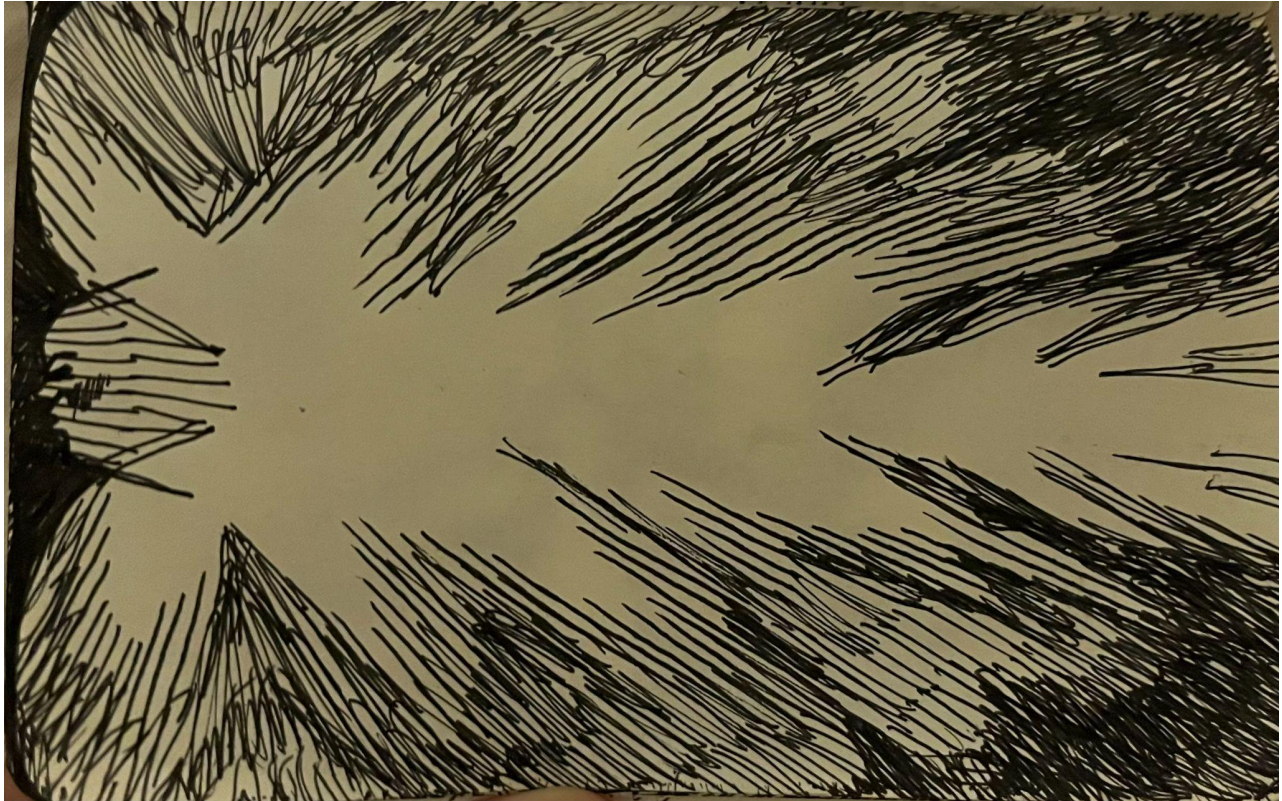


# Advent Three

December 17, 2023 + 4pm



Front Image: + Back Image - "Divine Illumination" (variations)  
by Charlotte Walton + AbbeyChurch Advent Artist-in-Residence



# We Gather

During this Advent season, the art supplies with on the carts at the back and near the lectern are available for folks of all ages to engage creatively. Grab a tray and some art supplies!

## Opening Loop

## Welcome and Announcements

## Tolling of the Bells *Bell x 3*

## Sung Invocation: Benedictus (Guide Our Feet)

**VERSE**

God in all Your ten - der com - pas - sion,  
the Dawn from on high, it will break — on us,  
shin - ing on those liv - ing in sha - dows,  
guid - ing our feet in - to the way — of peace. You will  
guide our feet, You will guide our feet, You will guide our feet in - to  
peace.

**TURN / CODA**

peace.

## Opening Words

In this time and place we gather with gratitude on the stolen lands of the lək̓wəŋən people; known today as the Songhees and Esquimalt Nations.

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

This is the path that Mary marked, To whom Gabriel said

**‘You will give birth to a son, and will call him Jesus.’**

Mary replied, **‘I am the lord’s servant,**

**Let it happen as you have said.’**

And she rejoiced in her calling.

**‘My heart is overflowing with praise of my Lord,**

**My soul is full of joy in God my Saviour.’**

Today, we light the third candle of joy and the fourth candle of love....

*The third and fourth candles are lit.* Anglican Church of Canada, alt.

Rejoice in the Lord always! **Again we will say, Rejoice!**

Let your gentleness be known to everyone. **The Lord is near.**

Do not worry about anything, **but in everything by prayer and supplication with thanksgiving let your requests be made known to God.**

Rejoice in the Lord always! **Again we will say, Rejoice!** Introit to Gaudete Sunday based on Philippians 4

Let us pray: God of power and mercy,

you call us once again to celebrate the coming of your Son.

Remove those things which hinder love of you, that when he comes,

he may find us waiting in awe and wonder for him who lives and reigns

with you and the Holy Spirit, one God, now and forever. **Amen.**

*Please rise in body or in spirit as we sing. Folks of all ages are welcome to set the table with icons and symbols of faith during our opening song...*

## Opening Song: Tell Out My Soul / All You Need Is Love / Let It Be

Tell out my soul, the greatness of the lord

Unnumbered blessings give my spirit voice

Tender to me the promise of God’s word

In God my saviour shall my heart rejoice

Tell out, my soul, the greatness of God’s name

Make known God’s might, the deeds God’s arm has done

God’s mercy sure, from age to age the same

God’s holy name the lord, the mighty one

Tell out my soul, the greatness of God’s sight

Pow’rs and dominions lay their glo--ry by

Proud hearts and stubborn wills are put to flight

The hungry fed, the humble lift-----ed high

Tell out, my soul, the glories of God’s word

Firm is God’s promise, and God’s mer--cy sure

Tell out, my soul, the greatness of the lord

To children's children and forev-----ermore

Love love love x3  
There's nothing you can do  
that can't be done  
Nothing you can sing  
that can't be sung  
Nothing you can say  
but you can learn how to play  
the game. It's easy

All you need is love  
All you need is love  
All you need is love

When I find myself in times of trouble,  
Mother Mary comes to me  
Speaking words of wisdom, let it be  
And in my hour of darkness, she is  
standing right in front of me  
Speaking words of wisdom, let it be

Let it be, let it be, let it be, let it be  
Whisper words of wisdom, let it be

Timothy Dudley-Smith / Hope Publishing / OneLicense  
and Lennon/McCartney / Capitol Records / Apple  
Music

**Poem:** Selected and read by poet-in-residence Rebecca Yeo

## We Proclaim

### Hebrew Scripture

A reading from the prophet Isaiah

The spirit of the Lord God is upon me,  
because the Lord has anointed me; the  
Lord has sent me to bring good news to  
the oppressed, to bind up the  
brokenhearted, to proclaim liberty to the  
captives, and release to the prisoners; to  
proclaim the year of the Lord's favour,  
and the day of vengeance of our God; to  
comfort all who mourn; to provide for  
those who mourn in Zion - to give them a  
garland instead of ashes, the oil of  
gladness instead of mourning, the  
mantle of praise instead of a faint spirit.  
They will be called oaks of righteousness,  
the planting of the Lord, to display his  
glory. They shall build up the ancient  
ruins, they shall raise up the former  
devastations; they shall repair the ruined  
cities, the devastations of many  
generations. For I the Lord love justice, I

hate robbery and wrongdoing; I will  
faithfully give them their recompense,  
and I will make an everlasting covenant  
with them. Their descendants shall be  
known among the nations, and their  
offspring among the peoples; all who see  
them shall acknowledge that they are a  
people whom the Lord has blessed. I will  
greatly rejoice in the Lord, my whole  
being shall exult in my God; for God has  
clothed me with the garments of  
salvation, God has covered me with the  
robe of righteousness, as a bridegroom  
decks himself with a garland, and as a  
bride adorns herself with her jewels. For  
as the earth brings forth its shoots, and  
as a garden causes what is sown in it to  
spring up, so the Lord God will cause  
righteousness and praise to spring up  
before all the nations.

...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

Come to us, Emmanuel we wait for thee with bated breath  
And hope-filled hearts and anxious minds.  
Longing to see your face and worship at your feet

*Peter La Grand / Ordinary Time / CCLI*

## **Gospel Reading**

Let us proclaim the gospel from the rooftops!

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

A reading from the Gospel according to Luke. (1:26-38; 46-55)

In the sixth month the angel Gabriel was sent by God to a town in Galilee called Nazareth, to a virgin engaged to a man whose name was Joseph, of the house of David. The virgin's name was Mary. And he came to her and said, "Greetings, favoured one! The Lord is with you." But she was much perplexed by his words and pondered what sort of greeting this might be. The angel said to her, "Do not be afraid, Mary, for you have found favour with God. And now, you will conceive in your womb and bear a son, and you will name him Jesus. He will be great and will be called the Son of the Most High, and the Lord God will give to him the throne of his ancestor David. He will reign over the house of Jacob forever, and of his kingdom there will be no end." Mary said to the angel, "How can this be, since I am a virgin?" The angel said to her, "The Holy Spirit will come upon you, and the power of the Most High will overshadow you; therefore the child to be born will be holy; he will be called Son of God. And now, your relative Elizabeth in her old age has also conceived a son, and this is the sixth month for her who was said to be barren.

## **Gospel Acclamation**

So come to us Emmanuel - we live in hope of your return.  
to bring new life to this old world - to end all wars and to heal all hearts  
and to reign forevermore - to reign forevermore

*Peter La Grand / Ordinary Time / CCLI*

## **The Sermon**

**Rev. Michelle Slater**

*Bell / Silence for meditation / Bell*

For nothing will be impossible with God."

Then Mary said, "Here am I, the servant of the Lord; let it be with me according to your word." Then the angel departed from her.... And Mary said: "My soul proclaims your greatness, O God! My heart rejoices in you, my Saviour, because you have showered your servant with blessing! From now to the end of time, all generations will know the great things you have done for me. Mighty One! Your name is holy! In every age, your compassion flows to those who reverence you! But all who seek to exalt themselves in arrogance will be levelled by your power. You have deposed the mighty from their seats of power, and have raised the lowly to high places. Those who suffer hunger, you have filled with good things. Those who are rich, you have turned away empty-handed. You have come to the aid of your servant Israel, in fulfilment of the promise you made to our ancestors when you spoke blessing to Sarah and Hagar and all their descendants, to the utmost generation!"

...Let us proclaim the gospel from the rooftops.

**With our words and with our lives.**

*You are invited to rise in body or in spirit as we affirm our faith:*

### **Affirmation of Faith / Credo**

*[together, we say]* **We are not alone, we live in God's world.**

**We believe in God: who has created and is creating,**

**who has come in Jesus, the Word made flesh,**

**to reconcile and make new, who works in us and others by the Spirit.**

**We trust in God. We are called to be the church; to celebrate God's presence,**

**to live with respect in creation, to love and serve others,**

**to seek justice and resist evil;**

**to proclaim Jesus, crucified and risen our judge and our hope.**

**In life, in death, in life beyond death, God is with us.**

**We are not alone. Thanks be to God.**

*The United Church of Canada 1968, rev.*

### **Our Prayers**

**Chivonne Graff**

#### **The Confession**

In this season of waiting, in this time of preparation, we long to draw closer to God - to incline our ears to the whispering of the Spirit. Too often, we get in our own way; we make choices that trip us up as we move toward God.

Let us open ourselves to God's healing and mercy as we make our confession...

*Silence*

Holy God, **as we turn to you, restore us again. Mend our hearts, comfort us in our grief, and open our hands. Come to us again, we pray and make us ready to receive you. Amen.** *Beth Merrill Neel. alt.*

#### **The Absolution / Assurance of God's Grace**

#### **The Peace**

Beloved community, the peace of Christ be with you all. **And also with you!**

*We acknowledge the peace of Christ in each other.*

*During the 'offertory' song, the table is set. Contributions to our common life can be made in the back of the space (now or later). If you' don't see your child or youth back for communion, they're likely still in the vestry - please let them know they can come back. We love it if children and teens can rejoin the folks who brought them after communion is finished...*

*As we prepare for this holy feast we are reminded that all are welcome to receive wherever they find themselves in their spiritual journey. All are welcome to Jesus' table - as you feel ready.*

#### **Offertory: Lo How A Rose Ere Blooming**

Lo, how a rose e'er blooming  
from tender stem hath sprung!  
Of Jesse's lineage coming  
As they of old have sung.  
It came, a flower bright,  
Amid the cold of winter  
When half-spent was the night.

Isaiah 'twas foretold it,  
The rose I have in mind:  
With Mary we behold it,  
The virgin mother kind.  
To show God's love aright  
She bore to us a saviour  
When half-spent was the night.

O flow'r, whose fragrance tender  
With sweetness fills the air,  
Dispels with glorious splendour  
The darkness everywhere.  
True human and true God,  
From sin and death now saves us  
And shares our every load.

1599 / German / Public Domain

## We Celebrate

### Prayer over the Gifts

Gracious God, by the power of the Spirit  
Who called and sanctified Mary, Mother of your Son,  
make holy all we offer you this day.

We ask this in the name of Jesus Christ the Lord. **Amen.** Anglican Church of Canada, alt.

### The Great Thanksgiving

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

Lift up your hearts. **We lift them up to God.**

Let us give thanks to God. **It is right to give God 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 came in 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:

*(sung to the tune of O come o come Emmanuel)*

**Holy holy hol—y Lord - God of power Go—d of might**

**Heaven and the earth are full... are fu—ll of your glo—ry, O God**

**Hosanna, Hosanna! How blessed is the one who comes in the name of the lord**

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.** (x2)

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, we pray as Jesus taught:

*(said in a language, translation or paraphrase of your choice)*

**Our \*Father** (*\*or Parent, or Mother, or 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 debts as we forgive our debtors.**

**Lead us not into temptation but deliver us from evil.**

**For the kingdom, the power, and the glory**  
**are yours now and forever. Amen.**

*Silence.*

These are the gifts of God for the people of God given for the life of the world.

**Thanks be to God!**

*All are welcome to receive at Jesus' table! The bread is gluten-free but contains almond flour and dairy. Please ask the server if you would like a non-dairy/almond option. The juice is in the small cups. Wine is in the common cup. Please refrain from dipping the bread.*

## Communion Song (Pre-recorded): Creator of Orion (Agnus Dei)

Tom Wuest / Brass Trumpet Publishing used with permission

### Communion Song: Holy is Your Name

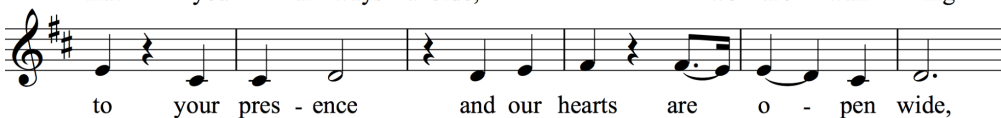
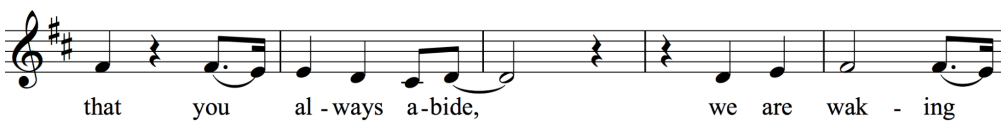
My soul proclaims  
the greatness of the Lord  
And my spirit exalts in God my saviour  
For you have looked  
with mercy on my lowliness  
And my name will be forever exalted  
For the mighty God  
has done great things for me  
And your mercy  
will reach from age to age  
And holy, holy, holy is your name

You have mercy in every generation  
You have revealed  
your power and your glory  
You have cast down  
the mighty in their arrogance  
And have lifted up  
the meek and the lonely  
You have come to help  
your servant Israel  
You remembered  
your promise to our forebears  
And holy, holy, holy is your name  
Holy, holy, holy is your name

John Michael Talbot, alt. / 1980 Birdwing Music / CCLI

### Communion Song: Waiting for You

We are waiting for you, knowing that you always abide,  
we are waking to your presence and our hearts are open wide. Open wide, open wide.



Christopher Grundy / Pilgrim Press / United Church of Christ / OneLicense



## Prayer after Communion

Faithful God, in this sacrament we receive the promise of salvation.

May we, like Mary, hear your word and respond in joy.

We ask this in the name of Jesus Christ the Lord. **Amen.** Anglican Church of Canada, alt.

## We Are Sent

### Blessing

#### Closing Song: Canticle of the Turning (Magnificat)

My soul cries out with a joyful shout  
that the God of my heart is great  
and my spirit sings  
of the wondrous things  
that you bring to the ones who wait  
You fixed your sight  
on your servant's plight  
and my weakness you did not spurn  
so from east to west  
shall my name be blest  
Could the world be about to turn?

*Chorus:*

*My heart shall sing of the day you bring  
let the fires of your justice burn  
Wipe away all tears  
for the dawn draws near  
And the world is about to turn!*

Though I am small, my God, my all,  
you work great things in me  
and your mercy will last  
from the depths of the past  
to the end of the age to be  
Your very name  
puts the proud to shame  
and to those who would for you yearn  
you will show your might  
put the strong to flight  
for the world is about to turn *Chorus*

Words Rory Cooney (OneLicense) / Tune: Star of the County Down (Trad Irish)

From the halls of power  
to the fortress tower  
Not a stone will be left on stone  
Let the king beware  
for your justice tears  
ev'ry tyrant from their throne  
The hungry poor shall weep no more  
for the food they can never earn  
There are tables spread,  
ev'ry mouth be fed  
for the world is about to turn. *Chorus*

Though the nations rage  
from age to age  
we remember who holds us fast  
God's mercy must deliver us  
from the conqueror's crushing grasp  
This saving word  
that our forebears heard  
is the promise which holds us bound  
'Til the spear and rod  
can be crushed by God  
Who is turning the world around  
*Chorus*

### Sending

Go in the joy and love of Christ, to prepare the way.

**Thanks be to God. Amen!**

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*We'll be back next Sunday at 4 pm for CHRISTMAS EVE!  
And New Year's Eve at 4pm for Contemplative Prayer in the way of Taize.*



## Coming Up

Note that some weekday prayer times will go on hiatus after Christmas  
- see newsletter for details.

**Mondays at 8 pm - Centering prayer with evening prayer.** Quadra/Balmoral chapel or on Zoom. Enter from the parking lot at 932 Balmoral. Centering prayer is a contemplative practice of spending 20 minutes in silence within a compline (night prayer) liturgy.

**Tuesdays at 8:15 am - Morning prayer at Lynn and Phils and Zoom.** Please email for the address/buzzer code or for the Zoom link if you can't make it in person.

### UPCOMING!

- Next Sunday December 24 @ 4 pm - **Christmas Eve All Ages Worship - communion, cider and candles!**
- Sunday December 24 from 7-9pm - **Drop in meditative spiral in the sanctuary**
- Monday, Dec 25th **Christmas Dinner** at 5 pm - *RSVP for details and location*
- Sunday, Dec 31st at 4 pm - **New Year's Eve service** in the way of Taizé (Contemplative prayer with chants, silence and candles (incense may be used in this service))

**Wednesday Communion - 4 pm at Our Place.** Meet at the church to walk over together and stay for dinner after (5 pm).

**Thursdays at 8:15 am - Morning prayer at Quadra/Balmoral Chapel** - in person only.

**Thursdays - Helping out with hampers at North Park Neighbourhood Association** (AM, on-site)

**Friday Morning Prayer at 8:15 am** - zoom only.

**admin@abbeychurch.ca + www.abbeychurch.ca**

**778.557.4166 We would love to connect.**

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