

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

The Fifth Sunday of Easter
May 3, 2026



Presider: The Reverend Harold Munn
Preacher: The Reverend Jeffrey Preiss
Deacon: The Reverend Jeffrey Preiss
Music Director: Dale Throness

THE GATHERING OF THE COMMUNITY

PRELUDE

All stand

OPENING HYMN This Is the Day the Lord Hath Made

CP 373

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.

Generous God,
whose life is freely given
in Jesus Christ our Lord:
as you have opened for us
your house of many rooms,
so may we make a place
for the rejected and unloved,
and share in the work of peace;
through Jesus Christ the cornerstone. **Amen.**

Please be seated

THE PROCLAMATION OF THE WORD

FIRST READING Proverbs 4.10-18

Suzanne Windsor Liscombe

A reading from Proverbs.

Hear, my child, and accept my words, that the years of your life may be many. I have taught you the way of wisdom; I have led you in the paths of uprightness. When you walk, your step will not be hampered, and if you run, you will not stumble. Keep hold of instruction; do not let go; guard her, for she is your life. Do not enter the path of the wicked, and do not walk in the way of evildoers. Avoid it; do not go on it; turn away from it and pass on. For they cannot sleep unless they have done wrong; they are robbed of sleep unless they have made someone stumble. For they eat the bread of wickedness and drink the wine of violence. But the path of

the righteous is like the light of dawn, which shines brighter and brighter until full day.

Hear what the Spirit is saying to the Church.

Thanks be to God.

PSALM 119.9-16

Refrain



How can the young walk purely?

By keeping to your words.

With my whole heart I seek you;

let me not stray from your commandments. **R.**

I treasure your promise in my heart,

that I may not sin against you.

Blessed are you, O God;

instruct me in your statutes. **R.**

With my lips will I recite

all the judgements of your mouth.

I have taken greater delight in the way of your decrees

than in all manner of riches. **R.**

I will meditate on your commandments
and give attention to your ways.
My delight is in your statutes;
I will not forget your word. **R.**

SECOND READING Acts 7.55-60

Paula Pryce

A reading from the Acts of the Apostles.

But 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.

Hear what the Spirit is saying to the Church

Thanks be to God.

THE GOSPEL ACCLAMATION

Alleluia, alleluia, alleluia. (2x)

CP 457

Choir:

Glory to God who does wondrous things;

Let all the people God's praises now sing;

All of creation in splendour shall sing:

Alleluia.

Alleluia, alleluia, alleluia. (2x)

THE HOLY 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.

Glory to you, Lord Jesus Christ.

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 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.

Alleluia, alleluia, alleluia. (2x)

CP 457

SERMON

The Rev. Jeffrey Preiss

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 Anne Bonnycastle

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, the Lord's People

CP 10

Please remain standing until communion.

PRAYER OVER THE GIFTS

Let us pray.

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.

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 How Firm a Foundation

CP 527

Nada te turbe

CP 568

PRAYER AFTER COMMUNION

Let us pray.

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. 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 Joyful, Joyful We Adore Thee

CP 425

DISMISSAL

Go in peace to gather
all God's beloved into loving community. 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 May 10, 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.*

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



The graphic features a blue and white color scheme. On the left, the text reads 'mission CONFERENCE' in a serif font, with 'mission' in lowercase and 'CONFERENCE' in uppercase. Below this is the tagline 'Moving in Mission, Guided by Spirit' in a script font. To the right, the date 'MAY 30 2026' is displayed in a bold, sans-serif font. Below the date, it says 'More information coming soon'. The background of the right side shows silhouettes of hikers on a trail against a sunset sky. At the bottom left, there is a portrait of Archbishop Michael Curry, with the text 'Keynote Speaker Archbishop Michael Curry' next to it. At the bottom, the venue information 'Venue | DIOCESAN SYNOD OFFICE 1410 NANTON AVENUE | VANCOUVER' is listed on the left, and the Diocese of New Westminster Anglican Church of Canada logo and name are on the right.

Volunteers Today:

Intercessor: Anne Bonnycastle

Readers: Suzanne Windsor Liscombe, Paula Pryce

Lay Administrators: Rhodri Windsor-Liscombe, Paula Pryce

Counter: Dale O'Brien

Zoom: Tony Hodgson

Volunteers Next Week:

Intercessor: David Van Blarcom

Readers: Hepsi Chand, Liz Hodgson

Lay Administrators: Paula Pryce, Tony Hodgson

Counter: Lynn Raymond

Zoom: Lynn Raymond

Next Week's Scripture Readings

The First Reading: Ezekiel 34.1-7a

The Psalm: Psalm 115

The Second Reading: Acts 17.22-31

The Gospel: John 14.15-21

Contemplative Prayer

Contemplative Prayer sessions are held **every Wednesday at 7:30pm.**

No more contemplative prayer on Thursday afternoons.

Contemplative Prayer

in the evening

Pray · Reflect · Renew



drawing from Compline and contemplative practices

Wednesdays at 7:30pm

St. Helen's Anglican Church

4405 8th Ave W, Vancouver BC V6R 2A3

Prayer Requests

Prayers for:

Jamie & Beth

Jean Hodgkinson, and for her husband Tom

Karen

Mrs Therese Chabot

Mark

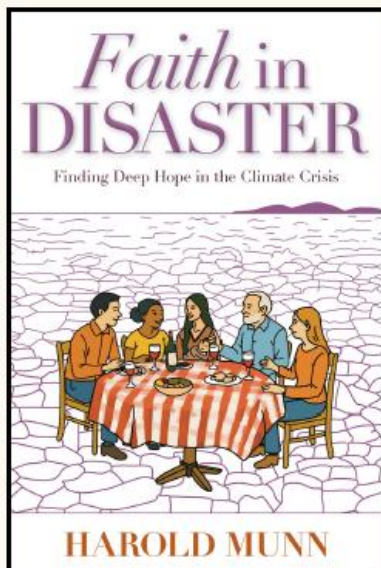
Lois

Ruth

Diane

FAITH IN DISASTER:

Finding Deep Hope in the Climate Crisis

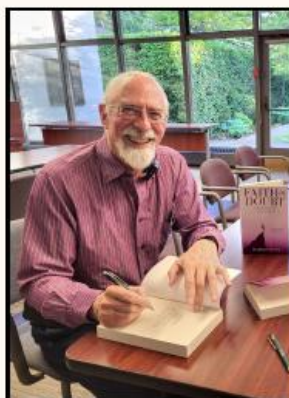


Friday April 10th : 7:00 – 9:00 p.m.
St. Helen's, 4405 W 8th Ave.

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

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

Interim Priest office hours: Tuesday and Friday, 9:30am-1pm
Or by appointment

Connect with us:

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

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