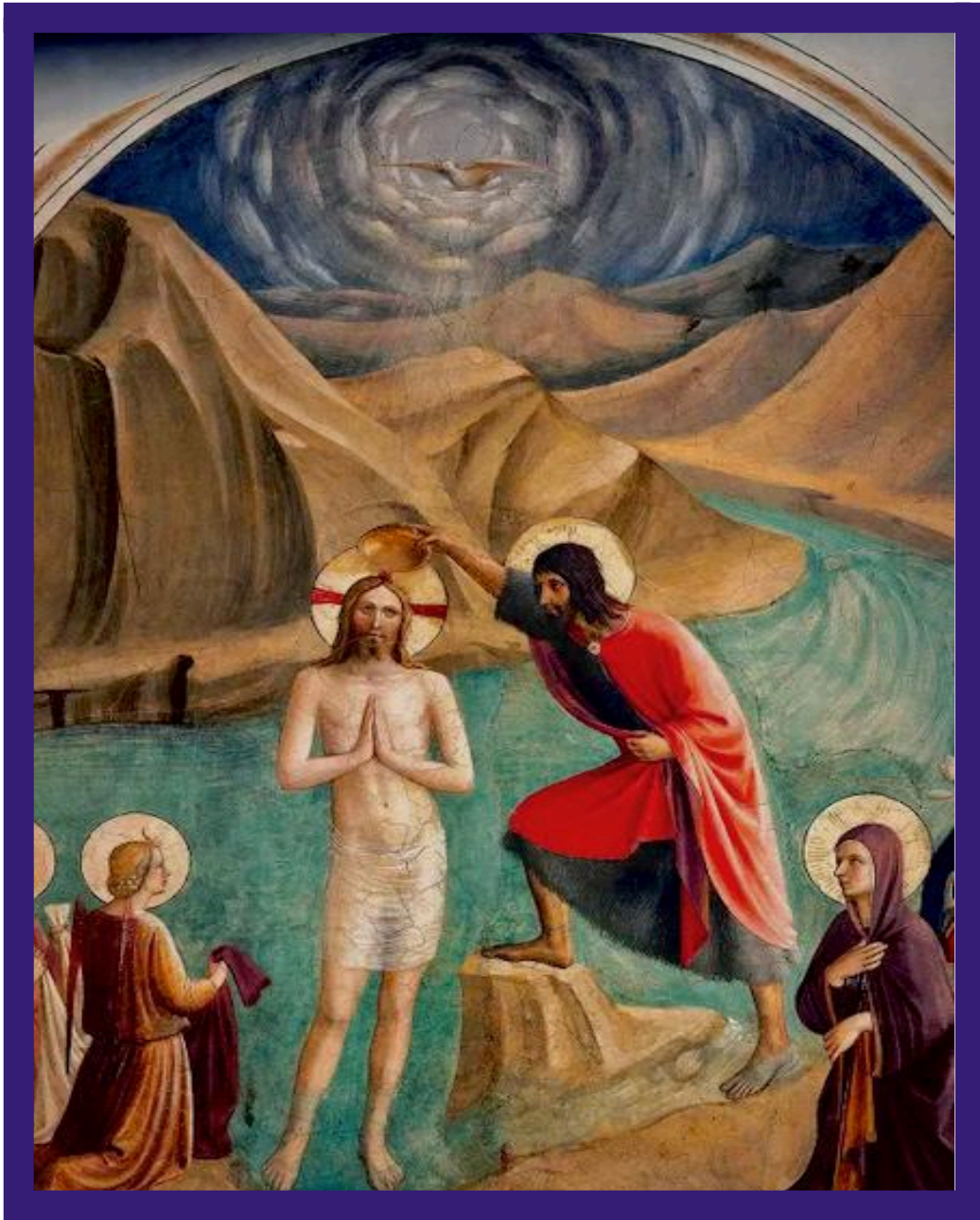


# Lent One

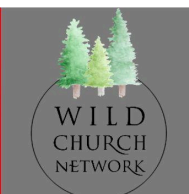
February 18, 2024 + 4pm



*Image: The Baptism of Christ, Fra Angelico (1395-1455)*



**BLACK  
LIVES  
MATTER**



# 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 and grace binds our differences together and renews our hope as we gather each week at Jesus' table of radical welcome.

# Welcome to the Season of Lent

Welcome to the holy season of Lent! This year at AbbeyChurch we are walking into this wilderness aware of how much we are each carrying – our weariness, our concern over the state of our world and our families and our selves, unsure of how best to direct our energies in a world of such complex need. We rage against all the violence and pain... and we weep over the violence that lives inside of us...

The invitation to each of us in these 40 days is simple:

**Rest.**

**Re-lent.**

What might it mean to enter Lent as a time of rest? To enter a space where we might entrust ourselves to the God who meets us in our need?

What might it mean to Re-Lent? To relent is to ease up, to change course, to turn, or to abandon or mitigate a harsh or cruel intention. There is much wisdom for us in these two postures: Rest and Relent.

They carry the freedom our friends in the recovery community find in the first and second step: as we acknowledge our lives are unmanageable and we are powerless, but we come to believe a power greater than ourselves can and will restore us to sanity.

May Lent be a time of rest and freedom as we turn our gaze back to our Maker! There is much repentance in that, yes, but it's less about self-flagellation and more about relenting our endless efforts to live as though God does not exist.

So put away the hair shirts and feel the delicate warmth of a prayer shawl being draped over your tired shoulders. Open your dry cracked hands to allow palms up to receive the Rest your maker longs to give you.

And know you are not alone in the wilderness – Courage my friends, we will walk with you and sing your spirit home.

*There are many invitations to enter Lent differently as we gather for worship - look below for instructions for how we might embody a posture of Rest and Relent...*

# We Gather

## Ambient Loop / Tolling of the bells

Bell x 3

### Invocation Song: Slow Me Down

During this song of Invocation, we invite you to carry your burdens (symbolised by a large rock or stone you picked up when you came in) forward and leave them with the God of mercy. Whatever burden or pain you carry today, know that the God who holds you can hold this. We invite you to bring those rocks forward at any point in worship (sit with them as long as you like through the service) and give them to the God of compassion.

Having re-lented our burdens, we invite you to take a small stone from the Baptismal font (front Right of altar) with the word 're-Lent' printed - carry it as a reminder of this holy invitation.

**Verse**

1. O good Shep-herd, would You teach me how to rest?  
2. From my an - xious drive to la - bor on and on,  
3. When my ta - ble's bent with on - ly greed and gold,

4 I'm rush - ing on: will You make me to lie down?  
from the rest - less grind that has put my mind to sleep,  
and my grasp - ing hands are a - fraid You won't pro - vide,

8 Will You build a fold by the wat - ers that re - fresh?  
will You call me back and gent - ly slow me down?  
will You pour the wine that loos - ens up my hold?

12 Will You call my name and lead me safe - ly out?  
Will You show me now what to lose and what to keep?  
Set Your ta - ble here with what tru - ly sa - tis - fies.

**Chorus**

O Good Shep-herd, O Good Friend, slow me down, slow me down. O Good Shep-herd,

26 O Good Friend, slow me down, slow me down. **Fine**

## The Confession

*In this season of Lent we begin with silence and in confession. Recognising the burdens we bear, and the ways we have wounded ourselves, the lives of others, and the life of the world, we confess that our lives have become unmanageable and we turn to God for mercy.*

### Sung Trisagion (sung three times)

The musical score for the Sung Trisagion is written in E major (three sharps) and 4/4 time. It consists of three systems of music, each with a vocal line and a piano accompaniment. The piano part is marked *mp* (mezzo-piano). The vocal line includes lyrics and is accompanied by a piano accompaniment. The first system covers measures 1-4, the second system covers measures 5-8, and the third system covers measures 9-12. The lyrics are: "Ho - ly and might - y. Ho - ly im - mor - tal One, Have mer - cy, have mer - cy, on us." The piano accompaniment consists of a steady eighth-note pattern in the right hand and a simple bass line in the left hand. Chord symbols are provided for the piano part: E(no3), A/C#, B(add4), E, A, B, C#m, F#m7, B(add4), B, and E.

Ho - ly and might - y. Ho - ly im - mor - tal One, Have  
A/C# B(add4) E A B C#m

mer - cy, have mer - cy, on us.  
F#m7 B(add4) B E

*Silence for personal confession.*

### Absolution or Assurance of Grace



## Collecting Prayer

Spirit of the desert, you drove Jesus to the edge of the world to seek your truth and find his calling: scour our hearts and awaken our hunger, so that freed from empty clinging we may serve only you and the Creator; through Jesus Christ, the Lord of the wilds. **Amen.**

Prayers for an Inclusive Church (2009) alt. (Anglican Church of Canada alternate collects)

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

## We Proclaim

### A reading from Genesis

(chapter 9, select verses))

Then God said to Noah and to his sons with him, "As for me, I am establishing my covenant with you and your descendants after you and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark. I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth." God said, "This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: I have set my bow in the clouds, and it

shall be a sign of the covenant between me and the earth. When I bring clouds over the earth and the bow is seen in the clouds, I will remember my covenant that is between me and you and every living creature of all flesh, and the waters shall never again become a flood to destroy all flesh. When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth." God said to Noah, "This is the sign of the covenant that I have established between me and all flesh that is on the earth."

...The word of the Lord

**Thanks be to God**

*Bell + Short Silence*

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

### The Gospel Acclamation: The Time is Fulfilled

The time is fulfilled. The Kingdom of God has drawn near

Come let us repent and believe the Gospel (3x) Tom Wuest / Brass Trumpet Publishing / With Permission

### The Gospel

Hear the good news of Jesus Christ!

**Thanks be to God.**

A reading from the +Gospel of Mark  
(1:9-14, NRSVUE)

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove upon him. And a voice came from the heavens, "You are my Son, the Beloved; with you I am well pleased." And

the Spirit immediately drove him out into the wilderness. He was in the wilderness forty days, tested by Satan, and he was with the wild beasts, and the angels waited on him. Now after John was arrested, Jesus came to Galilee proclaiming the good news of God and saying, "The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news."

Hear the good news of Jesus Christ!

**Thanks be to God.**

*Bell + Short Silence*

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

**Affirmation of Faith**

[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.**

**Our Prayers: Interactive Stations**

*For Lenten prayer times, you are invited to pray in several ways:*

- *quietly in your seat or kneeling upon pillows near the altar and rocks (centre);*
- *Praying in the side chapel with icons including many for black history month (left of the band);*
  - *through written words and prayer requests, left in our prayer weave (Left station);*
  - *lighting candles in the chapel (out either of the doors and across hall);*
- and/or through singing along with us in this time of quiet contemplation.*

**Song: Lord Have Mercy**

O Lord have mercy. O Lord have mercy

O Lord have mercy. Have mercy on us

Tom Wuest / Brass Trumpet Publishing / Used With Permission.

**Song: My Help My God**

Why are you so full of heaviness?

Why are you disquieted within?

O my soul, O my soul

As the deer longs for the water brooks

So my soul it longs, it thirsts for You

O my God, O my God

Refrain: Put your trust in God

and God's mercies ever new

Put your trust in God,

who will always come for you

Put your trust in God,

who alone will rescue you

Deep calls unto deep like ocean waves  
All Your floods and rapids on me break  
O my soul, O my soul

I will say unto my God, my strength  
"How is it You have forgotten me?  
O how long? O how long?" *Refrain.*

Our God grants us kindness in the day  
Through the night God's song,  
it is that stays  
O my soul, O my soul,  
Put your trust in God  
I will give thanks to God  
My help my God. My help my God  
Sandra McCracken, alt. / Drink Your Tea / CCLI

**The Peace**

...The peace of Christ be with you. **And also with you.**

*All are invited to offer a gesture or sign of God's peace to those around them.*

*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: Be Still my Soul

Be still, my soul; the Lord is on your side;  
bear patiently the cross of grief or pain.  
Leave to your God to order and provide;  
in every change God faithful will remain.  
Be still, my soul; your best,  
your heav'nly Friend  
through thorny ways leads to a joyful end.

Be still, my soul; your God will undertake  
to guide the future as God has the past.  
Your hope, your confidence let nothing shake;  
all now mysterious shall be bright at last.  
Be still, my soul;  
the waves and winds still know  
God's voice who ruled them while Christ dwelt  
below.

Be still, my soul; when dearest friends depart,  
and all is darkened in the veil of tears,  
then shall you better know  
God's love, God's heart,  
who comes to soothe  
your sorrow and your fears.  
Be still, my soul; your Jesus can repay  
from Christ's own fullness all Christ takes  
away.

Be still, my soul; the hour is hast'ning on  
when we shall be forever with the Lord,  
when disappointment, grief, and fear are gone,  
sorrow forgot, love's purest joys restored.  
Be still, my soul;  
when change and tears are past,  
all safe and blessed we shall meet at last.  
Sibelius / Katharina vonSchlegel 1752 -Arrangement  
2008 New Jerusalem Music / CCLI

## We Celebrate

## Prayer Over The Gifts

God our refuge and our strength, receive all we offer you this day, and through the death and resurrection of your Son transform us to his likeness. In his name. **Amen.**

*The Anglican Church of Canada*

## 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.**

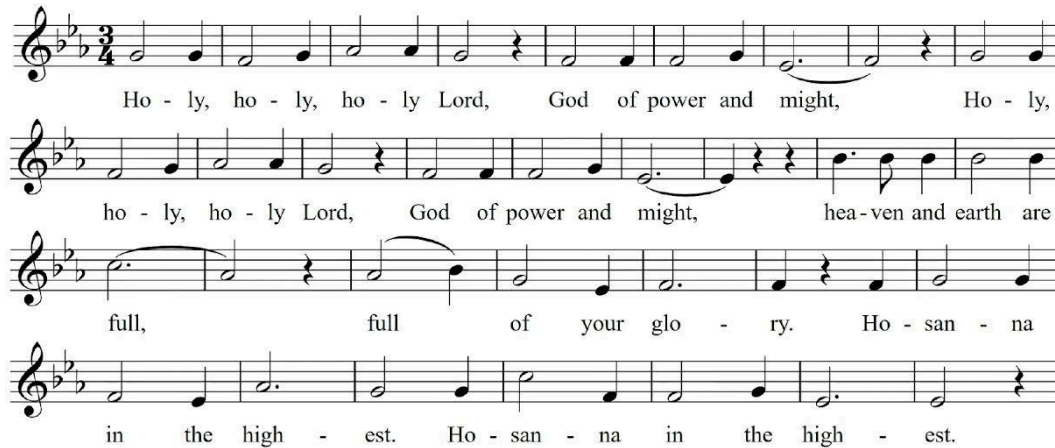
It is truly right and our greatest joy to give you thanks and praise,  
O Lord our God, creator, redeemer, sovereign of the universe.  
For with Noah, you established your everlasting covenant with all living creatures, setting  
your bow in the clouds as a sign of your promise of Peace, that never again would flood  
waters rise over us nor you seek to destroy your good world.



**Glor-y to you for-e-ver and ev-er.**



Therefore we praise you, joining our voices with choirs of angels, with prophets, apostles, and martyrs, and with all the faithful of every time and place who forever sing to the glory of your name:



Schubert Deutsche Messe.

You are holy, O God of all mercy,  
and blessed is your Son, Jesus Christ our Lord.  
Who having been baptized by John in the river Jordan, and anointed with your Holy Spirit, was driven into the wilderness, and tested just as we are. For our sake Jesus came and proclaimed the good news that the time was fulfilled, and God's kingdom had come near.



**Glor-y to you for-e-ver and ev-er.**

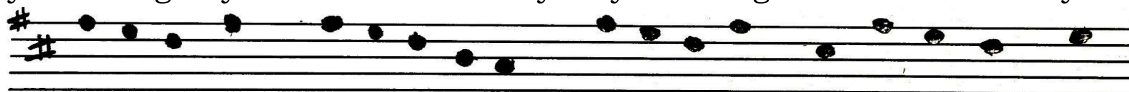
Remembering your gracious acts in Jesus Christ,  
we take from your creation these gifts of bread and wine  
we joyfully celebrate his dying and rising, as we await the day of his coming.

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**

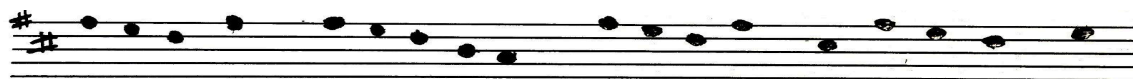
As supper was ending Jesus took the wine  
And after blessing it,  
Poured it, gave it to them and said,  
Take, this is my blood  
Shed for you and for many for the forgiveness of sins.  
Do this in remembrance of me. **Glory to you forever and ever**

Holy God we give you thanks for the mystery of faith given to us in Jesus your child.



**Chri-st has died. Chr-ist is Ri-sen. Chri-st will come will co-me a---gain.**

Gracious God, pour out your Holy Spirit upon us  
 and upon these gifts of bread and wine,  
 that the bread we break and the cup we bless  
 may be to us the body and blood of your Christ.  
 By your Spirit, unite us with Christ and with your church in all the world.  
 With thanksgiving, we offer our very selves to you  
 to be a living and holy sacrifice, dedicated to your service.  
 Through Christ, with Christ, in Christ, in the unity of the Holy Spirit,  
 all glory and honour are yours, almighty God, now and forever.



**A-----men. A-----m-en. A----- men. A- m-en. A-----men.**

*Euch. Prayers for Lent, Year B; Office of Theology and Worship, Presbyterian Church (U.S.A.), Alt.  
 Tone: Holloway Acclamation by Jack Holloway, St. Lydia's Table (Lutheran) Brooklyn NY*

## 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, or Mother) 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.

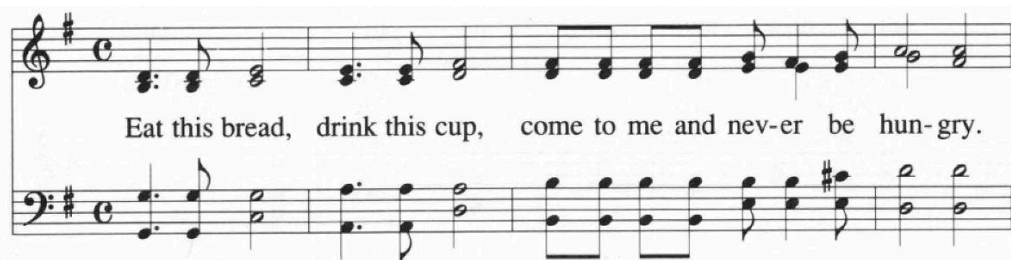
**Thanks be to God!**

*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.*

**NEW: During communion there are a couple of folks who are available to pray with you in our new side chapel to the left of the band (enter through the opening in the curtains).**

**Song: Agnus Dei** (pre-recorded) - by the Poor Clare Sisters of Arundel 2020 Decca Records

## Communion Song: Eat This Bread



Ateliers et Presses de Taizé / OneLicense

## **Communion Song: I Want Jesus to Walk With Me**

I want Jesus to walk with me.  
I want Jesus to walk with me.  
All along my pilgrim journey,  
Lord, I want Jesus to walk with me.

In my trials, Lord, walk with me.  
In my trials, Lord, walk with me.  
When my heart is almost breaking,  
Lord, I want Jesus to walk with me.

When I'm in trouble, Lord, walk with me.  
When I'm in trouble, Lord, walk with me.  
When my head is bowed in sorrow,  
Lord, I want Jesus to walk with me.

African-American Spiritual / Public Domain

## **Prayer after Communion**

Faithful God, in this bread and cup you increase our faith and hope and love. Lead us in the path of Christ who is your Word of life. We ask this in his name. **Amen.**

## **The Blessing**

## **We Are Sent**

### **Closing Songs: On Jordan's Banks the Baptist's Cry** (Voices United 20)

On Jordan's bank the Baptist's cry  
announces that the Lamb is nigh;  
awake and hearken, for he brings  
glad tidings of the King of Kings.

Then cleansed be every breast from sin;  
make straight the way for God within;  
and let each heart prepare a home  
where such a mighty guest may come.

In you, we find abundant life,  
our refuge in the midst of strife;  
without your grace we waste away  
like flowers that wither and decay.

Stretch forth your hand,  
our health restore,  
and help us rise to fall no more.  
O let your face upon us shine,  
and fill the world with love divine.

All praise to you, eternal Son,  
whose advent has our freedom won;  
and praise to God whom we adore,  
with Holy Spirit evermore.

Coffin (1763, alt.) / Chandler / Havergal / Public Domain

## **Sending**

Go in peace knowing Christ walks with you in the desert.

**Thanks be to God.**

## **Postlude: Felix Culpa**

God who watches over you will never slumber nor sleep.  
God who watches over you will never slumber nor sleep.  
O, my child, lay your burdens down, lay them at my feet.  
God who watches over you will never slumber nor sleep.

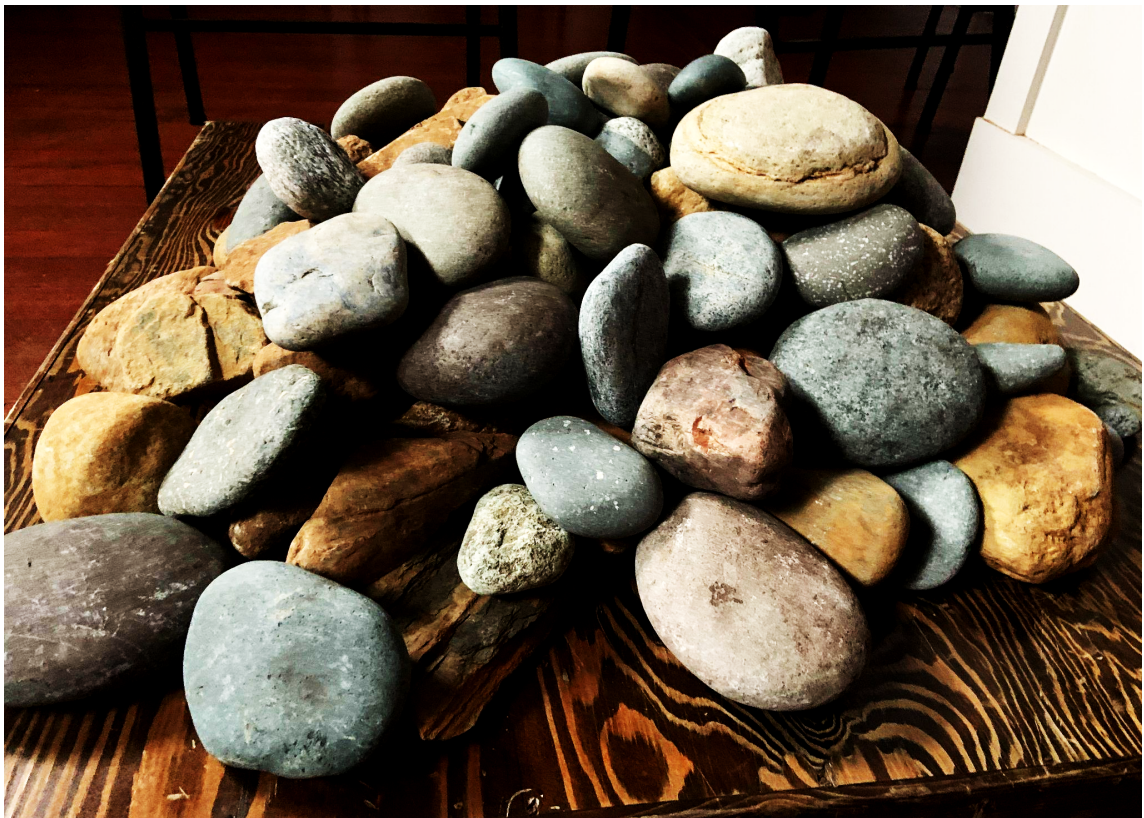
Alana Levandoski / CCLI

*We depart in silence or continue to sit in the stillness of the space.  
Folks are welcomed (and encouraged) to gather in the foyer.*

## Prayer / Communion (other than Sunday afternoon)

- **Mondays** - We're putting Monday Centering Prayer on hold for Lent.
- **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. - 4pm 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.
- **Sundays at 10am - Spanish Anglican Eucharist** at Quadra/Balmoral Chapel. Nuestra Señora de Guadalupe - Misas Todos Los domingos a las 10: 00 de la Mañana con Fr. Dimas Canjura

*Our weekday 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.*



**admin@abbeychurch.ca + www.abbeychurch.ca**  
**778.557.4166 We would love to connect.**

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