

**First Sunday of Advent
November 30, 2025
Advent Lessons and Carols
Holy Eucharist**



**The First Sunday of Advent
A Service of Lessons and Carols**

This service is Livestreamed via Facebook and the Parish website.

We welcome everyone worshipping with us today whether in person or online. www.sthelensurrey.ca

www.facebook.com/sainthelensurrey

The Gathering of the Community

Words of Welcome and Acknowledgment

We give thanks that we live, work, play, and worship on the traditional and unceded territory of the Coast Salish peoples including the Katzee, Tsawwassen, Semiahmoo and Kwantlen Nations. May our words and our actions reflect our awareness and appreciation of this.

Processional Hymn: CP 114 Lo, He Comes with Clouds Descending

Lighting of the Advent Wreath & Advent Collect

God of time and space, in days where darkness lengthens keep us safe, guard us on our path until we find our rest in you. In times of uncertainty and stress, may your Divine light, which brightens all darkness, be our comfort and hope as we prepare ourselves for the coming of your Son. **Amen**

A Bidding for Advent

My sisters and brothers in Christ, in these days of shadow and of hope let it be our duty and delight to listen to the story of our faith and hear again the prophets' words of blessings and doom. And as we prepare to celebrate again the birth of Jesus Christ as a baby, let us remember that he also comes to judge the just and the unjust and to establish the reign of equity and peace.

As we hear the reading of God's holy word, let us respond to the call to prepare the way for the Lord and hear Micah's call to justice, kindness and a humble walk with God. That we may await with eagerness the creation of the new heaven and the new earth.

Let us remember that the Lord of Glory experienced the pain of life and death, and pray for the sick, the oppressed, the anxious, the weary and the bereaved.

And remembering the promise that he shall reign for ever and ever. Let us pray for the rulers of the nations, for peace and justice on earth, for the unity and mission of the Church, that we may be a sign of the age to come.

With longing in our hearts for God's reign of peace let us hear again the story of Christ's coming and join with Mary and Joseph and all our forebearers in faith in offering our worship.

Silence is kept.

The Proclamation of the Word

First Reading: Genesis 3: 1-20

Janette Bulkan

A Reading from Genesis,

Now the serpent was more subtle than any beast of the field which the Lord God had made. And he said unto the woman, Yea, hath God said, Ye shall not eat of every tree of the garden? And the woman said unto the serpent, We may eat of the fruit of the trees of the garden: But of the fruit of the tree which is in the midst of the garden, God hath said, Ye shall not eat of it, neither shall ye touch it, lest ye die. And the serpent said unto the woman, Ye shall not surely die: For God doth know that in the day ye eat thereof, then your eyes shall be opened, and ye shall be as gods, knowing good and evil. And when the woman saw that the tree was good for food, and that it was pleasant to the eyes, and a tree to be desired to make one wise, she took of the fruit thereof, and did eat, and gave also unto her husband with her; and he did eat.

And the eyes of them both were opened, and they knew that they were naked; and they sewed fig leaves together and made themselves aprons. And they heard the voice of the Lord God walking in the garden in the cool of the day: and Adam and his wife hid themselves from the presence of the Lord God amongst the trees of the garden. And the Lord God called unto Adam,

and said unto him, Where art thou? And he said, “I heard thy voice in the garden, and I was afraid, because I was naked; and I hid myself. And he said, Who told thee that thou was naked? Hast, thou eaten of the tree, whereof I commanded thee that thou shouldest not eat? And the man said, the woman whom thou gavest to be with me, she gave me of the tree, and I did eat. And the Lord God said unto the woman, what is this that thou hast done? And the woman said, the serpent beguiled me, and I did eat. And the Lord God said unto the serpent, Because thou hast done this, thou art cursed above all cattle, and above every beast of the field; upon thy belly shalt thou go, and dust shalt thou eat all the days of thy life: And I will put enmity between thee and the woman, and between thy seed and her seed; it shall bruise thy head, and thou shalt bruise his heel. Unto the woman he said, I will greatly multiply thy sorrow and thy conception; in sorrow thou shalt bring forth children; and thy desire shall be to thy husband, and he shall rule over thee. And unto Adam he said, Because thou hast hearkened unto the voice of thy wife, and hast eaten of the tree, of which I commanded thee, saying, Thou shalt not eat of it: cursed is the ground for thy sake; in sorrow shalt thou eat of it all the days of thy life; Thorns also and thistles shall it bring forth to thee; and thou shalt eat the herb of the field; In the sweat of thy face shalt thou eat bread, till thou return unto the ground; for out of it was thou taken: for dust thou art, and unto dust shalt thou return. And Adam called his wife's name Eve, because she was the mother of all living.

Listen to what the spirit is saying to the Church

Thanks be to God

Hymn: CP 488 The Tree of Life My Soul has Seen

*The tree of life my soul hath seen,
laden with fruit, and always green.*

Solo

*The trees of nature fruitless be
compared with Christ the apple tree.*

**His beauty doth all things excel.
By faith I know, but ne'er can tell
the glory which I now can see
in Jesus Christ the apple tree.**

All Voices

**For happiness I long have sought,
and pleasure dearly I have bought.
I missed in all; but now I see
'tis found in Christ the apple tree.**

**I'm weary with my former toil.
Here I will sit and rest awhile.
Under the shadow I will be
of Jesus Christ the apple tree.**

**This fruit doth make my soul to thrive.
It keeps my dying faith alive;
which makes my soul in haste to be
with Jesus Christ the apple tree.**

Collect

**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**

Second Reading: Isaiah 40: 1-11

John Palmer

A Reading from the prophet Isaiah,
Comfort, O comfort my people, says your God. Speak tenderly to Jerusalem,
and cry to her that she has served her term, that her penalty is paid, that she has
received from the Lord's hand double for all her sins. A voice cries out:
'In the wilderness prepare the way of the Lord, make straight in the desert a
highway for our God. Every valley shall be lifted up, and every mountain and
hill be made low; the uneven ground shall become level, and the rough places
a plain. Then the glory of the Lord shall be revealed, and all people shall see it
together, for the mouth of the Lord has spoken.' A voice says, 'Cry out!'
And I said, 'What shall I cry?' 'All people are grass; their constancy is like the
flower of the field. The grass withers, the flower fades, when the breath of the
Lord blows upon it; surely the people are grass. The grass withers, the flower
fades; but the word of our God will stand for ever. Get you up to a high
mountain, O Zion, herald of good tidings; lift up your voice with strength, O
Jerusalem, herald of good tidings, lift it up, do not fear; say to the cities of
Judah, 'Here is your God!' See, the Lord God comes with might, and his arm
rules for him; his reward is with him, and his recompense before him. He will
feed his flock like a shepherd; he will gather the lambs in his arms,
and carry them in his bosom and gently lead the mother sheep.
Listen to what the spirit is saying to the Church
Thanks be to God

Hymn: CP 100 Comfort, Comfort Ye My People

Collect

God our hope,
hear again the cry of exiles, imprisoned in a dark land of war, hunger, and intolerance. Come among us with strength and healing and bring us back to the world of your just and holy purpose. We ask this through Jesus Christ the Lord, who lives and reigns with you and the Holy Spirit, now and for ever. Amen

Third Reading: Micha 6: 6-8

Cynthia Richards

A reading from the prophet Micah,
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 tens of 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?
Listen to what the spirit is saying to the Church
Thanks be to God

Hymn: CP 102 Prepare the Way O Zion

Collect

God of our longing,
we cannot earn the wholeness we desire, nor win your healing grace by offering back the bounty we receive. Give us, we pray, hearts to learn your will, and wills to do your pleasure in works of justice and of peace. We ask this in the name of Jesus Christ the Lord. Amen

Fourth Reading: Zephaniah 3: 14-20

Catherine Hall

A reading from the prophet Zephaniah,
Sing, Daughter Zion; shout aloud, Israel! Be glad and rejoice with all your heart, Daughter Jerusalem! The Lord has taken away your punishment; he has turned back your enemy. The Lord, the King of Israel, is with you; never again will you fear any harm. On that day they will say to Jerusalem, "Do not fear, Zion; do not let your hands hang limp. The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will no longer rebuke you but will rejoice over you with singing." "I will remove from you all who mourn over the loss of your appointed festivals, which is a burden and reproach for you. At that time, I will deal with all who oppressed you. I will rescue the lame; I will gather the exiles. I will give them praise and honor in every land where they have suffered shame. At that time I will gather you; at that time, I will bring you home. I will give you honor and praise among all the peoples of the earth when I restore your fortunes before your very eyes," says the Lord.
Listen to what the spirit is saying to the Church.
Thanks be to God.

Collect

God of our exile,
**we pray for peace in a world of war,
for health in a world of hunger,
for harmony in a world of discord.
Bring us home to the world as you would have it be,
subject to the reign of your love
and grounded in the mutual care of your children.
We ask this in the name of Jesus Christ the Lord,
who lives and reigns with you and the Holy Spirit,
one God, now and for ever. Amen.**

Hymn: CP 177 A Spendthrift Lover is the Lord

Collect of the Day

Almighty God,
give us grace to cast away the works of darkness and put on the amour
of light, now in the time of this mortal life in which your Son, Jesus
Christ came to us in great humility, that on the last day when he shall
come again in his glorious majesty to judge both the living and the dead,
we may rise to the life immortal through him that lives and reigns with
you and the Holy Spirit; One God, now and forever. Amen

New Testament Reading: Romans 13: 11-14

Darrel Shaw

A letter from Paul to the Romans,
Besides this, you know what time it is, how it is now the moment for you to
wake from sleep. For salvation is nearer to us now than when we became
believers; the night is far gone, the day is near. Let us then lay aside the
works of darkness and put on the armor of light; let us live honorably as in
the day, not in reveling and drunkenness, not in debauchery and
licentiousness, not in quarreling and jealousy. Instead, put on the Lord Jesus
Christ, and make no provision for the flesh, to gratify its desires.
Listen to what the spirit is saying to the Church.
Thanks be to God.

Hymn: CP 94 Wait for the Lord Whose Day is Near

Gospel: Matthew 24: 36-44

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

But about that day and hour no one knows, neither the angels of heaven, nor the Son, but only the Father. For as the days of Noah were, so will be the coming of the Son of Man. For as in those days before the flood they were eating and drinking, marrying and giving in marriage, until the day Noah entered the ark, and they knew nothing until the flood came and swept them all away, so too will be the coming of the Son of Man. Then two will be in the field; one will be taken, and one will be left. Two women will be grinding meal together; one will be taken, and one will be left. Keep awake therefore, for you do not know on what day your Lord is coming.

But understand this: if the owner of the house had known in what part of the night the thief was coming, he would have stayed awake and would not have let his house be broken into. Therefore, you also must be ready, for the Son of Man is coming at an unexpected hour.”

The Gospel of Christ

Praise to you Lord Jesus Christ

Homily:

The Rev. Dr. Robin Ruder Celiz

Prayers of the People

The Peace

Please rise as you are able.

In the tender mercy of our God, the dayspring from on high shall break upon us, to give light to those who dwell in darkness and in the shadow of death, and to guide our feet into the way of peace.

The peace of the Lord be always with you

And also with you

Offertory Hymn: CP 132 Of Eternal Love Begotten

Prayers over the Gifts

God of love and power,

your word stirs within us the expectation of the coming of your Son.

Accept all we offer you this day and sustain us with your promise of eternal life. We ask this in the name of Jesus Christ our Lord.

The Celebration of the Eucharist

The Lord is here.

His Spirit is with us.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give thanks and praise.

It is indeed right and good to give you thanks and praise

Almighty God and everlasting Father

Through Jesus Christ your Son

He is the one foretold by all the prophets

Whom the Virgin Mary bore with love beyond all telling

John the Baptist was his herald

And made him known when at last he came.

In his love Christ fill us with joy

As we prepare to celebrate his birth,

So that when he comes again he may find us watching in prayer,

Our hearts filled with wonder and praise.

And so, with angles and archangels

and with all the company of heaven,

we proclaim your glory,

and join in their unending hymn of praise:

**Holy, holy, holy Lord,
God of power and might,
heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is he who comes in the name of the Lord.
Hosanna in the highest.**

Accept our praises, heavenly Father,
through your Son our Saviour Jesus Christ,
and as we follow his example and obey his command,
grant that by the power of your Holy Spirit
these gifts of bread and wine
may be to us his body and his blood;
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.

To you be glory and praise for ever.

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.

To you be glory and praise for ever.

Therefore, heavenly Father,
we remember his offering of himself
made once for all upon the cross;
we proclaim his mighty resurrection and glorious ascension;
we look for the coming of your kingdom,
and with this bread and this cup
we make the memorial of Christ your Son our Lord:

**When we eat this bread and drink this cup,
we proclaim your death, Lord Jesus,
until you come in glory.**

Accept through him, our great high priest,
this our sacrifice of thanks and praise,
and as we eat and drink these holy gifts
in the presence of your divine majesty,
renew us by your Spirit,
inspire us with your love
and unite us in the body of your Son,
Jesus Christ our Lord.

To you be glory and praise for ever.

Through him, and with him, and in him,
in the unity of the Holy Spirit,
with all who stand before you in earth and heaven,
we worship you, Father almighty,
in songs of everlasting praise:

**Blessing and honour and glory and power
be yours for ever and ever. Amen.**

The Lord's Prayer

With longing in our hearts for the reign of Christ, let us offer our prayer to the Source of our salvation

**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 Communion

The gifts of God for the people of God.

Thanks be to God

Please proceed to the altar for communion as directed. Communion is offered in both bread and wine. If you only wish to receive the bread, you may touch the base of the chalice or give a slight bow in reverence to the Sacrament after receiving the bread.

Prayer after Communion

Please Stand as you are able

**God for whom we wait,
you have fed us with the bread of eternal life. Keep us ever watchful,
that we may be ready to stand before the Son of man. We ask this in the
name of Christ the Lord.**

The 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.**

Community Announcements

The Blessing

"May the blessing of the God of Abraham and Sarah, and of Jesus Christ born of our sister Mary, and of the Holy Spirit, who broods over the world as a mother over her children, be upon you and remain with you always.

Amen."

Sending Hymn: CP 91 People Look East! The Time is Near

Dismissal

With love and compassion

Come, Lord Jesus

With judgment and mercy

Come, Lord Jesus

In power and glory

Come Lord Jesus

In wisdom and truth

Come Lord Jesus

Go in peace to love and serve the Lord.

Thanks be to God.

Notices and Prayer List for the week beginning November 30, 2025

To assist the office, please ensure that any items for the Notices are received
before Noon on Thursday.

The flowers at the altar this morning are given to the glory of God

We pray for the whole Anglican Church of Canada – we pray especially for our primate, Archbishop Shane Parker.

Anglican Communion – We pray for the Anglican Church of Australia

In our Diocesan Cycle: We pray for Rt. Rev'd. John Stephens, Bishop, Robin our Rector, and Stephen our Deacon. We also pray for Dean Chris Pappas (Burrard) ; St. Andrew, Langley – Archdeacon, Andrew Halladay; St. Mary Magdalene, Vancouver - The Revd Tasha Carrothers.

We pray for our companion diocese of Northern Philippines. We pray for our own twinned parish of Holy Apostles, Abatan, and their priest, Father Joey Napat-a.

In all these prayers for the church near and far, we pray for the people and clergy and for the ministries flowing from these places into the communities.

In our Parish Cycle we pray for Bijoy and Reema Venkatachellum and Vinu Jacob and Sarah Vinu . We pray for their work, ministry, and families here and away.

Notices

DECEMBER SERVICES:

- Christmas Market: 11-3pm December 6
- 3rd Sunday in Advent, December 14: 10:00 a.m.
 - 7:00 p.m. Multicultural, 9 Lessons & Carols
- 4th Sunday in Advent, December 21 10:00 a.m. Service
- Christmas Eve services, December 24 th:
 - 7:00 p.m. Family Services under Candlelight
 - 11:00 p.m. Candlelight Midnight Mass
- Christmas Day, December 25: Recorded Rector message on-line

Books – newish books, second handbooks, pre-loved books, books you have but never read, books you don't want – BOOKS The book stall at the St. Helen's Christmas bazaar takes any and all kinds but fairly new books sell quickest. The National Trust in England raised £3.65 million (CAN\$ 6.7 million) in 2024-2025 from sale of second handbooks. Can we beat that at St. Helen's?

Surrey Food Bank is the largest food bank in Canada. The donations are down, and the need is up. We need to help. People were asked to bring contributions this Sunday.

Call for Coffee Fellowship Team There is a pressing need for a new additional team for after church coffee leadership. Please contact John Palmer or a Warden.

Christmas Market - Saturday, December 6 th - 11:00 am to 3:00 pm.

This is a full parish event - plan to take part

Raffle Tickets on sale now - see Wendy Russell. Lunch Tickets on sale now from Judy Nicholson \$10 - buying these early helps with catering numbers.

Setup - Friday Dec 5 th starting at 3:00 pm - lots of help needed for setting up the hall, unloading cars etc. Cleanup help needed for Saturday at 3:00 and Sunday after coffee hour.

We need preloved jewelry, Christmas decor, toys, puzzles and games and new and up to date books. Plan to bake lots, bring in on Friday Dec 5, if possible, label and price if you can.

This is our biggest fund raiser of the year - plan to join in.

Raffle Tickets on sale - see Wendy Russell. Lunch Tickets on sale now from Judy Nicholson \$10 - buying these early helps with catering numbers.

A brief meeting of all those involved will be held at coffee time on Sunday, November the 30th.

BOOKS – newish books, second handbooks, pre-loved books, books you have but never read, books you don't want – **BOOKS** The book stall at the St. Helen's Christmas bazaar takes any and all kinds but fairly new books sell quickest. The National Trust in England raised £3.65 million (CAN\$ 6.7 million) in 2024-2025 from sale of second handbooks. Can we beat that at St. Helen's?

Mission to Seafarers—Christmas at Sea Appeal is looking for donations for seafarers who are far from home and loved ones this Christmas. A team will be visiting freighters in the Port of Vancouver and Roberts Bank, Delta and delivering gift bags. A box has been placed at the back of the church for your donations of toques (handmade or bought), cowls (no scarves as they are dangerous on board), socks (with wool content), toothpastes, toothbrushes, chocolate (full or mini bars), shampoo/conditioner/shower gel, fancy soaps, and small souvenirs (like key chains, pens, pencils & magnets). Monetary donations are also welcome to purchase extras. Charitable tax receipts will be issued for cheques (mailed to 401 East Waterfront Road, Vancouver, BC V6A 4G9) or online at www.flyingangel.ca/donate. Please join your parish ACW in putting a smile on the face of a seafarer far from home. We can let them know we appreciate the role they play in global trade by handling containers, machinery, grain, coal, & potash, automobiles, and construction materials.

Bottle Drive- As this is the last Sunday of the month, please bring your return for deposit bottles, cans and milk containers, in a clear plastic bag. Please leave them at the outside door of the lower hall.

This Week's Ministry Team

Officiant/Preacher The Rev'd Robin Ruder Celiz
Deacon The Rev'd Stephen Thompson
Music..... Joel Adimatha
Crucifer/Servers/Psalmist..... Wendy Russell
Prayers of the Community Jennifer Semenoff
Readers: J. Bulkan, John Palmer, C. Richards, Catherine Hall, Darrel Shaw
Lay Administration Angelita Sotana & Lynn Turner
Greeters Patricia & Tom Beneteau
Livestream Tech... Z.Barabas, Tom B. S. Lee, L.Ronit, I. Nwaogu, A Sillah
Altar Guild Lynn Turner & Jennifer Semenoff
Fellowship Servers Janette Bulkan & John Palmer

Next Week's Ministry Team

Officiant/Preacher The Rev'd Robin Ruder Celiz
Deacon The Rev'd. Stephen Thompson
Music..... Joel Adimatha
Crucifer/Server and Psalmist .. Darrel & Jayden Shaw
Prayers of the Community John Palmer
Readers..... Catherine Hall & Jane Denton
Lay Administration Lynn Turner & Cynthia Richards
Greeters Vinu Jacob & Judy Nicholson
Livestream Tech ...Z Barabas, Tom B. S. Lee, L.Ronit, I. Nwaogu, A Sillah
Altar Guild J. Denton, P. Beneteau & Thompson
Fellowship Servers Sarah Vinu & Vinu Jacob

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There are several ways to may a financial contribution to St. Helen's. Here are two popular ways:

E-Transfer: giving2sthelen@gmail.com

Pre-Authorised Debit (PAD): Contact the Parish Office for details.

Thank you for your generosity.

Parish Ministry

Parish Staff:

P) 604-581-4800

E) churchoffice@shawbiz.ca

Parish Clergy:

P) 604-379-8966

E) sainthelensrector@gmail.com

Office Hours: Tuesday to Friday 9am – 1pm

Diocesan Ministry

Front Desk:

P) 604-684-6306

E) info@vancouver.anglican.ca

Office Hours: Mon-Fri 9am-4pm