

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

The Thirteenth Sunday After Pentecost
August 23, 2026



Presider: The Rev. Sebastian Way
Preacher: The Ven. Richard Leggett
Deacon: The Rev. Jeffrey Preiss
Music Director: Helen Hall

THE GATHERING OF THE COMMUNITY

PRELUDE

All Stand

OPENING HYMN Praise to the Lord, the Almighty CP 384

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.

O God,
with all your faithful followers of every age,
we praise you, the rock of our life.
Be our strong foundation
and form us into the body of your Son,
so that we may gladly minister to all the world,
through Jesus Christ, our Saviour and Lord. **Amen.**

Please be seated

THE PROCLAMATION OF THE WORD

THE FIRST READING

Exodus 1.8-2.10

Matt Powell

A reading from Exodus.

Now a new king arose over Egypt who did not know Joseph. He said to his people, "Look, the Israelite people are more numerous and more powerful than we. Come, let us deal shrewdly with them, or they will increase and, in the event of war, join our enemies and fight against us and escape from the land." Therefore they set taskmasters over them to oppress them with forced labour. They built supply cities, Pithom and Rameses, for Pharaoh. But the more they were oppressed, the more they multiplied and spread, so that the Egyptians came to dread the Israelites. The Egyptians subjected the Israelites to hard servitude and made their lives bitter with hard servitude in mortar and bricks and in every kind of field labor. They were ruthless in all the tasks that they imposed on them.

The king of Egypt said to the Hebrew midwives, one of whom was named Shiphrah and the other Puah, "When you act as midwives to the Hebrew women and see them on the birthstool, if it is a son, kill him, but if it is a daughter, she shall live." But the midwives feared God; they did not do as the king of Egypt commanded them, but they let the boys live. So the king of Egypt summoned the midwives and said to them, "Why have you done this and allowed the boys to live?" The midwives said to Pharaoh, "Because the Hebrew women are not like the Egyptian women, for they are vigorous and give birth before the midwife comes to them." So God dealt well with the midwives,

and the people multiplied and became very strong. And because the midwives feared God, he gave them families. Then Pharaoh commanded all his people, “Every son that is born to the Hebrews you shall throw into the Nile, but you shall let every daughter live.”

Now a man from the house of Levi went and married a Levite woman. The woman conceived and bore a son, and when she saw that he was a fine baby, she hid him three months. When she could hide him no longer, she got a papyrus basket for him and plastered it with bitumen and pitch; she put the child in it and placed it among the reeds on the bank of the river. His sister stood at a distance, to see what would happen to him.

The daughter of Pharaoh came down to bathe at the river, while her attendants walked beside the river. She saw the basket among the reeds and sent her maid to bring it. When she opened it, she saw the child. He was crying, and she took pity on him. “This must be one of the Hebrews’ children,” she said. Then his sister said to Pharaoh’s daughter, “Shall I go and get you a nurse from the Hebrew women to nurse the child for you?” Pharaoh’s daughter said to her, “Yes.” So the girl went and called the child’s mother. Pharaoh’s daughter said to her, “Take this child and nurse it for me, and I will give you your wages.” So the woman took the child and nursed it. When the child grew up, she brought him to Pharaoh’s daughter, and he became her son. She named him Moses, “because,” she said, “I drew him out of the water.”

Hear what the Spirit is saying to the Church.

Thanks be to God.

PSALM 124

Refrain:



Our help is in the name of our God, who made hea - ven and earth.

If God had not been on our side,
let Israel now say;
If God had not been on our side,
when enemies rose up against us; **R.**

Then would they have swallowed us up alive
in their fierce anger toward us;
Then would the waters have overwhelmed us
and the torrent gone over us;
Then would the raging waters have gone right over us. **R.**

Blessed be God!
who has not given us over to be a prey for their teeth.
We have escaped like a bird from the snare of the fowler;
the snare is broken, and we have escaped.
Our help is in the name of God,
the maker of heaven and earth. **R.**

A reading from the Letter to the Romans.

I appeal to you therefore, brothers and sisters, on the basis of God's mercy, to present your bodies as a living sacrifice, holy and acceptable to God, which is your reasonable act of worship. Do not be conformed to this age, but be transformed by the renewing of the mind, so that you may discern what is the will of God — what is good and acceptable and perfect.

For by the grace given to me I say to everyone among you not to think of yourself more highly than you ought to think but to think with sober judgement, each according to the measure of faith that God has assigned. For as in one body we have many members and not all the members have the same function, so we, who are many, are one body in Christ, and individually we are members one of another. We have gifts that differ according to the grace given to us: prophecy, in proportion to faith; ministry, in ministering; the teacher, in teaching; the encourager, in encouragement; the giver, in sincerity; the leader, in diligence; the compassionate, in cheerfulness.

Hear what the Spirit is saying to the Church.

Thanks be to God.

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 GOSPEL OF THE DAY

Matthew 16.13-20

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 came into the district of Caesarea Philippi, he asked his disciples, "Who do people say that the Son of Man is?" And they said, "Some say John the Baptist but others Elijah and still others Jeremiah or one of the prophets." He said to them, "But who do you say that I am?" Simon Peter answered, "You are the Messiah, the Son of the living God." And Jesus answered him, "Blessed are you, Simon son of Jonah! For flesh and blood has not revealed this to you but my Father in heaven. And I tell you, you are Peter, and on this rock I will build my church, and the gates of Hades will not prevail against it. I will give you the keys of the kingdom of heaven, and whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven."

Then he sternly ordered the disciples not to tell anyone that he was the Messiah.

The Gospel of Christ.

Praise to you, Lord Jesus Christ.

Alleluia, Alleluia, alleluia (2x)

THE SERMON

The Ven. Richard Leggett

AFFIRMATION OF FAITH

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 HYMN God, Whose Giving Knows No Ending CP 601

Please remain standing until communion.

THE PRAYER OVER THE GIFTS

Let us pray.

God of glory,
**receive all we offer this day as a symbol of our love,
and increase in us that true and perfect gift.
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. In the wonder and mystery of the Word made flesh you have opened the eyes of faith to a new and radiant vision of your glory, that beholding the God made visible, we may be drawn to love the God whom we cannot see. 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 the bread of life,
and that life is the light of the world.

**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

Eternal Ruler of the Ceaseless Round
You are the Christ, O Lord

CP 497

CP 271

THE SENDING FORTH OF THE COMMUNITY

Please stand.

PRAYER AFTER COMMUNION

Let us pray.

Living God,
increase in us the healing power of your love.
Guide and direct us
that we may please you in all things,
for the sake 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 into the world and proclaim
that Jesus Christ is the Messiah,
God's promise made flesh.
Thanks be to God.

CLOSING HYMN Your Hand, O God, Has Guided

CP 444

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 30, 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.

The Last Sunday of the Ven. Richard Leggett's Ministry at St. Helen's

Today marks the last Sunday of the Ven. Richard Leggett's ministry at St. Helen's as our interim Priest-in-Charge.

Thank you for your wonderful service and leadership, Richard!

Please join us for cake after the service to honour Richard and celebrate his time with us.

Our New Parish Administrator

Our new parish administrator, **Zayd Mia**, will be joining us in September. An involved member of St. James Anglican in Vancouver, Zayd has been an administrative assistant at Langara and has training in visual arts. He also has graphic design experience. He is a warm and welcoming person, and we are very pleased to have him on staff.

Neighbourhood Ministry Shopping List for this Week

St. Helen's is one of four parishes in the West Point Grey neighbourhood supporting this important ministry to provide conversation, food, essential supplies, and other forms of care to our street-involved neighbours. Once a month our parish prepares food and packets of essential supplies for a team of volunteers to distribute on their rounds every Saturday morning.

We are grateful for the donations of supplies we receive on a regular basis. The Ministry has compiled a list of essential items to include in their packets. This month we would especially appreciate donations of men's socks, small cans of tuna (with pull tabs), and Boost or Ensure.

Other staples needed on a regular basis include:

Juice boxes

Fruit or pudding cups

Soft granola bars

Donations can be placed in the NM bins under the table in the narthex.

We would also appreciate volunteers to prepare sandwiches and/or boiled eggs for the August 29 and September 26 outings (sign-up sheet in the narthex).

If you have questions or would like to volunteer, please email Shawn at deraaf@gmail.com.

We appreciate your support for our neighbours in need!

Volunteers Today

Intercessor: David Van Blarcom

Readers: Matt Powell, Shawn de Raaf

Lay Administrators: Rev. Jeffrey Preiss, Shawn de Raaf

Counter: Dale O'Brien

Zoom: Tony Hodgson

Volunteers Next Week

Intercessor: Hepsi Chand

Readers: Liz Hodgson, Angela White

Lay Administrators: Rev. Jeffrey Preiss, Shawn de Raaf

Counter: Lynn Raymond

Zoom: Lyn Raymond

Next Week's Scripture Readings

The First Reading: Exodus 3.1-15

The Psalm: Psalm 105.1-6, 23-26

The Second Reading: Romans 12.9-21

The Gospel: Matthew 16.21-28

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://sthelensvancover.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

Connect with us:

St Helen's Office : office@sthelensvancover.com | 604-224-0212
Priest-in-Charge : **The Rev. Sebastian Way** | rector@sthelensvancover.com
Deacon : **The Rev. Jeffrey Preiss** | deacon@sthelensvancover.com