

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

**The Fifth Sunday after Pentecost**  
**June 28, 2026**



Presider: The Ven. Richard Leggett  
Preacher: The Ven. Richard Leggett  
Deacon: The Rev. Jeffrey Preiss

## THE GATHERING OF THE COMMUNITY

### PRELUDE

*All stand*

OPENING HYMN Come, Thou Fount of Every Blessing

CP 354

### LAND ACKNOWLEDGEMENT

As we celebrate the outpouring of the Holy Spirit at Pentecost, we acknowledge with gratitude and respect that we gather on the ancestral territory of the Musqueam peoples. May the Spirit's unifying fire ignite within us a deeper commitment our baptismal commitments to seek and serve Christ in all persons, loving our neighbours as ourselves, and to strive for justice and peace among all people, respecting the dignity of every human being.

### GREETING

The grace of our Lord Jesus Christ, and the love of God,  
and the communion of the Holy Spirit, be with you all.

**And also with you.**

### 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.**

GLORIA Glory, in the Highest Glory

CP 366

COLLECT OF THE DAY

Let us pray.

Welcoming God,  
make us apostles of your generous love,  
so that we might offer hospitality  
that challenges the world  
with your gift of eternal life,  
made known in Jesus Christ,  
who offered himself for us. **Amen.**

*Please be seated.*

### **THE PROCLAMATION OF THE WORD**

FIRST READING Genesis 22.1-14

Shawn de Raaf

A reading from Genesis.

After these things God tested Abraham. He said to him, "Abraham!"  
And he said, "Here I am." He said, "Take your son, your only son  
Isaac, whom you love, and go to the land of Moriah and offer him

there as a burnt offering on one of the mountains that I shall show you.” So Abraham rose early in the morning, saddled his donkey, and took two of his young men with him and his son Isaac; he cut the wood for the burnt offering and set out and went to the place in the distance that God had shown him. On the third day Abraham looked up and saw the place far away. Then Abraham said to his young men, “Stay here with the donkey; the boy and I will go over there; we will worship, and then we will come back to you.” Abraham took the wood of the burnt offering and laid it on his son Isaac, and he himself carried the fire and the knife. And the two of them walked on together. Isaac said to his father Abraham, “Father!” And he said, “Here I am, my son.” He said, “The fire and the wood are here, but where is the lamb for a burnt offering?” Abraham said, “God himself will provide the lamb for a burnt offering, my son.” And the two of them walked on together.

When they came to the place that God had shown him, Abraham built an altar there and laid the wood in order. He bound his son Isaac and laid him on the altar on top of the wood. Then Abraham reached out his hand and took the knife to kill his son. But the angel of the Lord called to him from heaven and said, “Abraham, Abraham!” And he said, “Here I am.” He said, “Do not lay your hand on the boy or do anything to him, for now I know that you fear God, since you have not withheld your son, your only son, from me.” And Abraham looked up and saw a ram, caught in a thicket by its horns. Abraham went and took the ram and offered it up as a burnt offering instead of his son. So Abraham called that place “The Lord will provide,” as it is said to this day, “On the mount of the Lord it shall be provided.”

Hear what the Spirit is saying to the Church.

**Thanks be to God.**



those who have been brought from death to life, and present your members to God as instruments of righteousness. For sin will have no dominion over you, since you are not under law but under grace.

What then? Should we sin because we are not under law but under grace? By no means! Do you not know that, if you present yourselves to anyone as obedient slaves, you are slaves of the one whom you obey, either of sin, which leads to death, or of obedience, which leads to righteousness? But thanks be to God that you who were slaves of sin have become obedient from the heart to the form of teaching to which you were entrusted and that you, having been set free from sin, have become enslaved to righteousness. I am speaking in human terms because of your limitations. For just as you once presented your members as slaves to impurity and lawlessness, leading to even more lawlessness, so now present your members as slaves to righteousness, leading to sanctification.

When you were slaves of sin, you were free in regard to righteousness. So what fruit did you then gain from the things of which you now are ashamed? The end of those things is death. But now that you have been freed from sin and enslaved to God, the fruit you have leads to sanctification, and the end is eternal life. For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

Hear what the Spirit is saying to the Church

**Thanks be to God.**

## THE GOSPEL ACCLAMATION

*Please stand as you are able.*

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

CP 712

*Choir:*

*The Word of God came and lived here among us,  
so all who believe might be the children of God.*

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

THE GOSPEL OF THE DAY

Matthew 10.40-42

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, "Whoever welcomes you welcomes me, and whoever welcomes me welcomes the one who sent me. Whoever welcomes a prophet in the name of a prophet will receive a prophet's reward, and whoever welcomes a righteous person in the name of a righteous person will receive the reward of the righteous, and whoever gives even a cup of cold water to one of these little ones in the name of a disciple — truly I tell you, none of these will lose their reward."

The Gospel of Christ.

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

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

CP 712

*Please be seated.*

SERMON

The Ven. Richard Leggett

AFFIRMATION OF FAITH

*Please stand as you are able.*

Let us declare our faith in God.

**We believe in God the Creator  
from whom every family  
in heaven and on earth is named.**

**We believe in God the Word  
who lives in our hearts through faith,  
and fills us with love and compassion.**

**We believe in God the Holy Spirit,  
who strengthens us  
with power from on high.**

**We believe in one God;  
Father, Son and Holy Spirit. Amen.**

## PRAYERS OF THE COMMUNITY

INTERCESSIONS, PETITIONS, AND THANKSGIVINGS

David Van Blarcom

*Please stand, sit or kneel.*

Creator of all, who knows us as we truly are,  
made in your image and beloved by you,  
we lift our prayers to you, saying,  
'God of love, hear our prayer.'  
God of love, **hear our prayer.**

We pray for people of marginalized sexualities and gender identities,  
that all may love and be loved,  
and that we might create communities  
where love is nurtured and human dignity restored:  
God of love, **hear our prayer.**

We pray for all who are closeted,  
who fear reprisal and who are not safe.  
May each one know your love remains true  
even when hidden from view:  
God of love, **hear our prayer.**

We pray for all who have been rejected by family and friends  
because of marginalized sexuality or gender identities.  
May we have grace and courage to find new ways forward  
to give and receive the gift of chosen family:  
God of love, **hear our prayer.**

We pray for all those whose lives are bound in mutual love,  
but whose existence has only slowly been recognized  
by church and state.

We give thanks that institutions that move slowly do move:  
God of love, **hear our prayer.**

We pray for the church,  
that our leaders may proclaim the gospel of love  
and find a way to welcome the many gifts of all people  
as we work towards your reign of justice and peace:  
God of love, **hear our prayer.**

We pray for the work of all LGBTQIA+ organizations  
who provide life-saving services, advocacy and education.  
May they find strength and ability to continue their vital work:  
God of love, **hear our prayer.**

We repent of the ways in which the church has caused harm  
to those have been made voiceless,  
rejected and persecuted  
because of their sexuality and gender identity.  
May we proclaim your acceptance of all your children:  
God of love, **hear our prayer.**

We pray for those who have died as victims of hate or suicide:  
God of love, **hear our prayer.**

We give thanks for those who risk ridicule and hatred  
by showing us that God is present wherever there is love:  
God of love, **hear our prayer.**

Lover of all that is, seen and unseen, work within each of us  
as we build communities of acceptance and love  
to reveal your loving purpose for all of creation;  
through Jesus our companion who embraces all of us. **Amen.**

*Adapted from 'Pride Liturgical Resources 2022' prepared by Proud  
Anglicans of Huron.*

## CONFESSION AND ABSOLUTION

Let us pray for the forgiveness of our sins.

Have mercy upon us, most merciful God,  
**in your compassion, forgive us our sins,  
known and unknown,  
things done and left undone;  
and so uphold us by your Spirit  
that we may live and serve you in newness of life,  
to the honour and glory of your name;  
through Jesus Christ our Lord. Amen.**

May the God of love and power  
forgive you and free you from your sins,  
heal and strengthen you by the Holy Spirit,  
and raise you to new life in Christ our Lord. **Amen.**

## THE EXCHANGE OF THE PEACE

God is love  
and those who live in love live in God  
and God lives in them.

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    O Praise the Gracious Power

CP 396

*Please remain standing until communion.*

### PRAYER OVER THE GIFTS

Let us pray.

God of wisdom,  
**receive all we offer you this day.**  
**Enrich our lives with the gift of your Spirit,**  
**that we may follow the way of our Lord Jesus Christ,**  
**and serve one another in freedom.**  
**We ask this in his name. 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.**

Eternal God, Source of all being, we give you thanks and praise for your faithful love. You call us into friendship with you and one another to be your holy people, a sign of your presence in the world.

When those we trust betray us, unfailingly you remain with us. When we injure others, you confront us in your love and call us to the paths of righteousness. You stand with the weak, and those, broken and alone, whom you have always welcomed home, making the first last, and the last first.

Therefore we raise our voices with angels and archangels, forever praising you and singing:

**Holy, Holy, Holy Lord**

**CP 735**

Blessed are you, O Holy One: when Hagar was driven into the wilderness you followed her and gave her hope. When Joseph was sold into bondage, you turned malice to your people's good. When you called Israel out of slavery, you brought them through the wilderness into the promised land. When your people were taken into exile you wept with them by the river of Babylon and carried them home. **Restore us, O God, let your face shine!**

At the right time you sent your Anointed One to stand with the poor, the outcast, and the oppressed. Jesus touched lepers, and the sick, and healed them. He accepted water from a woman of Samaria and offered her the water of new life. Christ knew the desolation of the cross and opened the way for all humanity into the redemption of your reconciling love.

On the night he was betrayed, Jesus, at supper with his friends, took bread, gave you thanks, broke the bread, gave it to them, and said, "Take and eat: this is my body which is given for you. Do this for the remembrance of me."

After supper he took the cup of wine, and when he had given thanks, he gave it to them, and said, "Drink this, all of you: this is my blood of the new covenant which is shed for you and for all people for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Loving and Holy One, recalling Christ's death and resurrection, we offer you these gifts, longing for the bread of tomorrow and the wine of the age to come.

Therefore we proclaim our hope. **Dying you destroyed our death, rising you restored our life. Lord Jesus, come in glory.**

Pour out your Spirit on these gifts that through them you may sustain us in our hunger for your peace. We hold before you all whose lives are marked by suffering, our sisters and brothers. When we are broken and cast aside, embrace us in your love. **Restore us, O God, let your face shine!**

Through Christ, with Christ, and in Christ in the unity of the Holy Spirit, all honour and glory are yours, O Source of all life, now and for ever. **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

We break this bread  
to share in the body of Christ.  
**We, being many, are one body,  
for we all share in the one bread.**

These are the gifts of God for all God's people.  
**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 I Come with Joy

CP 60

From the Falter of Breath

CP 489

**THE SENDING FORTH OF THE COMMUNITY**

PRAYER AFTER COMMUNION

Let us pray.

Gracious God,

**we thank you for feeding us  
with the bread of eternal life  
and the cup of salvation.**

**May we, who share this bread,  
live Christ's risen life;  
we, who drink this cup,  
bring life to others;  
we, whom the Spirit lights,  
give light to the world.**

**Keep us firm in the hope you have set before us,  
so that we and all your children shall be free,  
and the whole earth live to praise your name;  
through Christ our Lord. Amen.**

#### 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.

#### BLESSING

Friends of the risen Christ, be of good courage.  
Hold fast that which is good. Render to no one evil for evil.  
Strengthen the faint-hearted. Support the weak.  
Help the afflicted. Show love to everyone.  
Love and serve the Lord, rejoicing in the power of the Holy Spirit;  
and the blessing of the living God: the Source of all being,  
the eternal Word and the Holy Spirit,  
be among you and remain with you always. **Amen.**

#### DISMISSAL

Go in peace as ministers of healing and reconciliation.  
**Thanks be to God.**

**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 July 5, 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.*

**Contemplative Prayer**

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

**Next Week's Scripture Readings**

*The First Reading: Genesis 24.34-38, 42-49, 58-67*

*The Psalm: Psalm 45.11-18*

*The Second Reading: Romans 7.15-25a*

*The Gospel: Matthew 11.16-19, 25-30*

### **Volunteers Today**

Intercessor: David Van Blarcom

Readers: Shawn de Raaf, Liz Hodgson

Lay Administrators: Tony Hodgson, Shawn de Raaf

Counter: Dale O'Brien

Zoom: Kathy Li

### **Volunteers Next Week**

Intercessor: Hepsi Chand

Readers: Shawn de Raaf, Gillian Moore

Lay Administrators: Shawn de Raaf, Tony Hodgson

Counter: Dale O'Brien

Zoom: Irene Vavasour

### **Intercessor Prayer Requests**

*Thanksgiving for the life of:*

Ruth Throness, Jean Hodgkinson

*Prayers for:*

Daniel, Serhii

Dale, Linda & loved ones of Ruth

Harris, Paul, Karen

Tom Hodgkinson, family & loved ones of Jean

Lois, Mark, Diane

**The Reverend Sebastian Way Will Become Priest-in-Charge  
of St. Helen's Church**

After prayerful discernment, we are delighted to share the news that **The Reverend Sebastian Way** will become our **Priest-in-Charge** starting in **August 2026**.

We are very pleased to welcome **him and his family** to our worshipping community at St. Helen's. It is such a blessing to us to have him join us, and we hope it will be a blessing to him and his family as well.

Please read a short introduction from The Reverend Sebastian below:

*Hello! I am Sebastian Way and I am delighted to join St Helen's as priest in charge in August. I look forward to getting to know all of you and this wonderful part of Vancouver. In the meantime, here is a bit about me.*

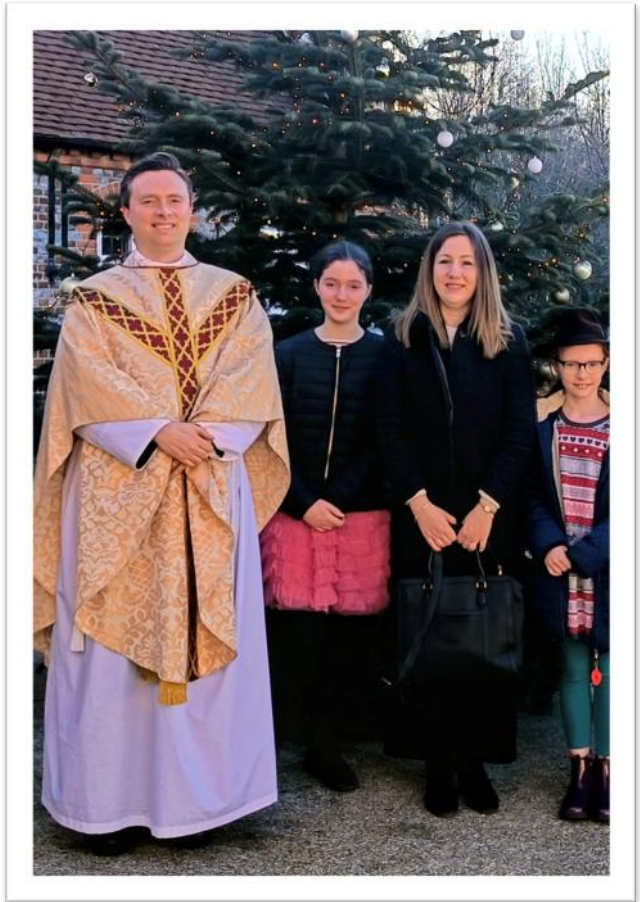
*I come from England, so like a true Vancouverite I know approximately one hundred different words for rain. I spent my childhood in a tiny village in the Huntingdonshire countryside near Cambridge and next door to Little Gidding, of TS Eliot fame. I studied at Oxford and then worked in London, Ottawa (for a year) and Reading, where I currently serve a busy town centre parish.*

*An Anglican since infancy, I am nourished in my spiritual life by the Anglican liturgical tradition and its sacred music. As a priest, I try to live out the distinctive Anglican ideal of the "cure of souls" – in other words, the priest being alongside and witnessing to God's love for every person, no matter who they are or where they are on a faith journey. So, I hope that I will fit in well at St Helen's.*

*Before ordination, I practised as a corporate lawyer for a decade in two large international firms. During that time, I gradually felt called to explore a vocation to priestly ministry, and this fuller expression of who I am has been a gift and a source of great joy. I look forward to working with you all to discern where the Spirit may be leading this parish next.*

*I am married to Heloise, who was born in Quebec and grew up on Vancouver Island, and we have been frequent visitors to coastal BC. Heloise is taking up a post as Assistant Professor in Law at UBC. We are blessed by two brave and clever daughters, Aurora (13) and Clotilda (9).*

*The sublime scenery of this part of the world affects me deeply, and I hope to spend some free time exploring and rekindling my interest in outdoor pursuits, especially skiing. At home, I enjoy reading theology and poetry and am subject to arbitrary domination by two cats, Hilda and Cosmo.*



## **Church Office Administrator**

We are currently seeking an office administrator, 24 hours/week, to perform diverse clerical duties and responsibilities for the parish of St. Helen's Anglican Church. We are a welcoming, inclusive Christian community in Vancouver.

### **Employment Details**

- Starting Wage: \$27.30/hour
- Benefits: Benefits package administered by the Diocese of New Westminster (Anglican Church of Canada).
- ~24 hours per week – days/times to be negotiated
- Occasional evenings and seasonal events (eg., Christmas, Easter), by mutual agreement.

### **Key Requirements**

- Strong interpersonal skills: excellent written and verbal communication
- Proficiency in office software, including word processing, spreadsheets, email, and calendars. Experience with Microsoft Publisher is an advantage
- Strong organizational skills and the ability to manage multiple tasks and deadlines
- Moderate physical activity may be required (e.g. setting up lightweight tables)

## **Qualifications & Experience**

- Previous experience in office administration, community services, or a related field
- Previous experience in using website and email newsletter tools
- Experience coordinating volunteers and events is an asset
- Basic bookkeeping or finance administration experience is an asset

## **Personal Qualities**

- Empathy and caring, with the ability to build rapport with a wide range of people
- Able to work independently and collaboratively, and to maintain confidentiality
- Respectful of the Christian identity of St. Helen's and supportive of its values of inclusion, justice, and hospitality

\*A satisfactory criminal record check, including vulnerable sector check, is required as a condition of employment.

Please submit your résumé, including contact information for references, and a brief cover letter explaining your interest in this role and how your skills and experience fit the position, by July 10th, 2026 to:

**The Wardens**

**St. Helen's Anglican Church**

**4405 W. 8th Avenue, Vancouver BC, V6R 2A3**

*OR*

**email: sthelenswpg@gmail.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](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)  
Pastoral Emergencies: 604-828-6704