

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

Good Friday
3 April, 2026



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

THE GATHERING OF THE COMMUNITY

When the congregation has assembled and the ministers, having entered in silence, are in their places, all shall stand.

OPENING SENTENCES

Lord, open our hearts

As we behold your suffering and meditate upon your cross

As we approach the cross with Jesus,

Let us walk with you on this final road.

Incline our hearts to hear your story;

Breathe into us the eternal hope of your good news of salvation.

A GENERAL CONFESSION

After a period of silence, the Deacon leads the Confession.

Almighty God,

Creator of all, we have sinned in thought and word and deed.

We have failed to continue in the apostles' teaching and fellowship.

We have allowed enmity and evil to grow in our hearts and have been embarrassed or neglectful in seeking repentance and in returning to the Lord.

We have shied away from proclaiming by word and example the good news of God in Christ.

We have neglected to seek and to serve Christ in all persons.

We have fallen short of your call to justice and peace among all people.

We have not respected the dignity of all human life.

We have been complicit in the neglect and decline of the created order

and have failed to safeguard the integrity of creation.

Lift us up O Son of God, that we may be restored to our common work of justice and mercy as we approach the foot of the cross. Amen.

THE COLLECT OF THE DAY

Presider

The Lord be with you.

And also with you.

Let us pray.

O Holy and Immortal One,
we veil our faces before your glory,
and bow before the cross of your wounded Christ.
With angels and archangels we praise you, our Mercy,
and we bless you, our Compassion,
for in our brokenness you have not abandoned us. **Amen.**

THE PROCLAMATION OF THE WORD

FIRST READING ISAIAH 52.13-53.12

A reading from the prophet Isaiah.

See, my servant shall prosper; he shall be exalted and lifted up and shall be very high. Just as there were many who were astonished at him — so marred was his appearance, beyond human semblance, and his form beyond that of mortals — so he shall startle many nations; kings shall shut their mouths because of him, for that which had not been told them they shall see, and that which they had not heard they shall contemplate.

Who has believed what we have heard? And to whom has the arm of the Lord been revealed? For he grew up before him like a young plant and like a root out of dry ground; he had no form or majesty that we should look at him, nothing in his appearance that we should desire him. He was despised and rejected by others; a man of suffering and acquainted with infirmity, and as one from whom others hide their faces he was despised, and we held him of no account. Surely he has borne our infirmities and carried our diseases, yet we accounted him stricken, struck down by God, and afflicted. But he was wounded for our transgressions, crushed for our iniquities; upon him was the punishment that made us whole, and by his bruises we are healed. All we like sheep have gone astray; we have all turned to our own way, and the Lord has laid on him the iniquity of us all. He was oppressed, and he was afflicted, yet he did not open his mouth; like a lamb that is led to the slaughter and like a sheep that before its shearers is silent, so he did not open his mouth. By a perversion of justice he was taken away. Who could have imagined his future? For he was cut off from the land of the living, stricken for the transgression of my people. They made his grave with the wicked and his tomb with the rich, although he had done no violence, and there was no deceit in his mouth. Yet it was the will of the Lord to crush him with affliction. When you make his life an offering for sin, he shall see his offspring and shall prolong his days; through him the will of the Lord shall prosper. Out of his anguish he shall see; he shall find satisfaction through his knowledge. The righteous one, my servant, shall make many righteous, and he shall bear their iniquities. Therefore I will allot him a portion with the great, and he shall divide the spoil with the strong, because he poured out himself to death and was numbered with the transgressors, yet he bore the sin of many and made intercession for the transgressors.

The Word of the Lord.
Thanks be to God.

PSALM 22.1-21



My God, my God, why have you forsaken me?
and are so far from my cry and from the words of my distress?
O my God, I cry in the daytime, but you do not answer;
by night as well, but I find no rest. **R.**

Yet you are the Holy One,
enthroned upon the praises of Israel.
Our forebears put their trust in you;
they trusted, and you delivered them.
They cried out to you and were delivered;
they trusted in you and were not put to shame. **R.**

But as for me, I am a worm and worthless, scorned by all and
despised by the people.
All who see me laugh me to scorn; they curl their lips and wag their
heads, saying,
"You trusted in God; let God deliver you,
rescue you, and show delight in you." **R.**

Yet you, O God, are the one who took me from the womb,
and kept me safe upon my mother's breast.
I have been entrusted to you ever since I was born;
you were my God when I was still in my mother's womb. **R.**

Be not far from me, for trouble is near,
and there is none to help.
Many young bulls encircle me; strong bulls of Bashan surround me.
They open wide their jaws at me, like a ravening and a roaring lion. **R.**

I am poured out like water; all my bones are out of joint;
my heart within my breast is melting wax.
My mouth is dried out like a pot-sherd; my tongue sticks to the roof
of my mouth;
and you have laid me in the dust of the grave. **R.**

Packs of dogs close in on me,
and gangs of evildoers circle around me;
they pierce my hands and my feet;
I can count all my bones.
They stare and gloat over me; they divide my garments among them;
they cast lots for my clothing. **R.**

Be not far away, O God;
you are my strength; hasten to help me.
Save me from the sword,
my life from the power of the dog.
Save me from the lion's mouth,
my wretched body from the horns of wild bulls. **R.**

SECOND READING HEBREWS 10.16-25

A reading from the Letter to the Hebrews.

“This is the covenant that I will make with them after those days, says the Lord: I will put my laws in their hearts, and I will write them on their minds,” and he adds, “I will remember their sins and their lawless deeds no more.” Where there is forgiveness of these, there is no longer any offering for sin.

Therefore, my brothers and sisters, since we have confidence to enter the sanctuary by the blood of Jesus, by the new and living way that he opened for us through the curtain (that is, through his flesh), and since we have a great priest over the house of God, let us approach with a true heart in full assurance of faith, with our hearts sprinkled clean from an evil conscience and our bodies washed with pure water. Let us hold fast to the confession of our hope without wavering, for he who has promised is faithful. And let us consider how to provoke one another to love and good deeds, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day approaching.

Holy Word, Holy Wisdom.

Thanks be to God.

GOSPEL ACCLAMATION O Sacred Head, Surrounded

CP 198

THE PASSION

Please use the Passion booklets and join in those portions marked ‘All’.

MEDITATION ON THE CROSS

A wooden cross is brought into the church and placed in the sight of the people.

This is the wood of the cross, on which hung the Saviour of the world.

Come let us worship.

All are welcome to make their way forward to stand or kneel before the cross in silence and meditation.

MUSIC DURING THE MEDITATION ON THE CROSS

Solo	He was Despised (The Messiah)	Erik Kallo, Countertenor
Hymn	Jesus Remember Me	CP 634

THE PRAYERS OF THE COMMUNITY

The Intercessions

Standing at the foot of the cross,
moved by grief, fear, and compassion,
but most of all by the great love Jesus showed for the world
in sharing our suffering even to death,
let us reach out in prayer and concern for all in need.

For the victims of war,
that trauma may give way to peace, safety, and healing.
A period of silence is kept.
Lord, **hear and have mercy.**

For the victims of violence and injustice,
that fear may give way to vindication.
A period of silence is kept.
Lord, **hear and have mercy.**

For the exploited and abused,
that oppression may give way to freedom.
A period of silence is kept.
Lord, **hear and have mercy.**

For the poor,
that indifference and contempt may give way to dignity.
A period of silence is kept.
Lord, **hear and have mercy.**

For those struggling with the demons of mental illness, depression,
or addiction,
that pain may give way to peace.
A period of silence is kept.
Lord, **hear and have mercy.**

For those overwhelmed by sorrow and loss,
that mourning may give way to comfort and meaning.
A period of silence is kept.
Lord, **hear and have mercy.**

For those burdened with guilt for the things they have done,
that they may find the way to forgiveness.
A period of silence is kept.
Lord, **hear and have mercy.**

For the violent and cruel,
that they may find repentance and healing.
A period of silence is kept.
Lord, **hear and have mercy.**

For the sick and aging,
that grief may give way to strength and acceptance.
A period of silence is kept.
Lord, **hear and have mercy.**

For those living with the fear of death,
that despair may give way to courage and hope.
A period of silence is kept.
Lord, **hear and have mercy.**

For a battered and exploited creation,
that exploitation may give way to flourishing and renewal.
A period of silence is kept.
Lord, **hear and have mercy.**

For a world fallen amongst thieves,
that together we may find the glorious liberty of Christ's Kingdom.
A period of silence is kept.
Lord, **hear and have mercy.**

For ourselves, with our hopes and doubts and dejection,
our gifts and our failings,
that we may find renewed faith and commitment to Christ's way of
self-giving love.
A period of silence is kept.
Lord, **hear and have mercy.**

May we be Christ's body, broken in sorrow and love for the world, that through us the power of his cross may bring healing and reconciliation.

A period of silence is kept.

Lord, **hear and have mercy.**

The Intercessions conclude with the following Collect.

O God of unchangeable power and eternal light, look favourably on your whole Church, that wonderful and sacred mystery. By the effectual working out of your providence, carry out in tranquillity the plan of salvation. Let the whole world see and know that things which were cast down are being raised up, and things which had grown old are being made new, and that all things are being brought to their perfection by him through whom all things were made, your Son Jesus Christ our Lord; who lives and reigns with you, in the unity of the Holy Spirit, one God, for ever and ever. **Amen.**

THE HOLY COMMUNION

HYMN OF PREPARATION Ah, Holy Jesus, How Hast Thou Offended CP 196

THANKSGIVING FOR THE SACRAMENT

The Lord be with you.

And also with you.

Let us give thanks to God our Creator.

It is right to give our thanks.

Blessed are you, gracious God, creator of heaven and earth;
we give you thanks and praise through Jesus Christ our Lord,
who for our salvation became obedient unto death.

The tree of defeat became the tree of victory:
where life was lost, life has been restored.

May we who share these consecrated gifts of bread and wine
share in the life of the One who gives his life for us.

Blessed are you, O Lord our God, now and for ever. Amen.

THE LORD'S PRAYER

As our Saviour taught us, we are bold to say:

**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 forever. Amen.**

COMMUNION

The gifts of God for the People of God.

Thanks be to God.

PRAYER AFTER COMMUNION

Let us pray.

Almighty and eternal God,
**you have restored us to life
by the triumphant death
and resurrection of Christ.
continue this healing work within us.
May we who partake of this mystery
never cease to give you dedicated service.
We ask this through Jesus Christ our Lord. Amen.**

PRAYER OVER THE PEOPLE

Send down your abundant blessing, Lord, upon your people
who have devoutly recalled the death of your Son
in the sure and certain hope of the resurrection.
Grant them pardon; bring them comfort.
May their faith grow stronger and their eternal salvation be assured.
We ask this through Christ our Lord. **Amen.**

CLOSING HYMN Were You There (Verses 1-5 only)

CP 192

*Silence is kept at all times in the Church. For those who wish, they
may spend quiet time before the cross in meditation and prayer.*

Upcoming Events at St. Helen's

Easter Sunday, April 5 at 8am & 10am

“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.

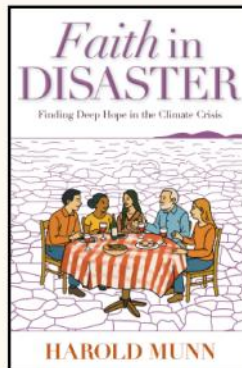
Friday May 1st:

7.30 – 9.30 p.m. Christ
Church Cathedral, 690
Burrard St.

July 26th – August 1st:

week course at Sorrento
Centre, Sorrento, B.C.

FAITH IN DISASTER: Finding Deep Hope in the Climate Crisis

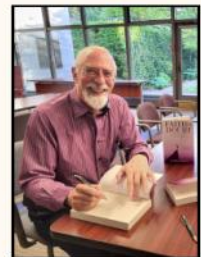


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Christ Church Cathedral,
690 Burrard St.

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

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.



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

YOU ARE INVITED!

FIND YOUR PLACE AT ST. HELEN'S!

During April we are focussing on the importance of our parish as an interactive community. Please join us as we explore ways to make our commitment to St. Helen's more dynamic!

April 12 – WELCOME! – Attend our services, stay for coffee, chat, and visit our parishioner opportunities!

April 19 – ENGAGE! – Learn more about how you can attend full-time or part-time and still engage in our community involvement. What are the opportunities? Come and find out!

*April 26 – VOLUNTEER! – Our church community is the people! Help sustain our parish life in an enriching way.
WE LOOK FORWARD TO SEEING YOU!*

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



Connect with us:

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The Ven. Richard Leggett : liturgypacific@gmail.com

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