

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

**The Seventh Sunday after Pentecost**  
**July 12, 2026**



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

## THE GATHERING OF THE COMMUNITY

### PRELUDE

*All stand*

OPENING HYMN God, Whose Almighty Word CP 560

### 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 empower us to seek and serve Christ in all persons, to love our neighbours as ourselves, and to strive for justice and peace among all people, and to respect 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 the earth,  
all creation awaits your gift of new life.  
Prepare our hearts to receive your Word  
so that it may grow within us  
and yield a hundredfold harvest;  
through Jesus Christ, the Sower. **Amen.**

*Please be seated.*

## THE PROCLAMATION OF THE WORD

FIRST READING      Genesis 25.19-34

Hepsi Chand

A reading from Genesis.

These are the descendants of Isaac, Abraham's son: Abraham was the father of Isaac, and Isaac was forty years old when he married Rebekah, daughter of Bethuel the Aramean of Paddan-aram, sister of Laban the Aramean. Isaac prayed to the Lord for his wife because she was barren, and the Lord granted his prayer, and his wife Rebekah conceived. The children struggled together within her, and she said, "If it is to be this way, why do I live?" So she went to inquire of the Lord. And the Lord said to her, "Two nations are in your womb, and two peoples born of you shall be divided; the one shall be stronger than the other; the elder shall serve the younger."

When her time to give birth was at hand, there were twins in her womb. The first came out red, all his body like a hairy mantle, so they named him Esau. Afterward his brother came out, with his hand gripping Esau's heel, so he was named Jacob. Isaac was sixty years old when she bore them.

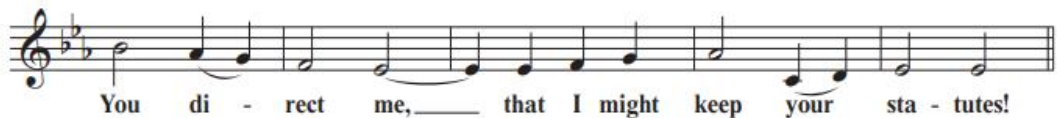
When the boys grew up, Esau was a skillful hunter, a man of the field, while Jacob was a quiet man, living in tents. Isaac loved Esau because he was fond of game, but Rebekah loved Jacob.

Once when Jacob was cooking a stew, Esau came in from the field, and he was famished. Esau said to Jacob, “Let me eat some of that red stuff, for I am famished!” (Therefore he was called Edom.) Jacob said, “First sell me your birthright.” Esau said, “I am about to die; of what use is a birthright to me?” Jacob said, “Swear to me first.” So he swore to him and sold his birthright to Jacob. Then Jacob gave Esau bread and lentil stew, and he ate and drank and rose and went his way. Thus Esau despised his birthright.

Hear what the Spirit is saying to the Church.

**Thanks be to God.**

#### PSALM 119.105-112



Your word is a lantern to my feet  
and a light upon my path.  
I have sworn and am determined  
to keep your righteous judgments. **R.**

I am deeply troubled;  
preserve my life, O God, according to your word.  
Accept, O God, the willing tribute of my lips,  
and teach me your judgments. **R.**

My life is always in my hand,  
yet I do not forget your law.  
The wicked have set a trap for me,  
but I have not strayed from your commandments. **R.**

Your decrees are my inheritance for ever;  
truly, they are the joy of my heart.  
I have applied my heart to fulfil your statutes  
for ever and to the end. **R.**

SECOND READING    Romans 8.1-11

Angela White

A reading from the Letter to the Romans.

Therefore there is now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. For God has done what the law, weakened by the flesh, could not do: by sending his own Son in the likeness of sinful flesh and to deal with sin, he condemned sin in the flesh, so that the just requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For this reason the mind that is set on the flesh is hostile to God; it does not submit to God's law — indeed, it cannot, and those who are in the flesh cannot please God.

But you are not in the flesh; you are in the Spirit, since the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, then the body is dead because of sin, but the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will give life to your mortal bodies also through his Spirit that dwells in you.

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:*

*"I am the light of the world," says the Lord,  
"All who follow me shall have the light of life."*

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

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.**

That same day Jesus went out of the house and sat beside the sea. Such great crowds gathered around him that he got into a boat and sat there, while the whole crowd stood on the beach. And he told them many things in parables, saying: "Listen! A sower went out to sow. And as he sowed, some seeds fell on a path, and the birds came and ate them up. Other seeds fell on rocky ground, where they did not have much soil, and they sprang up quickly, since they had no depth of soil. But when the sun rose, they were scorched, and since they had no root, they withered away. Other seeds fell among thorns, and the thorns grew up and choked them. Other seeds fell on good soil and brought forth grain, some a hundredfold, some sixty, some thirty. If you have ears, hear!"

"Hear, then, the parable of the sower. When anyone hears the word of the kingdom and does not understand it, the evil one comes and snatches away what is sown in the heart; this is what was sown on the path. As for what was sown on rocky ground, this is the one who hears the word and immediately receives it with joy, yet such a person has no root but endures only for a while, and when trouble or persecution arises on account of the word, that person immediately falls away. As for what was sown among thorns, this is the one who hears the word, but the cares of this age and the lure of wealth choke the word, and it yields nothing. But as for what was

sown on good soil, this is the one who hears the word and understands it, who indeed bears fruit and yields in one case a hundredfold, in another sixty, and in another thirty.”

The Gospel of Christ.

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

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

CP 712

*Please be seated.*

SERMON

The Rev. Jeffrey Preiss

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**

Liz Hodgson

*Please stand, sit or kneel.*

**CONFESSION AND ABSOLUTION**

*Please stand.*

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    Almighty God, Thy Word is Cast            CP 478

*Please remain standing until communion.*

## PRAYER OVER THE GIFTS

Let us pray.

Creator,

**your word creates in us  
a yearning for your reign of justice.  
Receive all we offer you this day,  
and keep us in your peace;  
for the sake of Jesus Christ the Lord. 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; who on this day overcame death and the grave, and by his glorious resurrection opened to us the way of everlasting life. 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.**

JESUS, LAMB OF GOD

CP 747

## 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 O Christ Who Holds the Open Gate  
King of Glory, King of Peace

CP 518

CP 345

## THE SENDING FORTH OF THE COMMUNITY

### PRAYER AFTER COMMUNION

*Please stand.*

Let us pray.

Living God,

**in this sacrament we have shared  
in a foretaste of your heavenly banquet.**

**May we who taste this mystery  
forever serve you in faith, hope and love.**

**We ask this in the name of Jesus Christ the 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 forth into the world  
as co-workers with God in sowing the seed of the good news.  
**Thanks be to God.**

CLOSING HYMN    King of Love, O Christ, We Crown You                      CP 451

## 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 19, 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.

#### **Volunteers Today**

Intercessor: Liz Hodgson

Readers: Hepsi Chand, Angela White

Lay Administrators: Paula Pryce, Rev. Jeffrey Preiss

Counter: Lynn Raymond

Zoom: Lynn Raymond

#### **Volunteers Next Week**

Intercessor: Anne Bonnycastle

Readers: Matt Powell, Paula Pryce

Lay Administrators: Rev. Jeffrey Preiss, Tony Hodgson

Counter: Dale O'Brien

Zoom: Tony Hodgson

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

*The First Reading: Genesis 28.10-19a*

*The Psalm: Psalm 139.1-11, 22-23*

*The Second Reading: Romans 8.12-25*

*The Gospel: Matthew 13.24-30, 36-43*

## **Intercessor Prayer Requests**

*Thanksgiving for the life of:*

Ruth Throness

*Prayers for:*

*Karen*

*Daniel*

*Serhii*

*Dale, Linda & loved ones of Ruth*

*Harris*

*Paul*

*Ruth*

*Lois*

*Mark*

*Diane*

## 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