

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

The Fourteenth Sunday After Pentecost
August 30, 2026



Presider: The Rev. Sebastian Way
Preacher: The Rev. Sebastian Way
Deacon: The Rev. Jeffrey Preiss
Music Director: Dale Throness

THE GATHERING OF THE COMMUNITY

PRELUDE

All Stand

OPENING HYMN

Lo, God Is Here! Let Us Adore

CP 328

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,
whose word burns like a fire within us:
grant us a bold and faithful spirit,
so that, in your strength,
we may be unafraid to speak your word
and follow where you lead;
through our Lord Jesus Christ,
who lives and reigns with you
in the unity of the Holy Spirit,
God for ever and ever. **Amen.**

Please be seated

THE PROCLAMATION OF THE WORD

THE FIRST READING

Exodus 3.1-15

Liz Hodgson

A reading from Exodus.

Moses was keeping the flock of his father-in-law Jethro, the priest of Midian; he led his flock beyond the wilderness and came to Mount Horeb, the mountain of God. There the angel of the LORD appeared to him in a flame of fire out of a bush; he looked, and the bush was blazing, yet it was not consumed. Then Moses said, "I must turn aside and look at this great sight and see why the bush is not burned up." When the LORD saw that he had turned aside to see, God called to him out of the bush, "Moses, Moses!" And he said, "Here I am." Then he said, "Come no closer! Remove the sandals from your feet, for the place on which you are standing is holy ground." He said further, "I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob." And Moses hid his face, for he was afraid to look at God.

Then the LORD said, "I have observed the misery of my people who are in Egypt; I have heard their cry on account of their taskmasters. Indeed, I know their sufferings, and I have come down to deliver them from the Egyptians and to bring them up out of that land to a good and spacious land, to a land flowing with milk and honey, to the country of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebu-sites. The cry of the Israelites has now come to me; I have also seen how the Egyptians oppress them. Now go, I am sending you to Pharaoh to bring my people, the Israelites, out of Egypt." But

Moses said to God, “Who am I that I should go to Pharaoh and bring the Israelites out of Egypt?” He said, “I will be with you, and this shall be the sign for you that it is I who sent you: when you have brought the people out of Egypt, you shall serve God on this mountain.”

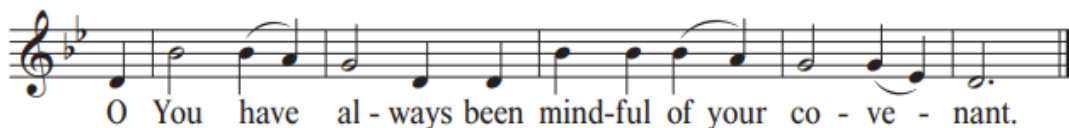
But Moses said to God, “If I come to the Israelites and say to them, ‘The God of your ancestors has sent me to you,’ and they ask me, ‘What is his name?’ what shall I say to them?” God said to Moses, “I AM WHO I AM.” He said further, “Thus you shall say to the Israelites, ‘I AM has sent me to you.’ ” God also said to Moses, “Thus you shall say to the Israelites, ‘The LORD, the God of your ancestors, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you’: This is my name forever, and this my title for all generations.”

Hear what the Spirit is saying to the Church.

Thanks be to God.

PSALM 105.1-6, 23-26, 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 judgements of your mouth,
O offspring of Abraham your servant,
O children of Jacob your chosen. **R.**

Israel came into Egypt,
and Jacob became a sojourner in the land of Ham.
You, God, made your people exceedingly fruitful;
you made them stronger than their enemies. **R.**

Whose heart you turned, so that they hated your people,
and dealt unjustly with your servants.
You sent Moses your servant,
and Aaron whom you had chosen.
Hallelujah! **R.**

A reading from the Letter to the Romans.

Let love be genuine; hate what is evil; hold fast to what is good; love one another with mutual affection; outdo one another in showing honour. Do not lag in zeal; be ardent in spirit; serve the Lord. Rejoice in hope; be patient in affliction; persevere in prayer. Contribute to the needs of the saints; pursue hospitality to strangers.

Bless those who persecute you; bless and do not curse them. Rejoice with those who rejoice; weep with those who weep. Live in harmony with one another; do not be arrogant, but associate with the lowly; do not claim to be wiser than you are. Do not repay anyone evil for evil, but take thought for what is noble in the sight of all. If it is possible, so far as it depends on you, live peaceably with all. Beloved, never avenge yourselves, but leave room for the wrath of God, for it is written, "Vengeance is mine; I will repay, says the Lord." Instead, "if your enemies are hungry, feed them; if they are thirsty, give them something to drink, for by doing this you will heap burning coals on their heads." Do not be overcome by evil, but overcome evil with good.

Hear what the Spirit is saying to the Church.

Thanks be to God.

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 GOSPEL OF THE DAY

Matthew 16.21-28

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.

From that time on, Jesus began to show his disciples that he must go to Jerusalem and undergo great suffering at the hands of the elders and chief priests and scribes and be killed and on the third day be raised. And Peter took him aside and began to rebuke him, saying, "God forbid it, Lord! This must never happen to you." But he turned and said to Peter, "Get behind me, Satan! You are a hindrance to me, for you are setting your mind not on divine things but on human things."

Then Jesus told his disciples, "If any wish to come after me, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake will find it. For what will it profit them if they gain the whole world but forfeit their life? Or what will they give in return for their life?

"For the Son of Man is to come with his angels in the glory of his Father, and then he will repay everyone for what has been done. Truly I tell you, there are some standing here who will not taste death before they see the Son of Man coming in his kingdom."

The Gospel of Christ.

Praise to you, Lord Jesus Christ.

Alleluia, Alleluia, alleluia (2x)

THE SERMON

The Rev. Sebastian Way

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

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

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 O Thou Who Camest from Above CP 624

Please remain standing until communion.

THE PRAYER OVER THE GIFTS

Let us pray.

Merciful God,

receive all we offer you this day.

Give us grace to love one another

that your love may be made perfect in us.

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 to God.

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

As We Gather at Your Table

CP 61

One Bread, One Body, One Lord of All

CP 73

THE SENDING FORTH OF THE COMMUNITY

Please stand.

PRAYER AFTER COMMUNION

Let us pray.

Gracious God, giver of all good gifts,
you renew us at your table with the bread of life.
May your holy food strengthen us in love
and help us to serve you in each other.
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

Let us go forth into the world
lifting high the cross of Christ.
Thanks be to God.

CLOSING HYMN You Call Us, Lord, to Be

CP 450

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 September 6, 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.

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.

Intercessor Prayer Requests

Prayers for:

Lissy & Neenimon

Ebony

Paul

Ruth

Lois

Diane

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: Hepsi Chand

Readers: Liz Hodgson, Angela White

Lay Administrators: Rev. Jeffrey Preiss, Tony Hodgson

Counter: Lynn Raymond

Zoom: Lyn Raymond

Volunteers Next Week

Intercessor: David Van Blarcom

Readers: Angela White, Paula Pryce

Lay Administrators: The Rev. Jeffrey Preiss, Paula Pryce

Counter: Lynn Raymond

Zoom: Kyle Taylor

Next Week's Scripture Readings

The First Reading: Proverbs 8:22-31

The Psalm: Psalm 33:1-9

The Second Reading: Colossians 1:15-20

The Gospel: John 1:1-5

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

Connect with us:

Office Administrator : **Zayd Mia** | office@sthelensvancouver.com | 604-224-0212
Priest-in-Charge : **The Rev. Sebastian Way** | rector@sthelensvancouver.com
Deacon : **The Rev. Jeffrey Preiss** | deacon@sthelensvancouver.com