

FOURTH SUNDAY AFTER EPIPHANY

29 JANUARY, 2023



8 AM & 10 AM EUCHARIST

IN-PERSON & ZOOM



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ST. HELEN'S (WEST POINT GREY)
ANGLICAN CHURCH OF CANADA
DIOCESE OF NEW WESTMINSTER

THE REVEREND LIZ HAMEL, INTERIM PRIEST-IN-CHARGE

Fourth Sunday After Epiphany – 29 January, 2023.

8:00 am Eucharist

Book of Common Prayer, Page 67

Collect, Readings and Psalm - See 10 am Sung Eucharist

10:00 am Sung Eucharist

Prelude

The Gathering of the Community

Welcome

Celebrant In this time and place, we gather on the unceded ancestral lands of the Musqueam, Squamish and Tsleil-Waututh Nations.

All From many places and peoples we come to this house of prayer.

Celebrant In this time and place, we meet in the presence of the living God.

All The living God who creates us and all that is.

Celebrant In this time and place, the risen Christ stands in our midst.

All The risen Christ who accompanies us and all people.

Celebrant In this time and place, God's Holy Spirit breathes in and through us.

All The Holy Spirit who transforms us and all life.

Celebrant In this time and place, together, one people of God.

All In the name of God, Source of all being, Eternal Word and Holy Spirit. Amen.

Celebrant The grace of our Lord Jesus Christ,
And the love of God,
And the unity of the Holy Spirit
Be with you all.

All And also with you

Please rise as you are able

Opening Hymn Here O Lord Your Servants Gather

CP 534

1. Here, O Lord, your servants gather,
hand we link with hand;
looking toward our Savior's cross,
joined in love we stand.
As we seek the realm of God,
we unite to pray:
Jesus, Savior, guide our steps
for you are the way.

2. Many are the tongues we speak,
scattered are the lands;
yet our hearts are one in God,
one in love's demands.

E'en in darkness hope appears,
calling age and youth;
Jesus, Teacher, dwell with us,
for you are the truth.

3. Nature's secrets open wide,
changes never cease;
where, O where, can weary souls
find the source of peace?
Unto all those sore distressed,
torn by endless strife,
Jesus, Healer, bring your balm,
for you are the life.

4. Grant, O God, an age renewed,
filled with deathless love;
help us as we work and pray.
Send us from above
truth and courage, faith and power
needed in our strife:
Jesus, Master, be our way,
be our truth our life.

Collect for Purity

Celebrant

Almighty God,

All

**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 Jesus Christ our Lord. Amen.**

Gloria

Glory to God

CP 691

Glory to God in the highest,
And peace to his people on earth.

Lord God, heavenly king,
Almighty God and Father,
We worship you, we give you thanks,
We praise you for your glory.

Lord Jesus Christ, only Son of the Father,
Lord God, Lamb of God,

You take away the sin of the world:
Have mercy on us;
You are seated at the right hand of the Father:
Receive our prayer.

For you alone are the Holy One,
You alone are the Lord,
You alone are the Most High,
Jesus Christ, with the Holy Spirit,
In the glory of God the Father. Amen.

Collect of the Day

God our deliverer,
you call us to walk humbly with you.
When we are foolish, be our wisdom; when we are weak, be our strength;
so that, as we learn to do justice and to love mercy,
your rule may come to us as a blessing. **Amen.**

Please be seated

The Proclamation of the Word

1st Reading MICAH 6:1-8

Reader

A reading from the book of Micah

Mathew Powell

Hear what the Lord says: Rise, plead your case before the mountains, and let the hills hear your voice. Hear, you mountains, the controversy of the Lord, and you enduring foundations of the earth; for the Lord has a controversy with his people, and he will contend with Israel. "O my people, what have I done to you? In what have I wearied you? Answer me! For I brought you up from the land of Egypt, and redeemed you from the house of slavery; and I sent before you Moses, Aaron, and Miriam. O my people, remember now what King Balak of Moab devised, what Balaam son of Beor answered him, and what happened from Shittim to Gilgal, that you may know the saving acts of the Lord." "With what shall I come before the Lord, and bow myself before God on high? Shall I come before him with burnt offerings, with calves a year old? Will the Lord be pleased with thousands of rams, with ten thousands of rivers of oil? Shall I give my firstborn for my transgression, the fruit of my body for the sin of my soul?" He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?

Reader

Hear what the spirit is saying to the church.

All

Thanks be to God.

Refrain

The just shall dwell on your holy mountain.

Lord, who may dwell in your tabernacle?
who may abide upon your holy hill?
Whoever leads a blameless life and does what is right,
who speaks the truth from his heart. **R.**

There is no guile upon his tongue;
he does no evil to his friend;
he does not heap contempt upon his neighbour.
In his sight the wicked is rejected,
but he honours those who fear the Lord. **R.**

He has sworn to do no wrong
and does not take back his word.
He does not give his money in hope of gain,
nor does he take a bribe against the innocent.
Whoever does these things shall never be overthrown. **R.**

For in the day of trouble you will keep me safe in your shelter;
you will hide me in the secrecy of your dwelling and set me high upon a rock.
Even now you lift up my head
above my enemies round about me.
Therefore I will offer in his dwelling an oblation with sounds of great gladness;
I will sing and make music to my God. **R.**

Hearken to my voice, O God, when I call;
have mercy on me and answer me.
You speak in my heart and say, "Seek my face."
Your face, O God, will I seek. **R.**

Hide not your face from me,
nor turn away your servant in displeasure.
You have been my helper; cast me not away;
do not forsake me, O God of my salvation. **R.**

The message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written, "I will destroy the wisdom of the wise, and the discernment of the discerning I will thwart." Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength. Consider your own call, brothers and sisters: not many of you were wise by human standards, not many were powerful, not many were of noble birth. But God chose what is foolish in the world to shame the wise; God chose what is weak in the world to shame the strong; God chose what is low and despised in the world, things that are not, to reduce to nothing things that are, so that no one might boast in the presence of God. He is the source of your life in Christ Jesus, who became for us wisdom from God, and righteousness and sanctification and redemption, in order that, as it is written, "Let the one who boasts, boast in the Lord."

Reader
All

Hear what the spirit is saying to the church.
Thanks be to God.

Please rise as you are able

Gospel Acclamation **Alleluia, alleluia, alleluia!**

CP 709

Gospel Reading MATTHEW 5:1-12

Reader The Lord be with you.

All **And also with you.**

Reader The Holy Gospel of our Lord Jesus Christ according to Matthew

All **Glory to you, Lord Jesus Christ.**

When Jesus saw the crowds, he went up the mountain; and after he sat down, his disciples came to him. Then he began to speak, and taught them, saying: "Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they will be comforted. Blessed are the meek, for they will inherit the earth. Blessed are those who hunger and thirst for righteousness, for they will be filled. Blessed are the merciful, for they will receive mercy. Blessed are the pure in heart, for they will see God. Blessed are the peacemakers, for they will be called children of God. Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of

heaven. Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you."

Reader

The Gospel of Christ.

All

Praise to you, Lord Jesus Christ.

Gospel Acclamation **Alleluia, Alleluia.**

Sermon

The Rev Liz Hamel

Please rise as you are able

Nicene Creed

Celebrant

Let us confess our faith, as we say,

All

**We believe in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God,
begotten, not made,
of one being with the Father.
Through him all things were made.
For us and for our salvation
he came down from heaven:
by the power of the Holy Spirit
he became incarnate from the Virgin Mary,
and was made human.
For our sake he was crucified
under Pontius Pilate;
he suffered death and was buried.
On the third day he rose again
in accordance with the scriptures;
he ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory**

**to judge the living and the dead,
and his kingdom will have no end.**

**We believe in the Holy Spirit,
the Lord, the giver of life,
who proceeds from the Father.
With the Father and the Son
he is worshipped and glorified.
He has spoken through the prophets.
We believe in one holy catholic
and apostolic Church.
We acknowledge one baptism
for the forgiveness of sins.
We look for the resurrection of the dead,
and the life of the world to come. Amen.**

Prayers of the People

Liz Hodgson

Please stand, sit or kneel as is your custom for prayer

Confession and Absolution

Celebrant Dear friends in Christ,
God is steadfast in love and infinite in mercy;
God welcomes sinners and invites us to this table.
Let us confess our sins, confident in God's forgiveness.

The Silence is kept

Celebrant Most merciful God,
All **We confess that we have sinned against you in thought, word, and deed,
by what we have done, and by what we have left undone. We have not
loved you with our whole heart; we have not loved our neighbours as
ourselves. We are truly sorry and we humbly repent. For the sake of your
Son Jesus Christ, have mercy on us and forgive us, that we may delight in
your will, and walk in your ways, to the glory of your name. Amen.**

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

All **Amen.**

Please rise

The Peace

Celebrant

The peace of the Lord be always with you.

All

And also with you.

Offertory Hymn Blest Are the Pure in Heart

CP 439

1. Blest are the pure in heart,
for they shall see our God;
the secret of the Lord is theirs,
their soul is Christ's abode.
2. The Lord, who left the heavens
our life and peace to bring,
to dwell in lowliness with us,
our pattern and our King;
3. Still to the lowly soul
His presence doth impart,
and for a dwelling and a throne
chooseth the pure in heart.
4. Lord, we Your presence seek —
may ours this blessing be:
give us a pure and lowly heart,
a temple meet for thee.

Prayer over the Gifts

Celebrant

God of steadfast love,
may our offering this day,
by the power of your Holy Spirit,
renew us for your service.
We ask this in the name of Jesus Christ the Lord.

The Great Thanksgiving

Celebrant

The Lord be with you.

All

And also with you.

Celebrant

Lift up your hearts.

All

We lift them to the Lord.

Celebrant

Let us give thanks to the Lord our God.

All

It is right to give our thanks and praise.

Celebrant

Eternal God, Source of all being,

we give you thanks and praise
for your faithful love.
You call us into friendship
with you and one another
to be your holy people,
a sign of your presence in the world.

When those we trust betray us,
unfailingly you remain with us.
When we injure others,
you confront us in your love
and call us to the paths of righteousness.
You stand with the weak,
and those, broken and alone,
whom you have always welcomed home,
making the first last, and the last first.
Therefore we raise our voices
with angels and archangels,
forever praising you and saying (singing):

All

**Holy, holy, holy Lord,
God of power and might,
heaven and earth are full of your glory.
Hosanna in the highest.**

CP 694

**Blessed is the one who comes in the name of the Lord.
Hosanna in the highest.**

Celebrant

Blessed are you, O Holy One:
when Hagar was driven into the wilderness
you followed her and gave her hope.
When Joseph was sold into bondage,
you turned malice to your people's good.
When you called Israel out of slavery,
you brought them through the wilderness
into the promised land.
When your people were taken into exile
you wept with them by the river of Babylon
and carried them home.

All

Restore us, O God, let your face shine!

10

Celebrant At the right time you sent your Anointed One
to stand with the poor,
the outcast, and the oppressed.
Jesus touched lepers, and the sick, and healed them.

He accepted water from a woman of Samaria
and offered her the water of new life.
Christ knew the desolation of the cross
and opened the way for all humanity
into the redemption of your reconciling love.

On the night he was betrayed,
Jesus, at supper with his friends,
took bread, gave you thanks, broke the bread,
gave it to them, and said, "Take and eat:
this is my body which is given for you.
Do this for the remembrance of me."

After supper he took the cup of wine,
and when he had given thanks,
he gave it to them,
and said, "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.
Whenever you drink it,
do this for the remembrance of me."
Loving and Holy One,
recalling Christ's death and resurrection,
we offer you these gifts,
longing for the bread of tomorrow
and the wine of the age to come.
Therefore we proclaim our hope.
**Dying you destroyed our death,
rising you restored our life.
Lord Jesus, come in glory.**

All

Celebrant Pour out your Spirit on these gifts
that through them you may sustain us
in our hunger for your peace.
We hold before you

all whose lives are marked by suffering,
our sisters and brothers.
When we are broken and cast aside,
embrace us in your love.

All **Restore us, O God, let your face shine!**

Celebrant Through Christ, with Christ, and in Christ
in the unity of the Holy Spirit,
all honour and glory are yours,
O Source of all life,
now and for ever.

All **Amen.**

The Lord's Prayer (spoken)

Celebrant As our Saviour taught us, let us pray,

All **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.**

The Breaking of the Bread

Celebrant We break the bread of life,
And that life is the light of the world.

All **God here among us,
Light in the midst of us,
Bring us to light and life.**

The Communion

Celebrant The gifts of God for the people of God

All **Thanks be to God**

Spiritual Communion

With those who are unable to receive the Eucharist at this time, remember these words of Jesus from the gospel of John: "I am the bread of life. Whoever comes to me will never be hungry, whoever believes in me will never thirst". In Union with the body of Christ in every time and place, we pray:

Come into my heart O Christ.

There is room in my heart for you. Amen.

Lamb of God

CP 701

Lamb of God, you take away the sin of the world;

have mercy on us.

Lamb of God, you take away the sin of the world;

have mercy on us.

Lamb of God, you take away the sin of the world;

Grant us peace.

Communion Hymn Before the World Begun

CP 621

1. Before the world began one Word was there;
grounded in God he was, rooted in care;
by him all things were made;
in him was love displayed;
through him God spoke and said, 'I am for you.'
2. Life found in him its source; death found its end;
light found in him its course, darkness its friend,
for neither death nor doubt
nor darkness can put out
the glow of God, the shout: 'I am for you.'
3. The Word was in the world which from him came;
unrecognized he was, unknown by name;
one with all humankind,
with the unloved aligned,
convincing sight and mind: 'I am for you.'
4. All who received the Word by God were blessed;
sisters and brothers they of earth's fond guest.
So did the Word of Grace
proclaim in time and space
and with a human face, 'I am for you.'

Prayer after Communion

Celebrant Source of all goodness,
 in this eucharist
 we are nourished by the bread of heaven
 and invigorated with new wine.
 May these gifts renew our lives,
 that we may show your glory to all the world,
 in the name of Jesus Christ the Lord.

Doxology

Celebrant Glory to God,
All **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.**

Please be seated

Announcements

Please rise as you are able

Blessing

Closing Hymn Ye Boundless Realms of Joy

CP 356

1. Ye boundless realms of joy,
 exalt your Maker's fame,
 his praise your song employ
 above the starry frame;
 your voices raise,
 ye cherubim
 and seraphim,
 to sing his praise.

2. Thou moon, that rulest the night,
 and sun, that guidest the day,
 ye glittering stars of light,
 to him your homage pay.
 His praise declare,
 ye heavens above,
 and clouds that move
 in liquid air.

3. Let them adore the Lord,
and praise his holy name,
by whose almighty Word
they all from nothing came;
and all shall last
from changes free;
his firm decree
stands ever fast.

4. United zeal be shown
his wondrous fame to raise,
whose his power obey;
his glorious sway
the sky transcends.

Dismissal
Celebrant
All

Go in peace and love to serve God.
Thanks be to God.

Neighbourhood Ministry Shopping List for this Week

Please put these items on your weekly shopping list for our ministry to neighbours in need. The full list of staples for the packets includes:

- Boost/Ensure
- Juice boxes
- Cans of tuna/salmon/chicken with pull-back tabs
- Fruit or pudding cups
- Soft granola bars - nut and raisin free
- Socks (new)
- Men's underwear, size M (new)

About Us

We are an inclusive Christian church, rooted in the Anglican tradition. On Sundays we gather to worship God through prayer and music. We actively serve our neighbours, especially the homeless, underhoused, and marginalized.

We acknowledge that we gather on the traditional, ancestral, and unceded land of the Musqueam, Squamish, and Tsleil-Waututh nations. As part of the Anglican Church of Canada, a church of settlers and first nations, we commit ourselves to a journey of truth and reconciliation between the indigenous peoples of this land and the non-native peoples of Canada

Whoever you are, you are welcome here.

St. Helen's Directory

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We are the Anglican Diocese of New Westminster, a regional expression of the Anglican Church of Canada in the Sunshine Coast, Lower Mainland and Fraser Valley consisting of 66 parishes and 3 worshipping communities.

Worship Ministries for Today

Celebrant: The Rev. Liz Hamel

Preacher: The Rev. Liz Hamel

Music Director: Emilia Boronco

Musicians

Emilia Boronco, piano and voice

Emma Peterson, soprano

Liz Hodgson, alto

Justin Cho, tenor

Dale Throness, baritone

Readers

Mathew Powell

Tony Hodgson



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