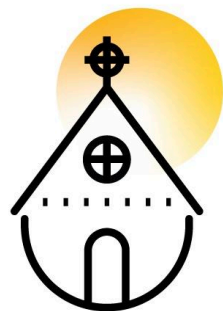


# The Ascension

May 12, 2024 + 4pm



Image: *The Ascension* by Ivanka Demchuk - Lviv, Ukraine - support the artist- <https://en.ivankademchuk.com>



THE  
**ABBAY**  
CHURCH

# Welcome to the AbbeyChurch

## Christ Is Risen! Chrst is Risen Indeed!

***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 practise 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 summarised 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.*



## We Gather

*The Abbey Church acknowledges that we worship and pray on the stolen territory of the, the Lək'wəḡən peoples', the Songhees and Esquimalt Nations, and strive to journey toward reparation, right relationship and reconciliation with justice.*

### Opening Loop

### Tolling of the Bells

### Land Acknowledgement and Announcements

*Bell x 3*

### Gathering Words

Because Jesus ascended and sits at the right hand of God,  
a new world has broken into ours —

**a world in which justice does come for the poor,  
freedom comes for the prisoners, and healing for the sick.**

Because Jesus ascended and sits at the right hand of God,  
a new community has been formed —

**a community that loves and cares for all and shares all  
that welcomes all who are abandoned and rejected,  
a place where all find a place of belonging.**

Because Jesus ascended and sits at the right hand of God,  
a new creation has begun—

**all that was disrupted is being restored,  
all that is collapsed is being renewed,  
all that was broken is being made whole.**

Because Jesus ascended and draws all of creation  
into the aching heart of God

**God's new world has begun!** Litany for Ascension Day Christine Sine [alt]

### A Collecting Prayer (UCC)

*Let us Pray:* Lord our God

You have raised your Son to be with you

And we sing to you in joy.

Send your Spirit, as he has promised us

To free all people from hatred and from fear

And so give us the peace of Christ our Lord. **Amen.**

*Celebrate God's Presence the United Church of Canada*

*During this gathering song, folks of all ages (including children and youth!) are welcome to set the orange table with icons and symbols of faith and hope found on the back table!*

### Gathering Song:

#### Alleluia, Sing to Jesus

Alleluia! Sing to Jesus;  
His the scepter, His the throne.  
Alleluia! His the triumph,  
His the victory alone.  
Hark! The songs of peaceful Zion  
thunder like a mighty flood;  
"Jesus out of ev'ry nation  
has redeemed us by His blood.

Alleluia! Not as orphans  
are we left in sorrow now.  
Alleluia! He is near us;  
faith believes, nor questions how.  
Though the cloud from sight received Him  
when the forty days were o'er,  
shall our hearts forget His promise,  
"I am with you evermore"?

Alleluia! Bread of heaven,  
Here on earth our food, our stay.  
Alleluia! Here the sinful  
flee to You from day to day.  
Intercessor, Friend of sinners,  
earth's Redeemer, hear our plea  
where the songs of all the sinless  
sweep across the crystal sea.

Alleluia! King eternal,  
Lord omnipotent we own;  
Alleluia! born of Mary,  
earth your footstool, heaven your throne:  
As within the veil you entered,  
robed in flesh, our great high priest;  
here on earth both priest and victim  
in the eucharistic feast.

W.C. Dix/Hyfyrdol tune 1888. Public Domain

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

## **We Proclaim**

### **The Psalm: You have redeemed my soul (psalm 107)**

You have redeemed my soul from the pit of emptiness  
You have redeemed my soul from death ( repeat)

I was a hungry child, a dried up river  
I was a burned out forest, and no one could do anything for me  
But you put food in my body, water in my dry bed  
And to my blackened branches,  
You brought the springtime green of new life  
And nothing is impossible for You

*1999 Enter The Worship Circle; Waterdeep (Lori Chaffer) / CCLI*

### **The Epistle**

A reading from the letter to the  
Ephesians (15:1-23):  
I have heard of your faith in the Lord  
Jesus and your love toward all the  
saints, and for this reason I do not cease  
to give thanks for you as I remember you  
in my prayers, that the God of our Lord  
Jesus Christ, the Abba of glory, may give  
you a spirit of wisdom and revelation as  
you come to know him, so that, with the  
eyes of your heart enlightened, you may  
perceive what is the hope to which he  
has called you, what are the riches of his  
glorious inheritance among the saints,  
and what is the immeasurable greatness  
of his power for us who believe,

according to the working of his great  
power. God put this power to work in  
Christ when he raised him from the dead  
and seated him at his right hand in the  
heavenly places, far above all rule and  
authority and power and dominion and  
above every name that is named, not  
only in this age but also in the age to  
come. And he has put all things under  
his feet and has made him the head over  
all things for the church, which is his  
body, the fullness of him who fills all in  
all.

...The word of the Lord

**Thanks be to God**

### **Acclamation: You Shall Reign**

Come broken, come captive  
come all you who mourn  
Oh groaning creation, rejoice  
A child, a Saviour our healing you bring.  
What freedom! What consolation!

You shall reign (You shall reign),  
You shall reign  
You shall reign (You shall reign),  
Your shall reign (X2)

Tom Wuest, alt. Used with permission

### **The Christian Story**

Hear a story of Jesus the Christ!  
**Thanks be to God.**

A reading from the Acts of the  
Apostles (1: 1-11)

In the first book, Theophilus, I wrote about all that Jesus began to do and teach until the day when he was taken up to heaven, after giving instructions through the Holy Spirit to the apostles whom he had chosen. After his suffering he presented himself alive to them by many convincing proofs, appearing to them during forty days and speaking about the kingdom of God. While staying with them, he ordered them not to leave Jerusalem but to wait there for the promise of Abba. "This," he said, "is what you have heard from me; for John baptized with water, but you will be baptized with the Holy Spirit not many days from now."

### **Acclamation**

You'll order your kingdom  
with justice and peace  
Oh merciful one, oh Lamb of God  
All nations, all people,  
all heaven and earth  
Will bow down and to You proclaim

So when they had come together, they asked him, "Lord, is this the time when you will restore the kingdom to Israel?" He replied, "It is not for you to know the times or periods that Abba has set by their own authority. But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth." When he had said this, as they were watching, he was lifted up, and a cloud took him out of their sight. While he was going and they were gazing up toward heaven, suddenly two men in white robes stood by them. They said, "Galileans, why do you stand looking up toward heaven? This Jesus, who has been taken up from you into heaven, will come in the same way as you saw him go into heaven."

...The acts  
of the Beloved Community!  
**Praise to You, Lord Jesus Christ!**

El reignara, (El reignara) El Reignara  
El reignara, (El reignara) El Reignara

You shall reign (You shall reign)..  
Tom Wuest / Brass Trumpet Publishing / CCLI

### **Sermon**

**Rev. Michelle Slater**

*Bell + short silence*

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

### **Credo** *(sung)*

I believe in God the Maker almighty Creator of heaven and earth;  
I believe in Jesus Christ, God's only Son, our Lord.  
Who was conceived by the power of the Holy Spirit and born of the Virgin Mary.  
He suffered under Pontius Pilate, was crucified, died and was buried.  
He descended to the dead on the third day he rose again.  
He ascended into heav'n and is seated at the right hand of the Maker.  
He will come again to judge the living and the dead.  
I believe in the Holy Spirit, the holy catholic Church,  
the communion of saints, the forgiveness of sins, +the  
resurrection of the body, and the life everlasting. Amen.

Ryan Flanigan, alt., © 2017, Common Hymnal, CCLI

### **Our Prayers**

#### **The Confession**

Let us, together, facing the cross, take a moment in silence before the God of unending mercy and love to confess both the wrongs which we have done and the things we have left undone.

*bell. silence. bell.*

#### **The Assurance/Absolution**

#### **The Peace**

...The peace of the ascended 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 Song: A hymn of glory let us sing**

A hymn of glory let us sing;  
new songs throughout  
the world shall ring:  
Alleluia! Alleluia!  
Christ, by a road before untrod,  
ascends unto the throne of God.  
Alleluia! Alleluia!  
Alleluia, Alleluia, Alleluia!

The holy apostolic band  
Upon the Mount of Olives stand;  
And with his followers they see  
Jesus' ascend in majesty.  
Alleluia! Alleluia!  
Alleluia, Alleluia, Alleluia!

"You see him now, ascending high  
Up to the portals of the sky."  
Alleluia! Alleluia!  
"Here after Jesus you shall see  
Returning in great majesty."  
Alleluia! Alleluia!  
Alleluia, Alleluia, Alleluia!

O risen Christ, ascended Lord  
All praise to you let earth accord:  
Alleluia! Alleluia!  
You are while endless ages run,  
With \*Father, and with Spirit one.  
Alleluia! Alleluia!  
Alleluia, Alleluia, Alleluia!

\* or "The Source"

Bede 5<sup>th</sup>c. / trans. Webb Public Domain

# We Celebrate

## The Prayer Over the Gifts

We give thanks O God for the glory and mystery of your ascension. We pray that through this holy exchange, we, too, may rise to the heavens. We ask this through our sibling, Jesus the Christ, whose power and presence we experience at this, his table. **Amen.**

## The Great Thanksgiving

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

Lift up your hearts. **We lift them up to God.**

Let us give thanks to the Lord our God. **It is right to give God thanks and praise.**

...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.**

While 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, 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.** (x2)

+Send your Holy Spirit upon us...

...made one in your love. **Amen.** St. Lydia's Table, alt.

## 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) who art in heaven,**

**hallowed be thy name, thy kingdom come,**

**Thy will be done, on earth as it is in heaven.**

**Give us this day our daily bread.**

**Forgive us our trespasses as we forgive those who trespass against us.**

**And lead us not into temptation but deliver us from evil.**

**For thine is the kingdom, the power and the glory**

**Forever and ever. 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 may contain almond flour egg and dairy. Please ask the server if you would like a non-dairy / almond option (rice). The juice is in the small cups. Wine is in the larger common cup.  
Please refrain from dipping the bread.*

**Song:** (pre-recorded) Agnus Dei by the Soul Sanctuary Choir. C2018 Soul Sanctuary Choir (UK)

**Communion Song: Out of The Silence**

*An original by Beth Miller*

Out of the silence, music. Out of the darkness, Light.  
Out of uncertainty, Promise. Hope was born that night.

Bread and Wine. A communion of all  
In Christ we find - O Lord we find the light.

Out of our wounds comes healing. Out of our sadness joy  
Out of our hope for freedom - the stone is rolled away.

Out of our wounds comes healing. Out of our sadness joy  
Out of our hope for freedom - the light of love ignites

Defeating the great darkness. Heaven and earth unite.  
We are all one body. The everlasting life

Anonymous and Beth Miller

**Communion Song: Christ Has No Body**

Christ has no bo - dy now but yours. No

5 hands, no feet on earth but yours. Yours are the

9 eyes with which He sees. Yours are the feet with which He walks. Yours are the

13 hands with which He bles - ses all the world. Yours are the hands.

*(Musical notation includes treble clef, key signature of two flats, and various chords: Eb, Cm, Gm/D, D, Cm/Eb, F, Bb, Eb, Cm, Cm/A, Dsus, D, Gm)*



## Prayer after Communion

Let us pray together: **God our Maker, you have raised our humanity in Christ and have fed us with the bread of heaven: mercifully grant that, nourished with such spiritual blessings, we may set our feet firmly on your beloved earth as we set our hearts on high in the heavenly places; through Jesus Christ our redeemer. Amen.**

## We Are Sent

### The Blessing

#### Closing Song: I'll Fly Away / Up Above My Head

Some glad morning when this life is over, I'll fly away  
To a home on God's celestial shore, I'll fly away  
*Refrain:* I'll fly away, oh glory, I'll fly away  
When I die, hallelujah by and by, I'll fly away

When the shadows of this life have grown, I'll fly away  
Like a bird from prison bars has flown, I'll fly away. *Refrain*

Just a few more weary days and then I'll fly away  
To a land where joy will never end, I'll fly away! *Refrain.*

1929 Alfred E. Brumley. Public Domain

Up above my head (Up above my head)  
I hear music in the air (I hear music in the air)  
Up above my head (Up above my head)  
I hear music in the air (I hear music in the air)  
Up above my head (Up above my head)  
I hear music in the air (I hear music in the air)  
And I really do believe (Yeah) I really do believe  
There's a Heaven somewhere (There's a Heaven somewhere)

All around this place (all around this place)  
I hear music in the air (I hear music in the air) x3  
I really do believe (Yeah) I really do believe  
There's new life right here (There's new life right here)

All over the world (all over the world)  
I hear music in the air (music in the air) x3  
I really do believe (Yeah) I really do believe  
There's joy right here (There's joy right here)

African-American Spiritual / Sr. Rosetta Tharpe / Public domain.

### Sending

Go, be witnesses to the ends of the earth!  
**Amen! Thanks to be God. Alleluia, Alleluia!**

### Closing Announcement Loop

***We will be here next Sunday at 4pm for **PENTECOST** worship.***

## **Prayer and Communion gatherings other than Sunday Afternoons**

**Mondays at 9am** - Morning Prayer with Centering Prayer @ AbbeyChurch office (off the Balmoral parking lot, metal stairs up) - in-person only.

**Tuesdays at 8:15am** - morning prayer - Lynn and Phil's and online on Zoom

**Tuesday Eucharist** at 11am *at and with Our Place* at Pandora site.

**Thursdays at 8:15am** - morning prayer - AbbeyChurch office and online on zoom

**Fridays at 8:15am** - morning prayer - *on-line 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.*

### **The Mother's Day Proclamation (1870)**

Again, in the sight of the Christian world, have the skill and power of two great nations exhausted themselves in mutual murder. Again have the sacred questions of international justice been committed to the fatal mediation of military weapons. In this day of progress, in this century of light, the ambition of rulers has been allowed to barter the dear interests of domestic life for the bloody exchanges of the battle field. Thus men have done. Thus men will do. But women need no longer be made a party to proceedings which fill the globe with grief and horror. Despite the assumptions of physical force, the mother has a sacred and commanding word to say to the sons who owe their life to her suffering. That word should now be heard, and answered to as never before.

Arise, then, Christian women of this day! Arise, all women who have hearts, Whether your baptism be that of water or of tears! Say firmly: We will not have great questions decided by irrelevant agencies. Our husbands shall not come to us, reeking with carnage, for caresses and applause. Our sons shall not be taken from us to unlearn all that we have been able to teach them of charity, mercy and patience. We, women of one country, will be too tender of those of another country, to allow our sons to be trained to injure theirs. From the bosom of the devastated earth a voice goes up with our own. It says: Disarm, disarm! The sword of murder is not the balance of justice. Blood does not wipe out dishonour, nor violence vindicate possession. As men have often forsaken the plough and the anvil at the summons of war, let women now leave all that may be left of home for a great and earnest day of council.

Let them meet first, as women, to bewail and commemorate the dead. Let them then solemnly take council with each other as to the means whereby the great human family can live in peace, man as the brother of man, each bearing after his own kind the sacred impress, not of Caesar, but of God.

In the name of womanhood and of humanity, I earnestly ask that a general congress of women, without limit of nationality, may be appointed and held at some place deemed most convenient, and at the earliest period consistent with its objects, to promote the alliance of the different nationalities, the amicable settlement of international questions, the great and general interests of peace.

Julia Ward Howe - Composer of *The Battle Hymn of the Republic*, *Pacifist*, *Activist*, *Suffragette*.

