

Fifth Sunday after The Epiphany

February 5, 2023 + 4pm



"Now you are the light of the world and salt of the earth"
Lalo Gutierrez, 2009. Oaxaca, Oa - Mexico.



*Beloved companions in the Spirit -
Come as you are offering our lives
in the beautiful struggle of faith...*

Welcome to the AbbeyChurch

No matter who you are or what you are carrying today,
know you are beloved and so very welcome here!

At the AbbeyChurch, we tell stories of faith, encourage hope, share meals, care for each other and for God's creation – and strive to practice the teachings of Jesus.

We're at different places in our faith journey - but we share a guiding sacred Story as found in scripture (The Bible) and summarized in ancient Christian creeds.

We share a willingness to honestly wrestle with God, and with our questions and doubts.

We invite diversity in our community and our leadership; old, young, rich, poor, conservative, liberal, radical, single, married, LGBTQ2IA+, straight, evangelical, progressives, radicals, overeducated, undereducated, overhoused, underhoused, certain, doubting, hurting, thriving (to name a few). We believe that Christ's love binds our differences together in unity as we gather each week at Jesus' table of welcome.

We Gather

Opening Loop / Tolling of the Bells

**Announcements & Land Acknowledgement & Land
Welcome in ləkʷəŋən from elder Butch Dick**

Opening Words

God of compassion and justice, the worship you choose for us
is to loose the bonds of injustice,
to let the oppressed go free,
to share bread with the hungry,
to shelter the homeless poor.

**Then God's light will break out on us
God's healing will quickly appear
God will guide us always
God's righteousness will go before us
We will find our joy in the Lord
We will be like a well watered garden
We will be called repairers of broken walls
Together we will feast at God's banquet table** *(Christine Sine)*

So in praise and wonder, we come to worship you
not just with our words but with our hearts and our lives.
Glory and honour be to you, O God, Creator of a new heaven
and a new earth; through Jesus Christ our Lord. **Amen.**

(The Rev. Iona MacLean)

Opening Song: How Great Thou Art

O Lord, my God, when I in awesome wonder
consider all the works thy hands hath made,
I see the stars, I hear the mighty thunder,
thy pow'r throughout the universe displayed;

Refrain Then sings my soul, my Savior God, to thee:
How great Thou art! How great Thou art!
Then sings my soul, my Savior God, to thee:
How great Thou art! How great Thou art!

When thru the woods & forest glades I wander,
and hear the birds sing sweetly in the trees;
when I look down from lofty mountain grandeur
and hear the brook and feel the gentle breeze *Refrain*

And when I think that God, whose Son not sparing,
sent him to die, I scarce can take it in,
that on the cross my burden gladly bearing
He bled and died to take away my sin; *Refrain*

When Christ shall come with shout of acclamation
and take me home, what joy shall fill my heart!

Then I shall bow in humble adoration

& there proclaim "My God, how great thou art!" *r*

Carl Gustav Boberg, trans. Stuart K. Hine swedish folk melody / Public Domain

Poem: An Ode To Salt By Pablo Neruda

Read/selected by poet-in-residence

Rebecca Yeo

We Proclaim

The Hebrew Scripture

A reading from the prophet Isaiah (58 - selected verses)

Look, you serve your own interest on your fast day and oppress all your workers. You fast only to quarrel and to fight and to strike with a wicked fist. Such fasting as you do today will not make your voice heard on high. Is such the fast that I choose, a day to humble oneself? Is it to bow down the head like a bulrush and to lie in sackcloth and ashes? Will you call this a fast, a day acceptable to the Lord? Is not this the fast that I choose: to loose the bonds of injustice, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry and bring the homeless poor into your house; when you see the naked, to cover them and not to hide yourself from your own kin? Then your light shall break forth like the dawn, and your healing shall spring up quickly; your vindicator shall go before you; the glory of the Lord shall be your rear guard. Then you shall call, and the Lord will answer; you shall cry for help, and he will say, "Here I am."... The Lord will guide you continually and satisfy your needs in parched places and make your bones strong, and you shall be like a watered garden, like a spring of water whose waters never fail. Your ancient ruins shall be rebuilt; you shall raise up the foundations of many generations; you shall be called the repairer of the breach, the restorer of streets to live in.

...The word of the Lord. **Thanks be to God.**

You are invited to rise in body or in spirit as we prepare our hearts to hear the Gospel.

Gospel Acclamation:

fiddle

[A] Lord, to whom shall we go? [C] Lord, to whom shall we go?

[A] You are gra-cious and merc - i - ful. [C] Lord, to whom shall we go?

[A] Slow to an - ger and a-bound-ing in love. [C] Lord, to whom shall we go?

[A] Lord, to whom shall we go? [C] Let us trust in your word.

The Gospel

Let us proclaim the gospel from the rooftops!

With our words and with our lives!

A reading from the gospel according to Matthew (5:13-20)

You are the salt of the earth, but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything but is thrown out and trampled under foot. You are the light of the world. A city built on a hill cannot be hid. People do not light a lamp and put it under the bushel basket; rather, they put it on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven. Do not think that I have come to abolish the Law or the Prophets; I have come not to abolish but to fulfill. For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. Therefore, whoever breaks one of the least of these commandments and teaches others to do the same will be called least in the kingdom of heaven, but whoever does them and teaches them will be called great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven... Let us proclaim the gospel from the rooftops!

With our words and with our lives!

Gospel Acclamation:



The Sermon

Daniel Martin

Silence for meditation. Bell / Silence / Bell

You are invited to rise in body or in spirit as we proclaim the ancient story of our faith.

Credo

**I believe in God, the Maker Almighty,
Creator of heaven and earth;
I believe in Jesus Christ, God's only Son, our Lord.
He was conceived by the power of the Holy Spirit
and born of the Virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried.
He descended to the dead. On the third day he rose again.
He ascended into heav'n,
and is seated at the right hand of the Maker.
He will come again 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 the life everlasting.**

Amen. Ryan Flanigan/ Liturgical folk, alt./ CCLI

Our Prayers

Vanessa Caruso

Confession

Let us, together, take a moment in silent prayer to bring our confessions; personal and collective, what we have done and what we have left undone, before the God of mercy and grace.

Bell. Pause in silent prayer. Bell.

Absolution / Assurance of Grace

The Peace

Beloved in Christ, The peace of the Lord be always with you.

And also with you!

We acknowledge the peace of Christ in each other.

During this next 'offertory' song, the table is set. We welcome you to place financial contributions to our common life in the record player in the back of the space. Cheques made out to 'The Emmaus Community'.

Charitable receipts will be issued if you provide your address.

Offertory Song: Gather Us In

Here in this place, new light is streaming,
now is the darkness vanished away.

See, in this space, our fears and our dreamings,
brought here to you in the light of this day.

Gather us in - the lost and forsaken,
gather us in - the blind and the lame.
Call to us now, and we shall awaken,
we shall arise at the sound of our name.

We are the young - our lives are a mystery,
we are the old - who yearn for your face.
We have been sung throughout all of history,
called to be light to the whole human race.

Gather us in - the rich and the haughty,
gather us in - the proud and the strong.
Give us a heart so meek and so lowly,
give us the courage to enter the song.

Here we will take the wine and the water,
here we will take the bread of new birth.
Here you shall call your sons and your daughters,
call us anew to be salt for the earth.

Give us to drink the wine of compassion,
give us to eat the bread that is you.
Nourish us well, and teach us to fashion
lives that are holy and hearts that are true.

Not in the dark of buildings confining,
not in some heaven, light years away,
but here in this place, the new light is shining;
now is the Kingdom, now is the day.

Gather us in - and hold us forever,
gather us in - and make us your own.
Gather us in - all peoples together,
fire of love in our flesh and our bone.
Marty Haugen, ©1982 G.I.A. Publications, Inc. / OneLicense

We Celebrate

Prayer Over The Gifts

God of all creation, all you have made is good, and your love endures forever. You bring forth bread from the earth and fruit from the vine. Nourish us with these gifts, so that we might be salt and light for the world, signs of your gracious presence in Jesus Christ, our Lord. **Amen.**

The Communion/Holy Eucharist

The Lord be with you! **And also with you!**

Lift up your hearts. **We lift them to the Lord.**

Let us give thanks for Lord our God!

It is right to give our thanks and praise!

It is right and meet, beautiful and holy that we should, in ceaseless joy give our thanks and praise to you,
Holy and merciful God, through Jesus Christ, our Savior.
And so, in grateful procession of endless praise
With the church that is, was, and shall be forever,
We glorify you, joining this unending song:

Holy, holy, holy Lord, God of power and might,

Heaven and earth of your glory are full

Hosanna Hosanna Hosanna in the highest.

+Blessed is He who comes in the name of the Lord. X2

Holy, holy, holy Lord, God of power and might,

Heaven and earth of your glory are full

Hosanna Hosanna Hosanna in the highest. X2

Steve Bell / Signpost Music / CCLI

Holy are you, Eternal One. You sit above, through, within the circle of the earth - setting light into being. Casting the stars in the sky. Founding the evolving earth and all that dwell within it.

Limitless is your power, and great is your wisdom. You look upon the lowly as your most cherished creatures. You visit upon the downtrodden with presence, grace, and the promise of eternal justice.

You sent to us your own child, Jesus, who preached and healed, who proclaimed liberation and who preached your reign; and who died and rose so that we might be free from sin and bondage, and that we too might rise.

And so we recall that on the night of betrayal and desertion, The light of the world took bread, broke and gave it to the disciples, saying: "This is my body, given for you. Do this for the remembrance of me." *Bell.*

And, in like manner, after supper, Jesus took the cup and after giving thanks give it to them saying, "This is the cup of the new covenant in my blood poured out for you and for all people for the forgiveness of sins. Do this, as often as you drink of it, for the remembrance of me." *Bell.*

Life's greatest feast before us! So, we excitedly proclaim:
Christ has died. Christ is risen. Christ will come again.

Dear God, you transform. You transform all that is before you so that at the touch of your grace we are never the same.
Dear God, you illumine. You bring light to all peoples
Light to the nations. Light into our hearts. Light on your Way.

Dear God, we pray for your Holy Spirit. *Bell x 3*
Transform, illumine, bless. Make these ordinary gifts of bread and cup into the extraordinary presence of Christ with us.
**In so doing, hold us as your own, renew us as your people
For the sake of the world you love.**

For all honor and glory are yours, O God. Through Jesus Christ, Who lives and reigns with you and the Holy Spirit in your glorious creation both now and forever. **Amen.**

[Rev. Kaji Douša / United Church of Christ, alt.](#)

The Prayer of Jesus

As beloved children of a loving parent let us pray:

Our Father (Mother/Source) 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 forever. Amen.

Silence is kept.

These are the gifts of God, for the people of God, given for the life of the world. **Thanks be to God! Amen.**

All are welcome to receive at Jesus' table! The bread is gluten-free. It may contain dairy and/or almond flour. If you'd like a dairy or nut free option, please let the presider know. Juice is in the small cups. Wine is in the common cup, please do not dip the bread into the cup.

Lamb of God / Agnus Dei

Pre-recorded - Poor Clare / Lacey Brown / Church of the Apostles, Seattle

Communion Song: Eat This Bread

Chords: G C Am D Bm Em DSUS4 D

Eat this bread, drink this cup, come to me and nev-er be hun-gry.

Chords: G D Em Bm C DSUS4 D G

Eat this bread, drink this cup, trust in me and you will not thirst.

Ateliers et Presses De Taize / OneLicense.

Communion Song: Breath of God

O breath of God, you stir our hearts
We're weary with longing for you
Come raise our dead, mend every breach
We're weary with longing for you
Blessed is the One who comes in the name of the Lord
Yeshua bring tidings of joy
We're waiting with longing for you
Stand with your poor, the trodden down
We're waiting with longing for you
Restore all things, remove the veil
We're watching with longing for you
We take this bread, we drink this cup
We're watching with longing for you

Tom Wuest, alt. / Brass Trumpet Publishing / Used with permission

We Are Sent

Prayer after Communion

Let us pray together:

We have been fed, Holy One, by your presence.

We have been led, Eternal One, by your light.

May we bask in this glow

Now and forevermore. Amen.

Blessing (*sung together*)

The Lord bless you and keep you

The Lord make Their shine upon you

And be gracious unto you

The Lord lift up Their countenance upon you

And give you peace.... *And the blessing of God...*

Closing Song: This Little Light of Mine

This little light of mine, I'm gonna let it shine.

This little light of mine, I'm gonna let it shine.

This little light of mine, I'm gonna let it shine,

Let it shine, let it shine, let it shine.

Hide it under a bushel, NO! I'm gonna let it shine...

Won't let no one blow it out, I'm gonna let it shine...

Let it shine 'till Jesus comes, I'm gonna let it shine...

Words and music by Harry Dixon Loes. Public Domain.

Sending

Go in peace to love and serve the Lord.

Thanks be to God! Amen. Alleluia!

Postlude: I Saw The Light

I wandered so aimless life filed with sin

I wouldn't let my dear savior in

Then Jesus came like a stranger in the night

Praise the Lord I saw the light

Chorus I saw the light, I saw the light

No more darkness, no more night

Now I'm so happy no sorrow in sight

Praise the Lord I saw the light

I was a fool to wander and stray
Straight is the gate and narrow's the way
Now I have traded the wrong for the right
Praise the Lord I saw the light
Hank Williams, Sr.

Closing Announcement Loop

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We would love to connect! Call, Text, Email.

