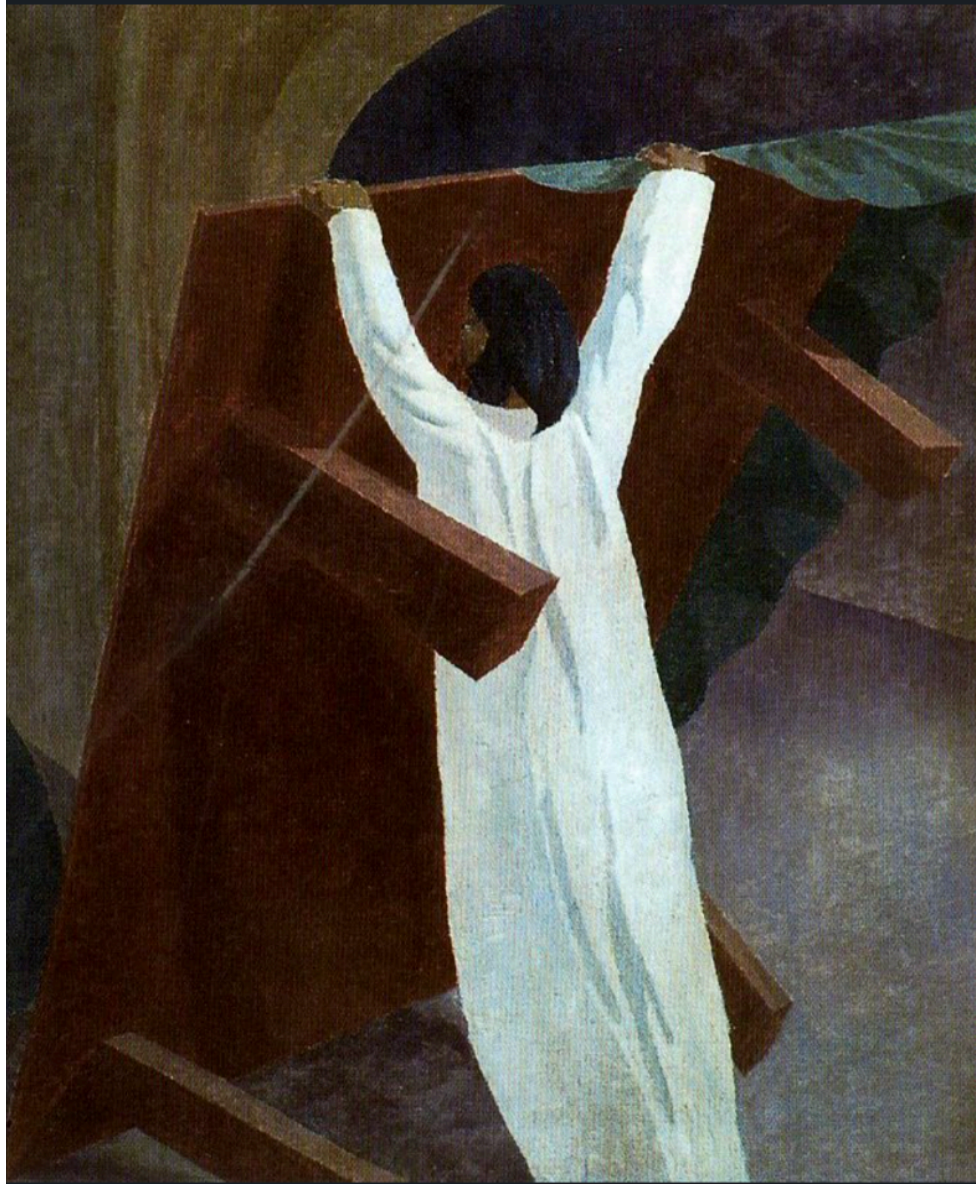


Lent Three

March 3, 2024 + 4pm



Christ Overturning the Tables. 1921 Stanley Spencer. Public Domain.



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.



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

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

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.

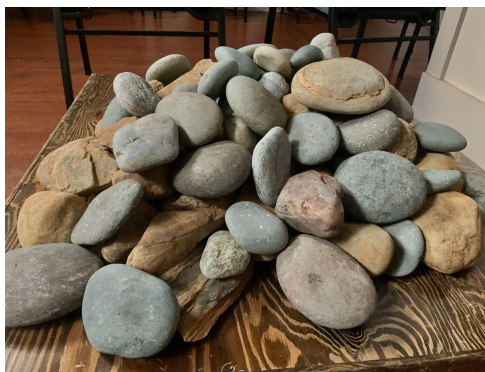
They carry the freedom our friends in the recovery community find in the first and second step: as we acknowledge our lives are unmanageable and we are powerless, but we come to believe a power greater than ourselves can and will restore us to sanity.

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

The Invocation Song: Slow Me Down

During this song of Invocation, we invite you to carry your burdens (symbolized 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

16

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. Recognizing 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 piano accompaniment. The piano part is marked *mp* (mezzo-piano). The vocal line includes lyrics and rests. The piano accompaniment features a steady eighth-note pattern in the right hand and a simple bass line in the left hand.

System 1: The vocal line begins with a rest, followed by "Ho - ly God." The piano accompaniment starts with a rest, then enters with a steady eighth-note pattern. Chords are indicated as E(no3), E, A/E, and E.

System 2: The vocal line continues with "Ho - ly and might - y. Ho - ly im - mor - tal One, Have". The piano accompaniment continues with the same eighth-note pattern. Chords are indicated as A/C#, B(add4), E/G#, A, B, and C#m.

System 3: The vocal line concludes with "mer - cy, have mer - cy, on us." The piano accompaniment continues with the same eighth-note pattern. Chords are indicated as F#m7, B(add4), B, and E.

Silence for personal confession.

The Absolution or Assurance of Grace

The Collecting Prayer

God, give us the courage to turn from our idols, to relent of our need to control, to open up our grasping hands in order to feel the warmth of your gentle healing touch of power and mercy. **Amen.** Rob Shearer

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

We Proclaim

A reading from Genesis (20:1-17)

God spoke all these words: I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery; you shall have no other gods before me. You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. You shall not bow down to them or worship them; for I the Lord your God am a jealous God, punishing children for the iniquity of parents, to the third and the fourth generation of those who reject me, but showing steadfast love to the thousandth generation of those who love me and keep my commandments. You shall not make wrongful use of the name of the Lord your God, for the Lord will not acquit anyone who misuses his name. Remember the sabbath day, and keep it holy. Six days you shall labour and do all your work. But the seventh

day is a sabbath to the Lord your God; you shall not do any work - you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. For in six days the Lord made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the Lord blessed the sabbath day and consecrated it. Honour your father and your mother, so that your days may be long in the land that the Lord your God is giving you. You shall not murder. You shall not commit adultery. You shall not steal. You shall not bear false witness against your neighbour. You shall not covet your neighbour's house; you shall not covet your neighbour's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbour.

...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 John (2: 13-22)
The Passover of the Jews was near, and Jesus went up to Jerusalem. In the temple he found people selling cattle, sheep, and doves, and the money changers seated at their tables. Making a whip of cords, he drove all of them out of the temple, both the sheep and the cattle. He also poured out the coins of the money changers and overturned their tables. He told those who were selling

the doves, "Take these things out of here! Stop making my Father's house a marketplace!" His disciples remembered that it was written, "Zeal for your house will consume me." The Jews then said to him, "What sign can you show us for doing this?" Jesus answered them, "Destroy this temple, and in three days I will raise it up." The Jews then said, "This temple has been under construction for forty-six years, and will you raise it up in three days?" But he was speaking of the temple of his body.

After he was raised from the dead, his disciples remembered that he had said this; and they believed the scripture and the word that Jesus had spoken....

Hear the good news of Jesus Christ!
Thanks be to God.

The Sermon

Ernest Morrow

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);*
- *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.

Pre-recorded Song: Restore Us Again by Paul Zach feat Liz Vice Paul Zach Publishing

Song: Just As I Am

Just as I am, without one plea,
but that thy blood was shed for me,
and that thou bidd'st me come to thee,
O Lamb of God, I come, I come.

Just as I am, though tossed about
with many a conflict, many a doubt,
fightings and fears within, without,
O Lamb of God, I come, I come.

Just as I am, and waiting not
to rid my soul of one bleak blot,
to thee, whose blood
can cleanse each spot,
O Lamb of God, I come, I come.

Just as I am, thy love unknown
has broken every barrier down;
now to be thine, yea, thine alone,
O Lamb of God, I come, I come.
Charlotte Eliot 1834. Public Domain.

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.

The Offertory: How Great Thou Art

Oh Lord my God, when I in awesome wonder
consider all the worlds thy hands have made
I see the stars, I hear the rolling thunder
Thy pow'r throughout the universe displayed

Refrain:

*Then sings my soul, my saviour, God to thee
How great thou art, how great thou art
Then sings my soul, my saviour, God to thee
How great thou art, how great thou art*

When through the woods,
and forest glades I wander
And hear the birds sing sweetly in the trees
When I look down from lofty mountain
grandeur. And hear the brook
and feel the gentle breeze. *Refrain*

And when I think that God,
whose Son not sparing
Sent him to die, I scarce can take it in
That on the cross our burden gladly
bearing
He bled and died to take away our sin.
Refrain

When Christ shall come
with shout of acclamation
And make a home,
what joy shall fill my heart
Then I shall bow in humble adoration
And there proclaim
my God how great Thou art! *Refrain*

Stuarft Hine / Public domain

We Celebrate

The Prayer Over the Gifts

Lord of mercy, alone we have no power in ourselves to help ourselves. When we are discouraged by our weakness, strengthen us to follow Christ, our pattern and our hope; who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.** ACC, alt.

The Great Thanksgiving

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

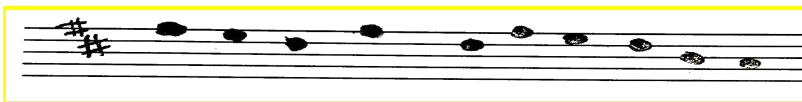
Lift up your hearts. **We lift them to the Lord.**

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.

At Sinai, you gave us the gift of your law calling us to worship you— and you alone—
and teaching us to live together as you intended



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:

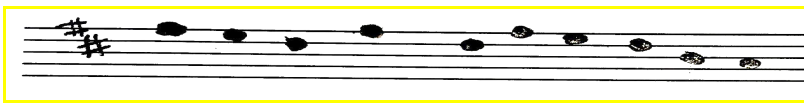


Ho - ly, ho - ly, ho - ly Lord, God of pow'r and
 might. Ho - ly, ho - ly, ho - ly Lord,
 God of pow'r and might. Heav - en and earth are
 full, full of your glo - ry. Ho -
 san - na in the high - est, ho - san - na in the
 high - est. Blest is the One who comes
 in the name of the Lord. Ho - san - na 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 turned the tables on injustice and corruption;
 he came to restore and renew the temple of your presence and call us away from our idols



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

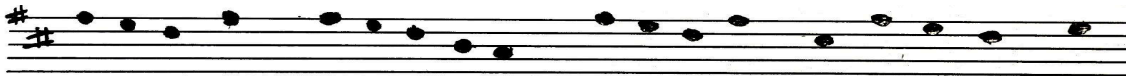
As supper was ending Jesus took the wine
 And after blessing it, Poured it, gave it to them and said,
 Take, this is my blood shed for you and for many for the forgiveness of sins.
 Do this in remembrance of me. **Glory to you forever and ever**

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

The Communion Song: Praise the Lord the Almighty

Praise to the Lord, the Almighty, who rules all crea-tion!
O my soul, praise God, at all times your health and salvation!
Come all who hear, siblings come gather, draw near;
Joining in glad adoration;

Praise to the Lord, above all things so mightily reigning,
Keeping us safe at God's side, and so gently sustaining!
Have you not seen, how all you needed has been
Met by God's gracious ordaining;

Praise to the Lord, who will prosper our work and defend us;
Surely God's goodness and mercy shall daily attend us.
Ponder anew what the Almighty can do,
Who out of love will befriend us;

Praise to the Lord, O let all that is in me adore Them!
All that hath life and breath, come now with praises before Them.
Let the Amen sound from God's people again,
Gladly with praise we adore Them.

1680 Neander / Tran. english Catherine Winkworth 1863, alt. - Public domain

Communion Song: Love Divine All Love Excelling

Love divine, all loves excelling
joy of Heaven to Earth come down,
fix in us Thy humble dwelling
all Thy faithful mercies crown.
Jesus, Thou art all compassion,
pure, unbounded love Thou art,
Visit us with Thy salvation,
enter every trembling heart.

Come, almighty to deliver
Let us all Thy grace receive;
suddenly return, and never,
never more Thy temples leave.
Thee we would be always blessing,
serve Thee as Thy hosts above,
pray, and praise Thee without ceasing,

glory in Thy perfect love.

Finish then Thy new creation;
pure and spotless let us be;
let us see Thy great salvation
perfectly restored in Thee,
changed from glory into glory,
'til in Heaven we take our place,
'til we cast our crowns before Thee,
lost in wonder, love and praise.

Text: Charles Wesley; tune: HYFRYDOL, Rowland Prichard.
Public domain., alt

The Prayer after Communion

God of mercy and forgiveness, may we who have shared this sacrament live together in
unity and peace, in the name of Jesus Christ our sibling, friend and Lord. **Amen.**

The Blessing

We Are Sent

Closing Song: Hold On

Mary wore three links of chain
Every link was Jesus name
Keep your hand on that plow. Hold on.

Refrain Hold on, hold on
Keep your hand on that plow. Hold on.

Jesus went to temple to pray
But the moneychangers got in the way
Keep your hand on that plow. Hold on.

All them idolators
Did scream and shout
When Jesus got angry
and ran 'em out.
Keep your hand on the plow. Hold on.

Refrain.

Paul and Silas, bound in jail
Had no money to go their bail
Keep your hand on that plow - Hold on

The very moment I thought I was lost
The dungeons shook
and the chains fell off
Keep your hand on that plow - hold on

Paul and Silas began to shout
Jail doors opened and they walked out
Keep your hand on that plow
hold on. *Refrain.*

African-American Spiritual. First written down 1917.
Public Domain. Moneychangers verses Rob Shearer.

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, alt.

*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)

- **Tuesday at 8:15am-Morning Prayer.** in-person/online at Lynn and Phil's (email for location-near Castle Hardware on Cook) and on Zoom.
- **Wednesday communion - 4pm at Our Place** in-person only, followed by a meal. Meet at church parking lot at 3:45 to walk over together.
- **Thursday at 8:15am - Morning prayer** at Quadra/Balmoral Chapel in person only. Enter from parking lot at 932 Balmoral.
- **Friday at 8:15am - Morning Prayer.** Zoom-only.
- **Sunday 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 and based on ancient monastic practices.
 It's open to anyone who wants to join in-person or online.*

THIS THURSDAY: My Little Plastic Jesus!

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



See the hit comedy My Little Plastic Jesus! “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