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

The 25th Sunday After Pentecost



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 Immortal, Invisible, God Only Wise CP 393

GREETING AND LAND ACKNOWLEDGEMENT

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

As we gather on the traditional territory of the Musqueam people,
Let us confess to God the sins and shortcomings of the world;
its pride, its selfishness, its greed;
its evil divisions and hatreds.

Most merciful God,
we confess that we have sinned
in thought, word and deed.
We have not loved you with our whole heart.
We have not loved our neighbours as ourselves.
In your mercy
forgive what we have been,
help us to amend what we are,

and direct what we shall be;
that we may do justly,
love mercy,
and walk humbly with you, our God.
Amen.

Almighty God,
who forgives all who truly repent,
have mercy upon you,
pardon and deliver you from all your sins,
confirm and strengthen you in all goodness,
and keep you in life eternal;
through Jesus Christ our Lord.
Amen

GLORIA **Glory to God** **CP 691**

COLLECT OF THE DAY

Let us pray.

Eternal God,
who caused all holy scriptures
to be written for our learning,
grant us so to hear them,
read, mark, learn, and inwardly digest them,
that we may embrace and ever hold fast
the blessed hope of everlasting life,
which you have given us in our Saviour Jesus Christ,
who lives and reigns with you and the Holy Spirit,
one God, for ever and ever.
Amen.

Please be seated

THE PROCLAMATION OF THE WORD

THE FIRST READING Judges 4.1-7 Shawn De Raaf

A reading from the Book of Joshua.

The Israelites again did what was evil in the sight of the Lord, after Ehud died. So the Lord sold them into the hand of King Jabin of Canaan, who reigned in Hazor; the commander of his army was Sisera, who lived in Haroshethhagoiim. Then the Israelites cried out to the Lord for help; for he had nine hundred chariots of iron, and had oppressed the Israelites cruelly twenty years. At that time Deborah, a prophetess, wife of Lappidoth, was judging Israel. She used to sit under the palm of Deborah between Ramah and Bethel in the hill country of Ephraim; and the Israelites came up to her for judgement. She sent and summoned Barak son of Abinoam from Kedesh in Naphtali, and said to him, "The Lord, the God of Israel, commands you, 'Go, take position at Mount Tabor, bringing ten thousand from the tribe of Naphtali and the tribe of Zebulun. I will draw out Sisera, the general of Jabin's army, to meet you by the Wadi Kishon with his chariots and his troops; and I will give him into your hand.'"

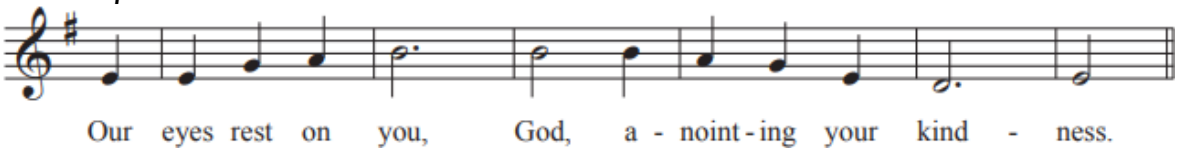
Hear what the Spirit is saying to the Church
Thanks be to God.

THE PSALM

Psalm 123

Ad te levavi oculos meos

Refrain:



To you I lift up my eyes,
to you enthroned in the heavens.
As the eyes of the servants look to the hand of their masters
and the eyes of a maid to the hand of her mistress,
So our eyes look to you, our God,
until you show us your mercy. ***R***

Have mercy upon us, O God, have mercy,
for we have had more than enough of contempt,
Too much of the scorn of the indolent rich,
and of the derision of the proud. ***R***

THE SECOND READING 1 Thessalonians 5.1-11 Gillian Moore

A reading from the First Letter of Paul to the Thessalonians.

Now concerning the times and the seasons, brothers and sisters, you do not need to have anything written to you. For you yourselves know very well that the day of the Lord will come like a thief in the night. When they say, "There is peace and security," then sudden destruction will come upon them, as labour pains come upon a pregnant woman, and there will be no escape! But you, beloved, are not in darkness, for that day to surprise you like a thief; for you are all children of light and children of the day; we are not of the night or of darkness.

So then let us not fall asleep as others do, but let us keep awake and be sober; for those who sleep sleep at night, and those who are drunk get drunk at night. But since we belong to the day, let us be sober, and put on the breastplate of faith and love, and for a helmet the hope of salvation. For God has destined us not for wrath but for obtaining salvation through our Lord Jesus Christ, who died for us, so that whether we are awake or asleep we may live with him. Therefore encourage one another and build up each other, as indeed you are doing.

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

GOSPEL ACCLAMATION CP 714

Please stand

Alleluia, alleluia, alleluia. (2x)

Choir:

Look up and raise your heads,
because your redemption is drawing near.

Alleluia, alleluia, alleluia.

THE GOSPEL OF THE DAY Matthew 24.15-30

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.

Jesus said, "For it is as if a man, going on a journey, summoned his slaves and entrusted his property to them; to one he gave five talents, to another two, to another one, to each according to his ability. Then he went away. The one who had received the five talents went off at once and traded with them, and made five more talents. In the same way, the one who had the two talents made two more talents. But the one who had received the one talent went off and dug a hole in the ground and hid his master's money.

After a long time the master of those slaves came and settled accounts with them. Then the one who had received the five talents came forward, bringing five more talents, saying, 'Master, you handed over to

me five talents; see, I have made five more talents.' His master said to him, 'Well done, good and trustworthy slave; you have been trustworthy in a few things, I will put you in charge of many things; enter into the joy of your master.' And the one with the two talents also came forward, saying, 'Master, you handed over to me two talents; see, I have made two more talents.' His master said to him, 'Well done, good and trustworthy slave; you have been trustworthy in a few things, I will put you in charge of many things; enter into the joy of your master.'

Then the one who had received the one talent also came forward, saying, 'Master, I knew that you were a harsh man, reaping where you did not sow, and gathering where you did not scatter seed; so I was afraid, and I went and hid your talent in the ground. Here you have what is yours.' But his master replied, 'You wicked and lazy slave! You knew, did you, that I reap where I did not sow, and gather where I did not scatter? Then you ought to have invested my money with the bankers, and on my return I would have received what was my own with interest. So take the talent from him, and give it to the one with the ten talents. For to all those who have, more will be given, and they will have an abundance; but from those who have nothing, even what they have will be taken away. As for this worthless slave, throw him into the outer darkness, where there will be weeping and gnashing of teeth.'"

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

Alleluia, Alleluia, alleluia

THE SERMON The Rev. Sebastian Way

AFFIRMATION OF FAITH

Please Stand

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

I believe in God,
the Father almighty,
Creator of heaven and earth,
and in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
he descended into hell;
on the third day he rose again from the dead;
he ascended into heaven,
and is seated at the right hand of God the Father almighty;
from there he will come to judge the living and the dead.
I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting.

Amen.

THE PRAYERS OF THE COMMUNITY

INTERCESSIONS

Please stand, sit or kneel for prayer

THE EXCHANGE OF THE PEACE

Jesus said, "Peace I leave with you; my peace I give to you.
I do not give to you as the world gives."

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 Living Lord of Love's Dominion CP 453

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.

Holy God,
in this eucharist we renew our baptismal covenant.
Help us, through our offering this day,
to renounce all things that draw us from your love.
This we ask in the name of Jesus Christ our Lord.
Amen.

THE EUCHARISTIC PRAYER

The Lord be with you.
And also with you.
Lift up your hearts.
We lift them up to God.
Let us give thanks to the Lord our God.
It is right to give thanks and praise.

Blessed are you, gracious God,
creator of heaven and earth;
you are the source of light and life for all your creation,
you made us in your own image,
and call us to new life in Jesus Christ our Saviour.

Therefore we praise you,
joining our voices to proclaim the glory of your name, as we sing

SANCTUS CP 694

Lord, you are holy indeed, the source of all holiness;
grant that by the power of your Holy Spirit,
and according to your holy will,
these gifts of bread and wine
may be to us the body and blood of our Lord Jesus Christ;

who, in the same night that he was betrayed,
took bread and gave you thanks;
he broke it and gave it to his disciples, saying:
Take, eat; this is my body which is given for you;

do this in remembrance of me.

In the same way, after supper
he took the cup and gave you thanks;
he gave it to them, saying:
Drink this, all of you;
this is my blood of the new covenant,
which is shed for you and for many for the forgiveness of sins.
Do this, as often as you drink it,
in remembrance of me.

Great is the mystery of faith:
Christ has died:
Christ is risen:
Christ will come again.

And so, Lord, calling to mind his death on the cross,
his perfect sacrifice made once for the sins of the whole world;
rejoicing in his mighty resurrection and glorious ascension,
and looking for his coming in glory,
we celebrate this memorial of our redemption.

As we offer you this our sacrifice of praise and thanksgiving,
we bring before you this bread and this cup
and we thank you for counting us worthy
to stand in your presence and serve you.

Send the Holy Spirit on your people
and gather into one in your kingdom
all who share this one bread and one cup,

so that we, in the company of St. Mary, the Mother of God,
St, Helen and all the saints,
may praise and glorify you for ever,
through Jesus Christ our Lord;

by whom, and with whom, and in whom,
in the unity of the Holy Spirit,
all honour and glory be yours, almighty Creator,
for ever and ever.
Amen.

THE LORD'S PRAYER

Let us pray with confidence as our Saviour has taught us:

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

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 701

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	We Who Live by Sound and Symbol	CP 69
	Amazing Grace	CP 352

THE SENDING FORTH OF THE COMMUNITY

PRAYER AFTER COMMUNION

Please Stand

Let us pray.

Gracious God,
in this sacrament
we have shared the body and blood of Christ.
May we who have been nourished by holy things
bear witness to his light,
and share in his eternal priesthood;
for he is Lord for ever and ever.
Amen.

BLESSING

May God give you comfort and peace,
light and joy, in this world and the next;

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

As witnesses of the light, bear witness to the light.

Go in the peace of Christ.
In the name of Christ. Amen.

CLOSING HYMN Thy Strong Word Did Cleave the Darkness CP 369

POSTLUDE

Please remain seated for the postlude.

UPCOMING EVENTS AT ST. HELEN'S

Join us for our Sunday Worship on October 25th, 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 held each Tuesday at 12.15 pm.

Contemplative Prayer

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

A Pastoral Message: Staying Safe from Email Scams

Dear Friends in Christ,
This past week, we learned from several people, both within and beyond our parish community, that fraudulent emails have been circulating using Sebastian's name. Although these messages appeared to come from him, they were sent from email addresses that are not associated with St. Helen's. Unfortunately, these kinds of scams are increasingly common. Other parishes, workplaces, and community organizations have experienced similar incidents. Scammers use a variety of methods to impersonate trusted individuals, and even the most careful among us can be caught off guard. We encourage everyone to remain attentive and take a few simple precautions when communicating online:

- Check the sender's email address. A familiar name does not necessarily mean the message is genuine. Look carefully at the actual email address.
- Be cautious of unexpected requests. Emails asking for money, gift cards, passwords, or personal information should always be treated with caution.
- Avoid suspicious links and attachments. If something seems unusual or unexpected, do not click until you have verified the sender.
- When in doubt, reach out. If you receive a message claiming to be from one of your clergy and are uncertain about its authenticity, please contact the parish office by telephone using our usual contact information.

We also encourage parishioners to explore the digital literacy and online safety workshops offered through the Vancouver Public Library, neighbourhood houses, and other community organisations. These can be wonderful opportunities to build confidence and learn practical skills for navigating our increasingly digital world.
The Apostle Paul reminds us to "test everything; hold fast to what is good" (1 Thessalonians 5:21). These words offer a helpful invitation to practise discernment, not only in our spiritual lives but also in our everyday interactions.
Above all, please remember that there is no shame in being targeted by a scam. These messages are deliberately designed to deceive. By looking out for one another, sharing information, and asking questions when something seems unusual, we can help keep our community safe.

With every blessing,
Sebastian and Jeffrey

Neighbourhood Ministry

Today we welcome Joan Stewart who helps coordinate the West Side Anglicans Neighbourhood Ministry to which our parish contributes. As we seek ways to grow our engagement with our community, Joan will speak before our 10 am service about this vital work of Christian mission to some of the most vulnerable of our neighbours here on the West Side.

Collection Changes

We are trying a new approach to our Sunday collections. Since some people, particularly visitors, may find the passing of the collection plate during the Offertory to be intrusive or confusing, we will for a trial period have the

plate ready to take a retiring collection at the end of the service. Please leave your offering in the plate when you leave church after the service.

Faith Formation Series: Anglican Beliefs and Practices

We continue our faith formation series this Sunday from 9-9.45 am. All are welcome and no preparation or prior attendance is required. Copies of the book can be purchased from the Church Office for $25, or speak to Sebastian if cost is an issue.

November Stewardship & Visioning Potlucks

Stewardship potlucks are taking place this month - many thanks to our hosts and to all who are taking part in these wonderful community building events. If you encounter any scheduling difficulties please contact Zayd or Sebastian.

The theme for our discussions this year is Growing Community. A package including pledge cards will be distributed soon.

Upcoming Advent Spiritual Opportunities

Our 10 am service on Sunday 6 December will be a special celebration of Advent in seasonal carols and readings. The service will end in celebration of the Eucharist.

Join us in church on Tuesday evenings in Advent (1, 8, 15, 22 December) at 7 pm for a half hour service of Evening Prayer, a simple and meditative service of reading, prayer and song in the stillness of the winter evening.

Wednesdays Nov 25, Dec 2, 9 + 16 at 7:30pm at St Helen's

This Advent, join us for discussion of the history and practice of contemplative prayer, prompted by Cynthia Bourgeault's The Wisdom Way of Knowing. The evening will include meditation and silent prayer.

The Wisdom Way of Knowing is a small, meditative book, and the readings are light. Copies may be purchased online (look for second hand copies). If purchasing a book poses financial difficulty, please contact Rev. Sebastian Way at rector@sthelensvancouver.com

Reading schedule:
Nov 25 – chapters 1, 2 + 8
Dec 2 – chapters 2 + 3
Dec 9 – chapters 4 +5
Dec 16 – chapters 6 + 7

Please email St. Helen's office to rsvp: office@sthelensvancouver.com

Bishop John's Advent Series: Mountains and Valleys

On Tuesday evenings in Advent (1, 8, 15, 22 December) from 7-8.15 pm Bishop John will lead a series of meditations on the Sermon on the Mount (Matthew 5-7) online via zoom. More details are available on the diocesan website: https://www.vancouver.anglican.ca/events/mountains-valleys-advent-series/2026-12-01

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.

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

Intercessor Prayer Requests

Prayers for:
Liz
Paul
Ruth
Lois
Diane

Volunteers Today

Readers: Shawn De Raaf, Gillian Moore
Chalice Bearers: Suzanne Windsor-Liscombe, Shawn De Raaf
Counter: Dale O'Brien
Zoom: Kathy Ll

Volunteers Next Week

Readers: Liz Hodgson, Suzanne Windsor-Liscombe
Chalice Bearers: Rhodri Windsor-Liscombe, Suzanne Windsor-Liscombe
Counter: Lynn Raymond
Zoom: Lynn Raymond

Scripture Readings for Next Week

First Reading: Ezekiel 34:11-16, 20-24
Psalm: Psalm 100
Second Reading: Ephesians 1:15-23
Gospel: Matthew 25:31-46

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