

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

## **Ascension Sunday**

**(Jerusalem and the Holy Land Sunday)**

**May 17, 2026**



Presider: The Ven. Richard Leggett  
Preacher: The Ven. Richard Leggett  
Music Director: Dale Throness

## THE GATHERING OF THE COMMUNITY

### PRELUDE

*All stand*

OPENING HYMN Hail the Day That Sees Him Rise

CP 247

### 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.

God unheld by word or wall:  
lift us from dullness and cynical contempt;  
make us ready for your Spirit of transforming power;  
and turn our hearts to the mending of the world,  
through Jesus Christ, the name above all names. **Amen.**

*Please be seated*

## THE PROCLAMATION OF THE WORD

FIRST READING Daniel 7.9-14

Matt Powell

A reading from the prophet Daniel.

As I watched, thrones were set in place, and an Ancient One took his throne; his clothing was white as snow and the hair of his head like pure wool; his throne was fiery flames, and its wheels were burning fire. A stream of fire issued and flowed out from his presence. A thousand thousands served him, and ten thousand times ten thousand stood attending him. The court sat in judgement, and the books were opened.

I watched then because of the noise of the arrogant words that the horn was speaking. And as I watched, the beast was put to death and its body destroyed and given over to be burned with fire. As for the rest of the beasts, their dominion was taken away, but their lives were prolonged for a season and a time. As I watched in the night visions,


I saw one like a human being coming with the clouds of heaven. And he came to the Ancient One and was presented before him. To him was given dominion and glory and kingship, that all peoples, nations, and languages should serve him. His dominion is an everlasting dominion that shall not pass away, and his kingship is one that shall never be destroyed.

Hear what the Spirit is saying to the Church.

**Thanks be to God.**

PSALM 24.7-10

*Refrain:*



The musical notation is a single line of music on a five-line staff with a treble clef. It consists of ten measures. The notes are: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), B4 (quarter), A4 (quarter), G4 (quarter), F4 (quarter), E4 (quarter), and D4 (quarter). The notes are connected by a slur. The lyrics are: "You gates, o - pen wide and high. Let the glo - rious sov - ereign en - ter."

The earth is our God's and all that is in it,  
the world and all who dwell therein.  
For God has founded it upon the seas  
and made it firm upon the rivers of the deep. **R.**

"Who can ascend the hill of the Holy One?  
and who can stand in the holy place?"

"Those who have clean hands and a pure heart,  
who have not pledged themselves to falsehood, nor sworn by what  
is a fraud. **R.**

They shall receive a blessing from the Holy One,  
and a just reward from the God of their salvation."  
Such is the generation of those who seek you,  
of those who seek your face, O God of Jacob. **R** .

Lift up your heads, O gates; lift them high, O everlasting doors;  
and the One who reigns in glory shall come in.

"Who is this, who reigns in glory?"

"Our God, strong and mighty, Our God, mighty in battle." **R**.

Lift up your heads, O gates; lift them high, O everlasting doors;  
and the One who reigns in glory shall come in.

"Who is this, who reigns in glory"

"The God of hosts it is who reigns in glory." **R**.

SECOND READING Acts 1.1-11

Angela White

A reading from the Acts of the Apostles.

In the first book, Theophilus, I wrote about all that Jesus began to do and teach until the day when he was taken up to heaven, after giving instructions through the Holy Spirit to the apostles whom he had chosen. After his suffering he presented himself alive to them by many convincing proofs, appearing to them during forty days and speaking about the kingdom of God. While staying with them, he ordered them not to leave Jerusalem but to wait there for the promise of the Father. "This," he said, "is what you have heard from me; for John baptized with water, but you will be baptized with the Holy Spirit not many days from now."

So when they had come together, they asked him, “Lord, is this the time when you will restore the kingdom to Israel?” He replied, “It is not for you to know the times or periods that the Father has set by his own authority. But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth.” When he had said this, as they were watching, he was lifted up, and a cloud took him out of their sight. While he was going and they were gazing up toward heaven, suddenly two men in white robes stood by them. They said, “Men of Galilee, why do you stand looking up toward heaven? This Jesus, who has been taken up from you into heaven, will come in the same way as you saw him go into heaven.”

Hear what the Spirit is saying to the Church

**Thanks be to God.**

#### THE GOSPEL ACCLAMATION

**Alleluia, alleluia, alleluia. (2x)**

CP 457

*Choir:*

*If we have love, then we dwell in the Lord;  
God will protect us from fire and sword,  
fill us with love and the peace of his word:  
Alleluia!*

**Alleluia, alleluia, alleluia. (2x)**

#### THE HOLY GOSPEL John 17.1-11

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.**

After Jesus had spoken these words, he looked up to heaven and said, "Father, the hour has come; glorify your Son so that the Son may glorify you, since you have given him authority over all people, to give eternal life to all whom you have given him. And this is eternal life, that they may know you, the only true God, and Jesus Christ, whom you have sent. I glorified you on earth by finishing the work that you gave me to do. So now, Father, glorify me in your own presence with the glory that I had in your presence before the world existed.

"I have made your name known to those whom you gave me from the world. They were yours, and you gave them to me, and they have kept your word. Now they know that everything you have given me is from you, for the words that you gave to me I have given to them, and they have received them and know in truth that I came from you, and they have believed that you sent me. I am asking on their behalf; I am not asking on behalf of the world but on behalf of those whom you gave me, because they are yours. All mine are yours, and yours are mine, and I have been glorified in them. And now I am no longer in the world, but they are in the world, and I am coming to you. Holy Father, protect them in your name that you have given me, so that they may be one, as we are one."

The Gospel of Christ.

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

**Alleluia, alleluia, alleluia. (2x)**

CP 457

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

Heavenly Father, we thank you for the birth in Bethlehem of the Word made flesh, your Son, Jesus Christ; who dwelt among us full of grace and truth. Lord, hear our prayer: **And let our cry come to you.**

We thank you for his life; his death here in Jerusalem as he carried our sins and suffering, and for his glorious Resurrection in which he gave us new life with him. Lord, hear our prayer: **And let our cry come to you.**

We thank you for entrusting to us the ministry of forgiveness, reconciliation and peace-making for the healing of your creation. Lord, hear our prayer: **And let our cry come to you.**

We pray for all victims of bloodshed, violence, and persecution. We especially pray for all in danger and those fleeing persecution in the Holy Land, and throughout the Middle East. Lord, hear our prayer: **And let our cry come to you.**

We pray for all who grieve for those they have loved and lost as a result of violence, particularly those grieving in Palestine, Gaza, and Israel. Lord, hear our prayer: **And let our cry come to you.**

We pray for the Holy Spirit to guide all leaders, especially on those who lead the peoples in the Land of the Holy One, the United Nations and upon all in authority, so your people may seek ways of peace and justice. Lord, hear our prayer: **And let our cry come to you.**

Heavenly Father, we praise and glorify you. You are our only refuge in a troubled world. Lord, hear our prayer: **And let our cry come to you.**

Let us pray in silence for peace in the Holy Land, and for the work of all aid agencies, hospitals and schools. Lord, hear our prayer: **And let our cry come to you.**

Lord God Almighty, you have made all the peoples of the earth for your glory to serve you in freedom and in peace: Give to us and the people of all the nations a zeal for justice and the strength of



## 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, who enthroned forever at your right hand intercedes for us as our great high priest. And so, with Mary Magdalene and Peter and all the witnesses of the resurrection, with earth and sea and all their creatures, 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 11

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.**

## 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    Thou, Who at Thy First Eucharist                    CP 57  
   Lord, Enthroned in Heavenly Splendour                    CP 84

## PRAYER AFTER COMMUNION

Let us pray.

Eternal Giver of love and power,  
**your Son Jesus Christ has sent us into all the world  
to preach the gospel of your coming reign of peace and justice.  
Confirm us in this mission,  
and help us to live the good news we proclaim;  
through Jesus Christ our Lord. Amen.**

## EASTER BLESSING

May God the Father,  
who has given to the Son the name above every name,  
strengthen you to proclaim Christ Jesus as Lord. **Amen.**

May God the Son, who is our great high priest  
plead for you before the Father. **Amen.**

May God the Holy Spirit,  
who pours out abundant gifts upon the Church,  
make you faith servant of Christ. **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    Come and Journey with a Saviour

CP 482

#### DISMISSAL

Go in peace  
in expectation of the promised Holy Spirit. 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 24, 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.*

#### **Volunteers Today:**

Intercessor: Hepsi Chand

Readers: Matt Powell, Angela White

Lay Administrators: Rhodri Windsor-Liscombe, Suzanne Windsor-Liscombe

Zoom: Kathy Li

#### **Volunteers Next Week:**

Intercessor: David Van Blarcom

Readers: Rhodri Windsor-Liscombe, Pamela Doig

Lay Administrators: Suzanne Windsor-Liscombe, Shawn de Raaf

Counter: Dale O'Brien

Zoom: Tony Hodgson

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

*The First Reading:* Numbers 11.24-30

*The Psalm:* Psalm 104.25-35, 37

*The Second Reading:* 1 Corinthians 12.3b-13

*The Gospel:* John 7.37-39

## 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](mailto:conference@vancouver.anglican.ca)



**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

## 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

## The Bergamasca Concert

The Bergamasca Concert will be held at **St. Helen's on Saturday, June 20, at 7 pm**. This is a benefit concert for St. Helen's, and all donations go to the church. Admission by donation.

The Bergamasca Consort plays

### SONGS AND SWEET AYRES THAT GIVE DELYTE



**Saturday June 13<sup>th</sup> at 1pm**

All Saints Ladner  
4755 Arthur Drive, Delta, BC

**Sunday June 14<sup>th</sup> at 3pm**

Old Hastings Mill Store Museum  
1575 Alma Street (north end), Vancouver, BC  
<https://hastingsmillmuseum.ca/upcoming-events>

**Saturday June 20<sup>th</sup> at 7pm**

St. Helen's Church  
4405 West 8<sup>th</sup> Avenue, Vancouver, BC

**Admission by donation**

## 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



### 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](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)  
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