

Epiphany 4

January 28, 2024 + 4pm



Image: source unknown



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).

As a witness to unity in diversity, the AbbeyChurch is an affirming shared ministry of the United Church of Canada and the Anglican Church of Canada.

We draw on those spiritual traditions, as well as others across the Christian spectrum.

We're also connected to Emmaus, an intentional community that makes commitments to one another for prayer, presence and simplicity.

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

We Gather

Opening loop

Welcome and announcements

Tolling of the bells

Opening Words

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

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

Brothers and sisters in Christ, what hopes do you bring to worship?

We bring hope for health and wholeness.

What afflictions do you bring to worship? Physical, emotional, mental pain?

We bring illness and injury, difficult life situations, and much dis-ease.

With all of these afflictions, still we come and gather! **But where else would we be? We yearn to know God's love and healing, to see that wholeness is possible.**

In today's gospel, one with an "afflicting spirit" * interrupts Jesus **and Jesus delivers him.** And where does the miracle of his story and our stories begin? **When we bring all of who we are – hopeful, afflicted, bold – before the God of love.**

So come, let us worship with our whole selves – **hopeful, afflicted and bold,**

Come, let us worship! *Ginny Brown Daniel, Alt..*

Please rise in body or in spirit as we set our common table

Opening Song: Praise the one who breaks the darkness

Praise the one who breaks the darkness
with a liberating light.

Praise the one who frees the prisoners,
turning blindness into sight.

Praise the one who preaches the gospel,
healing every dread disease, calming
storms and feeding thousands with the
very bread of peace.

Praise the one who blessed the children
with a strong yet gentle word.

Praise the one who drove out demons with
a piercing two-edged sword.

Praise the one who brings cool water
to the desert's burning sand.

From the well comes living water,
quenching thirst in every land.

Praise the one true love incarnate:
Christ who suffered in our place.
Jesus died and rose for many that we
may know God by grace.
Let us sing for joy and gladness,
seeing what our God has done.
Praise the one redeeming glory, praise
the one who makes us one.

Rusty Edwards / 1987 Hope Publishing / OneLicense

Prayer

Loving God, the source of all goodness and healing, we pause in your presence and hold before you all that we are this day. All our hopes and all our pain. Come, triune God and in your mercy, still us, calm us, guide us this day and always. **Amen.**

Third Space, Alt.

The Gloria

①
Glo - ri - a, glo - ri - a, in ex - cel - sis De - o!
Glo - ry to God, glo - ry to God, glo - ry in the high - est!

②
Dm Gm C F Dm Gm C F

③
Glo - ri - a, glo - ri - a, al - le - lu - ia, al - le - lu - ia!
Glo - ry to God, glo - ry to God, al - le - lu - ia, al - le - lu - ia!

④
Dm Gm C F Dm Gm C F

Keyboard

Ateliers et Presses De Taize / OneLicense.

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

We Proclaim

Psalm 111

Hallelujah! I will give thanks to God with my whole heart, in the assembly of the upright, in the congregation.

Great are the deeds of God! They are studied by all who delight in them.

O God, your work is full of majesty and splendour, and your righteousness endures forever.

You make your marvellous works to be remembered; you are gracious and full of compassion.

You give food to those who fear you; you are ever mindful of your covenant.

You have shown your people the power of your works in giving them the lands of the nations.

The works of your hands are faithfulness and justice; all your commandments are sure.

They stand fast for ever and ever, because they are done in truth and equity.

You send redemption to your people; you commanded your covenant forever; holy and awesome is your name.

The fear of the Lord is the beginning of wisdom; those who act accordingly have a good understanding; the praise of the Lord endures for ever.

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

The 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. —

Kent Gustavson / Mountain Vespers / Used with permission

The Gospel

Let us proclaim the gospel from the rooftops!
With our words and with our lives!

A reading from the +Gospel according to Mark. (1:21-28)

They went to Capernaum; and when the sabbath came, Jesus entered the synagogue and taught. They were astounded at his teaching, for he taught them as one having authority, and not as the scribes. Just then there was in their synagogue a man with an unclean spirit, and he cried out, "What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One

of God." But Jesus rebuked him, saying, "Be silent, and come out of him!" And the unclean spirit, convulsing him and crying with a loud voice, came out of him. They were all amazed, and they kept on asking one another, "What is this? A new teaching - with authority! He commands even the unclean spirits, and they obey him." At once his fame began to spread throughout the surrounding region of Galilee.

Let us proclaim the gospel from the rooftops!
With our words and with our lives

C Al - le - lu - ia, Al - le - lu - ia,
 Al - le - lu - ia, Al - le - lu - ia.

bell / brief silence for meditation/ bell

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

Credo (Iona community)

We believe that God is present
in the darkness before dawn;
in the waiting and uncertainty
where fear and courage join hands,
conflict and caring link arms,
and the sun rises over barbed wire.

We believe in a with-us God
Jesus, who sits down in our midst
to share our humanity.

We affirm a faith that takes us beyond
a safe place—into action, into vulnerability, and onto the streets.

We commit ourselves to work for change
and put ourselves on the line;
to bear responsibility, take risks,
live powerfully, and face humiliation;
to stand with those on the edge;
to choose life
and be used by the Holy Spirit
for God's new community of hope.
Amen

Our Prayers

Song: Lord Have Mercy

Refrain

Lord, have mercy
Lord, have mercy
Lord, have mercy
Lord, have mercy

Holy Spirit, rest upon us
Lead us in the way of Your justice
Holy Spirit, rest upon us
Teach us how to serve in our weakness *Refrain*

Holy Spirit, rest upon us
Teach us how to tend to creation
Holy Spirit, rest upon us
Guide us from our path of destruction

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Song: Come Healing

O, gather up the brokenness
Bring it to me now
The fragrance of those promises
You never dared to vow

The splinters that you carried
The cross you left behind
Come healing of the body
Come healing of the mind

And let the heavens hear it
The penitential hymn
Come healing of the spirit
Come healing of the limb

Behold the gates of mercy
In arbitrary space
And none of us deserving
Of cruelty or the grace

O, solitude of longing
Where love has been confined
Come healing of the body
Come healing of the mind
O, see the darkness yielding

That tore the light apart
Come healing of the reason
Come healing of the heart

O, troubledness concealing
An undivided love
The heart beneath is teaching
To the broken heart above

And let the heavens falter
Let the earth proclaim
Come healing of the altar
Come healing of the name

O, longing of the branches
To lift the little bud
O, longing of the arteries
To purify the blood

And let the heavens hear it
The penitential hymn
Come healing of the spirit
Come healing of the limb
O let the heavens hear it
The penitential hymn
Come healing of the spirit
Come healing of the limb
Leonard Cohen / Sony Music

Confession

Dear friends in Christ, God is steadfast in mercy and infinite in goodness, let us turn to the god of compassion and confess our sins...

Silence

Before God, **with the people of God, we confess to our brokenness: to the ways we wound our lives, the lives of others and the life of the world.**

Siblings in Christ - know that God forgives you, Christ renews you, and the Spirit enables you to grow in love! Amen.

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 communion table is set.
Contributions to our common life can be made at the back of the space (now or later).*

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: Healer of our Every Ill

Refrain Healer of our every ill,
light of each tomorrow,
give us peace beyond our fear,
and hope beyond our sorrow.

You who know our fears and sadness,
grace us with your peace and gladness;
Spirit of all comfort, fill our hearts. *Refrain*

In the pain and joy beholding
how your grace is still unfolding,
give us all your vision, God of love. *Refrain*

Give us strength to love each other,
every sister, every brother;
Spirit of all kindness, be our guide. *Refrain*

You who know each thought and feeling,
teach us all your way of healing;
Spirit of compassion, fill each heart. *Refrain*

Marty Haugen 1987, GIA Publications, Inc. / OneLicense

We Celebrate

Prayer Over The Gifts

Loving God, we come to your table hungry and offer to you what little we have. Make holy all we offer you this day, that we might be part of the world's healing. This we ask in the name of Jesus Christ the Lord. **Amen**

The Great Thanksgiving

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.**

It is right that we should praise you, beautiful God whose promise brings life, and whose breath animates our dust and enables us to sing! We give thanks that we have been gathered by you, caught in your net, and summoned to your table. As we open ourselves to your generous hospitality, let your Spirit move among us as it moved over your earth at creation. Let it inspire our hearts as you spoke through prophets and rested on Mary. May we have faith to respond to your call, and join our voices with creation's song, singing:

**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.**

On the night of his arrest, Jesus took the bread, blessed you and gave thanks, giving it to his companions saying, this is my body, given for you. Do this in remembrance of me.

After supper, Jesus took wine, blessed and gave thanks and gave it to his companions saying "This cup is the new relationship with God. Take this and share it. I shall drink wine with you next in the coming kingdom of God."

Come now, O Christ, bone of our bone, flesh of our flesh, forever bound to us in promise and mystery; send your holy spirit on us and on this bread and wine. Let them become, for us, the sign, seal and sacrament of your healing love with the power to make us whole. And through these gifts make us again your body for this world, offering ourselves to your loving service until that day when all creation is made whole. **Amen.**

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 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 larger common cup. Please refrain from dipping the bread.

Communion Song: Jesus Feed Us

Again and again and again,
to this table we come,
once a people estranged,
now as one in your name.

In your mercy and grace,
forgiven of all we've confessed,
by your body and blood,

one last thing we request:

To you we pray
Jesus, feed us.
Feed us, Jesus.
Jesus, feed us.
Jesus, with your healing love.

Gord Johnson 2008 Signpost Music / CCLI

Communion Song: Nothing Can Trouble

Nothing can trouble, nothing can frighten.
Those who seek God shall never go wanting.
Nothing can trouble, nothing can frighten.
God alone fills us.

J.Berthier based on Theresa of Avila. Ateliers et Presses de Taize / OneLicense

Prayer after Communion

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. **Amen.**

Anglican Church of Canada.

Blessing

In the midst of our struggle, dis-ease and affliction, know that you are made in God's image and God sees you as whole and good. May you celebrate god in your midst, through opportunities of wholeness and justice. In the wholeness and goodness of God, go forth! Go and laugh with your friends; reconcile with those who have hurt you; be kind to strangers; and feel the divine smile upon us. And the blessing of God... **Amen.**

Ginny Brown Daniel, Alt.

We Are Sent

Closing Song: Leaning on the Everlasting Arms

What a fellowship, what a joy divine
Leaning on the everlasting arms
What a blessedness, what a peace is mine

Refrain:

Leaning, leaning
Safe and secure from all alarms
Leaning, leaning
Leaning on the everlasting arms

What have I to dread, what have I to fear
Leaning on the everlasting arms?
I have blessed peace with my Lord so near
Leaning on the everlasting arms

Elisha Hoffman / Public Domain

Sending

Go in Peace to love God and serve the people.

Thanks be to God. Amen.

Coming Up



Mardi Gras / Shrove Tuesday Monday

All ages come and celebrate Mardi Gras! with a pancake dinner, live music, and dancing! Join us Monday February 12 for an evening of fun, pancakes, and dancing with special guests the **Odd Hack Band**.

Dinner served at 6:00 pm followed by live music and beginner-friendly contra dancing!

First Met/Abbey Church hall at 932 Balmoral Road. Entrance via the parking lot.

The event is free, and folks are welcome to make a small donation to the band.

Drop us a line if you can help volunteer — cooking, cleaning up, setup, etc.

Weekday Prayer

Mondays at 8pm - Centering Prayer with Evening prayer. Online only between Jan 15 and 29. Resuming in-person in February at Balmoral Chapel.

Tuesdays at 8:15am - Morning Prayer. in-person/online at Lynn and Phil's (email for location - near Castle Hardware on Cook) and on Zoom.

Wednesdays at 4pm - Communion at Our Place. in-person only, followed by a meal. Meet at church at 3:45 to walk over together.

Thursdays at 8:15am - Morning prayer at Quadra/Balmoral Chapel - in person only. Enter from parking lot at 932 Balmoral.

Fridays at 8:15am - Morning Prayer. Zoom-only.

Our common prayer is liturgical in nature and based on ancient monastic practices. It's open to all who wish to join in-person or online.



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778.557.4166 We would love to connect.

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