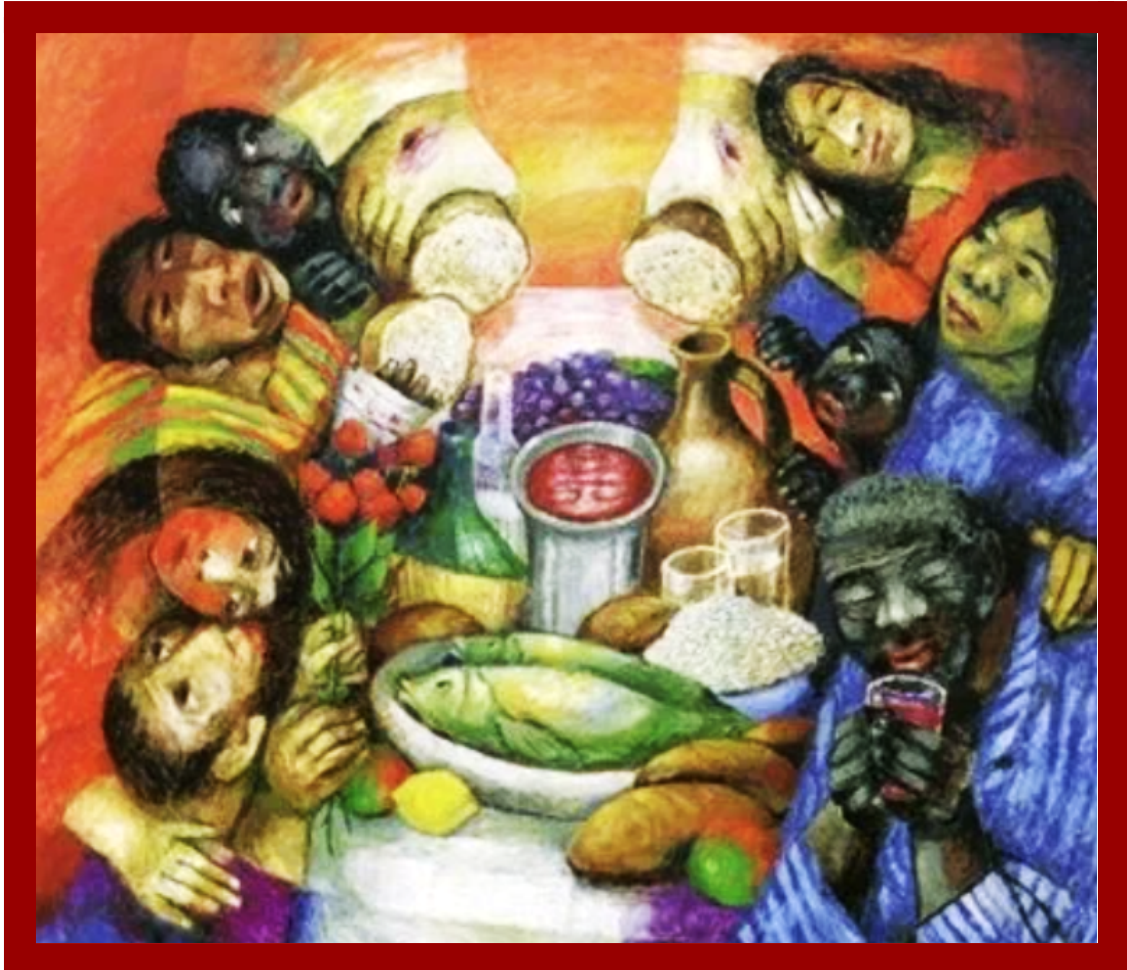
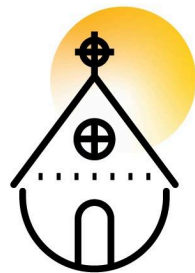


# Pentecost +12

August 11, 2024 + 4pm



The Breaking of the Bread by Fr. Sieger Koder



THE  
**ABBAY**  
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<sup>w</sup>əŋən peoples', the Songhees and Xwsepsum (Esquimalt) Nations, the Lək<sup>w</sup>əŋən peoples'. Nations, and strive to journey toward reparation, right relationship and reconciliation with justice.*

## Opening Loop + Tolling of the Bells

### Announcements and Land Acknowledgement + welcome to Rachel and Jake

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]*

Where is Liberation inviting us today? **Where is Love Luring us?**

Where is the Spirit longing to meet us? **Where are our collaborative efforts needed?**

Where can we create with one another places of respite?

**The Holy One meets us in ordinary acts of compassion,**

God plots with us towards delight, **They rejoice when we co-create hope.**

Let us meet Them here today!

Let us pray. Holy God, Bread of Life, you tell us will never hunger again—that we will live forever. How do we make sense of this, oh God? Your beloveds are dying on the vine! Desert takes over once fertile land. The lioness searches for food and finds none. Evil starves and bombs whole populations of humans, flora & fauna. Your beloveds hunger!—for nourishment, for liberation. Create humble tables of sustenance where we might offer to one another food, company, life. Where the stories of love we tell live forever. What else are we to do, Oh God? Help us. Accompany us. **Amen.** *Enfleshed, alt.*

### Opening Song: Make A Way (A Walking Song)

© 2023 Rachel Colman / Used with permission

Make a\_\_\_ way, and help us to walk in it,\_\_\_ make a\_\_\_ way, hmm.\_\_\_\_\_

5 E F#m/E G#m/E F#m/E E F#m/E E

Make a\_\_\_ way, and help us to walk in it,\_\_\_ make a\_\_\_ way, hmm.\_\_\_\_\_ While  
With  
The

9 B E F#m E/G# F#m A B

trou ble\_\_\_ and suff' ring\_\_\_ are all a- round, our sto-ry does\_\_\_ not end there. While  
mer-cy\_\_\_ and good ness,\_\_\_ you wel- come us, for - gi-ven at\_\_\_ your ta - ble. With  
years\_\_\_ of sor- row\_\_\_ will be swal- lowed up with tears\_\_\_\_\_ of joy. The

13 B E F#m E/G# F#m A B

trou ble\_\_\_ and suff' ring\_\_\_ are all a- round, our sto-ry does\_\_\_ not end there.  
mer-cy\_\_\_ and good ness,\_\_\_ you wel- come us, for - gi-ven at\_\_\_ your ta - ble.  
years\_\_\_ of sor- row\_\_\_ will be swal- lowed up with tears\_\_\_\_\_ of joy.\_\_\_\_\_

*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: 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 both by day and by night,  
waking or sleeping, thy presence my light.

Be thou my wisdom, and thou my true word;  
I ever with thee and thou with me, Lord.  
Thou my soul's shelter, and thou my high tow'r,  
raise thou me heav'n ward, O Pow'r of my pow'r.

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.

Light of my soul, after victory won,  
may I reach heaven's joys, O heaven's Sun!  
Heart of my own heart, whatever befall,  
still be my vision, O Ruler of all.  
Irish 8th c, trad melody. Eleanor Hull. Public Domain

### **The Poem: Bread** by WS Merwin (for Wendell Berry)

*selected and recorded by poet-in-residence Rebecca Yeo*

## **We Proclaim**

### **The Epistle** (1 John 2:29-3:3, The Message, alt.)

A reading from the first letter of John

Once you're convinced that [Jesus] is right and righteous, you'll recognize that all who practice righteousness and justice are God's true children. What marvelous love Abba has extended to us! Just look at it—we're called children of God! That's who we really are. But that's also why the world doesn't recognize us or take us seriously, because it has no idea who he is or what he's up to. But friends, that's exactly who we are: children of God. And that's only the beginning. Who knows how we'll end up! What we know is that when Christ is openly revealed, we'll see Christ—and in seeing Christ, become like Christ. All of us who look forward to Jesus' coming stay ready, with the glistening purity of Jesus' life as a model for our own.

...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!**

Jesus said to the people, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty." Then the Jewish [religious leaders] began to complain about him because he said, "I am the bread that came down from heaven." They were saying, "Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, 'I have come down from heaven'?" Jesus answered them, "Do not complain among yourselves. No one can come to me unless drawn by Abba who sent me; and I will raise that person up on the last day. It is written in the prophets, 'And they shall all be taught by

God.' Everyone who has heard and learned from Abba comes to me. Not that anyone has seen Abba except the one who is from God; he has seen Abba. Very truly, I tell you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh."

...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**

Ernest Morrow

*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

### **Healing Prayers**

*For today's prayers of the people, we offer anointing for healing. As Rachel sings, you are welcome to come forward for anointing with oil, an ancient Christian practice and a prayer. You may also pray at the prayer weave, sing along - or pray in your seat as you wish.*

# Song: Together with Breath

D G/D D D A/C# Bm7 D/A G G/A

We come, fra-gile as dust, held to-ge-ther with breath. We  
 We come, ti-red by life, healed to-ge-ther with breath. We  
 We sing songs of your love, in-spired to-ge-ther with breath. We  
 We go, chil-dren of God, moved to-ge-ther with breath. We

5 D G/D D D A/C# Bm7 D/A G D/F#

come, fra-gile as dust, held to-ge-ther with breath. We  
 come ti-red by life, healed to-ge-ther with breath. We  
 sing songs of your love, in-spired to-ge-ther with breath. We  
 go, chil-dren of God, moved to-ge-ther with breath. We

9 Em7 D/F# G G/A

face each oth-er to see the heal-ing pow-er of God's grace. We  
 yield our bur-dens to stand on-ly in sal-va-tion's strength. We  
 wor-ship in grat-i-tude for all that God has done for us. We  
 claim our in-her-i-tance: a king-dom to build and grow. We

13 D G/D D D A/C# Bm7 Gmaj7 D

come, fra-gile as dust, held to-ge-ther with breath. We  
 come, ti-red by life, healed to-ge-ther with breath. We  
 sing songs of your love, in-spired to-ge-ther with breath. We  
 go, chil-dren of God, moved to-ge-ther with breath. We

3rd verse to bridge

18 G D

Spi-rit, bring us to-ge-ther,

22 G A(sus4) A

Spi-rit, by Your breath. We

## **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.**

*[sung]* Lord, have mercy; Lord, have mercy; Lord, have mercy on me.

Christ, have mercy; Christ, have mercy; Christ, have mercy on me.

Lord, have mercy; Lord, have mercy; Lord, have mercy on us.

Rachel Coleman / Used With Permission

## **The Assurance of Grace / 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: Let Us Break Bread Together**

Let us break bread together on our knees,

let us break bread together on our knees.

When I fall down on my knees

with my face to the rising sun,

Oh, Lord, have mercy on me.

Let us drink wine together on our knees,

let us drink wine together on our knees.

When I fall down on my knees

with my face to the rising sun,

Oh, Lord, have mercy on me.

Let us praise God together on our knees,

let us praise God together on our knees.

When I fall down on my knees

with my face to the rising sun,

Oh, Lord, have mercy on me.

African-American Spiritual / Public Domain

## **We Celebrate**

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

Through the mystery of the table, draw us into the realisation that we are Your beloved children, tender and mighty God - that we are called into holy divine union with you even as we feast on your the very Bread of Life. In your name we pray. **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.”

**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    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.*

### Song: Lamb Of God

Lamb of God, you take\_ a - way the\_

sins\_ of the world: have mer - cy on us. Lamb of God, you take\_ a -

way the\_ sins\_ of the world: have mer - cy on us. Lamb of God, you

take\_ a - way the\_ sins\_ of the world: take\_ a - way the\_ sins\_ of the world:

grant\_ us\_ peace.

August 1990 Marjorie  
Landmark-DeLewis /  
OneLicense

### Communion / Praise: Embrace the Mystery

Behold what you are - become what you receive  
Take up the bread and wine - embrace the mystery  
Gord Johnson / st. benedict's table - Signpost Music 2008 / CCLI

### Communion / Praise: Eat This Bread

The image shows a musical score for the hymn 'Eat This Bread'. It consists of two systems of music. Each system has a treble clef staff with a key signature of one sharp (F#) and a common time signature (C). The first system has a bass clef staff below it. The lyrics are: 'Eat this bread, drink this cup, come to me and nev-er be hun-gry.' The second system also has a bass clef staff below it. The lyrics are: 'Eat this bread, drink this cup, trust in me and you will not thirst.' Above the treble clef staves, chords are indicated: G, C, Am, D, Bm, Em, DSUS4, D for the first system; and G, D, Em, Bm, C, DSUS4, D, G for the second system.

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

### Prayer after Communion

Let us pray together: **Eternal God, grant to your Beloved Community the union, unity and peace that we have tasted in this eucharist, the fruit of your life-giving Spirit. We ask this in the name of Jesus Christ the Bread of Life. Amen.** ACC, alt.

## 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: Love Divine, All Loves Excelling

Love divine, all loves excelling,  
Joy of heav'n 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 ev'ry trembling heart.

Come, Almighty to deliver,  
let us all thy life receive;  
suddenly return, and never,  
nevermore 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 on earth You make Your place,  
'til we cast our crowns before thee,  
lost in wonder, love, and praise.  
Charles Wesley / Public Domain, alt. (tune: Hyfrydol)

**Dismissal:**

Go in peace to feed on the bread of life, and to feed the masses.

**Thanks be to God! Alleluia!**

**Closing Announcement Loop**

***Please feel free to stay for the potluck,  
whether you have a contribution or not!  
We will be back in TWO SUNDAYS.  
August 25 at 4pm for worship***

**Summer Worship Schedule**

- August 18** off week
- August 25** worship at 4pm Abbey Church - Pentecost +14
- September 1** worship at 4pm Willows Beach - simple worship + potluck and Season of Creation begins
- September 8** worship at 4pm Abbey Church
- September 15** Reba's ordination to the transitional diaconate at the Anglican Cathedral - no abbey worship but Abbey Teens and Kids will happen
- September 21** - weekly worship resumes

**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.

**Monthly Monday Our Place Eucharist** MONTHLY on a Monday for the summer. Date TBA. 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.

*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.*



**NON PERISHABLE FOOD URGENTLY NEEDED!**

**WE NEED YOU!**

**Night outreach – We’re at it again!**  
We are in need of non-perishable foods to support Street Family!

**What’s Needed?**  
Large Tins of: Peanut Butter, Jam & Nutella  
Fruit Cups,  
Packaged treats (wagonwheels etc)  
Large bags of Soft candies  
Gatorade Powder Tins  
Camp gear!











**TO ARRANGE DROP OFF, CONTACT:**  
**admin@qomqem.com / 250-291-1204**

## **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 **SEPTEMBER 8!**

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)
- Gatorade/powerade bottles
- Home baking on the day of -starting September 8th (ideally 150 units)
- Sunscreen, batteries, flashlights?

Up to 150 people served each night, so bulk family/sized items appreciated. 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.