

# Lent One

February 26, 2023 + 4pm



"Spirit Led" by Lauren Wright Pittman, A Sanctified Art, LLC, [sanctifiedart.org](http://sanctifiedart.org)



*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 our Christian creeds.

We share a willingness to honestly wrestle with God - with our questions and doubts, our disillusionment with our institutions and our concern for our world.

We invite diversity in our community and our leadership; old, young, rich, poor, conservative, liberal, radical, single, married, LGBTQ2IA+, straight, evangelical, progressive, overeducated, undereducated, overhoused, underhoused, certain, doubting, hurting, thriving (to name a few).

We believe that Christ's love binds our differences together and renews our hope as we gather each week at Jesus' table of welcome.

# **We Gather**

## **Opening Loop / Tolling the Bells**

### **Welcome and land acknowledgment**

### **Video Meditation: Entering the Wilderness**

**by Phuc Luu** (The Work of the People)

### **Confession**

Let us pray, God of the Desert, we are grateful that You are a God who does not lead us into a wilderness that you yourself have not met. That we belong to a God who knows what it means to be without is not lost on us.

**We confess that our patterns of consumption are marked by greed, injustice, and a desire to numb the aching parts of ourselves. Remind us that we are not enslaved to the shallow hungers which so often drown out the deeper desires residing in us...Keep us from filling the voids of this life with habits that disguise our true longings. And let us learn the wholeness that comes from a deep connection to You, creation, and our own souls.**

Let ours be a fast that is grounded not merely in going without, but in a cosmic redistribution of provisions. That when we speak no to ourselves, we would also relinquish what has been given to us, to those from whom the inequities of this world have taken so much.

**Let us become those whose fasting is marked not by self absorption but by doing justice...Move us toward a loving mutuality from which we might truly trust our longings to be satisfied. Grant us imaginations for what comfort and delight might look like in the desert.**

*Excerpts from God of the Desert: A Lenten Prayer: Cole Arthur Riley | Black Liturgies*

## **Trisagion**

Ho—ly God.

Ho—ly and mi—ghty.

Ho—ly Immortal One.

Have mer—cy. Have mer—cy on us. *repeat 3x*

4th century or earlier. This version Juan Fernando Ortega 2011 Stylos / CCLI

## **The Absolution / Assurance of Grace**

*During the next song, the children will set the front table with symbols of our faith and common life together.*

## **Opening Song: Come and Find the Quiet Centre**

Come and find the quiet centre

In the crowded life we lead

Find the room for hope to enter

Find the frame where we are freed

Clear the chaos and the clutter

Clear our eyes that we can see

All the things that really matter

Be at peace and simply be

Silence is a friend who claims us

Cools the heat and slows the pace

God it is who speaks and names us

Knows our being, touches base

Making space within our thinking

Lifting shades to show the sun

Raising courage when we're shrinking

Finding scope for faith begun

In the Spirit let us travel

Open to each other's pain

Let our lives and fears unravel

Celebrate the space we gain

There's a place for deepest dreaming

There's a time for heart to care

In the Spirit's lively scheming

There is always room to spare.

1992 Murray, Shirley Erena / OneLicense

**Poem:** Read/selected by poet-in-residence **Rebecca Yeo**

# We Proclaim

## The Hebrew Scripture

A reading from the Prophet Isaiah (58:1,3-8, *Common English Bible*)  
Shout loudly; don't hold back; raise your voice like a trumpet!  
Announce to my people their crime, to the house of Jacob their sins. They ask me "Why do we fast, and you don't see; why do we afflict ourselves and you don't notice?" Yet on your fast day you do whatever you want and oppress all your workers. You quarrel and brawl, and then you fast; you hit each other violently with your fists. You shouldn't fast as you are doing today if you want to make your voice heard on high.

Is this the kind of fast I choose: a day of self-affliction, of bending one's head like a reed and of lying down in mourning clothing and ashes? Is this what you call a fast, a day acceptable to the Lord?

Isn't this the fast I choose: releasing wicked restraints, untying the ropes of a yoke, setting free the mistreated, and breaking every yoke? Isn't it sharing your bread with the hungry, and bringing the homeless poor into your house, covering the naked when you see them, and not hiding from your own family? Then your light will break out like the dawn, and you will be healed quickly. Your own righteousness will walk before you, and the Lord's glory will be your rear guard.

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: Lord to Whom Shall We Go

Lord to whom shall we go?

You have the words of eternal life

We've come to believe and to know

That You are the Holy One of God *repeat*

Carolyn Arends 2021 / © Running Arends Music/ASCAP CCLI

## **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 (4: 1-11)

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted forty days and forty nights, and afterwards he was famished. The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written, 'One does not live by bread alone, but by every word that comes from the mouth of God.'" Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down; for it is written, 'He will command his angels concerning you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'" Jesus said to him, "Again it is written, 'Do not put the Lord your God to the test.'" Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour; and he said to him, "All these I will give you, if you will fall down and worship me." Jesus said to him, "Away with you, Satan! for it is written, 'Worship the Lord your God, and serve only him.'" Then the devil left him, and suddenly angels came and waited on him...

Let us proclaim the gospel from the rooftops!

### **With our words and with our lives!**

## **Gospel Acclamation: Lord to Whom Shall We Go**

Lord to whom shall we go?

You have the words of eternal life

We've come to believe and to know

That You are the Holy One of God *repeat*

Carolyn Arends 2021 / © Running Arends Music/ASCAP CCLI

## **The Sermon**

**Matt Humphrey, EC**

*Silence for meditation. Bell / Silence / Bell*

*You are invited to rise in body or in spirit as affirm our faith with  
the Shema - The Hear, O Israel (Israel = "God-wrestlers")*

## Hear, O Israel

[we say together] **Hear, O Israel, the Lord our God, the Lord is one. Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. This is the first and the great commandment. The second is like it: Love your neighbour as yourself. There is no commandment greater than these.**

[Listen Israel, or Listen God-wrestlers, HaShem, or the Ineffable or the Breath of Life is Our God, HaShem... is ONE] via Rabbi Laura Duhan Kaplan

## Our Prayers

Jesus Christ, teach us to be at one with the earth.  
Make our spirits sensitive to the cries of creation,  
cries for justice from the hills, the trees, the children.  
Jesus Christ, make our faith sensitive to the groans of the  
Spirit from the deserts, the plains, the winds, from your  
struggling people. Jesus Christ, make our souls sensitive  
to the songs of our kin, songs of celebration from the land,  
the sea, and the air. **Amen.**

*(Wilderness Sunday - Season of Creation.com [alt])*

*During this next Song we invite you to bring your prayers,  
carried and represented by these stones,  
and lay them at the foot of the cross.*

*A spoken prayer collects our prayers together*

## 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: Something Like Scales**

In our blindness lead us down that road  
In our ignorance lead us down that road  
In our violence, hate and indifference  
We pray Lord you give us new sight

Let something like scales fall from our eyes  
Something like scales fall from our eyes  
Jesus, lead us down that road  
Lead us down that road

Tom Wuest / BrassTrumpet Publishing. Used with permission

## **We Celebrate**

### **Invitation to the table / Prayer Over The Gifts**

Holy God, gracious and merciful, you bring forth food from the earth and nourish the whole Creation. Turn our hearts towards those who hunger in any way, so that all may know your care; and prepare us now to feast on the Bread of Life, Jesus Christ, our companion in the wilderness. **Amen.**

*Evangelical Lutheran Worship, 2006, Alt.*

### **The Communion / The 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 to the Lord our God!  
**It is right to give our thanks and praise!**

Holy God, how wonderful is the work of your hands! All of creation echoes the silent music of your praise. When sin had scarred the world, you made a covenant to renew the whole of creation. You embraced a people as your own and filled them with longing for a peace that would last and a justice that would never fail.

**Glory to you forever and ever.**

Through countless generations your people hungered for the bread of freedom. From them you raised up Jesus, the living bread, in whom all our hungers are filled. You have sent your Holy Spirit as a mighty stream to refresh and



renew the face of the earth. Therefore with the company of heaven and all of your creation we sing:

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

**Heaven and earth are full of your glory**

**Hosanna in the highest**

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

While Jesus was eating with his disciples, he took a loaf of bread, and after blessing it, broke it, gave it to them, and said,

“Take, this is my body. Do this in remembrance of me.”

**Glory to you forever and ever.**

As supper was ending, Jesus took the wine and after blessing it, poured it, gave it to them and said, “take, this is my blood, do this in remembrance of me.

**Glory to you forever and ever.**

Holy God, we give you thanks for the mystery of faith given to us in Jesus your Child:

Christ has died, Christ is risen, Christ will come again.

**Christ has died, Christ is risen, Christ will come again.**

Send your Holy Spirit upon us and upon these gifts of bread and wine that they may be to us the Body and Blood of your Christ. Show us your presence in the wilderness and shape us into a people of hope, justice, and love. As grain was scattered across this land then gathered and made one in this bread, so may your church, scattered to the ends of the earth, be gathered and made one in your love. **Amen.**

*St. Lydia's Table, 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 contains 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.*

### **Agnus Dei (Lamb of God)**

Pre-recorded. Agnus Dei (feat. Jen Reardon) · Trinity Music · The Anima Christi © 2009 Marty Reardon / CCLI

### **Communion Song: I Won't Be Frightened Anymore**

Your love is washing over me (x3)  
And I won't be frightened anymore

Your mercy's washing over me (x3)  
And I won't be frightened anymore

Your peace is washing over me (x3)  
And I won't be frightened anymore

Your love is washing over me (x3)  
And I won't be frightened anymore

I won't be frightened no, I won't I won't be frightened anymore

Because of your mercy washing over me (x3)  
I won't be frightened anymore

Because of your peace washing over me (x3)  
And I won't be frightened anymore

No I won't be frightened anymore (repeat)

© 2015 Jaylene Johnson Used by permission | CCLI

### **Communion Song: O for a Thousand Tongues to Sing**

O for a thousand tongues to sing

My great redeemer's praise

The glories of my God and king

The triumphs of God's grace

Jesus the name that charms our fears  
That bids our sorrows cease  
'Tis music in the sinner's ears  
'Tis life and health and peace

My great redeemer and my God  
Assist me to proclaim  
To spread thru all the earth abroad  
The honors of thy name

Glory to God and praise and love  
Be ever ever giv'n  
By saints below and saints above  
The Church in earth and heav'n  
*Charles Wesley Public Domain Tune Azmon*

## **We Are Sent**

### **Prayer after Communion / Blessing**

Wild God of wilderness, we thank you for feeding us with your life. As we devote these forty days to you, draw us deeper into your love and meet us in this holy darkness. Mold us into your people once more, for we pray in Jesus' name. **Amen.**

*We sing our blessing to one another*

Courage (**Courage**)  
My Friends (**My friends**)  
**You do not walk alone**  
We will (**We will**)  
Walk with you (**Walk with you**)  
**And sing your spirit home**  
And the blessing...

### **Song of Descent: Gone Is the Light**

Into the darkness we must go - gone, gone is the light  
Into the darkness we must go - gone gone us the light  
Jesus, remember me when you enter your \*Kingdom  
Jesus, remember me - when your Kingdom comes

*Gord Johnson / Signpost Music 2008 / CCLI*

*\*Or "Kin-dom"*

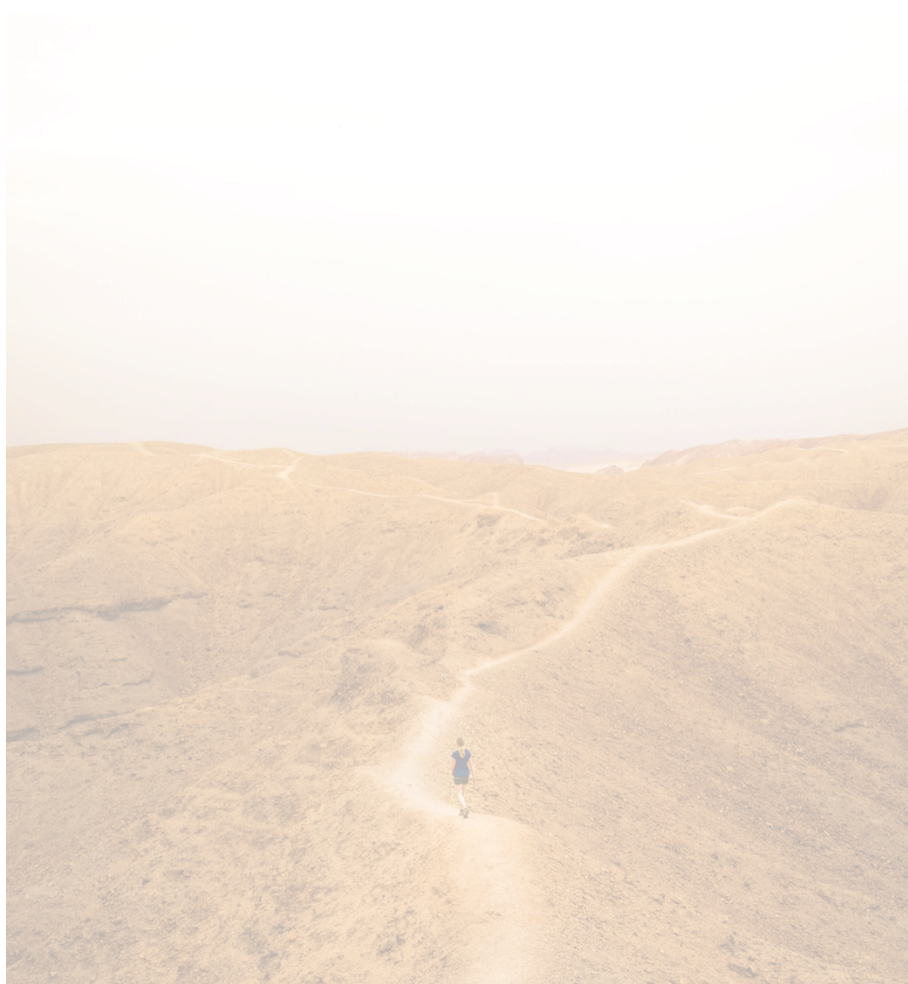
*We are invited to leave the space in silence  
during this holy season...*

**admin@emmauscommunity.ca**

**www.abbeychurch.ca**

778 557 4166 Community Cell.

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



THE  
**ABBAY**  
CHURCH