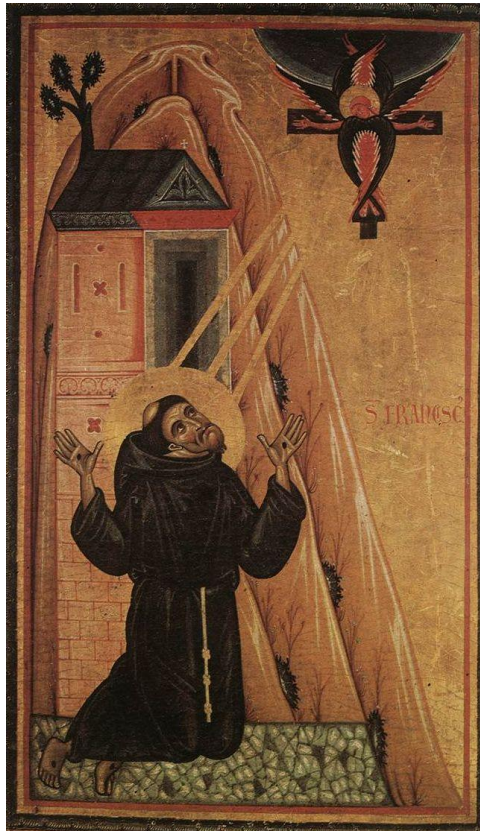


St. Helen's Anglican Church of Canada
Diocese of New Westminster

The Feast of St Francis
October 4th, 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

Please Stand

OPENING HYMN All Creatures of Our God and King (v. 1-5, 7) CP 355

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, 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.

O God, you ever delight to reveal yourself
to the childlike and lowly of heart:
grant that, following the example of the blessed Francis,
we may count the wisdom of this world as foolishness
and know only Jesus Christ and him crucified,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

Amen.

Please be seated

THE PROCLAMATION OF THE WORD

THE FIRST READING

Exodus 20.1-4, 7-9, 12-20

Angela White

A reading from the Book of Exodus.

Then God spoke all these words:

I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery; you shall have no other gods before me.

You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth.

You shall not make wrongful use of the name of the Lord your God, for the Lord will not acquit anyone who misuses his name.

Remember the sabbath day, and keep it holy. For six days you shall labour and do all your work.

Honour your father and your mother, so that your days may be long in the land that the Lord your God is giving you.

You shall not murder.

You shall not commit adultery.

You shall not steal.

You shall not bear false witness against your neighbour.

You shall not covet your neighbour's house; you shall not covet your neighbour's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbour.

When all the people witnessed the thunder and lightning, the sound of the trumpet, and the mountain smoking, they were afraid and trembled and stood at a distance, and said to Moses, 'You speak to us,

and we will listen; but do not let God speak to us, or we will die.’
Moses said to the people, ‘Do not be afraid; for God has come only to
test you and to put the fear of him upon you so that you do not sin.’

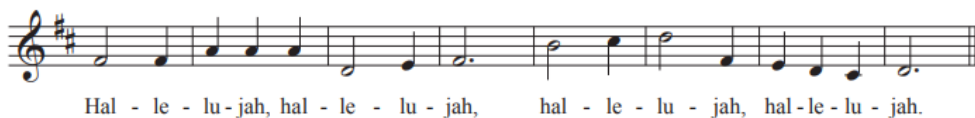
Hear what the Spirit is saying to the Church
Thanks be to God.

THE PSALM

Psalm 148

Laudate Dominum

Refrain:



Praise God from the heavens;
sing praise in the heights.
Sing praise, all angels,
sing praise, all you heavenly host. **R.**

Sing praise, sun and moon;
sing praise, all you shining stars.
Sing praise, heaven of heavens,
and you waters above the heavens. **R.**

Let them praise your name, O God;
for you commanded, and they were created.
You made them stand fast for ever and ever;
you gave them a law which shall not pass away. **R.**

O praise God from the earth,
You sea-monsters and all deeps;
Fire and hail, snow and fog,
tempestuous wind, doing God's will; **R.**

Mountains and all hills, fruit trees and all cedars:
Wild beasts and all cattle, creeping things and flying birds;
Rulers of the earth and all peoples,
Princes and all sovereigns of the world;
Young men and women,
Old and young together. **R.**

Let them praise your name, O God,
for your name only is exalted, your splendour is over earth and
heaven.
You have raised up strength for your people and praise for all your
loyal servants,
the children of Israel, a people who are near you.
Hallelujah! **R.**

A reading from the Letter to the Galatians.

May I never boast of anything except the cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world. For neither circumcision nor uncircumcision is anything; but a new creation is everything! As for those who will follow this rule—peace be upon them, and mercy, and upon the Israel of God.

From now on, let no one make trouble for me; for I carry the marks of Jesus branded on my body.

May the grace of our Lord Jesus Christ be with your spirit, brothers and sisters. Amen.

Hear what the Spirit is saying to the Church

Thanks be to God

Please stand

Alleluia, alleluia, alleluia. (2x)

Choir:

*“God brings the world to himself,
Now through his Christ reconciling;
He has trusted us with the news
of redeeming love”*

Alleluia, alleluia, alleluia.

THE GOSPEL OF THE DAY

Matthew 11.25-30

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.

At that time Jesus said, ‘I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

‘Come to me, all you that are weary and are carrying heavy burdens,
and I will give you rest. Take my yoke upon you, and learn from me; for I
am gentle and humble in heart, and you will find rest for your souls. For
my yoke is easy, and my burden is light.’

The Gospel of Christ
Praise to you, Lord Jesus Christ.

Alleluia, Alleluia, alleluia

THE SERMON

The Rev. Sebastian Way

AFFIRMATION OF FAITH

I Believe in God Almighty

CP 44

Please Stand

We join Christians across time and place;
As we affirm our faith in God our Creator.

Please join in singing the Creed

THE PRAYERS OF THE COMMUNITY

INTERCESSIONS, PETITIONS, AND THANKSGIVINGS

Hepsi Chand

Please stand, sit or kneel.

THE EXCHANGE OF THE PEACE

Blessed are those who hunger and thirst for what is right,
for they shall be satisfied.

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 All Things Bright and Beautiful CP 415

THE PRAYERS 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 offer thanks and praise.

Blessed are you, gracious God,
creator of heaven and earth;
we give you thanks and praise
through Jesus Christ our Lord,
because in the fellowship of your saints
you have given us a glorious pledge
of the hope of our calling.

Therefore we join our voices with theirs
as earth and heaven unite
to proclaim the glory of your name.

THE SANCTUS

CP 726

We give thanks to you for Jesus,
whose first bed was a feed trough.

He was baptized into the Jordan,
tested in the wilderness,
he travelled in fishing boats
and told parables of farmers and seeds,
labour and wages, yeast and bread.

On the night before he died,
Jesus took bread,
food of the poor, the work of field and hearth,
he gave thanks, broke it and gave it to his friends saying:
Take and eat, this is my body, given for you,
do this to remember me.

Again after supper
he took the cup of wine, fruit of the land,
gave thanks and gave it to his friends saying:
This is my blood, which is shed for you.
When you do this, do it in memory of me.

Remembering Jesus' life, death and resurrection
and awaiting his coming kingdom,
we offer you this bread and this cup.

Creator, send your Spirit on these gifts
so that we know Jesus in them
and are gathered together with everyone
who shares this sacred meal of justice and community.

Fill us with the courage and love of Jesus,

that we may strive for justice and peace,
respect the dignity of every human being,
and safeguard the integrity of creation.
Bring us with St Mary, the Mother of God, St Francis, St Helen,
and all your saints to your commonwealth of sparrow and lily,
child and beggar which is both now and yet to come.
All honour and glory are yours,
Creator, Christ and Spirit, 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.

The Gifts of God for the People of God.
Thanks be to God.

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

God of the Sparrow
I Heard the Voice of Jesus Say

CP 414

CP 508

THE SENDING FORTH OF THE COMMUNITY

PRAYER AFTER COMMUNION

Please Stand

Let us pray.

God of glory,
we give thanks for your likeness in your servant Francis.
May we who share at this table be transformed by your love
and display the joy of your kingdom,
where Jesus is Lord, now and for ever. 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

Sing Hallelujah to Our God

CP 492

POSTLUDE

Prayer of St Francis

Choir

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 October 4th, 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.

Tuesday Eucharist at 12:15 pm

A simple service of spoken Eucharist is now held each Tuesday at 12.15 pm.

Contemplative Prayer

Contemplative Prayer sessions are held every Wednesday at 7:30 pm.

Intercessor Prayer Requests

Prayers for:

Lois

Paul

Ruth

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 **October 24** outing (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: Liz Hodgson

Readers: Angela White, Shawn de Raaf

Chalice Bearers: Jeffrey Preiss

Counter: Dale O'Brien

Zoom: Kyle Taylor

Volunteers Next Week

Intercessor: David Van Blarcom

Readers: Hepsi Chand, Liz Hodgson

Chalice Bearers: Jeffrey Preiss

Counter: Lynn Raymond

Zoom: Tony Hodgson

Scripture Readings for Next Week

First Reading: Deuteronomy 8:7-18

Psalms: Psalm 65

Second Reading: 2 Corinthians 9:6-15

Gospel: Luke 17.11-19

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