

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

The Tenth Sunday After Pentecost
August 2, 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

Holy God, We Praise Your Name

CP 334

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 beyond all seeing and knowing,
we meet you in the night of change and crisis
and wrestle with you in darkness and doubt.
Give us the will and spirit to live faithfully
and to love as we are loved,
through Jesus Christ, your Son. **Amen.**

Please be seated

THE PROCLAMATION OF THE WORD

THE FIRST READING

Genesis 32.22-31

Shawn de Raaf

A reading from Genesis.

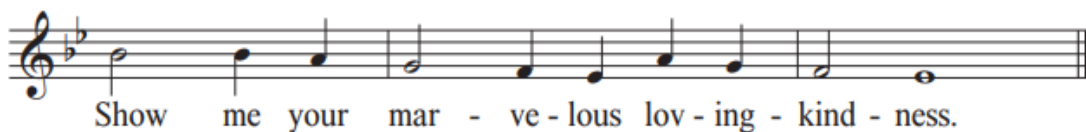
The same night Jacob got up and took his two wives, his two maids, and his eleven children and crossed the ford of the Jabbok. He took them and sent them across the stream, and likewise everything that he had. Jacob was left alone, and a man wrestled with him until daybreak. When the man saw that he did not prevail against Jacob, he struck him on the hip socket, and Jacob's hip was put out of joint as he wrestled with him. Then he said, "Let me go, for the day is breaking." But Jacob said, "I will not let you go, unless you bless me." So he said to him, "What is your name?" And he said, "Jacob." Then the man said, "You shall no longer be called Jacob, but Israel, for you have striven with God and with humans and have prevailed." Then Jacob asked him, "Please tell me your name." But he said, "Why is it that you ask my name?" And there he blessed him. So Jacob called the place Peniel, saying, "For I have seen God face to face, yet my life is preserved." The sun rose upon him as he passed Peniel, limping because of his hip.

Hear what the Spirit is saying to the Church.

Thanks be to God.

PSALM 17.1-7, 15

Refrain:



Hear my plea of innocence, O God; give heed to my cry;
listen to my prayer, which does not come from lying lips.
Let my vindication come forth from your presence;
let your eyes be fixed on justice. **R.**

Weigh my heart, summon me by night,
melt me down; you will find no impurity in me.
I give no offence with my mouth as others do;
I have heeded the words of your lips. **R.**

My footsteps hold fast to the ways of your law;
in your paths my feet shall not stumble.
I call upon you, O God, for you will answer me;
incline your ear to me and hear my words. **R.**

Show me your marvellous loving-kindness,
O Saviour of those who take refuge at your right hand
from those who rise up against them.
Whose bellies you fill with your treasure,
who are well supplied with children
and leave their wealth to their little ones. **R.**

A reading from the Letter to the Romans.

I am speaking the truth in Christ — I am not lying; my conscience confirms it by the Holy Spirit — I have great sorrow and unceasing anguish in my heart. For I could wish that I myself were accursed and cut off from Christ for the sake of my own brothers and sisters, my own flesh and blood. They are Israelites, and to them belong the adoption, the glory, the covenants, the giving of the law, the worship, and the promises; to them belong the patriarchs, and from them, according to the flesh, comes the Christ, who is over all, God blessed forever. Amen.

Hear what the Spirit is saying to the Church.

Thanks be to God.

GOSPEL ACCLAMATION

Please stand as you are able

Alleluia, alleluia, alleluia. (2x)

Choir:

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

Now when Jesus heard [about the death of John the Baptist], he withdrew from there in a boat to a deserted place by himself. But when the crowds heard it, they followed him on foot from the towns. When he went ashore, he saw a great crowd, and he had compassion for them and cured their sick. When it was evening, the disciples came to him and said, "This is a deserted place, and the hour is now late; send the crowds away so that they may go into the villages and buy food for themselves." Jesus said to them, "They need not go away; you give them something to eat." They replied, "We have nothing here but five loaves and two fish." And he said, "Bring them here to me." Then he ordered the crowds to sit down on the grass. Taking the five loaves and the two fish, he looked up to heaven and blessed and broke the loaves and gave them to the disciples, and the disciples gave them to the crowds. And all ate and were filled, and they took up what was left over of the broken pieces, twelve baskets full. And those who ate were about five thousand men, besides women and children.

The Gospel of Christ.

Praise to you, Lord Jesus Christ.

Alleluia, Alleluia, alleluia (2x)

THE 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.**

THE PRAYERS OF THE COMMUNITY

INTERCESSIONS, PETITIONS, AND THANKSGIVINGS

Liz Hodgson

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

OFFERTORY HYMN

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 HYMNS

Let All Things Now Living

CP 403

Please remain standing until communion.

THE PRAYER OVER THE GIFTS

Let us pray.

God our sustainer,
accept all we offer you this day,
and feed us continually with that bread
which satisfies all hunger,
your Son our Saviour Jesus Christ. Amen.

THE 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.**

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

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	Eat This Bread, Drink This Cup	CP 63
	For the Bread Which You Have Broken	CP 74

THE SENDING FORTH OF THE COMMUNITY

Please stand.

PRAYER AFTER COMMUNION

Let us pray.

God of grace,
**we have shared in the mystery
of the body and blood of Christ.
May we who have tasted the bread of life
live with you for ever.
We ask this in the name of Jesus 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 forth into the world bearing the bread of life
which comes from God's most gracious hand.
Thanks be to God.

CLOSING HYMN The Church of Christ in Every Age

CP 584

POSTLUDE

Please remain 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 August 9, 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 7:30 pm.

Volunteers Today

Intercessor: Liz Hodgson

Readers: Shawn de Raaf, Paula Pryce

Lay Administrators: Shawn de Raaf, Suzanne Windsor-Liscombe

Counter: Dale O'Brien

Zoom: Kyle Taylor

Volunteers Next Week

Intercessor: David Van Blarcom

Readers: Gillian Moore, Angela White

Lay Administrators: Paula Pryce, Rev. Jeffrey Preiss

Counter: Dale O'Brien

Zoom: Irene Vavasour

Next Week's Scripture Readings

The First Reading: Genesis 37.1-4, 12-28

The Psalm: Psalm 105.1-6, 16-22, 45c

The Second Reading: Romans 10.5-15

The Gospel: Matthew 14.22-33

Intercessor Prayer Requests

Thanksgiving for the life of:

Harris Loy

Prayers for:

Deepa

Paul

Ruth

Lois

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 to get started or change your amount
- Donate via Interac e-transfer to sthelenswpg@gmail.com
- Scan the QR code to the right or visit <https://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:

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The Ven. Richard Leggett : liturgypacific@gmail.com

Pastoral Emergencies: 604-828-6704