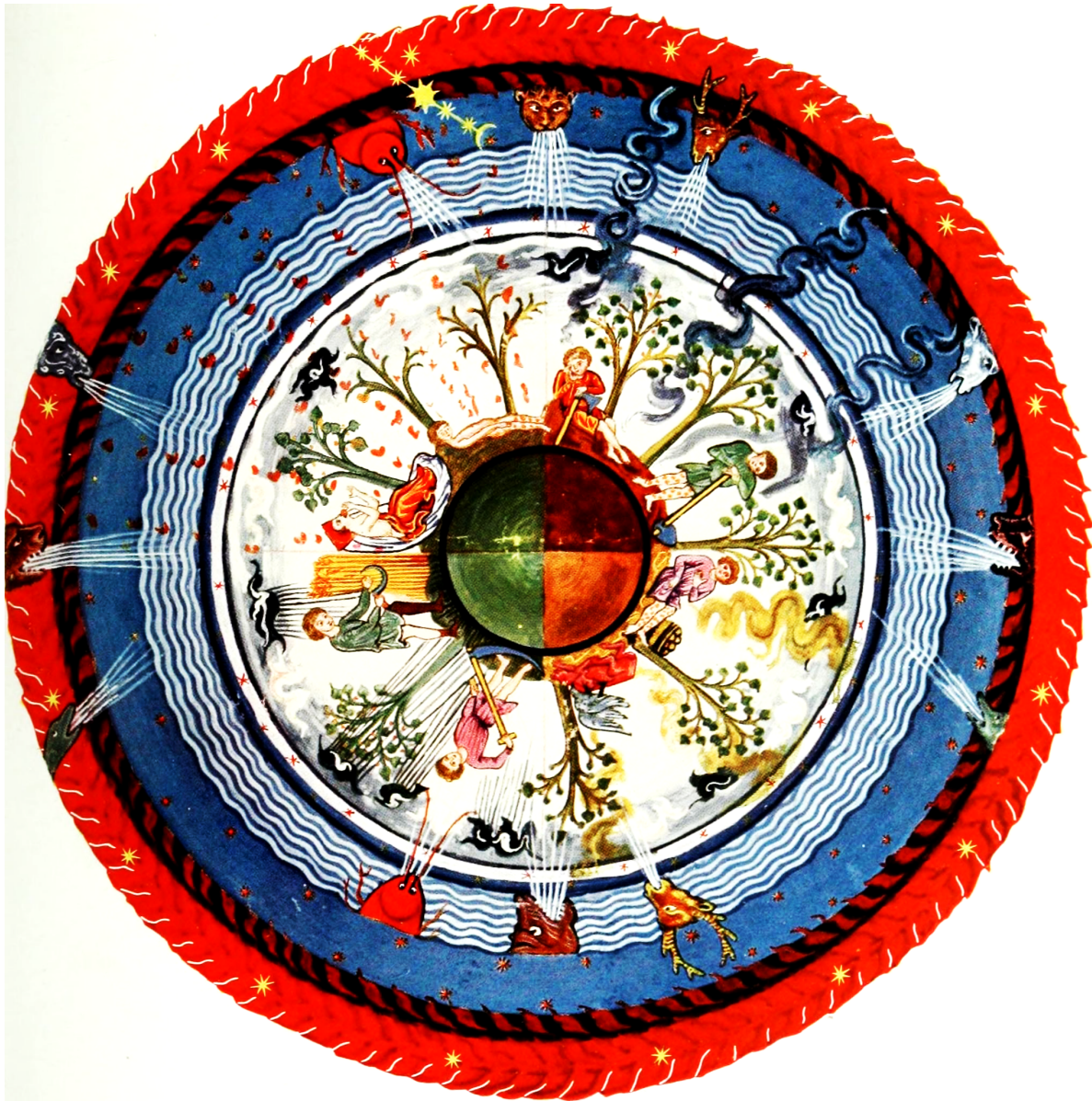


# Pentecost + 26

November 17, 2024 + 4pm



*Image: Hildegard of Bingen / Wikicommons / 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 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 whose members make commitments to 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.

**A wee note on devices!** We're encouraging folks of all ages to minimise device use during worship from 3:45-5:15 in order to enhance our sacred time together - and to not be a barrier for others. Let's work together for a time of fullness in worship and community! Of course, we know there are times where folks need to be available and on-call or connect with others - and we therefore don't legislate this, but we do encourage all individuals and families to be intentional around what is needed for both personal and the common good!

## We Gather

*The AbbeyChurch acknowledges that we worship and pray on the stolen territory of the, the Lək'əḡən peoples', the Songhees and Xwsepsum (Esquimalt) Nations. We strive to journey toward reparation, right relationship and reconciliation with justice. We confess the complicity of our religious traditions and institutions in the loss of life, lands, languages, spiritualities and cultures of the First Peoples' of these lands. We are grateful for the ongoing wisdom, stewardship and tending of these lands and apprentice ourselves to this good work of caring for creation and seeking to live in right-relationship with each other.*

### Opening Loop + Tolling of the Bells + Announcements + Land Acknowledgement

#### Opening Words

Our hearts praise the Cultivator of Life;

**Our strength is rooted in the Ground of Being.**

Our voices rebuke the those who oppress

**because we rejoice in the Ways of Love.**

God raises the oppressed from the dust;

**God plots a way towards justice and restoration—**

By loving the threatened among us the hardest,

**God guides us all towards our belovedness.**

For the order of the Cosmos belongs to Holy Wonder—

**God guards the souls of those who practice solidarity**

and shimmers in the stars stories of radical possibility. *enfleshed, alt.*

#### Collecting Prayer

[we say together] **Almighty God, to you all hearts are open, all desires known, and from you no secrets are hidden. Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy name, through Christ our Lord. Amen.**

*The Book of Common Prayer and The United Methodist (USA) Hymnal*

*Silence is kept. Bell x 3*

*During this 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: God's Highway

My feet are strong, my eyes are clear  
I cannot see the way from here  
But on we go, God knows the way  
And in those arms, God keeps me safe.  
Fear not, keep on, watch and pray  
Walk in the light of God's highway

The shadows flee, The valley is deep  
But evil cannot conquer me  
Your rod and staff, They protect me  
You give me rest, You give me peace

Fear not, keep on, watch and pray  
Walk in the light of God's highway

I see the shore, from troubled seas  
This tiny ship that carries me  
It is not yet, But it will be  
So heaven come, It's you we need  
Fear not, keep on, watch and pray  
Walk in the light of God's highway

*McCracken/ Cockrell © 2015 Drink Your Tea Music,  
alt. CCLI*

#### The Poem

selected and read by Rev. Reba Yeo, Poet-in-Residence

## **We Proclaim**

*Join in as you wish / are able as we chant this ancient song of resistance and reversal.*

### **The Canticle: Hannah's Song**

- 1 My heart exults in the Lord; ♦  
my strength is exalted in my God.
- 2 My mouth derides my enemies, ♦  
because I rejoice in your salvation.
- 3 There is no Holy One like you, O Lord, ♦  
nor any Rock like you, our God.
- 4 For you are a God of knowledge ♦  
and by you our actions are weighed.
- 5 The bows of the mighty are broken, ♦  
but the feeble gird on strength.
- 6 Those who were full now hire themselves out for bread, ♦  
but those who were hungry are well fed.
- 7 The barren woman has borne sevenfold, ♦  
but she who has many children is forlorn.
- 8 Both the poor and the rich are of your making; ♦  
you bring low and you also exalt.
- 9 You raise up the poor from the dust, ♦  
and lift the needy from the ash heap.
- 10 You make them sit with the rulers ♦  
and inherit a place of honour.
- 11 For the pillars of the earth are yours ♦  
and on them you have set the world.

GP: Glory to You Source of All Being / Eternal Word and Holy Spirit ♦

As it was in the beginning, is now, and ever shall be / world without end, Amen.

*You are invited to rise in body or in spirit as we sing to prepare our hearts for the  
reading of the gospel.*

### **Gospel Acclamation: Alleluia**

Stay close my child through this dark night  
Rest in the shadows of these wings.  
Hope in the Lord whose day will come,  
The dawn of making all things new.

Alleluia (*repeat*) Tom Wuest / Brass Trumpet Publishing / Used with permission

### **The Gospel according to Mark** (13:1-8)

Let us proclaim the Gospel from the rooftops! **With our words and with our lives!**

As he came out of the temple, one of his disciples said to him, "Look, Teacher, what large stones and what large buildings!" Then Jesus asked him, "Do you see these great buildings? Not one stone will be left here upon another; all will be thrown down." When he was sitting on the Mount of Olives opposite the temple, Peter, James, John, and Andrew asked him privately, "Tell us, when will this be, and what will be the sign that all these things are about to be accomplished?" Then Jesus began to say to them, "Beware that no one leads you astray. Many will come in my name and say, 'I am he!' and they will lead many astray. When you hear of wars and rumours of wars, do not be alarmed; this must take place, but the end is still to come. For nation will rise against nation and kingdom against kingdom; there will be earthquakes in various places; there will be famines. This is but the beginning of the birth pangs.... Let us proclaim the Gospel from the rooftops!

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



## **Gospel Acclamation: Alleluia**

All wars will cease, all suffering end.  
Justice will roll, the kingdom come.  
Love will arise, grace will uphold.  
Mercy will heal where the lamb reigns.

Alleluia (repeat) Tom Wuest / Brass Trumpet Publishing / Used with permission

## **Sermon**

**Ernest Morrow**

*bell + short silence*

*You are invited to rise in body or in spirit as we affirm our faith.*

## **Credo**

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,  
our bodies shall be raised  
Everlasting life the promise  
may God's holy name be praised.

Mindy Deckard; arr. Bruce Benedict / Rob C-S verses ©  
2006 Cardiphonia Music / CCLI

\* or, 'universal'

## **Our Prayers**

### **The Confession**

Out of the depths we cry to God, in our suffering and in our pain. Out of the depths God cries to us, asking us to repent, to return to God with our whole hearts, to admit our sin, and to accept forgiveness. So let us pray with one another, first in silence.

*Silence is kept.*

[together we say] **Holy God, hear our prayer:**

**For the mending of our hearts, torn apart by our unkindness;**

**For the healing of our souls, wasting away from the despair around us;**

**For the forgiveness we seek for the sin we have allowed to persist;**

**For the reconciliation of the world, whose division condemns us;**

**We pray for the courage to admit our fault, the strength to amend our actions,**

**And the hope that your grace awaits us. Through Christ we pray. Amen.**

Beth Merrill Neel on her blog, 'Hold Fast to What Is Good'. Used with permission.

### **The Assurance or Absolution**

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

## **The Peace**

Beloved in Christ, may peace as sweet as the water of life promised to us by God, be with you all. **And also with you!**

*We share a sign of God's Peace*

*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. You are also welcome to come forward for a simple blessing prayer if you do not wish to receive.*

*All are welcome to Jesus' table (none compelled!) - as you feel ready.*

## **The Offertory Song: Holy is Your Name**

My soul proclaims the greatness of the Lord  
and my spirit exalts in God my Saviour.  
For You have looked with mercy on my lowliness  
and my name will be forever exalted.  
For almighty God has done great things for me  
and your mercy will reach from age to age.  
And holy, holy, holy is your name.

You have mercy in every generation.  
You have revealed your power and your glory.  
You have cast down the mighty in their arrogance,  
and you lift up the meek and the lowly.  
You have come to help your servant Israel  
You remember your promise to our forebears  
And holy, holy, holy is your name. (x2)

Contributors: John Michael Talbot, alt.. ©1980 Troubadour For The Lord Music / CCLI

## **We Celebrate**

### **Prayer Over The Gifts**

Oh God of grace, at your table there is bread for all to share. May we who are full know our hunger and so give bread to others. At your table all have a place and are welcome. May we who are well-to-do know our need and so offer a seat to those who have none. May all we who are blessed by you, God of mercy, be made a blessing for your world. And so we pray that these gifts we have offered here may give hope to the despairing, strength to the weak, and justice to the oppressed. **Amen.**

Lectionary Liturgies, Tom M. Schuman, Alt.

### **The Great Thanksgiving** enfleshed, Jade Kaiser, alt.

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.**

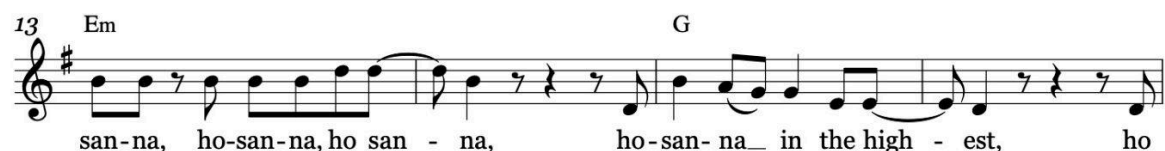
God, your invitation to come and feast in your presence is but a taste of the love you extend to us every day.

Throughout all time, from ancient days until this very day, you are always seeking us out – longing for us as a Divine Lover..

You meet us in the most ordinary of places and you make them sacred.

By your grace, we come to recognize the holiness that dwells in the world around us, in our neighbours, in your creation, in our own internal depths.

Therefore we join our voices with your people on earth and all the company of the heavens, singing praise to you:



Lacey  
Brown /  
Church of  
the  
Apostles  
(Lumen)

Blessed are you, Loving God who calls us to your eternal table. You welcome all who thirst for justice and hunger to grow in love. You ask us to extend this same welcome to all our neighbours, but God, since our beginning, we have struggled.

And so in your love for us, you took on flesh in Jesus. Through his life, you pointed to your presence on the margins. You revealed the sacredness in all life. You showed us how to live together, even among forces of destruction.

Believing it could transform the world, Jesus proclaimed the Good News. He called for the captives to be set free. He spoke of the lowly being lifted up. His commitment to practicing love knew no bounds – not even the bounds of death.

On the night of his arrest, Jesus shared a meal with his companions.

He took bread, blessed it, broke it, gave it to his disciples and said:

“This is my body which is given for you.

Do this in remembrance of me.”

After the meal, he took the cup, blessed it, and shared it saying:

“This cup that is poured out is the new covenant.

Do this in remembrance of me.”

In remembrance of all you have done to save us,  
we proclaim the mystery of our faith:



Christ has died and Christ i---s ris'n! Christ wi--ll come a---ga-----in!  
Christ has died and Christ i---s ris'n! Christ wi--ll come a---ga-----in!

+Pour out your Holy Spirit on these gifts, O God. Make these ordinary elements into the Sacred gift of your presence with us once again, the body and blood of Christ.

May they awaken us anew to your everlasting invitation into resurrection life. Enliven us in our pursuit of a world where all needs are met, power is balanced, and the worth of every creature and all creation is celebrated...



A--men. A---men, A- me-----n.  
A--men. A---men, A- me-----n.

### **The Prayer of Jesus**

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

**Our \*Father** (*\*or Parent, or Abba, or Amma, 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 (none compelled!) 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 / nut option (rice cracker). The juice is in the small cups. Wine is in the larger common cup. Please refrain from dipping the bread.*

**Lamb of God (pre-recorded)** Church of The Apostles / Lacey Brown c 2015 COTA Music.

**Communion 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.

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!

And, Lord, haste the day when the 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.  
Spafford and Bliss / Public Domain.

**Communion Song: In Feast or Fallow**

When the fields are dry, and the winter is long  
Blessed are the meek, the hungry, the poor  
When my soul is downcast, and my voice has no song  
For mercy, for comfort, I wait on the Lord

Refrain: In the harvest feast or the fallow ground,  
My certain hope is in Jesus found  
My lot, my cup, my portion sure  
Whatever comes, we shall endure  
Whatever comes, we shall endure

On a cross of wood, His blood was outpoured  
He rose from the ground, like a bird to the sky  
Bringing peace to our violence, and crushing death's door  
Our Maker incarnate, our God who provides. *Refrain.*

When the earth beneath me crumbles and quakes  
Not a sparrow falls, nor a hair from my head  
Without His hand to guide me, my shield and my strength  
In joy or in sorrow, in life or in death. *Refrain.*  
Sandra McCracken / 2010 / DrinkYourTea Music / CCLI

### **Prayer after Communion**

Having encountered the Risen Christ in this bread and cup, we pause to offer our silent gratitude to the God who encounters us in this holy sacrament...[together we say] **Amen.**

### **The Blessing**

Go out in peace, for the Lord has heard your prayers.  
Do not allow anyone or anything to lead you astray  
but hold fast to the hope that has claimed you in Jesus Christ.  
Continue to meet together, encouraging one another to put love into action.

And may God the Ground of Being be your rock and your strength;  
May Christ the prince of Peace give you rest in the presence of God;  
and may the Holy Spirit, comforter and sustainer, sing sweetly to your hearts. **Amen.**  
Nathan Nettleton, LaughingBird.net, Alt.

### **Closing Song: Canticle of the Turning**

My soul cries out with a joyful shout  
That the God of my heart is great,  
And my spirit sings of the wondrous things  
that you bring to the ones who wait.  
You Fixed your sight on your servant's plight,  
And my weakness you did not spurn,  
So from east to west shall my name be blest.  
Could the world be about to turn?

Refrain: My heart shall sing of the day you bring.  
Let the fires of your justice burn.  
Wipe away all tears, for the dawn draws near,  
and the world is about to turn!

Though I am small, my God, my all,  
You work great things in me,  
And your mercy will last from the depths of the past  
to the end of the age to be.  
Your very Name puts the proud to shame,  
and to those who would for you yearn,  
You will show your might,  
put the strong to flight,  
for the world is about to turn. *Refrain*

From the halls of power to the fortress tower,  
not a stone will be left on stone.  
Let the king beware for your justice tears  
ev'ry tyrant from their throne.  
The hungry poor shall weep no more,  
for the food they can never earn;  
There are tables spread, ev'ry mouth be fed,  
For the world is about to turn. *Refrain.*

Though the nations rage from age to age,  
 We remember Who holds us fast:  
 God's mercy must deliver us  
 from the conqueror's crushing grasp.  
 This saving word that out forebears heard  
 is the promise which holds us bound,  
 'Til the spear and rod can be crushed by God, who is turning the world around. *Refrain.*  
 Rory Cooney / Star of the County Down Tune / 1990 GIA / Onelicense.

## The Sending

Go to love God, to love neighbour and, doing little things with great love, to wait in active hope for the renewal of all creation. **Thanks be to God. Alleluia!**

## Closing Loop

**You are welcome to join our QomQem partnership today in the kitchen around 5:15 and most Sundays after worship - we prepare food for their 'street family'...**

**We'll be back for worship next Sunday at 4pm with a potluck and our first annual "Vestry Meeting" (AGM)! All are welcome!**

## Partnership with QomQem : ONGOING 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.

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 22nd (ideally 150 units)
- Sunscreen, batteries, flashlights

**SOLID OUTREACH**  
 A collaborative project between:  
 QomQem, NPNA, SOLID, &  
 AbbeyChurch

**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

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.

## **Weekday Prayer Gatherings**

**Mondays at 9am** - Morning Prayer with Centering Prayer @ AbbeyChurch office  
(off the Balmoral parking lot, metal stairs up) - approx 45 mins.  
moral parking lot, metal stairs up) - in-person only.

**Tuesdays at 9am** - Morning Prayer @ AbbeyChurch office  
- in-person and online on Zoom - approx 25-30 mins.

**Thursdays at 8:15am** - morning prayer - AbbeyChurch office (see above) and online on zoom.

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

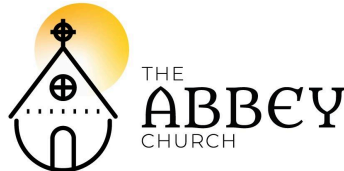
*Our weekday common prayer is liturgical in nature and based on ancient monastic practices.*

*It's open to all who wish to join in-person or online. Liturgies can be found on our website.*

## **DONATE TO ABBEYCHURCH / EMMAUS COMMUNITY**

**Want to donate to our common life? You can now send offerings by e-transfer to [treasurer@emmauscommunity.ca](mailto:treasurer@emmauscommunity.ca) or talk to Lynn, our treasurer to sign up for monthly giving! There's also a point of sale machine at the back table for debit or credit donations. All donations are eligible for a charitable receipt for income tax purposes.**

## **NEXT SUNDAY!**



**[admin@emmauscommunity.ca](mailto:admin@emmauscommunity.ca) [www.abbeychurch.ca](http://www.abbeychurch.ca)**

**778.557.4166 We would love to connect.**

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