

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

**The Sixth Sunday after Pentecost**  
**July 5, 2026**



Presider: The Ven. Richard Leggett  
Preacher: The Ven. Richard Leggett  
Deacon: The Rev. Jeffrey Preiss  
Music Director: Dale Throness

## THE GATHERING OF THE COMMUNITY

### PRELUDE

*All stand*

OPENING HYMN All Beautiful the March of Days

CP 427

### LAND ACKNOWLEDGEMENT

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.

God of heaven and earth,  
you reveal your wisdom to the childlike;  
may we learn from your Son humility of heart,  
so that we find refreshment and rest  
even as we shoulder the cross of Christ;  
who, with you and the Holy Spirit,  
lives and reigns, one God, now and for ever. **Amen.**

*Please be seated.*

## THE PROCLAMATION OF THE WORD

FIRST READING      Genesis 24.34-38, 42-49, 58-67

Shawn de Raaf

A reading from Genesis.

Abraham's servant said to Laban, "I am Abraham's servant. The Lord has greatly blessed my master, and he has become wealthy; he has given him flocks and herds, silver and gold, male and female slaves, camels and donkeys. And Sarah my master's wife bore a son to my master when she was old, and he has given him all that he has. My master made me swear, saying, 'You shall not take a wife for my son from the daughters of the Canaanites in whose land I live, but you shall go to my father's house, to my kindred, and get a wife for my son.'

"I came today to the spring and said, 'O Lord, God of my master Abraham, if now you will only make successful the way I am going! I am standing here by the spring of water; let the young woman who comes out to draw, to whom I shall say, "Please give me a little water from your jar to drink," and who will say to me, "Drink, and I will draw for your camels also" — let her be the woman whom the Lord has appointed for my master's son.'

"Before I had finished speaking in my heart, there was Rebekah coming out with her water jar on her shoulder, and she went down to the spring and drew. I said to her, 'Please let me drink.' She quickly let down her jar from her shoulder and said, 'Drink, and I will also water your camels.' So I drank, and she also watered the camels. Then I asked her, 'Whose daughter are you?' She said, 'The

daughter of Bethuel, Nahor's son, whom Milcah bore to him.' So I put the ring on her nose and the bracelets on her arms. Then I bowed my head and worshiped the Lord and blessed the Lord, the God of my master Abraham, who had led me by the right way to obtain the daughter of my master's kinsman for his son. Now then, if you will deal loyally and truly with my master, tell me; and if not, tell me, so that I may turn either to the right hand or to the left."

And Laban and Bethuel called Rebekah and said to her, "Will you go with this man?" She said, "I will." So they sent away their sister Rebekah and her nurse along with Abraham's servant and his men. And they blessed Rebekah and said to her, "May you, our sister, become thousands of myriads; may your offspring gain possession of the gates of their foes." Then Rebekah and her maids rose up, mounted the camels, and followed the man, and the servant took Rebekah and went his way.

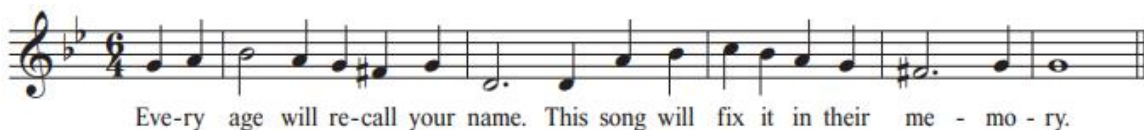
Now Isaac had come from Beer-lahai-roi and was settled in the Negeb. Isaac went out in the evening to walk in the field, and, looking up, he saw camels coming. And Rebekah looked up, and when she saw Isaac, she slipped quickly from the camel and said to the servant, "Who is the man over there, walking in the field to meet us?" The servant said, "It is my master." So she took her veil and covered herself. And the servant told Isaac all the things that he had done. Then Isaac brought her into his mother Sarah's tent. He took Rebekah, and she became his wife, and he loved her. So Isaac was comforted after his mother's death.

Hear what the Spirit is saying to the Church.

**Thanks be to God.**

PSALM 45.10-17

*Refrain:*



King's daughters stand among the ladies of the court;  
on your right hand is the queen, adorned with the gold of Ophir.  
"Hear, O daughter; consider and listen closely;  
forget your people and your father's house. **R.**

The king will have pleasure in your beauty;  
he is your master; therefore do him honour.  
The people of Tyre are here with a gift.  
the rich among the people seek your favour." **R.**

All glorious is the princess as she enters;  
her gown is cloth-of-gold.  
In embroidered apparel she is brought to the king.  
after her the bridesmaids follow in procession. **R.**

With joy and gladness they are brought to the king;  
and enter into the house of the king.  
"In place of fathers, O king, you shall have sons;  
you shall make them princes over all the earth. **R.**

A reading from the Letter to the Romans.

I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. Now if I do what I do not want, I agree that the law is good. But in fact it is no longer I who do it but sin that dwells within me. For I know that the good does not dwell within me, that is, in my flesh. For the desire to do the good lies close at hand, but not the ability. For I do not do the good I want, but the evil I do not want is what I do. Now if I do what I do not want, it is no longer I who do it but sin that dwells within me.

So I find it to be a law that, when I want to do what is good, evil lies close at hand. For I delight in the law of God in my inmost self, but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. Wretched person that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ 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:*

*Speak O Lord, your servant is listening,  
you have the words of everlasting life.*

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

## THE GOSPEL OF THE DAY

Matthew 11.16-19, 25-30

The Lord be with you.

**And also with you.**

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

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

Jesus said to the crowd, “But to what will I compare this generation? It is like children sitting in the marketplaces and calling to one another, ‘We played the flute for you, and you did not dance; we wailed, and you did not mourn.’

“For John came neither eating nor drinking, and they say, ‘He has a demon’; the Son of Man came eating and drinking, and they say, ‘Look, a glutton and a drunkard, a friend of tax collectors and sinners!’ Yet wisdom is vindicated by her deeds.”

At that time Jesus said, “I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my Father, and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

“Come to me, all you who are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

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

Hepsi Chand

*Please stand, sit or kneel.*

## 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    Come, You Sinners, Poor and Needy                      CP 608

*Please remain standing until communion.*

### PRAYER OVER THE GIFTS

Let us pray.

God of heaven and earth,  
**receive our sacrifice of praise,  
and strengthen us  
for the perfect freedom of your service,  
through our Saviour Jesus Christ. Amen.**

### THANKSGIVING AT THE TABLE

May God be with you  
**And also with you**  
Lift up your hearts  
**We lift them up**  
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, through our Saviour Jesus Christ. You reveal your glory as the glory of the Father, the Son, and the Holy Spirit: equal in majesty, undivided in splendour, one Lord, one God, ever to be adored in your eternal glory. And so, with all the choirs of angels, with the church on earth and the hosts of heaven, we praise your name and join their unending hymn:

### **Holy, Holy, Holy Lord**

**CP 735**

Holy God, holy and mighty, holy and immortal: you we praise and glorify, you we worship and adore. You formed the earth from chaos; you encircled the globe with air; you created fire for warmth and light; you nourish the lands with water. You moulded us in your image, and with mercy higher than the mountains, with grace deeper than the seas, you blessed the Israelites and cherished them as your own. That also we, estranged and dying, might be adopted to live in your Spirit, you called to us through the life and death of Jesus.

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.

Together as the body of Christ,  
we proclaim the Lord's death until he comes.

**Christ has died. Christ is risen. Christ will come again.**

With this bread and cup we remember your Son, the first-born of your new creation. We remember his life lived for others, and his death and resurrection, which renews the face of the earth. We await his coming, when, with the world made perfect through your wisdom, all our sins and sorrows will be no more.

**Amen. Come, Lord Jesus.**

Holy God, holy and merciful, holy and compassionate, send upon us and this meal your Holy Spirit, whose breath revives us for life, whose fire rouses us to love. Enfold in your arms all who share this holy food. Nurture in us the fruits of the Spirit, that we may be a living tree, sharing your bounty with all the world.

**Amen. Come, Holy Spirit.**

Holy and benevolent God, receive our praise and petitions, as Jesus received the cry of the needy, and fill us with your blessing, until, needy no longer and bound to you in love, we feast forever in the triumph of the Lamb: through whom all glory and honour is yours, O God, O Living One, with the Holy Spirit, in your holy church, 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.**



**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 forth into the world cheerfully bearing the burden of love.  
**Thanks be to God.**

CLOSING HYMN    Forth in Thy Name, O Lord, I Go

CP 467

## 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 12, 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 25.19-34*

*The Psalm: Psalm 119.105-112*

*The Second Reading: Romans 8.1-11*

*The Gospel: Matthew 13.1-9*

### **Volunteers Today**

Intercessor: Hepsi Chand

Readers: Shawn de Raaf, Gillian Moore

Lay Administrators: Shawn de Raaf, Tony Hodgson

Counter: Dale O'Brien

Zoom: Irene Vavasour

### **Volunteers Next Week**

Intercessor: Liz Hodgson

Readers: Hepsi Chand, Angela White

Lay Administrators: Paula Pryce, Rev. Jeffrey Preiss

Counter: Lynn Raymond

Zoom: Lynn Raymond

## Pat Burgess' Funeral



**The family of Pat Burgess** invite you to join with them in celebrating her life and laying her remains to rest on **Friday, the 10th of July, at 11.00 a.m. at Saint Helen's**. Following the service there will be a reception in the Narthex.

## **Intercessor Prayer Requests**

*Thanksgiving for the life of:*

Ruth Throness

*Prayers for:*

Dale, Linda & loved ones of Ruth

Daniel

Serhii

Harris

Paul

Karen

Ruth

Lois

Mark

Diane

## **Church Office Administrator**

***Please share with your networks:*** 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