

Lent Two

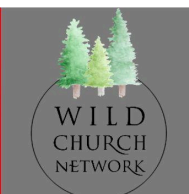
February 25, 2024 + 4pm



[Vision of St. Francis John Kohan](#) Mixed media collage
St. Francis encounters Christ, praying before the San Damiano crucifix



**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, G#, 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 G# 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

Faithful God, may we set our minds and wills to yours, and take up our cross, following Christ with confidence for the glory you reveal in him; who lives and reigns with you in the unity of the Holy Spirit, one God, now and forever. **Amen.** FWM Proposed Prayers alt.

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

We Proclaim

A reading from Genesis

(17:1-7, 15-16)

When Abram was ninety-nine years old, the Lord appeared to Abram, and said to him, "I am God Almighty; walk before me, and be blameless. And I will make my covenant between me and you, and will make you exceedingly numerous." Then Abram fell on his face; and God said to him, "As for me, this is my covenant with you: You shall be the ancestor of a multitude of nations. No longer shall your name be Abram, but your name shall be Abraham; for I have made you the ancestor of a multitude of nations. I will make you exceedingly fruitful;

and I will make nations of you, and kings shall come from you. I will establish my covenant between me and you, and your offspring after you throughout their generations, for an everlasting covenant, to be God to you and to your offspring after you. As for Sarai your wife, you shall not call her Sarai, but Sarah shall be her name. I will bless her, and moreover I will give you a son by her. I will bless her, and she shall give rise to nations; kings of peoples shall come from her."

...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

(8:31-38)

Jesus began to teach his disciples that the Human One must undergo great suffering, and be rejected by the elders, the chief priests, and the scribes, and be killed, and after three days rise again. He said all this quite openly. And Peter took him aside and began to rebuke him. But turning and looking at his disciples, he rebuked Peter and said, "Get behind me, Satan! For you are setting your mind not on divine things but on human things." Jesus called the crowd with his disciples, and said to them, "If any want to become

my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it. For what will it profit them to gain the whole world and forfeit their life? Indeed, what can they give in return for their life? Those who are ashamed of me and of my words in this adulterous and sinful generation, of them the Human One will also be ashamed when he comes in the glory of his Father with the holy angels."

Hear the good news of Jesus Christ!

Thanks be to God.

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);*
- *New this week - ACTION: sign a letter of support around WSÁNEĆ concerns with Goldstream infrastructure proposal sign letter and we'll email them. (right near Balmoral doors)*
...and/or through singing along with us in this time of quiet contemplation.

Song: Letting Go by Sandra McCracken (Pre-recorded) 2018 Towhee Records

Song: Every Grain of Sand

In the time of my confession,
 in the hour of my deepest need
 When the pool of tears beneath my feet
 flood every newborn seed
 There's a dyin' voice within me
 reaching out somewhere,
 Toiling in the danger
 and in the morals of despair.

Don't have the inclination
 to look back on any mistake,
 Like Cain, I now behold this chain
 of events that I must break.
 In the fury of the moment
 I can see the Master's hand
 In every leaf that trembles,
 in every grain of sand.

Oh, the flowers of indulgence
 and the weeds of yesteryear,
 Like criminals,
 they have choked the breath
 of conscience and good cheer.
 The sun beat down upon the steps
 of time to light the way
 To ease the pain of idleness
 and the memory of decay.

I gaze into the doorway
 of temptation's angry flame
 And every time I pass that way
 I always hear my name.
 Then onward in my journey
 I come to understand
 That every hair is numbered
 like every grain of sand.

I have gone from rags to riches
 in the sorrow of the night
 In the violence of a summer's dream,
 in the chill of a wintry light,
 In the bitter dance of loneliness
 fading into space,
 In the broken mirror of innocence
 on each forgotten face.

I hear the ancient footsteps
 like the motion of the sea
 Sometimes I turn,
 there's someone there,
 other times it's only me.
 I am hanging in the balance
 Of the Master's perfect plan.
 Like every sparrow falling,
 like every grain of sand.

Bob Dylan / Universal Music / 1981

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: Tree of Life and Awesome Mystery (Voices United 121)

Tree of Life and awesome mystery,
In your death we are reborn,
Though you die in all of history,
Still you rise with every morn,
Still you rise with every morn.

Gentle Jesus, mighty Spirit,
Come inflame our hearts anew,
We may all your joy inherit
If we bear the cross with you,
If we bear the cross with you.

Seed that dies to rise in glory,
May we see ourselves in you,
If we learn to live your story
We may die to rise anew,
We may die to rise anew.

Christ, you lead and we shall follow,
Stumbling though our steps may be,
One with you in joy and sorrow,
We the river, you the sea,
We the river, you the sea.

We remember truth once spoken,
Love passed on through act and word,
Every person lost and broken
Wears the body of our Lord,
Wears the body of our Lord.

Light of life beyond conceiving,
Mighty Spirit of our Lord;
Give new strength to our believing,
Give us faith to live your word.
Give us faith to live your word.
Marty Haugen / GIA / OneLicense

We Celebrate

Prayer Over The Gifts

May these gifts represent our willingness to deny ourselves, so others might be blessed by your grace, your peace, as well as your hope, in every moment of their lives. In Jesus' name, we pray. . **Amen.** Thom Shulman Lectionary Liturgies

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.
You made a covenant with our ancestors Abraham and Sarah,
calling us to walk before you and be faithful to you



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:

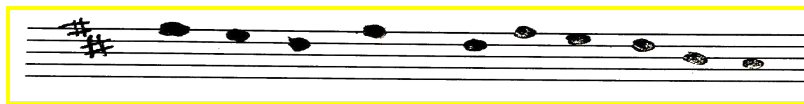


Ho - ly, ho - ly, ho - ly Lord, God of pow'r and
might. Ho - ly, ho - ly, ho - ly Lord,
God of pow'r and might. Heav - en and earth are
full, full of your glo - ry. Ho -
san - na in the high - est, ho - san - na in the
high - est. Blest is the One who comes
in the name of the Lord. Ho - san - na in the
high - est, ho - san - na in the high - est.

Schubert Deutsche Messe.

You are holy, O God of all mercy,
and blessed is your Son, Jesus Christ our Lord.

For the salvation of the world, Christ underwent great suffering
calling each of us to take up our cross and follow him,
offering our very lives for the sake of the gospel.



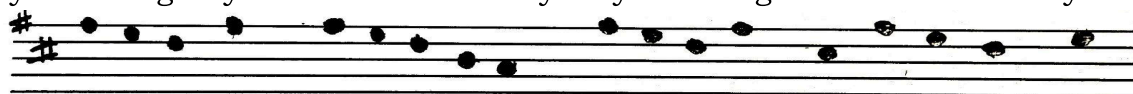
Glor-y to you for-e-ver and ev-er.

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

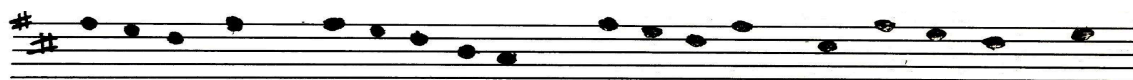
As supper was ending Jesus took the wine
 And after blessing it,
 Poured it, gave it to them and said,
 Take, this is my blood
 Shed for you and for many for the forgiveness of sins.
 Do this in remembrance of me. **Glory to you forever and ever**

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.

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: I Have Decided to Follow Jesus

I have decided to follow Jesus I have decided to follow Jesus
I have decided to follow Jesus No turning back, no turning back

Though I may wander, I still will follow...

Though none go with me, still I will follow...

The cross before me, control behind me...

Anonymous / Tune: Traditional Assamese attributed to Sundar Singh.

Communion Song: Amazing Grace (House of the Rising Sun Tune)

Amazing grace how sweet the sound, that saved a wretch like me;
I once was lost, but now am found was blind, but now I see.

T'was grace that taught my heart to fear, and grace my fears relieved;
How precious did that grace appear - The hour I first believed.

Through many dangers, toil and snares, I have already come;
'Tis grace has brought me safe thus far - And grace will lead me home.

When we've been here ten thousand years bright shining as the sun,
We've no less days to sing God's praise - Than when we've first begun.

John Newton Public Domain / Appalachian or English folk tune, evolved.

Prayer after Communion

Creator of heavens and the earth, we thank you for these holy mysteries,
which bring us now a share in the life to come, through Jesus Christ our Lord. **Amen.**

The Blessing

We Are Sent

Closing Song: Be Thou My Vision

Be thou my vision o Lord of my heart
Naught be all else to me, save that thou art
Thou my best thought, by day or by night
Waking or sleeping thy presence my light.

Be thou my wisdom my calm in all strife
I ever with thee and thou in my life
Thou loving parent, thy child may I be
Thou in me dwelling, and I with thee one

Riches I heed not, nor vain empty praise
Thou mine inheritance now and always
Thou and thou only the first in my heart
Great God of heaven my treasure thou art.

Great God of Heaven after victory is won,
May I reach heaven's joys
O bright heaven's Sun!
Heart of my own heart, whatever befall
Still be my vision o Ruler of all.

8th century irish poem aTune: Slane / 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)

- **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. Communion - 4pm at Our Place.** in-person only, followed by a meal. Meet at church parking lot 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 NO 10am EUCHARIST March 3 and 10 due to Dimas' vacation.

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.

My Little Plastic Jesus!

**In the AbbeyChurch community (library) space - second floor of the church
Thursday March 7th 7:30pm + \$25**

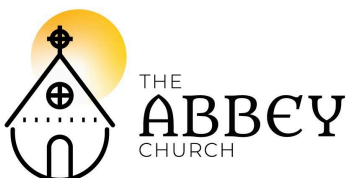


See the hit comedy My Little Plastic Jesus! Tim Bratton's hilarious tour-de-force performance is on tour across western Canada, Feb. 23rd til March 17th.

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

Tim 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.

Get your tickets at
www.mylittleplasticjesus.com



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778.557.4166 We would love to connect.

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