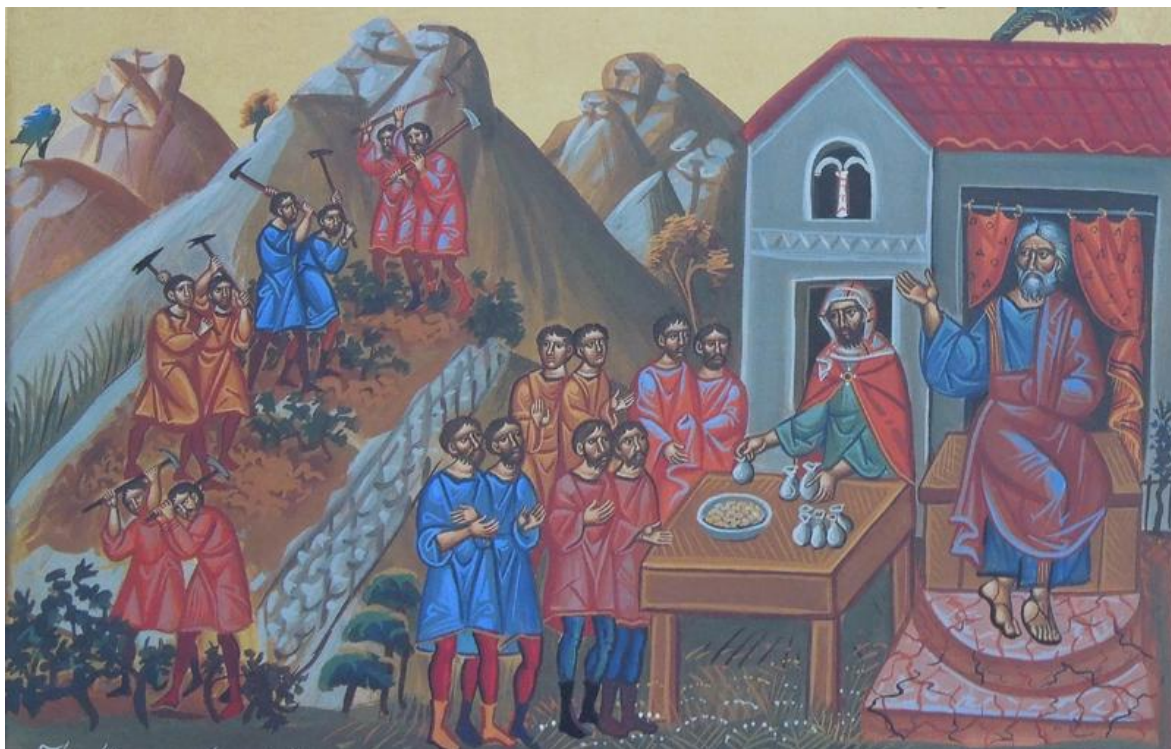


St. Helen's Anglican Church of Canada
Diocese of New Westminster

Seventeenth Sunday After Pentecost
September 20th, 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

OPENING HYMN

O Worship the King

CP 419

Please Stand

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.

CONFESSION AND ABSOLUTION

Human sin disfigures the whole creation,
which groans with eager longing for God's redemption.
We confess our sin in penitence and faith:

Consider the birds of the air; they do not sow or gather into barns,
yet our heavenly Father feeds them.

Kyrie eleison.

Kyrie eleison

CP 706

Consider the lilies of the field, how they grow;
they do not toil nor spin,
yet even Solomon in all his glory was not arrayed like one of these.
Christe eleison.

Christe eleison

How little faith we have.
Seek first the kingdom of God and his righteousness.
Kyrie eleison.

Kyrie eleison.

The Lord enrich you with his grace, and nourish you with his blessing;
the Lord defend you in trouble and keep you from all evil;
the Lord accept your prayers, and absolve you from your offences,
for the sake of Jesus Christ, our Saviour. **Amen.**

COLLECT OF THE DAY

Let us pray.

Creator,
out of your abundant love
all things live and move and have their being.
May we, who have harmed your creation,
turn to you in the power of your grace,
that seasons of healing and restoration
may come to our home.
Through Jesus Christ our Lord, with you and the Holy Spirit,
one God, now and for ever. **Amen.**

Please be seated

THE PROCLAMATION OF THE WORD

THE FIRST READING

Exodus 16.2-15

Hepsi Chand

A reading from the Book of Exodus.

The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. The Israelites said to them, “If only we had died by the hand of the Lord in the land of Egypt, when we sat by the fleshpots and ate our fill of bread; for you have brought us out into this wilderness to kill this whole assembly with hunger.” Then the Lord said to Moses, “I am going to rain bread from heaven for you, and each day the people shall go out and gather enough for that day. In that way I will test them, whether they will follow my instruction or not. On the sixth day, when they prepare what they bring in, it will be twice as much as they gather on other days.”

So Moses and Aaron said to all the Israelites, “In the evening you shall know that it was the Lord who brought you out of the land of Egypt, and in the morning you shall see the glory of the Lord, because he has heard your complaining against the Lord. For what are we, that you complain against us?” And Moses said, “When the Lord gives you meat to eat in the evening and your fill of bread in the morning, because the Lord has heard the complaining that you utter against him—what are we? Your complaining is not against us but against the Lord.”

Then Moses said to Aaron, “Say to the whole congregation of the Israelites, ‘Draw near to the Lord, for he has heard your

complaining.” And as Aaron spoke to the whole congregation of the Israelites, they looked toward the wilderness, and the glory of the Lord appeared in the cloud. The Lord spoke to Moses and said, “I have heard the complaining of the Israelites; say to them, ‘At twilight you shall eat meat, and in the morning you shall have your fill of bread; then you shall know that I am the Lord your God.’”

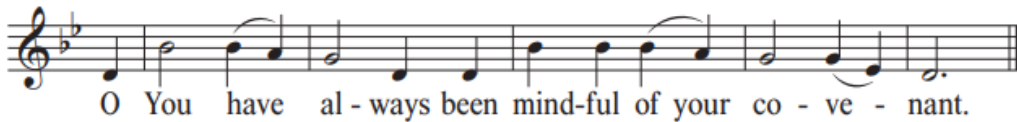
In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. When the Israelites saw it, they said to one another, “What is it?” For they did not know what it was. Moses said to them, “It is the bread that the Lord has given you to eat.

Hear what the Spirit is saying to the Church
Thanks be to God.

THE PSALM

Psalm 105.1-6 *Confetimini Domino*

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**

A reading from the Letter to the Philippians.

For to me, living is Christ and dying is gain. If I am to live in the flesh, that means fruitful labour for me; and I do not know which I prefer. I am hard pressed between the two: my desire is to depart and be with Christ, for that is far better; but to remain in the flesh is more necessary for you. Since I am convinced of this, I know that I will remain and continue with all of you for your progress and joy in faith, so that I may share abundantly in your boasting in Christ Jesus when I come to you again.

Only, live your life in a manner worthy of the gospel of Christ, so that, whether I come and see you or am absent and hear about you, I will know that you are standing firm in one spirit, striving side by side with one mind for the faith of the gospel, and are in no way intimidated by your opponents. For them this is evidence of their destruction, but of your salvation. And this is God's doing. For he has graciously granted you the privilege not only of believing in Christ, but of suffering for him as well— since you are having the same struggle that you saw I had and now hear that I still have.

Hear what the Spirit is saying to the Church
Thanks be to God.

Please stand

Alleluia, alleluia, alleluia. (2x)

Choir:

*“The Word of the Lord is alive.
The Word of God is active,
It can judge our thoughts,
Bring us closer to the Father”*

Alleluia, alleluia, alleluia. (2x)

THE GOSPEL OF THE DAY

Matthew 20.1-16

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.

“For the kingdom of heaven is like a landowner who went out early in the morning to hire labourers for his vineyard. After agreeing with the labourers for the usual daily wage, he sent them into his vineyard. When he went out about nine o’clock, he saw others standing idle in the marketplace; and he said to them, ‘You also go into the vineyard, and I will pay you whatever is right.’ So they went.

When he went out again about noon and about three o'clock, he did the same. And about five o'clock he went out and found others standing around; and he said to them, 'Why are you standing here idle all day?' They said to him, 'Because no one has hired us.' He said to them, 'You also go into the vineyard.'

When evening came, the owner of the vineyard said to his manager, 'Call the labourers and give them their pay, beginning with the last and then going to the first.' When those hired about five o'clock came, each of them received the usual daily wage. Now when the first came, they thought they would receive more; but each of them also received the usual daily wage. And when they received it, they grumbled against the landowner, saying, 'These last worked only one hour, and you have made them equal to us who have borne the burden of the day and the scorching heat.'

But he replied to one of them, 'Friend, I am doing you no wrong; did you not agree with me for the usual daily wage? Take what belongs to you and go; I choose to give to this last the same as I give to you. Am I not allowed to do what I choose with what belongs to me? Or are you envious because I am generous?' So the last will be first, and the first will be last."

The Gospel of Christ

Praise to you, Lord Jesus Christ.

Alleluia, Alleluia, alleluia (2x)

THE SERMON

The Rev. Sebastian Way

AFFIRMATION OF FAITH

I Believe in God Almighty

CP 44

Please Stand

THE PRAYERS OF THE COMMUNITY

INTERCESSIONS, PETITIONS, AND THANKSGIVINGS

Anne Bonnycastle

Please stand, sit or kneel.

THE EXCHANGE OF THE PEACE

Glory in the Holy Name;
Let the hearts of those who seek the Lord rejoice.

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 Lamp of Our Feet, Whereby We Trace CP 624

THE PRAYER OVER THE GIFTS

Let us pray.

Blessed are you, Lord God of all creation:
through your goodness we have this bread to set before you,
which earth has given and human hands have made.
It will become for us the bread of life.

Blessed be God for ever.

Blessed are you, Lord God of all creation,
Through your goodness we have this wine to set before you,
Fruit of the vine and work of human hands.
It will become for us the cup of salvation

Blessed be God forever.

THE EUCHARISTIC PRAYER

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 meet and right to give thanks to you always, O God,
for you are the source of all life.

Since the beginning of time, you have sustained us
through the environment you established in creation.
You rule the universe with balance and generosity,
for which all creation never ceases to praise you.

Joining with the company of heaven
and all the creatures of the skies, earth, and seas,
we joyfully praise your holy name, singing,

THE SANCTUS

CP 726

O God, our creator, you placed us in this world,
but did not leave us to live alone.

You surround us with your wondrous creation

That we might live in harmony with it,
taking only what is necessary to preserve our common life.

Of the world you made a garden for the flourishing of your people,
yet we strayed from your path.
We judged ourselves powerful and mighty,
planting destruction between us and nature,
and creating a world of inequity, imbalance, and injustice.
Countless times, your prophets led us to repentance and new life,
yet we choose to walk in other ways and persist in our selfish error.

In the fulness of time and in your infinite mercy,
you sent us your Son Jesus Christ, the source of new life.
He taught us to live in unity with you,
opening the doors to a new creation:
one reconciled to you and sustained by your love.

On the night he was betrayed, Jesus took bread.
Having given thanks to you,
he broke it and gave it to those who were with him, saying,
“Take, eat. This is my Body which is given for you.
Do this in remembrance of me.”

After supper, he took the cup of wine,
and having given thanks to you, he gave it to them, saying,
“Take, drink. This is my Blood of the new and eternal Covenant
which is shed for the forgiveness of sins.
Do this in remembrance of me.”

Therefore we proclaim the wondrous mystery:

Christ has died. Christ is risen. Christ will come again.

And, giving thanks to you for restoring us in the ways of your Kingdom,
we offer you these gifts of bread and wine:

Fruits of the earth and of your own creation.

Sanctify them by your Holy Spirit,

that they may be for us the Body and Blood of your Son Jesus Christ.

Sanctify us also, that in union with Christ

we may fill the world with your love,

renewing it with the gift of your Gospel.

Preserve us in rebuilding the world around us

and restoring the balance of nature.

Grant that we may see in your creation that splendid garden,
worthy of our respect and care.

Evermore strengthen your Church in the struggle

to preserve the environment and the diversity of life within it.

And, at the last day, bring us to your heavenly Kingdom,

where in the company of St Mary the Mother of God, St Helen,

and all your saints,

we may never cease to glorify you in the new creation of Jesus Christ.

By Christ, with Christ, and in Christ,

in the unity of the Holy Spirit, all honour and glory are yours,

Almighty God, now and forever.

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

Every time we eat this bread
and drink this cup,
**We proclaim the Lord's death
until he comes.**

Jesus is the Lamb of God
who takes away the sin of the world.
Blessed are those who are called to his supper.
**Lord, I am not worthy to receive you,
but only say the word, and I shall be healed.**

AGNUS DEI

CP 745

COMMUNION

Dipping the host into the chalice (intinction) is not permitted in this diocese. If you wish to receive a blessing rather than Holy Communion, please indicate this by placing your right hand over your heart.

COMMUNION HYMNS

O God, Unseen Yet Ever Near

CP 52

My Life Flows On in Endless Song

CP 401

THE SENDING FORTH OF THE COMMUNITY

PRAYER AFTER COMMUNION

Please Stand

Let us pray.

Gracious Creator

**Your Spirit has given us new life
and nourished in us your concern for creation.**

**Inspire us by your Holy Spirit to recognise the One
who shelters the wounded sparrow and the bruised reed.
We ask this in the name of Jesus Christ our Lord. Amen.**

BLESSING

May God our creator,
Who clothes the lilies and feeds the birds of the air
bestow on you his care
and increase the harvest of your righteousness;
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

Tend the earth, care for God's good creation,
and bring forth the fruits of righteousness.
Go in the peace of Christ.
Thanks be to God.

CLOSING HYMN

Guide Me O Thou Great Jehovah

CP 565

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.*

Parish BBQ Today at 12:00!

Please join us outside for our annual Parish BBQ at 12:00 today following the service! Hot dogs, salads, and beverages will be served will be served.

Spiritually Alive Course

A group from our parish will be taking part in the Spiritually Alive Churches course organised by the Centre for Missional Leadership. This online course will, over five Saturday morning sessions taking place between now and the spring, prompt us to reflect on how we as a parish might more deeply and fruitfully engage with our community.

The first session will take place on Saturday 26 September from 9am-12pm and we will meet together at church to participate as a group.

We have two spaces left for participants. If you feel you might be able to help us better reflect on how we can make St Helen's a place of welcome and engagement for the whole community, please consider joining us!

Contact Sebastian or the Wardens for more information or to put your name forward.

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.

Intercessor Prayer Requests

Prayers for:

Makenna

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

(We have more than enough granola bars for the moment, thanks!)

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 **September 26** and **October 24** 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: Anne Bonnycastle

Readers: Hepsi Chand, Liz Hodgson

Lay Administrator: Paula Pryce

Counter: Dale O'Brien

Zoom: Lynn Raymond

Volunteers Next Week

Intercessor: Hepsi Chand

Readers: Matt Powell, Gillian Moore

Lay Administrators: Tony Hodgson, Shawn de Raaf

Counter: Lynn Raymond

Zoom: Irene Vavasour

Scripture Readings for Next Week

First Reading: Exodus 17:1-7

Psalm: Psalm 78:1-4, 12-16

Second Reading: Philippians 2:1-13

Gospel: Matthew 21:23-32

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