this?” The crowds were saying, “This is the prophet Jesus from Nazareth in Galilee.”

The Gospel of Christ.

Praise to you, Lord Jesus Christ.

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 Rev'd Harold Munn

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 When I Survey the Wondrous Cross CP 386

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.

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 My Song is Love Unknown

CP 184

Take Up Your Cross, The Savior Said, arr. Helvey

Choir

HOLY WEEK BIDDING

Dear friends in Christ, during Lent we have been preparing for the celebration of our Lord's paschal mystery. On this day our Lord Jesus Christ entered the holy city of Jerusalem in triumph. The people welcomed him with palms and shouts of praise, but the path before him led to self-giving, suffering and death. Today we greet him as our servant Lord, although we know his crown in thorns and his throne a cross. We follow him this week from the glory of the palms to the glory of the resurrection by way of the dark road of suffering and death. United with him in his suffering on the cross, may we share his resurrection and new life.

THE BLESSING OF THE PALMS

The Lord be with you.

And also with you.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

It is right to praise you, almighty God, for the acts of love by which you have redeemed us through your Son Jesus Christ our Lord. The crowd acclaimed Jesus as Messiah with palm branches in their hands, crying, Hosanna in the highest. May we also, carrying these emblems, go forth to meet Christ and follow him in the way that leads to eternal life; who lives and reigns in glory with you and the Holy Spirit, now and for ever. **Amen.**

The Palms are distributed.

DISMISSAL

Let us go forth in peace.

In the name of Christ. Amen.

The Closing Hymn is sung in its entirety. During the last verse, you are invited to join the Altar Party in processing out of the Church.

CLOSING HYMN All Glory, Laud and Honour

CP 181

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

Maundy Thursday, April 2 at 7pm

Good Friday, April 3 at 3pm

Easter Sunday, April 5 at 8am & 10am

Tenebrae

a service of shadows

Wednesday April 1 at 7:30pm

*A contemplative prayer service
based on the 8th century liturgy*

*a gateway service to the Triduum of
Maundy Thursday
Good Friday
and Easter Sunday*

“Faith in Disaster: Finding Deep Hope in the Climate Crisis”

Harold Munn, former Dean of Edmonton, and frequent guest presider and preacher, will read excerpts from his second book, *“Faith in Disaster,”* share how Easter joy transforms our climate fear, and will engage in conversation with attendees.

Friday April 10th: 7.00 – 9.00 p.m. St. Helen's, 4405 W 8th Ave.

Friday May 1st: 7.30 – 9.30 p.m. Christ Church Cathedral, 690 Burrard St.

July 26th – August 1st: week course at Sorrento Centre, Sorrento, B.C.

Next Week’s Scripture Readings

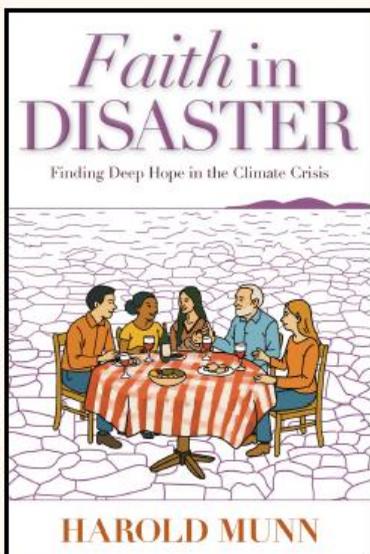
The First Reading: Jeremiah 31.1-6

The Second Reading: Acts 10.34-43

The Gospel: John 20.1-18

FAITH IN DISASTER:

Finding Deep Hope in the Climate Crisis

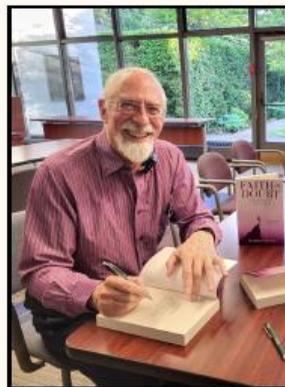


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See future events, read reviews, order the book at www.haroldmunnbooks.com



The Seven Last Words of Christ

F. J. Haydn

WHEN?

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

WHERE?

St. Faith's Anglian 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: Matt Powell, Paula Pryce

Lay Administrators: Shawn de Raaf, Suzanne Windsor-Liscombe

Counter: Dale O'Brien

Volunteers Next Week:

Intercessor: David Van Blarcom

Readers: Suzanne Windsor Liscombe, Angela White

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

Counter: Dale O'Brien

Connect with us:

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