

# Pentecost +10

July 28, 2024 + 4pm



Mosaic of the Loaves and Fishes from The Church of the Multiplication, Tabgha, Israel / Palestine  
[https://commons.wikimedia.org/wiki/File:Tabgha\\_Church\\_Mosaic\\_Israel.jpg](https://commons.wikimedia.org/wiki/File:Tabgha_Church_Mosaic_Israel.jpg) / Creative Commons Attribution-Share Alike 3.0 Unported



THE  
ABBÉY  
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!

*[we say the words in bold together]*

God you offer us radical acceptance

### **We receive your warmth of welcome**

We devote ourselves to acts of ordinary care

### **to rest for the sake of rest**

to unlearn the logic of violence

### **to practice expansive compassion**

To meet You, the Holy,

### **Working in us to create the world to come.**

For even amidst tumult

### **liberation can be tended like a garden.**

Let us worship God

### **the Holy who is woven through our days.** *Enfleshed, 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: We Will Feast In the House of Zion

*Refrain:* We will feast in the house of Zion

We will sing with our hearts restored

You have done great things,

we will say together

We will feast and weep no more.

We will not be burned by the fire

You are the Lord, our God

We are not consumed by the flood

Upheld, protected, gathered up. *refrain.*

In the dark of night, before the dawn

My soul, be not afraid

For the promised morning, oh how long

Oh God of Jacob, be my strength. *refrain.*

Every vow we've broken and betrayed

You are the faithful One

And from the garden to the grave

Bind us together, bring shalom. *refrain.*

Sandra McCracken © 2015 Integrity Worship Music / CCLI

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



# We Proclaim

## **The Psalm - Psalm 23 (Sung / Stillwater)**

The Lord is my Shepherd  
Leads me beside still water  
The Lord is my Shepherd  
Leads me beside still water

Even though I walk  
through the dark night  
I will not fear death

You know my troubled voice  
And you will le—ad me...  
And you will le—ad me...  
And you will le—ad me...  
You will lead me home  
Tom Wuest / BrassTrumpet Publishing /  
Used with permission.

*The words of Psalm 23 are read during the  
instrumental break*

## **The Epistle** (Ephesians 3: 14-21)

A reading from the letter for the beloved community at Ephesus.

For this reason I bow my knees before Abba, from whom every family in heaven and on earth takes its name. I pray that, according to the riches of God's glory, God may grant that you may be strengthened in your inner being with power through his Spirit and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love. I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God. Now to God, who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, to God be glory in the church and in Christ Jesus to all generations, forever and ever. Amen.

...The word of the Lord. **Thanks be to God.**

*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** (John 6: 1-21, NRSVUE)

Let us proclaim the Gospel from the rooftops!

**With our words and with our lives!**

After this Jesus went to the other side of the Sea of Galilee, also called the Sea of Tiberias. A large crowd kept following him because they saw the signs that he was doing for the sick. Jesus went up the mountain and sat down there with his disciples. Now the Passover, the festival of the Jews, was near. When he looked up and saw a large crowd coming toward him, Jesus said to Philip, "Where are we to buy bread for these people to eat?" He said this to test him, for he himself knew what he was going to do. Philip answered him, "Two hundred denarii would not buy enough bread for each of them to get a little." One of his disciples, Andrew, Simon Peter's brother, said to him, "There is a boy here who has five barley loaves and two fish. But what are they among so many people?" Jesus said, "Make the people sit down." Now there was a great deal of grass in the place, so they sat down, about five thousand in all. Then Jesus took the loaves, and when he had given thanks he distributed them to those who were seated; so also the fish, as much as they wanted. When they were satisfied, he told his disciples, "Gather up the fragments left over, so that nothing may be lost." So they gathered them up, and from the fragments of the five barley loaves, left by those who had eaten, they filled twelve baskets. When the people saw the sign that he had done, they began to say, "This is indeed the prophet who is to come into the world." When Jesus realized that they were

about to come and take him by force to make him king, he withdrew again to the mountain by himself. When evening came, his disciples went down to the sea, got into a boat, and started across the sea to Capernaum. It was now dark, and Jesus had not yet come to them. The sea became rough because a strong wind was blowing. When they had rowed about three or four miles, they saw Jesus walking on the sea and coming near the boat, and they were terrified. But he said to them, "It is I; do not be afraid." Then they wanted to take him into the boat, and immediately the boat reached the land toward which they were going.

...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**

Rob Shearer, 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, alt. / Cardiphonia Music, 2006 / CCLI

### **Our Prayers**

#### **The Confession**

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

**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**

##### **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: It Is Well With My Soul**

When peace like a river attendeth my way,  
When sorrows like sea billows roll;  
What ever my lot  
Thou has taught me to say,  
"It is well, it is well with my soul."

*Refrain: It is well (It is well)  
With my soul (with my soul)  
It is well, it is well with my soul*

Though Satan should buffet,  
tho' trials should come,  
Let this blest assurance control,  
That Christ has regarded  
my helpless estate,  
And hath shed  
His own blood for my soul. *refrain.*

My sin oh, the bliss  
of this glorious thought  
My sin not in part but the whole,  
Is nailed to the cross  
and I bear it no more,  
Praise the Lord, praise the Lord,  
O my soul! *Refrain.*

And, Lord, haste the day  
when my faith shall be sight.  
The clouds be rolled back as a scroll,  
The trump shall resound  
and the Lord shall descend,  
"Even so" it is well with my soul. *refrain.*  
Public Domain / Spafford / Bliss / 1873.

## **We Celebrate**

### **The Prayer Over the Gifts**

O God, the lover who calls us to radical trust,  
When the storms of life are raging -  
increase in us the knowledge of your love  
Walk on water toward us and be our guide, our friend and protector  
This we ask through Jesus Christ our sibling and sovereign -  
who lives and reigns with you and the Holy Spirit,  
one God, for ever and ever. **Amen.** rjs

### **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    Dsus<sup>4</sup>

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

C    Am<sup>7</sup>    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    Dsus<sup>4</sup>

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."

**Glorify 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. **Glorify 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    Dsus<sup>4</sup>

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

C    Am<sup>7</sup>    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.

♩ = 100      Em    C    G    D    G    Am    Dsus<sup>4</sup>

A - men, a - men, O Ho - ly One! Ho - san-na and A - men! A -

C    Am<sup>7</sup>    G    D    G    C    Em

men, a - men, O Ho - ly One, Ho - san - na and A - men!

## **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.*

## **Reflection Song: Trust in the Way** (original by Beth Miller)

Take your time break new ground  
The word made flesh in the way of sound  
Beast a rhythm flows in streams  
The way of love washes you clean  
Trust in the way - washes your heart - washes you clean.

No need to try so hard - no need to try so hard  
The Lord of love is close as breath  
Sound and fragrance mountains fresh  
Return to love give back to life  
With all you are and all you might  
No need to try so hard...

The way of love washes your heart...

2028 Beth Miller

## **Communion / Praise: Eat This Bread**

Eat this bread, drink this cup  
Come to me and never be hungry.  
Eat this bread, drink this cup.  
Trust in me and you will not first.

Ateliers et Presses de Taizé / OneLicense (J. Berthier)



## Praise / Communion Song: Satisfied

**Verse 1**



God, we have ta - ken more than we've gi - ven;  
we are en - tan - gled in con - sump - tion and greed.  
Christ, in Your mer - cy, break our ob - ses - sion  
with hol - low pos - ses - sions, O Lord, set us free.  
**Refrain**  
May our hearts be sa - tis - fied, sa - tis - fied,  
sa - tis - fied! May our hearts be sa - tis - fied:

(continues on next page)

29  $C\flat\text{maj}7$   $C\flat\text{m}(\text{maj}7)$   $G\flat$   $E\flat\text{m}$   $A\flat\text{m}$   $D\flat$

fill us — with joy — and peace.

Verse 2

35  $G\flat$   $E\flat\text{m}$   $A\flat\text{m}$   $D\flat$

Lord, we've ne - glec - ted Your sim - ple pro - vi - sion;

39  $B\flat\text{m}$   $E\flat\text{m}$   $C\flat$   $C\flat(\text{maj}7)$

in - stead, we've in - ves - ted in — buil - ding up our wealth.

43  $G\flat$   $E\flat\text{m}$   $A\flat\text{m}$   $D\flat$

So tear down our store - house, our walls and our to - wers,

47  $B\flat\text{m}$   $E\flat\text{m}$   $C\flat$   $D\flat7$  **D.S. al Coda**

and build us a ta - ble — where all can come feast. —

**Coda** 51  $G\flat$   $E\flat\text{m}$   $C\flat\text{maj}7$   $C\flat\text{m}(\text{maj}7)$   $G\flat$  1. 2.

peace. Ooh... — fill us — with joy — and peace. Ooh... peace.

Alattlas / Zach / Morton (Porter's Gate Publishing) / CCLI# 7198240

## Prayer after Communion

Let us pray together: **Living God, we give you thanks for the mystery of your love made known to us in the bread of life. Send us from this place satisfied in the abundance of your grace - that we may be witnesses of your radical abundance and that, through your working in us, there may be enough for each person's need. In Jesus' name we pray. 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: Precious Lord**

Precious Lord, take my hand  
Lead me on, let me stand  
I'm tired, I'm weak, I'm lone  
Through the storm, through the night  
Lead me on to the light  
Take my hand precious Lord, lead me home

When my way grows drear  
Precious Lord, linger near  
When my life is almost gone  
Hear my cry, hear my call  
Hold my hand lest I fall  
Take my hand precious Lord, lead me home

When the darkness appears  
and the night draws near  
And the day is past and gone  
At the river I stand  
Guide my feet, hold my hand  
Take my hand precious Lord, lead me home  
Thomas A. Dorsey © 1938 (Renewed 1965) UNICHAPPELL MUSIC INC. / CCLI

## **Dismissal:**

Glory to God whose power working in us can do more than we can ask or imagine.  
Go in peace, in abundance and joy to follow Christ and feed the masses.

**Thanks be to God! Alleluia!**

## **Closing Announcement Loop**

***We will be back in TWO SUNDAYS.  
August 11 at 4pm for worship***

## **Summer Worship Schedule**

<b>August 4</b>	-	off week
<b>August 11</b>	-	worship at 4pm Abbey Church - Pentecost +12
<b>August 18</b>	-	off week + potluck!
<b>August 25</b>	-	worship at 4pm Abbey Church - Pentecost +14
<b>September 1</b>	-	worship at 4pm Willows Beach - Season of Creation
<b>September 8</b>	-	worship at 4pm Abbey Church
<b>September 15</b>	-	an ordination at the Anglican Cathedral

## **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!



<https://www.annapolozicons.com/> - support the artist