



*This service is Livestreamed via Facebook and the Parish website. We welcome everyone worshipping with us today whether in person or online.*

## **The Gathering of the Community**

### **Words of Welcome and Acknowledgment**

We give thanks that we live, work, play, and worship on the traditional and unceded territory of the Coast Salish peoples including the Katzee, Tsawwassen, Semiahmoo and Kwantlen Nations. May our words and our actions reflect our awareness and appreciation of this.

### **Processional Hymn: CP 212 Alleluia the Strife is O'er**

### **The Gathering of the Community**

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.**

### **Children's Focus**

### **Gloria: CP 366**

**Glory in the highest glory, peace to all, in all their days.**

**Worship, thanks, and praise unceasing to the source of all we raise:  
reigning in the sapphire height, hidden from our mortal sight,  
now receive our adoration, as we make our supplication.**

**Jesus Christ, the world's redeemer, Lamb of God, for sinners given,  
Word eternal, born of Mary, Word made flesh, the face of heaven:  
holy one, to you we pray, hear us in the realms of day,  
with the Spirit there united, and the God-head high exulted.**

## **Kyrie Confessions**

Mary at the empty tomb,  
we fail to grasp the wonder of your presence.  
Lord, have mercy.  
**Lord, have mercy.**

Like the disciples behind locked doors,  
we are afraid to be seen as your followers.  
Christ, have mercy.  
**Christ, have mercy.**

Like Thomas in the upper room,  
we are slow to believe.  
Lord, have mercy.  
**Lord, have mercy**

Create in me a pure heart, O God,  
and renew a steadfast spirit within me:  
Lord, have mercy.  
**Lord, have mercy.**

## **Collect of the Day**

Almighty God,  
**your Son Jesus Christ is the way, the truth, and the life.**  
**Give us grace to love one another**  
**and walk in the way of his commandments,**  
**who lives and reigns with you and the Holy Spirit,**  
**one God, now and for ever.**

## The Proclamation of the Word

### **First Reading: Acts 7: 55-60**

A reading from book of Acts,  
Filled with the Holy Spirit, Stephen gazed into heaven and saw the glory of God and Jesus standing at the right hand of God. "Look," he said, "I see the heavens opened and the Son of Man standing at the right hand of God!" But they covered their ears, and with a loud shout all rushed together against him. Then they dragged him out of the city and began to stone him; and the witnesses laid their coats at the feet of a young man named Saul. While they were stoning Stephen, he prayed, "Lord Jesus, receive my spirit." Then he knelt down and cried out in a loud voice, "Lord, do not hold this sin against them." When he had said this, he died.

Listen to what the spirit is saying to the Church

**Thanks be to God**

### **Psalm: 31: 1-5, 15-16**

In you, O Lord, have I taken refuge; let me never be put to shame; deliver me in your righteousness.

**Incline your ear to me; make haste to deliver me. Be my strong rock, a castle to keep me safe, for you are my crag and my stronghold; for the sake of your name, lead me and guide me.**

Take me out of the net that they have secretly set for me, for you are my tower of strength.

**Into your hands I commend my spirit, for you have redeemed me, O Lord, O God of truth.**

"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."**

Glory to God, Source of all Being, Eternal Word and Holy Spirit:  
**As it was in the beginning, is now and ever shall be. Amen.**

**Second Reading: 1 Peter 2: 2-10**

A reading from the first letter of Peter,  
Like newborn infants, long for the pure, spiritual milk, so that by it you may grow into salvation if indeed you have tasted that the Lord is good. Come to him, a living stone, though rejected by mortals yet chosen and precious in God's sight, and like living stones, let yourselves be built into a spiritual house, to be a holy priesthood, to offer spiritual sacrifices acceptable to God through Jesus Christ. For it stands in scripture: "See, I am laying in Zion a stone, a cornerstone chosen and precious; and whoever believes in him will not be put to shame." To you then who believe, he is precious; but for those who do not believe, "The stone that the builders rejected has become the very head of the corner," and "A stone that makes them stumble, and a rock that makes them fall." They stumble because they disobey the word, as they were destined to do. But you are a chosen race, a royal priesthood, a holy nation, God's own people, in order that you may proclaim the mighty acts of him who called you out of darkness into his marvellous light. Once you were not a people, but now you are God's people; once you had not received mercy, but now you have received mercy.

Listen to what the spirit is saying to the Church

**Thanks be to God**

**Gradual Hymn: CP 551 My Faith Looks Up to Thee**

**Gospel John 14: 1-14**

The Lord be with you.

## **And also with you.**

The holy Gospel of our Lord Jesus Christ, according to John

Jesus said, "Do not let your hearts be troubled. Believe in God, believe also in me. In my Father's house there are many dwelling places. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, so that where I am, there you may be also. And you know the way to the place where I am going." Thomas said to him, "Lord, we do not know where you are going. How can we know the way?" Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me. If you know me, you will know my Father also. From now on you do know him and have seen him." Philip said to him, "Lord, show us the Father, and we will be satisfied." Jesus said to him, "Have I been with you all this time, Philip, and you still do not know me? Whoever has seen me has seen the Father. How can you say, 'Show us the Father'? Do you not believe that I am in the Father and the Father is in me? The words that I say to you I do not speak on my own; but the Father who dwells in me does his works. Believe me that I am in the Father and the Father is in me; but if you do not, then believe me because of the works themselves. Very truly, I tell you, the one who believes in me will also do the works that I do and, in fact, will do greater works than these, because I am going to the Father. I will do whatever you ask in my name, so that the Father may be glorified in the Son. If in my name you ask me for anything, I will do it."

The Gospel of Christ

**Praise to you Lord Jesus Christ**

**Homily:**

The Reverend Dr. Robin Ruder Celiz

**Affirmation of Faith**

*Please rise as you are able*

Do you believe and trust in the Holy One of Israel

Source of all being and life  
The one for whom we exist.  
**We believe and trust in God.**

Do you believe and trust in the Incarnate Word  
Who took our human nature  
Died for us and rose again.  
**We believe and trust in God.**

Do you believe and trust in the Power of the Most High  
Who gives life to the people of God?  
And makes Christ known in the World.  
We believe and trust in God.

**This is the faith of the Church.**  
**This is our Faith.**  
**We believe and trust in one God.**  
**Father, Son and Holy Spirit. Amen**

### **Prayers of the People**

### **Confession & Absolution**

Jesus said:  
Before you offer your gift,  
go and be reconciled.  
As brothers and sisters in God's family,  
we come together to ask our Father for forgiveness.

Most merciful God,  
**We confess that we have sinned against you**  
**in thought, word, and deed,**  
**by what we have done,**

**and by what we have left undone.  
We have not loved you with our whole heart.  
We have not loved our neighbours as ourselves.  
We are truly sorry and we humbly repent.  
For the sake of your Son Jesus Christ,  
have mercy on us and forgive us,  
that we may delight in your will,  
and walk in your ways,  
to the glory of your name. Amen.**

Almighty God have mercy upon you,  
pardon and deliver you from all your sins,  
confirm and strengthen you in all goodness,  
and keep you in eternal life.  
through Jesus Christ our Lord. **Amen.**

### **The Peace**

*Please rise as you are able*

The Risen Christ came and stood among his disciples.  
And said “Peace be with you”  
Then they were glad they had seen the Lord.  
The peace of the Lord be always with you  
**And also with you.**

## **The Celebration of the Eucharist**

**Offertory Hymn: CP 82 Halleluia We Sing Your Praises**

### **Prayers over the Gifts**

Gracious God,  
**you show us your way**

**and give us your divine life.  
May everything we do  
be directed by the knowledge of your truth.  
We ask this in the name of Jesus Christ the risen Lord . Amen.**

### **The Great Thanksgiving**

The Lord is here.  
**His Spirit is with us.**  
Lift up your hearts.  
**We lift them to the Lord.**  
Let us give thanks to the Lord our God.  
**It is right to give thanks and praise.**

It is indeed right, our duty and our joy,  
always and everywhere to give you thanks,  
almighty and eternal Father,  
and in these days of Easter  
to celebrate with joyful hearts  
the memory of your wonderful works.  
For by the mystery of his passion  
Jesus Christ, your risen Son,  
has conquered the powers of death and hell  
and restored in people the image of your glory.  
He has placed them once more in paradise  
and opened to them the gate of life eternal.  
And so, in the joy of this Passover,  
earth and heaven resound with gladness,  
while angels and archangels and the powers of all creation

sing for ever the hymn of your glory.

**Holy, holy, holy Lord,  
God of power and might,  
heaven and earth are full of your glory.  
Hosanna in the highest.  
Blessed is he who comes in the name of the Lord.  
Hosanna in the highest.**

Lord, you are holy indeed, the source of all holiness;  
grant that by the power of your Holy Spirit,  
and according to your holy will,  
these gifts of bread and wine  
may be to us the body and blood of our Lord Jesus Christ;  
who, in the same night that he was betrayed,  
took bread and gave you thanks;  
he broke it and gave it to his disciples, saying:  
Take, eat; this is my body which is given for you;  
do this in remembrance of me.

In the same way, after supper  
he took the cup and gave you thanks;  
he gave it to them, saying:  
Drink this, all of you;  
this is my blood of the new covenant,  
which is shed for you and for many for the forgiveness of sins.  
Do this, as often as you drink it,  
in remembrance of me.

**Lord, by your cross and resurrection  
you have set us free.  
You are the Saviour of the world.**

And so, Holy One, calling to mind his death on the cross,  
his perfect sacrifice made once for the sins of the whole world;  
rejoicing in his mighty resurrection and glorious ascension,  
and looking for his coming in glory,  
we celebrate this memorial of our redemption.

As we offer you this our sacrifice of praise and thanksgiving,  
we bring before you this bread and this cup  
and we thank you for counting us worthy  
to stand in your presence and serve you.

Send the Holy Spirit on your people  
and gather into one in your kingdom  
all who share this one bread and one cup,  
so that we, in the company of St.Helen and all the saints,  
may praise and glorify you for ever,  
through Jesus Christ our Lord;  
by whom, and with whom, and in whom,  
in the unity of the Holy Spirit,  
all honour and glory be yours, almighty Father,  
for ever and ever. **Amen**

### **The Lord's Prayer**

Alleluia, as the Risen Lord taught, so we 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 Communion**

The gifts of God for the people of God.

**Thanks be to God**

*Please proceed to the altar for communion as directed. Communion is offered in both bread and wine. If you only wish to receive the bread, you may touch the base of the chalice or give a slight bow in reverence to the Sacrament after receiving the bread*

### **Prayer after Communion**

*Please Stand as you are able*

God of love,

**in this eucharist we have heard your truth  
and shared in your life.**

**May we always walk in your way,**

**in the name of Jesus Christ the Lord.**

### **Doxology**

Glory to God

**whose power working in us can do infinitely more than we can ask or  
imagine. Glory to God from generation to generation in the church and  
in Christ Jesus for ever and ever. Amen.**

### **Community Announcements**

## **Birthday and Anniversary**

**May the blessing of God be upon you  
The blessing of the Father and the Son,  
And may the Spirit of God  
the Spirit of Love  
Be with you all your Days.**

**May the blessing of God be upon you  
The blessing of the Father and the Son,  
And may the Spirit of God  
And the Spirit of Peace  
Be with you all your Days.**

### **Blessing**

God the Father,  
by whose love Christ was raised from the dead,  
open to you who believe the gates of everlasting life.  
**Amen.**

God the Son,  
who in bursting from the grave has won a glorious victory,  
give you joy as you share the Easter faith.  
**Amen.**

God the Holy Spirit,  
who filled the disciples with the life of the risen Lord,  
empower you and fill you with Christ's peace.  
**Amen.**

**Recessional Hymn: CP 300: Christ is Made the Sure Foundation**

**Dismissal**

Go in peace to love and serve the Lord. Alleluia, Alleluia!

**Thanks be to God. Alleluia, Alleluia!**

## Notices and Prayer List for the week beginning May 3, 2026

**The flowers at the altar** this morning are given to the glory of God by Glenda Colquhoun in loving memory of her mother May Smith .

**We pray for the whole Anglican Church of Canada** – we pray especially for our primate, Archbishop Shane Parker .

**Anglican Communion** – we pray for the church of North India

**In our Diocesan Cycle:** We pray for Most Rev'd. John Stephens, Archbishop, Robin our Rector, and Stephen our Deacon. We also pray for The Deanery of Tri-Cities / North Burnaby – The Revd Philip Cochrane, Regional Dean; The Legal Officers of the Diocese - George Cadman, K.C., AAM, ODNW, Chancellor; Kevin Smith, ODNW, Vice-Chancellor; Donald Paul, ODNW, Registrar; Jennifer Dezell, ODNW, Legal Assessor ; All Saints, Burnaby - The Revd Justin Cheng, The Revd Leah Skuro

We pray for our companion diocese of Northern Philippines. We pray for our own twinned parish of Holy Apostles, Abatan, and their priest, Father Joey Napat-a.

In all these prayers for the church near and far, we pray for the people and clergy and for the ministries flowing from these places into the communities.

**In our Parish Cycle** we pray for Ervin Sotana, Filipinas & Lynda Sotana and Leo Sotana. We pray for their work, ministry, and families here and away.

**We pray for those preparing for confirmation:** Dave and Chris Stewart-Candy, Milliam and Christopher Wah and Amelia Ruder-Celiz

## Notices

**SAVE THE DATE- JUNE 13** Our STRAWBERRY TEA is back bigger and better than ever. Enjoy a lovely time over strawberry dessert, a fashion show, bake table, previously loved jewellery - all sorts of fun things will be happening. Let your friends and family know, bring them with you for a lovely afternoon.

### **GIVING TO ST. HELEN'S**

There are several ways in which we are able to sustain our Church. Your personal donation and support is always appreciated. Givings may be by:

Pre-Authorized Debit or PAD: the greeters will help you find the form, fill it out and drop it in the offering plate. Your chosen amount will be taken from your bank account/credit card each month.

E-Transfer: to [giving2sthelen@gmail.com](mailto:giving2sthelen@gmail.com)

Personal Church Envelopes

Personal Cheques or Cash

Credit Card

Whichever way you choose, please contact the Church Office, or speak to our Treasurer so that you can be added to the donor list and given a number that will generate your annual tax receipt.

**MEMORIAL OR CELEBRATION FLOWERS AT THE ALTAR:** you are invited to have the flowers placed on the Altar at any time during the year. They might be in memory of loved ones, or to celebrate an event special to you and your family. While our convenor for this is away, and for more information please call the church office. Please be prepared to give Jennifer the date you wish the flowers in Church; the reason you are giving the flowers and please make sure that you do so at least a week or two in advance. The flower donation is \$40 - \$50 and can be placed in the offering plate (noting name and directing the amount to flowers) or by e-transfer. Thank you.

### **SAVE THESE DATES:**

**SATURDAY, MAY 9 - "SPRING CLEANUP"** - this year we will focus on cleaning and clearing the Church basement, and the vegetable garden plot area. Starting at around 9:30 or 10:00 a.m., drop in as you are able, give an hour or give the day, bring your own tools, wheelbarrows, anything that will help get the job done! If you would rather

provide lunch for the crew - that would be very, very much appreciated. Speak to a Warden (Lynn or Luke) if this is something you can help with. And thank you!!

**WHY ARE WE CLEARING THE VEGETABLE GARDEN PLOT?** To create a St. Helen's Community Garden of course! For the benefit of parishioners and the neighbourhood. The garden will use raised garden beds, and everyone is invited to help with its care and enjoy the bounty! Our philosophy is simple:  
If people are hungry, they should be fed.  
Take what you need, pull a weed.  
Speak to a Warden for more information.

**SUNDAY, MAY 17** - something new, to help with the kitchen renovation. Hot Dog Day, a delicious hot dog for only \$5.00, you'll have the hot dog, a small bag of chips and of course the coffee and tea is always ready. If you would like to pay a little more, we can let you know that the new dishwasher (which will wash and sterilize a tray of cups in 8 minutes!) will cost in the range of \$2800. This will mean just a bit of alteration in the kitchen, but we also have to keep an eye on the leaky fridge! If this fundraising effort is well supported, there will be a kitchen reno event once a month with a new menu feature!

**FOR YOUR INFORMATION:** The much needed gutter repair work on the Hall gutters, fascia and downpipes will begin in the coming weeks. And repair on some of the monuments in the Church Graveyard. Spring is here!

**ST. HELEN'S ACW (Anglican Church Women)** – will hold their monthly meeting this Wednesday, May 6, in the Upper Hall, beginning with lunch and a time of fellowship at 11:30am. Members and all ladies who are interested in getting to know us and learn more about our activities are encouraged to come. Please bring your choice of lunch, tea, coffee and snack will be provided.

### **This Week's Ministry Team**

Presider..... The Rev. Paula Porter Leggett  
Preacher.....The Rev. Dr. Robin Ruder-Celiz  
Rector.....The Rev. Dr. Robin Ruder-Celiz  
Honorary Assistant .....The Rev. Paula Porter Leggett  
Deacon..... The Rev. Stephen Thompson  
Music ..... Joel Adimathra  
Crucifer/Server and Psalmist..... Wendy Russell  
Prayers of the Community.....John Palmer  
Readers .....Jayden Shaw & Catherine Hall  
Lay Administration..... Vee Villar & Edward Villar  
Greeters ..... Janette Bulkan & Judy Nicholson  
Livestream Tech..... Zoltan B. Tom B., Simon. L. Ronit V, Ike N .  
Altar Guild.....Sarah Vinu & Carol Young  
Fellowship Servers.....J.Bulkan, L.Moo ,D.& C. Stewart, L.Richardson

### **Next Week's Ministry Team**

Officiant/Preacher ..... The Revd Dr. Robin Ruder Celiz  
Honorary Assistant .....The Revd. Paula Porter Leggett  
Deacon..... The Revd. Stephen Thompson  
Music ..... Joel Adimathra  
Crucifer/Server and Psalmist.....Darrel Shaw  
Prayers of the Community.....John Palmer  
Readers .....Lynn Turner & Janette Bulkan  
Lay Administration.....Judy Nicholson & Angelita Sotana  
Greeters ..... Vinu Jacob & Maureen Thompsn  
Livestream Tech..... Zoltan B. Tom B., Simon. L. Ronit V, Ike N . a.  
Altar Guild.....Lynn Turner & Jennifer Semenovf.  
Fellowship Servers.....

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### **Giving to St. Helen's**

There are several ways to make a financial contribution to St. Helen's. Here are two popular ways:

E-Transfer: [giving2sthelen@gmail.com](mailto:giving2sthelen@gmail.com)

Pre-Authorised Debit (PAD): Contact the Parish Office for details.

Thank you for your generosity.

### **Parish Ministry**

Parish Staff:

P) 604-581-4800

E) [churchoffice@shawbiz.ca](mailto:churchoffice@shawbiz.ca)

Parish Clergy:

P) 604-379-8966

E) [sainthelensrector@gmail.com](mailto:sainthelensrector@gmail.com)

Office Hours: Tuesday to Friday 9am – 1pm

### **Diocesan Ministry**

Front Desk:

P) 604-684-6306

E) [info@vancouver.anglican.ca](mailto:info@vancouver.anglican.ca)

Office Hours: Mon-Fri 9am-4pm