

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

The Third Sunday of Easter
April 19, 2026



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

THE GATHERING OF THE COMMUNITY

PRELUDE

All stand

OPENING HYMN Rejoice, Angelic Choirs, Rejoice

CP 218

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.

Lord of the gathering feast,
you walk with us on the shadowed road:
burn our hearts with Scripture's open flame;
unveil our darkened eyes as bread is torn and shared,
and from the broken fragments bless a people for yourself;
through Jesus Christ, the host of the world. **Amen.**

Please be seated

THE PROCLAMATION OF THE WORD

FIRST READING Isaiah 51.1-6

Tony Hodgson

A reading from the prophet Isaiah.

Listen to me, you who pursue righteousness, you who seek the Lord. Look to the rock from which you were hewn and to the quarry from which you were dug. Look to Abraham your father and to Sarah, who bore you, for he was but one when I called him, but I blessed him and made him many. For the Lord will comfort Zion; he will comfort all her waste places and will make her wilderness like Eden, her desert like the garden of the Lord; joy and gladness will be found in her, thanksgiving and the voice of song.

Listen to me, my people, and give heed to me, my nation, for a teaching will go out from me and my justice for a light to the peoples. I will bring near my deliverance swiftly; my salvation has gone out, and my arms will rule the peoples; the coastlands wait for me, and for my arm they hope. Lift up your eyes to the heavens and

look at the earth beneath, for the heavens will vanish like smoke,
the earth will wear out like a garment, and those who live on it will
die like gnats, but my salvation will be forever, and my deliverance
will never be ended.

Hear what the Spirit is saying to the Church.

Thanks be to God.

PSALM 34.1-10

Refrain



Taste and see that God is good; hap-py are they who trust in God.

I will bless God at all times;
my mouth will always be praising my Maker.
I will glory in the Holy One;
let the humble hear and rejoice. **R.**

Proclaim with me the greatness of the Most High;
let us exalt God's name forever.
I sought my God, and was answered
and delivered from all my terror. **R.**

Look upon God and be radiant,
and let not your faces be ashamed.
I called in my affliction and was heard
and saved from all my troubles. **R.**

Your angel, O God, encompasses those who fear you,
and will deliver them.

Taste and see that God is good;
Happy are they who trust in the Holy One. **R.**

Fear God, all you saints,
and you will lack nothing.
The young lions lack and suffer hunger,
but those who seek God lack nothing that is good.
You, God, ransom each faithful servant,
and none will be punished who trust in you. **R.**

SECOND READING Acts 2.14a, 36-41

Angela White

A reading from the Acts of the Apostles.

Peter, standing with the eleven, raised his voice and addressed them, “Therefore let the entire house of Israel know with certainty that God has made him both Lord and Messiah, this Jesus whom you crucified.”

Now when they heard this, they were cut to the heart and said to Peter and to the other apostles, “Brothers, what should we do?” Peter said to them, “Repent and be baptized every one of you in the name of Jesus Christ so that your sins may be forgiven, and you will receive the gift of the Holy Spirit. For the promise is for you, for your children, and for all who are far away, everyone whom the Lord our God calls to him.” And he testified with many other arguments and exhorted them, saying, “Save yourselves from this corrupt generation.” So those who welcomed his message were baptized, and that day about three thousand persons were added.

Hear what the Spirit is saying to the Church

Thanks be to God.

THE GOSPEL ACCLAMATION

Alleluia, alleluia, alleluia. (2x)

CP 457

Choir:

*Now in our presence the Lord will appear,
shine in the faces of all of us here;*

fill us with joy and cast out all our fear:

Alleluia.

Alleluia, alleluia, alleluia. (2x)

THE HOLY GOSPEL Luke 24.13-35

The Lord be with you.

And also with you.

The Holy Gospel of our Lord Jesus Christ according to Luke.

Glory to you, Lord Jesus Christ.

Now on that same day two of them were going to a village called Emmaus, about seven miles from Jerusalem, and talking with each other about all these things that had happened. While they were talking and discussing, Jesus himself came near and went with them, but their eyes were kept from recognizing him. And he said to them, "What are you discussing with each other while you walk along?" They stood still, looking sad. Then one of them, whose name was Cleopas, answered him, "Are you the only stranger in Jerusalem who does not know the things that have taken place there in these days?" He asked them, "What things?" They replied, "The things about

Jesus of Nazareth, who was a prophet mighty in deed and word before God and all the people, and how our chief priests and leaders handed him over to be condemned to death and crucified him. But we had hoped that he was the one to redeem Israel. Yes, and besides all this, it is now the third day since these things took place. Moreover, some women of our group astounded us. They were at the tomb early this morning, and when they did not find his body there they came back and told us that they had indeed seen a vision of angels who said that he was alive. Some of those who were with us went to the tomb and found it just as the women had said, but they did not see him.” Then he said to them, “Oh, how foolish you are and how slow of heart to believe all that the prophets have declared! Was it not necessary that the Messiah should suffer these things and then enter into his glory?” Then beginning with Moses and all the prophets, he interpreted to them the things about himself in all the scriptures.

As they came near the village to which they were going, he walked ahead as if he were going on. But they urged him strongly, saying, “Stay with us, because it is almost evening and the day is now nearly over.” So he went in to stay with them. When he was at the table with them, he took bread, blessed and broke it, and gave it to them. Then their eyes were opened, and they recognized him, and he vanished from their sight. They said to each other, “Were not our hearts burning within us while he was talking to us on the road, while he was opening the scriptures to us?” That same hour they got up and returned to Jerusalem, and they found the eleven and their companions gathered together. They were saying, “The Lord has risen indeed, and he has appeared to Simon!” Then they told what had happened on the road and how he had been made known to them in the breaking of the bread.

The Gospel of Christ.
Praise to you, Lord Jesus Christ.

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

Liz Hodgson

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 At the Lamb's High Feast We Sing CP 207
Please remain standing until communion.

PRAYER OVER THE GIFTS

Let us pray.

Creator of all,

**you wash away our sins in water,
you give us new birth by the Spirit,
and redeem us in the blood of Christ.**

**As we celebrate the resurrection,
renew your gift of life within us.**

We ask this in the name of Jesus Christ the risen 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 745

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 Alleluia No. 1

CP 405

I Found Him Cradled

CP 625

PRAYER AFTER COMMUNION

Let us pray.

Author of life divine,
in the breaking of bread we know the risen Lord.
Feed us always in these mysteries,
that we may show your glory to all the world.
We ask this in the name of Jesus Christ our 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 Truly, He Comes to Us

CP 204

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

Join us for our Sunday Worship on April 26, 2026

Book of Common Prayer | at 8:00 am

This is a simple yet deep spoken celebration of the Eucharist using the traditional Book of Common Prayer.

Choral Eucharist | at 10:00 am

This is a modern Eucharist service, with choral music sung by the St. Helen's Choir.

YOU ARE INVITED!

FIND YOUR PLACE AT ST. HELEN'S!

At St. Helen's, community doesn't just happen.

It is built through presence, participation, and shared responsibility.

Every Sunday and throughout the week, people here help create something meaningful, together. There are many ways to take part.

There is a place for you.

April 12 – WELCOME Come. Be present. Stay for coffee.

Learn what happens here.

April 19 – ENGAGE Explore how you can take part—
in ways that fit your life.

April 26 – PARTICIPATE Step into the life of this community. Sign up. Try something. Begin. This is not about filling roles. It is about building a community where everyone takes part.

See the sign up sheet in the narthex (entrance area).

WE LOOK FORWARD TO SEEING YOU!

Mission Conference

Anglicans from across the diocese are invited to gather for **Mission Conference** that invites us to listen carefully for where the Holy Spirit may be leading us now. Bishop Michael Curry, former Presiding Bishop of the Episcopal Church, is the keynote speaker. This conference is free. Child care is available.

WHEN : Saturday, May 30, 2026

WHERE : 1410 Nanton Ave, Vancouver (Synod Office)

TIME : 8:30am to 3:30pm

Anglicans are also invited to join the additional event on Friday, May 29 at 7pm at Christ Church Cathedral for ***Sing Without Ceasing***, a Choral Festival. The conference weekend closes on Sunday, May 31 with a Sunday Eucharist service at Christ Church Cathedral at 10:30am. All are welcome.

Registration:

<https://bit.ly/3QdSue7>



Questions? Please email conference@vancouver.anglican.ca

A promotional graphic for the Mission Conference 2026. The background is a sunset over a body of water with silhouettes of hikers on a ridge. The graphic is divided into several sections: top left with "mission CONFERENCE" in white on a blue background; top right with "MAY 30 2026" in white on a blue background; middle left with "Moving in Mission, Guided by Spirit" in white on a purple background; middle right with "More information coming soon" in white on a purple background; bottom left with a photo of Archbishop Michael Curry and the text "Keynote Speaker Archbishop Michael Curry" in white on a dark background; bottom left corner with "Venue | DIOCESAN SYNOD OFFICE 1410 NANTON AVENUE | VANCOUVER" in white on a dark background; bottom center with the Diocese of New Westminster logo and "Diocese of New Westminster ANGLICAN CHURCH OF CANADA" in white on a dark background.

mission
CONFERENCE

MAY
30
2026

*Moving in Mission,
Guided by Spirit*

More
information
coming soon

Keynote Speaker
Archbishop Michael Curry

Venue | DIOCESAN SYNOD OFFICE
1410 NANTON AVENUE | VANCOUVER

Diocese of New Westminster
ANGLICAN CHURCH OF CANADA

“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 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.

Volunteers Today:

Intercessor: Liz Hodgson

Readers: Tony Hodgson, Angela White

Lay Administrators: Tony Hodgson, Rhodri Windsor-Liscombe

Counter: Dale O’Brien

Zoom: Dale O'Brien

Volunteers Next Week:

Intercessor: David Van Blarcom

Readers: Gillian Moore, Liz Hodgson

Lay Administrators: Paula Pryce, Suzanne Windsor-Liscombe

Counter: Lynn Raymond

Zoom: Irene Vavasour

Next Week’s Scripture Readings

The First Reading: Ezekiel 34.7-15

The Second Reading: Acts 2.42-47

The Gospel: John 10.1-10

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 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



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

Connect with us:

St Helen's Office: sthelenswpg@gmail.com | 604-224-0212
Dcn. Jeffrey Preiss: rev.jeffreypreiss@gmail.com
The Ven. Richard Leggett : liturgyapacific@gmail.com
Pastoral Emergencies: 604-828-6704

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