

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

**The Second Sunday of Easter**  
**April 12, 2026**



Presider: The Ven. Richard Leggett  
Preacher: The Ven. Richard Leggett

## THE GATHERING OF THE COMMUNITY

### PRELUDE

OPENING HYMN That Eastertide with Joy Was Bright

CP 231

### THE GREETING

*Presider*

Alleluia! Christ is risen.

**The Lord is risen indeed. Alleluia!**

May his grace and peace be with you.

**May he fill our hearts with joy.**

### THE COLLECT FOR PURITY

Almighty God,

**to you all hearts are open,**

**all desires known,**

**and from you no secrets are hidden.**

**Cleanse the thoughts of our hearts**

**by the inspiration of your Holy Spirit,**

**that we may perfectly love you,**

**and worthily magnify your holy name;**

**through Christ our Lord. Amen.**

THE GLORIA IN EXCELSIS

CP 702

## COLLECT OF THE DAY

Let us pray.

Risen Christ,  
for whom no door is locked,  
no entrance barred:  
open the doors of our hearts,  
so that we may seek the good of others  
and walk the joyful road of sacrifice and peace,  
to the praise of God, the Source of all life. **Amen.**

## THE PROCLAMATION OF THE WORD

FIRST READING    EXODUS 15.1-11

Shawn de Raaf

A reading from Exodus.

Then Moses and the Israelites sang this song to the Lord: “I will sing to the Lord, for he has triumphed gloriously; horse and rider he has thrown into the sea. The Lord is my strength and my might, and he has become my salvation; this is my God, and I will praise him; my father’s God, and I will exalt him. The Lord is a warrior; the Lord is his name.

Pharaoh’s chariots and his army he cast into the sea; his elite officers were sunk in the Red Sea. The floods covered them; they went down into the depths like a stone. Your right hand, O Lord, glorious in power — your right hand, O Lord, shattered the enemy. In the greatness of your majesty you overthrew your adversaries; you sent out your fury; it consumed them like stubble. At the blast of your nostrils the waters piled up; the floods stood up in a heap; the deeps congealed in the heart of the sea. The enemy said, ‘I will pursue; I will overtake; I will divide the spoil; my desire shall have its fill of

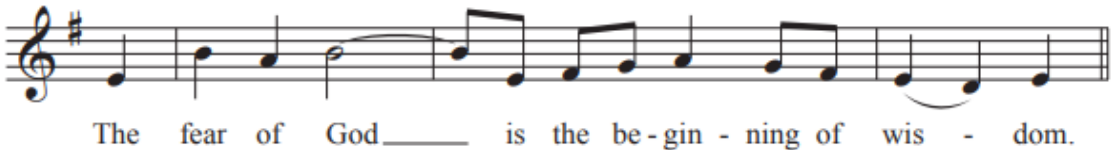
them. I will draw my sword; my hand shall destroy them.' You blew with your wind; the sea covered them; they sank like lead in the mighty waters.

Who is like you, O Lord, among the gods? Who is like you, majestic in holiness, awesome in splendour, doing wonders?

Hear what the Spirit is saying to the Church.

**Thanks be to God.**

## PSALM 111



Hallelujah!

I will give thanks to God with my whole heart,  
in the assembly of the upright, in the congregation.  
Great are the deeds of God!  
they are studied by all who delight in them. **R.**

Your work, O God, is full of majesty and splendour,  
and your righteousness endures for ever.  
You make your marvellous works to be remembered;  
you are gracious and full of compassion. **R.**

You give food to those who fear you;  
you are ever mindful of your covenant.  
You have shown your people the power of your works  
in giving them the lands of the nations. **R.**

The works of your hands are faithfulness and justice;  
all your commandments are sure.  
They stand fast for ever and ever,  
because they are done in truth and equity. **R.**

You sent redemption to your people;  
you commanded your covenant for ever;  
holy and awesome is your name.  
The fear of God is the beginning of wisdom;  
those who act accordingly have a good understanding;  
your praise endures for ever. **R.**

SECOND READING    ACTS 2.14a, 22-32            Rhodri Windsor-Liscombe  
A reading from the Acts of the Apostles.

Peter, standing with the eleven, raised his voice and addressed them, “Fellow Israelites, listen to what I have to say: Jesus of Nazareth, a man attested to you by God with deeds of power, wonders, and signs that God did through him among you, as you yourselves know — this man, handed over to you according to the definite plan and foreknowledge of God, you crucified and killed by the hands of those outside the law. But God raised him up, having released him from the agony of death, because it was impossible for him to be held in its power. For David says concerning him, ‘I saw

the Lord always before me, for he is at my right hand so that I will not be shaken; therefore my heart was glad, and my tongue rejoiced; moreover, my flesh will live in hope. For you will not abandon my soul to Hades or let your Holy One experience corruption. You have made known to me the ways of life; you will make me full of gladness with your presence.'

"Fellow Israelites, I may say to you confidently of our ancestor David that he both died and was buried, and his tomb is with us to this day. Since he was a prophet, he knew that God had sworn with an oath to him that he would put one of his descendants on his throne. Foreseeing this, David spoke of the resurrection of the Messiah, saying, 'He was not abandoned to Hades, nor did his flesh experience corruption.'

"This Jesus God raised up, and of that all of us are witnesses."

Hear what the Spirit is saying to the Church

**Thanks be to God.**

#### THE GOSPEL ACCLAMATION

Alleluia, alleluia, alleluia. (2x)

CP 457

Glory to God who does wondrous things;  
let all the people God's praises now sing;  
all of creation in splendour shall ring: alleluia!

Alleluia, alleluia, alleluia. (2x)

THE HOLY GOSPEL            JOHN 20.19-31

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 it was evening on that day, the first day of the week, and the doors were locked where the disciples were, for fear of the religious authorities, Jesus came and stood among them and said, "Peace be with you." After he said this, he showed them his hands and his side. Then the disciples rejoiced when they saw the Lord. Jesus said to them again, "Peace be with you. As the Father has sent me, so I send you." When he had said this, he breathed on them and said to them, "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained."

But Thomas (who was called the Twin), one of the twelve, was not with them when Jesus came. So the other disciples told him, "We have seen the Lord." But he said to them, "Unless I see the mark of the nails in his hands and put my finger in the mark of the nails and my hand in his side, I will not believe."

A week later his disciples were again in the house, and Thomas was with them. Although the doors were shut, Jesus came and stood among them and said, "Peace be with you." Then he said to Thomas, "Put your finger here and see my hands. Reach out your hand and put it in my side. Do not doubt but believe." Thomas answered him, "My Lord and my God!" Jesus said to him, "Have you believed because you have seen me? Blessed are those who have not seen and yet have come to believe."

Now Jesus did many other signs in the presence of his disciples that are not written in this book. But these are written so that you may continue to believe that Jesus is the Messiah, the Son of God, and that through believing you may have life in his name.

The Gospel of Christ.

**Praise to you, Lord Jesus Christ.**

#### GOSPEL ACCLAMATION

Alleluia, alleluia, alleluia. (2x)

CP 457

#### SERMON

The Ven. Richard Leggett

#### AN AFFIRMATION OF FAITH

**We believe and trust in God the Father,  
the source of all being and life,  
the one for whom we exist.**

**We believe and trust in God the Son,  
who took our human nature,  
died for us and rose again.**

**We believe and trust in God the Holy spirit,  
who gives life to the people of God  
and makes Christ known in the world.**

**This is the faith of the Church.**

**This is our faith.**

**We believe and trust in one God,  
the holy and undivided Trinity. Amen.**

## **THE PRAYERS OF THE PEOPLE**

INTERCESSIONS, PETITIONS, AND THANKSGIVINGS

Hepsi Chand

### THE EXCHANGE OF THE PEACE

Alleluia. Christ has been raised from the dead.  
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    We Walk by Faith, and Not by Sight

CP 244

*Please remain standing until communion.*

### PRAYER OVER THE GIFTS

Let us pray.

**God of grace,  
you have freed us from our sins  
and made a royal priesthood.  
Accept all we offer you this day,  
and strengthen us in the new life you have given us,  
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, for the glorious resurrection of our Saviour Jesus Christ, the true Paschal Lamb who gave himself to take away our sin, who in dying has destroyed death, and in rising has brought us to eternal life. And so, with Mary Magdalene and Peter and all the witnesses of the resurrection, with earth and sea and all their creatures, and with angels and archangels, cherubim and seraphim, we praise your name and join their unending hymn:

**Holy, Holy, Holy Lord**

**CP 719**

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

Be known to us, Lord Jesus,  
in the breaking of the bread.

**Be known to us, Lord Jesus,  
in the breaking of the bread.**

The bread which we break, alleluia,  
is the communion of the body of Christ.

**Be known to us, Lord Jesus,  
in the breaking of the bread.**

One body are we, alleluia,  
for though many, we share one bread.  
**Be known to us, Lord Jesus,  
in the breaking of the bread.**

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

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 HYMNS Dear Lord, We Long to See Your Face  
We Hold the Death of the Lord

CP 516  
CP 68

PRAYER AFTER COMMUNION

Let us pray.

Creator of the universe,  
**we have seen with our eyes  
and touched with our hands  
the bread of life.  
Strengthen our faith  
that we may grow in love for you  
and for each other;  
through Jesus Christ the risen Lord. Amen.**

## EASTER BLESSING

May God the Father, open to you the gates of everlasting life.

**Amen.**

May God the Son, give you joy as you share the Easter faith.

**Amen.**

May God the Holy Spirit, empower you and fill you with Christ's peace.

**Amen.**

And the blessing of the holy and undivided Trinity, one God:  
the Holy One of Israel,  
the Word of redemption and the Spirit of wisdom,  
be with you now and always. **Amen.**

CLOSING HYMN    Christ is Risen

CP 223

## DISMISSAL

Go in peace and proclaim that Christ is risen  
wherever God's beloved hide in fear. Alleluia. Alleluia.

**Thanks be to God. Alleluia. Alleluia.**

## 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

### **“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 May 1<sup>st</sup>:** 7.30 – 9.30 p.m. Christ Church Cathedral, 690 Burrard St.  
**July 26<sup>th</sup> – August 1<sup>st</sup>:** week course at Sorrento Centre, Sorrento, B.C.

## **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!**

## **Office Hours**

Tuesday, 09:00am-5:00pm  
Wednesday, 09:00am-5:00pm  
Friday, 09:00am-5:00pm

Meetings with the Interim Priest by appointment  
Tuesday and Friday, 9:30am-1pm  
(email: sthelenswpg@gmail.com)

## **Next Week's Scripture Readings**

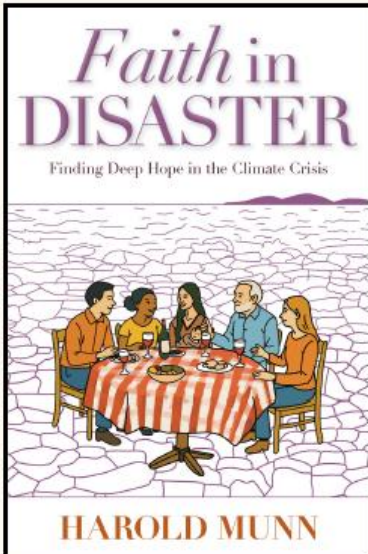
*The First Reading: Acts 2:14a, 36-41*

*The Second Reading: 1 Peter 1:17-23*

*The Gospel: Luke 24:13-35*

# FAITH IN DISASTER:

## Finding Deep Hope in the Climate Crisis

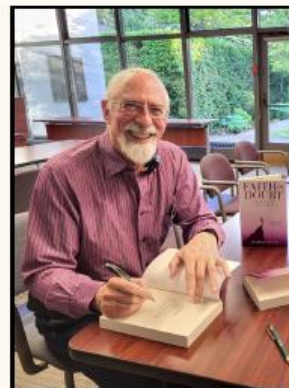


**Friday April 10th** : 7:00 – 9:00 p.m.  
St. Helen's, 4405 W 8th Ave.

**Friday May 1 st** : 7:30 – 9:30 p.m.  
Christ Church Cathedral,  
690 Burrard St.

**July 26 th – August 1 st** :  
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.haroldmunbooks.com](http://www.haroldmunbooks.com)

# WHAT HAPPENS HERE

## *Life at St. Helen's: A Community in Action*

**Every Sunday and throughout the week, people here help create something meaningful, together.**

## *Before, During, and After Worship*

**At St. Helen's, ministry isn't one thing. It's a shared rhythm of care, presence, and participation.**

- **Preparing the space**
- **Welcoming each person who walks through the door**
- **Proclaiming scripture and leading worship**
- **Sharing in the Eucharist**
- **Connecting over tea and conversation**
- **Supporting one another beyond Sunday**

**This is how community takes shape.**

## *Why It Matters*

**This isn't just about filling roles.**

**It's about:**

- **Building relationships**
- **Creating belonging**
- **Supporting one another in faith and in life**
- **Participating in something bigger than ourselves**

**Volunteers shape the life of this parish.  
And in turn, this community shapes us.**

# HOW YOU CAN BE PART OF IT

## Ways to Participate at St. Helen's

There are many ways to be part of what happens here

### Care & Outreach

- **Neighbourhood Ministry:** Support those in our wider community

### Worship & Liturgy

- **Readers:** Share the scriptures that ground our worship
- **Lay Administrators:** Assist in offering the Body and Blood of Christ during Eucharist (appointed annually and licensed by the Bishop)
- **Altar Guild:** Prepare the sacred space: linens, vessels, and flowers
- **Choir (directed by Dale Throness):** Lead music that carries our prayer and praise
- **Intercessors:** Lead the Prayers of the People, giving voice to the needs, hopes, and concerns of the Church and the world

### Leadership & Stewardship

### Hospitality & Community

- **Greeters:** Offer a warm welcome at the door
- **Tea & Coffee Hosts:** Create space for connection after the 10am service
- **Zoom Team:** Ensure those at home remain part of our community
- **Parish Council:** Help guide the life and direction of the parish
- **Counters:** Care for the financial life of the community
- **Wardens & Trustees:** Take responsibility for the parish's governance, property, and financial life
- **Delegates to Synod:** Carry the voice of St. Helen's into the wider Church

There is a place for you here.  
Talk to us. Get involved. Be part of the life of St. Helen's.

## 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: Shawn de Raaf, Rhodri Windsor-Liscombe

Lay Administrators: Suzanne Windsor-Liscombe, Shawn de Raaf

Counter: Lynn Raymond

Zoom: Lynn Raymond

### **Volunteers Next Week:**

Intercessor: Liz Hodgson

Readers: Tony Hodgson, Angela White

Lay Administrators: Tony Hodgson, Rhodri Windsor-Liscombe

Counter: Dale O'Brien

Zoom: Dale O'Brien

### **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