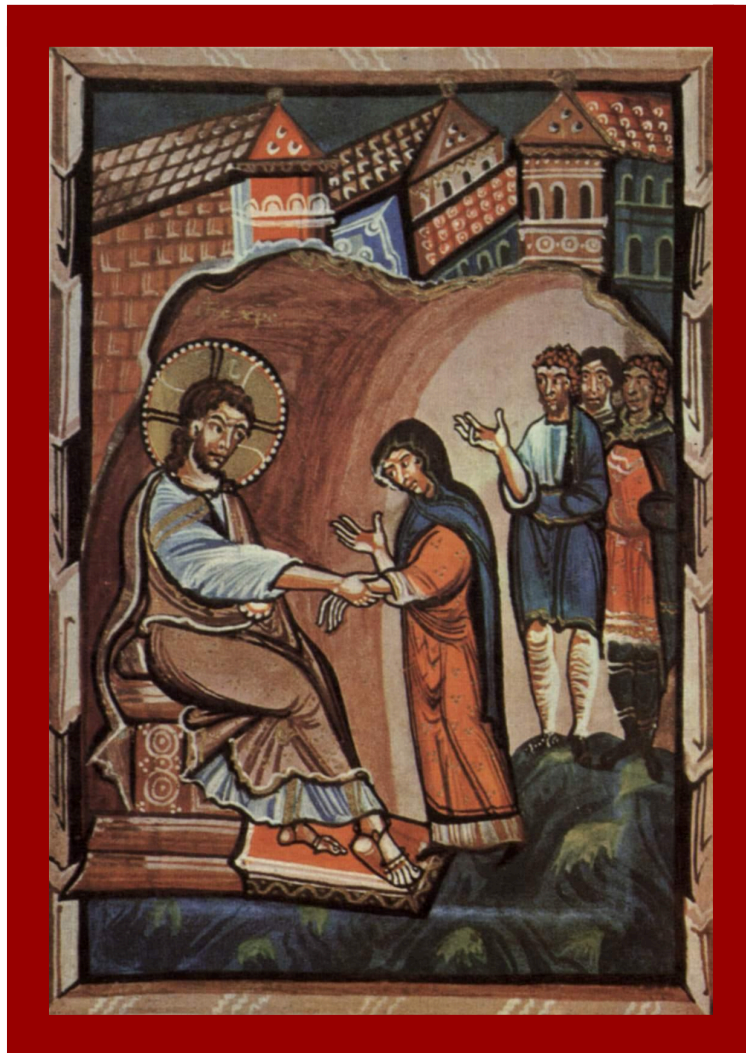


# Epiphany +5

February 4, 2024 + 4pm



*Image: Meister des Hitda-Evangeliars, circa 1020*



# 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.**

Have you not known?

**Our God is the everlasting God, Creator of the ends of the earth.**

Have you not heard?

**God does not faint or grow weary in pursuing us.**

Have you not known?

**God gives power to the faint and strength to the powerless.**

Have you not heard?

**Those who wait for God will renew their strength they shall mount up with wings like eagles.**

We come to hear once more this great promise.

**Thanks be to God.** *Joanna Harader, from Spacious Faith, alt.*

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

## Opening Song: I Heard The Voice of Jesus Say

I heard the voice of Jesus say,  
"Come unto me and rest;  
Lay down, O weary one, lay down  
Your head upon my breast."

I came to Jesus as I was,  
so weary, worn, and sad;  
I found in him a resting place,  
and he has made me glad.

I heard the voice of Jesus say,  
"Behold, I freely give  
The living water; thirsty one,  
stoop down, and drink, and live."  
I came to Jesus, and I drank of that  
life-giving stream;

My thirst was quenched,  
my soul revived,  
and now I live in him.

I heard the voice of Jesus say,  
"I am this dark world's light;  
Look unto me, your morn shall rise,  
and all your day be bright."

I looked to Jesus,  
and I found in him my star, my sun;  
And in that light of life I'll walk  
till trav'ling days are done.

*Horatius Bonar. tune: traditional English / Public Domain*

## Prayer

Let us pray. Holy God, we honour you for who you are. We praise you for your tender mercies which are new every morning. We exalt you, Creator of all, for the blessings of yesterday, the gift of today, and the promise of tomorrow. Grant us an enduring faith and courage amidst our despair. Fill us with your contagious joy that uplifts the downtrodden and refreshes hope in you. Increase in us the faith of the prophets, the love of Jesus, and the wisdom of the Holy Spirit. In your name we pray, **Amen.**

*From "God of Awe and Glory," written by the Rev. Dr. Renee C. Jackson, UCC, 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!

Dm Gm C F Dm Gm C F

Keyboard

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!

Dm Gm C F Dm Gm C F

Ateliers et Presses De Taize / OneLicense.

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

## We Proclaim

### A reading from the Prophet Isaiah (40:21-31)

Have you not known? Have you not heard?  
Has it not been told you from the beginning?  
Have you not understood from the foundations of the earth?  
It is he who sits above the circle of the earth,  
and its inhabitants are like grasshoppers,  
who stretches out the heavens like a curtain  
and spreads them like a tent to live in,  
who brings princes to naught  
and makes the rulers of the earth as nothing.  
Scarcely are they planted, scarcely sown,  
scarcely has their stem taken root in the earth,  
when he blows upon them, and they wither,  
and the tempest carries them off like stubble.  
To whom, then, will you compare me,  
or who is my equal? says the Holy One.  
Lift up your eyes on high and see:  
Who created these?

He who brings out their host and numbers them,  
 calling them all by name;  
 because he is great in strength,  
 mighty in power, not one is missing.  
 Why do you say, O Jacob, and assert, O Israel,  
 "My way is hidden from the Lord,  
 and my right is disregarded by my God"?  
 Have you not known? Have you not heard?  
 The Lord is the everlasting God,  
 the Creator of the ends of the earth.  
 He does not faint or grow weary;  
 his understanding is unsearchable.  
 He gives power to the faint  
 and strengthens the powerless.  
 Even youths will faint and be weary,  
 and the young will fall exhausted,  
 but those who wait for the Lord shall renew their strength;  
 they shall mount up with wings like eagles;  
 they shall run and not be weary;  
 they shall walk and not faint.  
 ... 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.*

**The Gospel Acclamation**

*fiddle*

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

D G D A

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

D G D A

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

D G D A

[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):

As soon as they left the synagogue, they entered the house of Simon and Andrew, with James and John. Now Simon's mother-in-law was in bed with a fever, and they told him about her at once. He came and took her by the hand and lifted her up. Then the fever left her, and she began to serve them. That evening, at sunset, they brought to him all who were sick or possessed by demons. And the whole city was gathered around the door. And he cured many who were sick with various

diseases and cast out many demons, and he would not permit the demons to speak, because they knew him. In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. And Simon and his companions hunted for him. When they found him, they said to him, "Everyone is searching for you." He answered, "Let us go on to the neighbouring towns, so that I may proclaim the message there also, for that is what I came out to do." And he went throughout all Galilee, proclaiming the message in their synagogues and casting out demons.

Let us proclaim the gospel from the rooftops!

**With our words and with our lives**



## Sermon

**Matt Humphrey**

*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.

**Confession**

Dear friends in Christ, God is steadfast in mercy and infinite in goodness, let us turn to 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: Pass Me Not O Gentle Saviour**

Pass me not, O gentle Saviour,  
Hear my humble cry,  
While on others Thou art calling,  
Do not pass me by.

Refrain: Saviour, Saviour,  
Hear my humble cry;  
While on others Thou art calling,  
Do not pass me by.

Let me at a throne of mercy  
Find a sweet relief;  
Kneeling there in deep contrition,  
Help my unbelief. *Refrain.*

Trusting only in Thy merit,  
Would I seek Thy face;  
Heal my wounded, broken spirit,  
Save me by Thy grace. *Refrain.*

Thou the Spring of all my comfort,  
More than life to me,  
Whom have I on earth beside Thee?  
Whom in heav'n but Thee? *Refrain.*

Fanny Crosby 1868 Public Domain

## 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.**

Holy God, How wonderful is the work of your hands!

All of creation echoes the 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 ancient hungers are filled.

You have given 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.**

As 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

Shed for you and for many for the forgiveness of sins.

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.**

Send your Holy Spirit upon us and upon these gifts of bread and wine that they may be the body and blood of your Christ. Grant that with burning hearts we may be 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.**



## **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.*

## **Agnus Dei (Pre-Recorded) - Lamb of God - Tom Wuest**

### **Communion Song: Everlasting God**

Everlasting God, You alone are the Lord  
Over all the Kingdoms of the earth.  
You bring out your starry host one by one  
And call them all by name.

Everlasting God,  
you weigh clouds with heavy dew,  
Pour spring rains over barren land.  
You warm soil with golden light,  
Rolling hills you drape in silken moss.

*Refrain:*

Your grace holds us near  
Your mercies rise  
Long will our hearts behold you  
Everlasting God

Everlasting God,  
You grant us daily breath,  
Guide our feet along the path of peace.  
You preserve the poor outcast,

### **Communion Song: O The Deep Deep Love of Jesus**

O The Deep Deep Love of Jesus  
Oh the deep, deep love of Jesus  
Vast unmeasured boundless free  
Rolling as a mighty ocean -  
in its fullness over me

hear prisoner's cries and soothe our  
broken hearts. Everlasting God, You  
alone are the Lord

Over all the creatures of the earth.  
You feed us in bread and wine,  
body and blood. Your mercies ever new.  
*Refrain*

Everlasting God, by the star you led forth  
Showed the way for shepherds and magi  
You bid us: "come and see"  
The God in flesh, our world is redeemed.  
Everlasting God, we heard the voice  
Saw the dove. And into Christ we are  
baptized You speak over us the words:

"You are my Child, in You I am well  
pleased." *Refrain*

Tom Wuest / Add. verse: Matt Humphrey / Brass  
Trumpet Publishing / Used with permission

Underneath me all around me  
Is the courage of His Love  
Leading homeward leading homeward  
To Thy glorious rest above

Oh the deep, deep love of Jesus –  
Tis a heaven of heavens to me  
And it lifts me up to glory –  
For it lifts me up to Thee

Oh the deep, deep love of Jesus  
Spread his praise from to shore to shore  
How he loveth, ever loveth  
Changeth never, nevermore  
*Words by Samuel Trevor Francis Tune: Bunessan  
(Morning Has Broken)*

### **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, as we bear witness to your touch which makes Creation whole, now and forevermore. Amen.**

*United Church of Christ, Alt.*

### **Blessing**

## **We Are Sent**

### **Closing Song: Blessed Assurance**

Blessed assurance, Jesus is mine!  
O what a foretaste of glory divine!  
Heir of salvation, purchase of God,  
Born of his Spirit, washed in Christ's blood.

*Refrain:* This is my story, this is my song,  
Praising my Saviour all the day long;  
This is my story, this is my song,  
Praising my Saviour all the day long.

Perfect submission, perfect delight,  
Visions of rapture now burst on my sight;  
Angels descending bring from above,  
Echoes of mercy, whispers of love. *Refrain.*

Perfect submission, all is at rest;  
I in my Savior am happy and blest,  
Watching and waiting, looking above,  
Filled with God's goodness, lost in God's love. *Refrain.*

x

### **Sending**

Go in peace to love God and serve the people.

**Thanks be to God. Amen.**

## Weekday Prayer

**Mondays at 8pm - Centering Prayer with Evening prayer.** Resuming in-person tomorrow  
Balmoral Chapel. Cancelled Feb 12 due to Pancake Supper

**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.*

# Coming Up

## Mardi Gras / Shrove ~~Tuesday~~ Monday



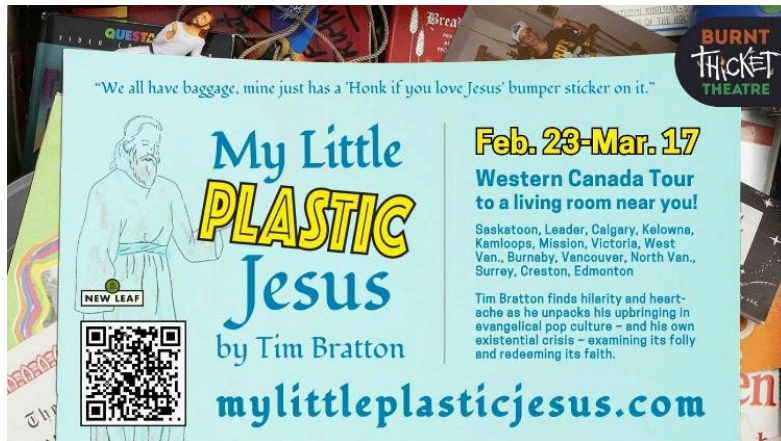
All ages come and celebrate Mardi Gras! with a pancake dinner, live music, and dancing! Join us Monday February 12 for an evening of fun, pancakes, and dancing with special guests the **Odd Hack Band**.

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.



### My Little Plastic Jesus

"We all have baggage, mine just has a 'Honk if you love Jesus' bumper sticker on it."

Thursday March 7th.

Doors 7pm. Show 7:30pm.

Tickets \$25

please let us know if cost is prohibitive

*AbbeyChurch is excited to collaborate with Burnt Thicket Theatre and Holydene to bring the one-person production of "My Little Plastic Jesus"*

In this one-man living room show, Tim Bratton finds hilarity and heartache as he unpacks his upbringing in evangelical pop culture, examining its folly and redeeming its faith. Experience an insider's quest to unravel his own existential crisis by deconstructing the culture he grew up in, with both satire and love.

Part confession, part history lesson, part multimedia extravaganza, discover this surprisingly poignant coming-of-age story from a subculture that's so little understood even as it impacts global politics and the perspectives of millions.

### Ash Wednesday - Wednesday Feb 14 - "Get Your Ash in Church!"

4pm with Our Place (at Our Place) and 7pm here at the Church in the Way of Taize.



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

**778.557.4166 We would love to connect.**

*This leaflet is printed on tree-free paper. Please recycle.*