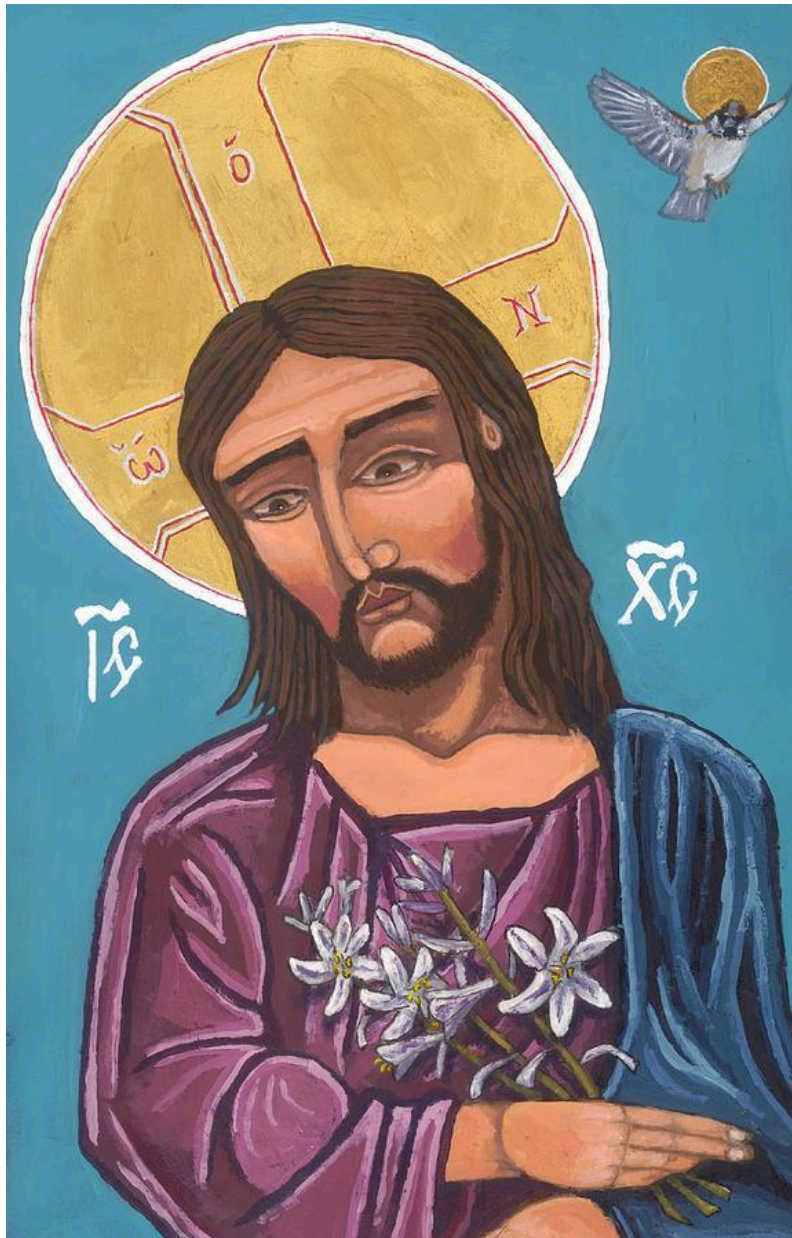
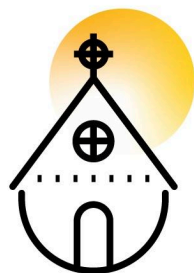


Pentecost +8

July 14, 2024 + 4pm



["Consider the Lilies"](#) by Kelly Latimore. Support the Artist.



THE
ABBEY
CHURCH

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 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 is inspired by monasticism and 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

Announcements and Land Acknowledgement

Bell x 3

Gathering Words

The ineffable, unending grace of Jesus Christ,
the love supreme of God the Source
and the mystic sweet communion of the Holy Spirit be with you all!

And also with you!

Let us pray: Creator God,
you have made us for yourself,
and our hearts are restless
until they find their rest in you.
May we find peace in your service,
and in the world to come, see you face to face;
through Jesus Christ our Lord,
who lives and reigns with you and the Holy Spirit,
one God, now and for ever. **Amen.** ACC, alt.

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!

Opening Song: I Sing the Mighty Power of God

I sing the mighty pow'r of God,
that made the mountains rise,
That spread the flowing seas abroad
and built the lofty skies.
I sing the wisdom that ordained
the sun to rule the day.
The moon shines full at God's command,
and all the stars obey.

I sing the goodness of the Lord,
who filled the earth with food,
Who formed the creatures
through the Word,
and then pronounced them good!

Lord, how Thy wonders are displayed,
where'er I turn my eye,
If I survey the ground I tread,
or gaze upon the sky!

There's not a plant or flow'r below,
but makes Thy glories known,
And clouds arise, and tempests blow,
by order from Thy throne;
While all that borrows life from Thee
is ever in Thy care;
And everywhere that we can be,
Thou, God, art present there.

Isaac Watts / ELLACOMBE / Public domain

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

We Proclaim

We say the Psalm. Please respond with the bold print.

The Psalm - Psalm 24

The earth is the Lord's and all that is in it,
the world, and those who live in it,

**for God has founded it on the seas
and established it on the rivers.**

Who shall ascend the hill of the Lord?

And who shall stand in his holy place?

**Those who have clean hands and pure hearts,
who do not lift up their souls to what is false
and do not swear deceitfully.**

They will receive blessing from the Lord
and vindication from the God of their salvation.

**Such is the company of those who seek him,
who seek the face of the God of Jacob.**

Lift up your heads, O gates!

and be lifted up, O ancient doors,
that the King of glory may come in!

Who is the King of glory?

**The Lord, strong and mighty,
the Lord, mighty in battle.**

Lift up your heads, O gates!

and be lifted up, O ancient doors,
that the King of glory may come in!

Who is this King of glory?

**The Lord of hosts,
God is the King of glory.**

Song: All Your Works Are Good

1. The moon it marks the sea - sons The sun knows when to go down The
 2. They make the cloud Their cha riot The wrap Them-self in light They

o - cean holds its crea - tures the ri - ver knows its bounds The
 stre - tch out the hea - vens like a tent a - cross the sky They

birds, the trees, the cat - tle and all things great and small We
 know: our ev - ery bur - den When dark - ness veils our eyes They
 la - bor un - til eve - ning There's a mes - sage on the wind be

find our place in cre - a - tion Your hand sus - tains us all.
 comes with spring re - turn - ing Bring - ing death to life
 still and know your ma - ker Be sa - tis - fied in Them.

Chorus

All Your works are good, All your works are good

From e ver las ting to e ver last ing All your works are good.

2. They
 3. As we

2015 Drink Your Tea Music. Sandra McCracken, Jill Phillips, Julie Lee CCLI, alt.

You are invited to rise in body or in spirit for the reading of the Gospel.

Sung Gospel Acclamation: Spirit of the Loving God

Spirit of the living God, fall afresh on me. Spirit of the living God, fall afresh on me.
 Melt me, mold me, fill me, use me. Spirit of the living God, fall afresh on me.

Daniel Iverson (1936) / Birdwing Music / CCLI / VU

The Gospel (Mark 5: 21-43, NRSVUE)

Let us proclaim the Gospel from the rooftops!

With our words and with our lives!

“Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by worrying can add a single hour to your span of life? And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you—you of little faith? Therefore do not worry, saying, ‘What will we eat?’ or ‘What will we drink?’ or ‘What will we wear?’ For it is the gentiles who seek all these things, and indeed your heavenly Father knows that you need all these things. But seek first the kingdom of God and his righteousness, and all these things will be given to you as well. So do not worry about tomorrow, for tomorrow will bring worries of its own. Today’s trouble is enough for today.

Let us proclaim the Gospel from the rooftops!

With our words and with our lives!

Acclamation: Spirit of the Living God

Spirit of the living God, fall afresh on me. Spirit of the living God, fall afresh on me.

Melt me, mold me, fill me, use me. Spirit of the living God, fall afresh on me.

Daniel Iverson (1936) / Birdwing Music / CCLI / VU

Sermon

Matt Humphrey, ec

Bell + short silence

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

The Apostles Creed

We believe in God Almighty, Maker of all heav’n and earth;
And in Jesus Christ, our Saviour: God’s own Son of matchless worth;
By the Spirit was conceived of the virgin Mary born,
God in whom we have believed: God Almighty Three-in-One.

Suffered under Pontius Pilate, on the cross, he bled and died;
Placed within the grave so silent, where for three days he did lie;
Then the stone-sealed tomb was empty; we believe he did arise;
Triumphed o’er the grave forever, over death he is the Christ.

Into heaven he ascended - seated at God’s own right hand
‘Til he comes again in glory, gracious judge o’er every land;
We confess the Holy Spirit who was sent through Christ the Son
Who is Lord and giver of life - God, the Spirit, Three-in-One.

We believe the Church of Jesus, catholic, it ere remains;
We are one through all the ages, the communion of the saints.
We believe sins are forgiven, that our bodies shall be raised
Everlasting life the promise - may God’s holy name be praised.

Decker / Cardiphonia Music, 2006. / CCLI

Our Prayers

Josh Ruberg

The Confession

Let us, together, take a moment in silence before the God of unending mercy and love to confess our sin.

[Saying together] **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.**

bell. silence. bell.

The Assurance/Absolution

Almighty God have +mercy upon us, pardon and deliver us from all of our sins and confirm and strengthen us in all goodness, through Jesus Christ our Lord. Amen.

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 Song: All Who Hunger, Gather Gladly

All who hunger gather gladly;
holy manna is our bread.
Come from wilderness and wand'ring.
Here in truth we will be fed.
You that yearn for days of fullness,
all around us is our food.
Taste and see the grace eternal.
Taste and see that God is good.

All who hunger, never strangers;
seeker, be a welcome guest.
Come from restlessness and roaming.

Here in joy we keep the feast.
We that once were lost and scattered
in communion's love have stood.
Taste and see the grace eternal.
Taste and see that God is good.

All who hunger, sing together,
Jesus Christ is living bread.
Come from loneliness and longing.
Here in peace we have been fed.
Blest are those who from this table
live their days in gratitude.
Taste and see the grace eternal.
Taste and see that God is good.

Text: Sylvia G. Dunstan / GIA Publications / OneLicense. Tune: HOLY MANNA, American folk melody, attrib. William Moore

We Celebrate

The Prayer Over the Gifts

Loving God, your word creates in us a yearning for your kingdom.
Receive all we offer you this day, and keep us in your peace;
for the sake of Jesus Christ the Lord. **Amen.** ACC

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.

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 for 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 your Son, the living bread, in whom ancient hungers are filled. You have sent 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:

♩ = 100 Em C G D G Am Dsus⁴

O- Holy - Holy Holy Lord - O God of power and Might. All

C Am⁷ G D G C Em

Heaven and earth of-your glory are full Ho - sanna in the high - est. O

Bm Em D G G Dsus⁴

Blessed is the one who comes in the name-of-the Lord! Ho-

C Am G D G C Em

-sanna in the high - est. Ho - sanna in the high - est.

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:

♩ = 100 Em C G D G Am Dsus⁴

Sing Christ has died and Christ is ri - sen, Christ will come a - gain! Sing

C Am⁷ G D G C Em

Christ has died and Christ is ri - sen, Christ will come a - gain!

Send your Holy Spirit upon us and upon these gifts of bread and wine that they may be to us 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.



The Prayer of Jesus

As beloved children of a loving parent, we pray as Jesus taught:

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 cracker). The juice is in the small cups. Wine is in the larger common cup.

Please refrain from dipping the bread.

Agnus Dei (Pre-recorded): by Koine (excerpt)

Communion Song: Let Us Break Bread

Let us break bread together on our knees.

Let us break bread together on our knees.

When I fall on my knees with my face to
the rising sun,

O Lord have mercy on me.

Let us drink wine together on our knees.

Let us drink wine together on our knees.

When I fall on my knees with my face to
the rising sun,

O Lord have mercy on me.

Let us praise God together on our knees.

Let us praise God together on our knees.

When I fall on my knees with my face to
the rising sun,

O Lord have mercy on me.

African-American spiritual / Public domain

Communion Song: God and We at Table Are Sat Down

Listen all you noble saints of old
As now before your very eyes unfold
The wonders all so long ago foretold.
God and we at table are sat down.

Worship in the presence of the Lord
With joyful songs and hearts in one accord.
And let our Host at table be adored.
God and we at table are sat down.

Elders, martyrs, all are falling down;
Prophets, patriarchs are gath'ring round.
What angels longed to see now we have found:
God and we at table are sat down.

Who is this who spreads the vic'try feast?
Who is this who makes our warring cease?
Jesus, Risen Savior, Prince of Peace.
God and we at table are sat down.

When at last this earth shall pass away,
When Jesus and his Bride are one to stay,
The feast of love is just begun that day.
God and we at table are sat down.
Robert J. Stamps / © 1972 Dawn Treader Music

Prayer after Communion

Let us pray together: **Living God,**
in this sacrament we have shared in your eternal kingdom.
May we who taste this mystery
forever serve you in faith, hope, and love.
We ask this in the name of Jesus Christ the Lord. Amen

We Are Sent

Blessing

Sung Together...

The Lord Bless you and keep you
The Lord make Their face shine upon you -
and be gracious unto you.
The Lord lift up Their countenance upon you
and give you peace... And the blessing...

Closing Song: **Praise, my soul, the God of Heaven**

Praise, my soul, the God of heaven;
glad of heart your carols raise;
ransomed, healed, restored, forgiven,
who, like me, should sing God's praise?
Alleluia, alleluia,
praise the Maker all your days.

Praise God for the grace and favour
shown our forebears in distress.
God is still the same forever,
slow to chide and swift to bless;
alleluia, alleluia,
sing our Maker's faithfulness.

Like a loving parent caring,
God knows well our feeble frame;
gladly all our burdens bearing,
still to countless years the same.
Alleluia, alleluia,
all within me, praise God's name.

Frail as summer's flower we flourish;
blows the wind and it is gone;
but, while mortals rise and perish,
God endures unchanging on:
alleluia, alleluia,
praise the high eternal one.

Angels, teach us adoration;
you behold God face to face;
sun and moon and all creation,
dwellers all in time and space.
Alleluia, alleluia,
praise with us the God of grace.

Dismissal:

Go in peace to consider the lilies of the fields.

Thanks be to God! Alleluia!

Closing Announcement Loop

There is a potluck after worship today here in the space.

All are welcome to stay whether you brought a contribution or not!

We will be back in TWO SUNDAYS.

July 28 at 4pm for worship

Summer Worship Schedule

July 21	-	off week
July 28	-	worship at 4pm Abbey Church - Pentecost +10
August 4	-	off week
August 11	-	worship at 4pm Abbey Church - Pentecost +12
August 18	-	off week + potluck!
August 25	-	worship at 4pm Abbey Church - Pentecost +14
September 1	-	worship at 4pm Willows Beach - Season of Creation
September 8	-	worship at 4pm Abbey Church, return to weekly

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.

MONDAY Our Place Eucharist MONTHLY on a Monday for the summer. Next one: THISW
MONDAY July 15 Folks can meet in the parking lot at 10:45 to walk over together.

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

Thursdays at 8:15am - morning prayer -
AbbeyChurch office (see above) 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 Los domingos a las 10: 00 de la Mañana con Fr. Dimas Canjura.
Guadalupe will meet on the same Sundays as AbbeyChurch for the Summer
July 14, 28, etc.

*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. Liturgies can be found on our website.*

New Partnership with QomQem : Call for Food Donations

We're now welcoming food donations for AbbeyChurch/Emmaus partnership with QomQem coastal connections - an indigenous harm reduction organisation. We'll be using this food to support their street outreach on Sunday evenings. Our folk are also welcomed to assist in sandwich prep after church at 5:30pm most Sundays starting date TBA

Here is the list of desired items:

- large bags of soft candies to make up mixed candy bags (ie sour keys, cherry blasters etc)
- Large jars of peanut butter, Nutella or jam
- Tins of Gatorade powder
- Tins of hot chocolate powder (once it starts to cool)
- Sweet treats like pre wrapped Rice Krispie squares, wagon wheels, ding dongs etc
- Fruit cups
- Flavoured Apple sauce cups
- Soft chew granola bars (nutrigrain, etc)
- Small easy peel oranges and bananas (for Sunday drop-off)

We now have a treasure chest at the back of the church for collection.
Thanks for any help you can be in this amazing work!

