

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

The Eleventh Sunday After Pentecost
August 9, 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 Sing Praise to God Who Reigns Above CP 310

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.

Ever-faithful One,
you answer the cries of all who call upon your name.
Give us grace to trust in you,
so that we may walk faithfully amidst the storms of life;
through Jesus the Christ,
who lives and reigns with you and the Holy Spirit,
one God, now and forever. **Amen.**

Please be seated

THE PROCLAMATION OF THE WORD

THE FIRST READING

Genesis 37.1-4, 12-28

Gillian Moore

A reading from Genesis.

Jacob settled in the land where his father had lived as an alien, the land of Canaan. These are the descendants of Jacob.

Joseph, being seventeen years old, was shepherding the flock with his brothers; he was a helper to the sons of Bilhah and Zilpah, his father's wives, and Joseph brought a bad report of them to their father. Now Israel loved Joseph more than any other of his children because he was the son of his old age, and he made him an ornamented robe. But when his brothers saw that their father loved him more than all his brothers, they hated him and could not speak peaceably to him.

Now his brothers went to pasture their father's flock near Shechem. And Israel said to Joseph, "Are not your brothers pasturing the flock at Shechem? Come, I will send you to them." He answered, "Here I am." So he said to him, "Go now, see if it is well with your brothers and with the flock, and bring word back to me." So he sent him from the valley of Hebron.

He came to Shechem, and a man found him wandering in the fields; the man asked him, "What are you seeking?" "I am seeking my brothers," he said; "tell me, please, where they are pasturing the flock." The man said, "They have gone away, for I heard them say, 'Let

us go to Dothan.’ ” So Joseph went after his brothers and found them at Dothan. They saw him from a distance, and before he came near to them they conspired to kill him. They said to one another, “Here comes this dreamer. Come now, let us kill him and throw him into one of the pits; then we shall say that a wild animal has devoured him, and we shall see what will become of his dreams.” But when Reuben heard it, he delivered him out of their hands, saying, “Let us not take his life.” Reuben said to them, “Shed no blood; throw him into this pit here in the wilderness, but lay no hand on him” — that he might rescue him out of their hand and restore him to his father. So when Joseph came to his brothers, they stripped him of his robe, the ornamented robe that he wore, and they took him and threw him into a pit. The pit was empty; there was no water in it.

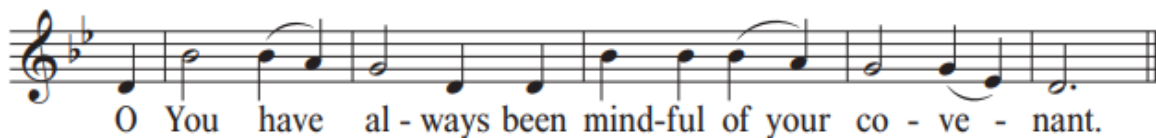
Then they sat down to eat, and looking up they saw a caravan of Ishmaelites coming from Gilead, with their camels carrying gum, balm, and resin, on their way to carry it down to Egypt. Then Judah said to his brothers, “What profit is it if we kill our brother and conceal his blood? Come, let us sell him to the Ishmaelites and not lay our hands on him, for he is our brother, our own flesh.” And his brothers agreed. When some Midianite traders passed by, they drew Joseph up, lifting him out of the pit, and sold him to the Ishmaelites for twenty pieces of silver. And they took Joseph to Egypt.

Hear what the Spirit is saying to the Church.

Thanks be to God.

PSALM 105.1-6, 16-22, 45c

Refrain:



Give thanks to our God and call upon the holy Name;
make known God's deeds among the peoples.
Sing to God, sing praises to the Holy One,
and speak of all God's marvellous works. **R.**

Glory in the holy Name;
let the hearts of those who seek God rejoice.
Let us search for you and your strength, O God,
let us continually seek your face. **R.**

Let us remember the marvels you have done,
your wonders and the judgments of your mouth,
O offspring of Abraham your servant,
O children of Jacob your chosen. **R.**

Then you called for a famine in the land
and destroyed the supply of bread.
You sent a man before them,
Joseph, who was sold as a slave. **R.**

They bruised his feet in fetters;
his neck they put in an iron collar.
Until his prediction came to pass,
the word of God tested him. **R.**

The king sent and released him;
the ruler of the peoples set him free.
He set him as master over his household,
as a ruler over all his possessions,
To instruct his princes according to his will
and to teach his elders wisdom.
Hallelujah! **R.**

THE SECOND READING

Romans 10.5-15

Angela White

A reading from the Letter to the Romans.

Moses writes concerning the righteousness that comes from the law, that “the person who does these things will live by them.” But the righteousness that comes from faith says, “Do not say in your heart, ‘Who will ascend into heaven?’ ” (that is, to bring Christ down) “or ‘Who will descend into the abyss?’ ” (that is, to bring Christ up from the dead). But what does it say? “The word is near you, in your mouth and in your heart” (that is, the word of faith that we proclaim), because if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart, leading to righteousness, and one confesses with the mouth, leading to salvation. The scripture says, “No one who believes in him will be put to shame.” For there is no distinction between Jew and

Greek; the same Lord is Lord of all and is generous to all who call on him. For “everyone who calls on the name of the Lord shall be saved.”

But how are they to call on one in whom they have not believed? And how are they to believe in one of whom they have never heard? And how are they to hear without someone to proclaim him? And how are they to proclaim him unless they are sent? As it is written, “How beautiful are the feet of those who bring good news!”

Hear what the Spirit is saying to the Church.

Thanks be to God.

GOSPEL ACCLAMATION

CP 712

Please stand as you are able

Alleluia, alleluia, alleluia. (2x)

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.

Immediately Jesus made the disciples get into a boat and go on ahead to the other side, while he dismissed the crowds. And after he had dismissed the crowds, he went up the mountain by himself to pray. When evening came, he was there alone, but by this time the boat, battered by the waves, was far from the land, for the wind was against them. And early in the morning he came walking toward them on the sea. But when the disciples saw him walking on the sea, they were terrified, saying, "It is a ghost!" And they cried out in fear. But immediately Jesus spoke to them and said, "Take heart, it is I; do not be afraid."

Peter answered him, "Lord, if it is you, command me to come to you on the water." He said, "Come." So Peter got out of the boat, started walking on the water, and came toward Jesus. But when he noticed the strong wind, he became frightened, and, beginning to sink, he cried out, "Lord, save me!" Jesus immediately reached out his hand and caught him, saying to him, "You of little faith, why did you doubt?" When they got into the boat, the wind ceased. And those in the boat worshipped him, saying, "Truly you are the Son of God."

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

David Van Blarcom

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 There's a Wideness in God's Mercy CP 606

Please remain standing until communion.

THE PRAYER OVER THE GIFTS

Let us pray.

Giver of all good gifts,
receive all we offer you this day,
and grant that in this eucharist
we may be enriched by the gifts of the Spirit.
We ask this in the name of Jesus Christ our Lord. 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 I Sought the Lord
 You Have Passed By

CP 547
CP 510

THE SENDING FORTH OF THE COMMUNITY

Please stand.

PRAYER AFTER COMMUNION

Let us pray.

Eternal God,

**grant to your Church the unity and peace
that we have tasted in this eucharist,
the fruit of your life-giving spirit.**

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 storms of our world
trusting that Christ is upholding and sustaining us.
Thanks be to God.

CLOSING HYMN O Jesus, I Have Promised

CP 438

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 16, 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

Our Contemplative Prayer sessions will take a break for the month of August.

Volunteers Today

Intercessor: David Van Blarcom

Readers: Gillian Moore, Angela White

Lay Administrators: Paula Pryce, Rev. Jeffrey Preiss

Counter: Dale O'Brien

Zoom: Irene Vavasour

Volunteers Next Week

Intercessor: Anne Bonnycastle

Readers: Hepsi Chand, Kyle Taylor

Lay Administrators: Rev. Jeffrey Preiss, Tony Hodgson

Counter: Dale O'Brien

Zoom: Kathy Li

Our Interim Priest-in-Charge's First Sunday

Join us on Sunday, August 16, to welcome The Rev. Sebastian Way, our new Interim Priest-in-Charge! A welcome luncheon will follow the service, to which you are all invited. Mark your calendars!

New Email Address for St. Helen's Office

We have updated our email!

Please reach the church office at our new address:
office@sthelensvancouver.com

Next Week's Scripture Readings

The First Reading: Isaiah 7.10-15

The Psalm: Psalm 132.6-10, 13-14

The Second Reading: Galatians 4.4-7

The Gospel: Luke 1.46-55

Intercessor Prayer Requests

Prayers for:

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:

St Helen's Office: office@sthelensvancouver.com | 604-224-0212
Dcn. Jeffrey Preiss: rev.jeffreypreiss@gmail.com
The Ven. Richard Leggett : liturgypacific@gmail.com
Pastoral Emergencies: 604-828-6704