

# Advent 3

December 15, 2024 + 4pm



*Image: The AbbeyKids Advent Altar in The Vestry*





## 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.

# We Gather

The AbbeyChurch acknowledges that we worship and pray on the stolen territory of the Ləkʷəŋən 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.

*For Advent, we have no announcements or welcome  
but begin right with our worship with singing.*

## Invocation + Table Setting: Joy Shall Come

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

The musical score is written for a single melodic line in treble clef, key of E major (indicated by four sharps: F#, C#, G#, D#), and 4/4 time. The melody is simple and hymn-like, with lyrics written below the notes. The score is divided into systems, with line numbers 5, 9, 13, 17, 21, 25, 29, and 33 marking the beginning of new systems. Chord symbols are placed above the staff at various points: E, A, D, A, D, A, F#m, D, A, Bm, E/G#, and D. The lyrics are: 'The sha-dow has no pow-er ov - er us, for we will trust in the Sis - ter, fix your eyes up - on the hills, for sure - ly help will Lord. And through the night we have a song to sing, a hope that we can come. Broth - er, we will take our ref - uge in the God who knows our cling - to. Joy will come in the morn - ing. Joy will suf - fer - ing. come in the morn - ing. God is our rock and our sal - va - tion. Joy will come. We will rise up. We will rise up in the morn - ing. We will rise up. We will rise up in the morn - ing. We will morn - ing. Joy will come in the morn - ing. Joy will come in the morn - ing. God is our rock and our sal - va - tion. Joy will come.'

Palmer, Williams,  
Wardell, Paul  
Zach / Integrity /  
PG Music/ CCLI

## Welcome & Candle Lighting

Arise and celebrate, for good news of deep joy is proclaimed for you and for me!

**The warmth of divine love lights in this place and calls to our hearts!**

Today, as we mark the Advent Path with candle flames, we light the third candle, the candle of joy. *The third Advent candle is lit.*

Let us pray: God-who-lights-up-life, give us joyful, generous, and courageous hearts. As we lean on your divine love, may your joy fill us ever more deeply as we partake of your life of goodness, beauty, and truth. Amen.

*United Church of Canada, Alt.*

*As we sing our altar is set with signs of our faith and joy*

### Song: I Have Love

I have hope and my house does too  
I have hope and my house does too  
There is hope under my bed  
There is hope over my head  
I have hope and my house does too

I have peace and my house does too  
I have peace and my house does too  
There is peace under my bed  
There is peace over my head

I have peace and my house does too

I have joy and my house does too  
I have joy and my house does too  
There is joy under my bed  
There is joy over my head  
I have joy and my house does too

*Linnea Good / I Hav Luv / c Linnea Good / CCLI*

*The children leave for kids time with Tressa and Maya,  
but youth stay in until the gospel reading.*

### The Poem

Selected by Reba Yeo, Poet-in-Residence

## We Proclaim

**The Psalm** - Psalm 30: 1-5, 11-12 - *Exaltabo te, Domine*

I will exalt you, O Lord, because you have lifted me up \*  
and have not let my enemies triumph over me.

O Lord my God, I cried out to you, \*  
and you restored me to health.

You brought me up, O Lord, from the dead; \*  
you restored my life as I was going down to the grave.

Sing to the Lord, you servants of God; \*  
give thanks for the remembrance of the holiness of God.

For the wrath of God endures but the twinkling of an eye, \*  
the divine favour for a lifetime.

Weeping may spend the night, \*  
but joy comes in the morning.

You have turned my wailing into dancing; \*  
you have put off my sack-cloth and clothed me with joy.

Therefore my heart sings to you without ceasing; \*  
O Lord my God, I will give you thanks for ever.



*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: Wayfarers All**

O God we wait on you. O God we wait on you.

O God we wait on you. O God we wait on you.

Show us the way home (show us the way home), wayfarers all, Lord (wayfarers all Lord)

Hold us in mercy (hold us in mercy) thro-ough this long night (through this long night)

O God we wait on you. O God we wait on you.

Tom Wuest. Brass Trumpet Publishing / Used With Permission

**The Gospel**

**Amaya Crosby-Shearer & Abigail Humphrey**

Let us proclaim the Gospel from the rooftops!

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

A reading from the Gospel according to Matthew?

Now the birth of Jesus the Messiah[a] took place in this way. When his mother Mary had been engaged to Joseph, but before they lived together, she was found to be pregnant from the Holy Spirit. Her husband Joseph, being a righteous man and unwilling to expose her to public disgrace, planned to divorce her quietly. But just when he had resolved to do this, an angel of the Lord appeared to him in a dream and said, “Joseph, son of David, do not be afraid to take Mary as your wife, for the child conceived in her is from the Holy Spirit. She will bear a son, and you are to name him Jesus, for he will save his people from their sins.” All this took place to fulfill what had been spoken by the Lord through the prophet:

“Look, the virgin shall become pregnant and give birth to a son,  
and they shall name him Emmanuel,”

which means, “God is with us.” When Joseph awoke from sleep, he did as the angel of the Lord commanded him; he took her as his wife.

Let us proclaim the Gospel from the rooftops!

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

*The youth leave with their time with Jake as we sing:*

**Gospel Acclamation: Wayfarers All**

O God we wait on you. O God we wait on you.

O God we wait on you. O God we wait on you.

Gather us in (Gather us in), mender of everything (mender of everything)

Bright mourning dove (Bright morning dove), rise over all of us (rise over all of us)

O God we wait on you. O God we wait on you.

O God we wait on you. O God we wait on you.

Tom Wuest. Brass Trumpet Publishing / Used With Permission

**Sermon**

**Michelle Slater**

*bell + short silence*

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

### **Affirmation of Faith**

[saying together] **We are not alone, we live in God's world.**

**We believe in God: who has created and is creating,  
who has come in Jesus, the Word made flesh,  
to reconcile and make new, who works in us and others by the Spirit.**

**We trust in God.**

**We are called to be the Church:**

**to celebrate God's presence, to live with respect in Creation,  
to love and serve others, to seek justice and resist evil,  
to proclaim Jesus, crucified and risen, our judge and our hope.**

**In life, in death, in life beyond death, God is with us.**

**We are not alone. Thanks be to God.** The New Creed - The United Church of Canada

### **Prayers**

#### **The Confession**

*We name in our hearts that which we confess as we sing together:*

God in all your tender compassion  
The dawn from on high, it will break on us  
Shining on those living in shadow  
Guiding our feet into the way of peace  
You will guide our feet  
You will guide our feet  
You will guide our feet into peace

2021 The Porter's Gate, exclusively distributed by Integrity Music / CCLI

#### **The Assurance or Absolution**

#### **The Peace**

Beloved in Christ, the peace of Emmanuel - God-with-us - 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.*

*Offering: Contributions to our common life can be made at the back of the space  
(now or later) in the boxes or using debit or credit card. You can e-transfer  
donations to [treasurer@emmauscommunity.ca](mailto:treasurer@emmauscommunity.ca) (that's our preferred method) or  
by making a donation to AbbeyChurch / Emmaus via CanadaHelps by using  
the QR Code to the right. All donations are eligible for a charitable tax receipt.*



*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 if you do not wish to receive. All are welcome to Jesus' table (none compelled!) - as you feel ready.*

### **Offertory Song: Joyful Joyful We Adore Thee**

Joyful Joyful We Adore Thee  
Joyful, joyful, we adore Thee,  
God of glory, Lord of love;  
Hearts unfold like flowers before Thee,  
opening to the sun above.  
Melt the clouds of sin and sadness,  
drive the dark of doubt away;  
Giver of immortal gladness,  
Fill us with the light of day.

All Thy works with joy surround thee,  
Earth and heaven reflect Thy rays;  
Stars and angels sing around thee,  
centre of unbroken praise.  
Field and forest, vale and mountain  
Flowery meadow, flashing sea,  
Chanting birds and flowing fountain,  
Call us to rejoice in thee.

Thou art giving and forgiving  
ever blessing, ever blest,  
Well-spring of the joy of living,  
ocean depth of happy rest!  
Source of Grace and fount of blessing  
All who live in love are thine;  
Teach us how to love each other,  
lift us to the joy divine.

Mortals! join this mighty chorus  
which the morning stars began;  
God's own love is reigning o'er us,  
Joining people hand-in-hand  
Ever singing march we onward,  
victors in the midst of strife,  
Joyful music lifts us sunward,  
in the triumph song of life.

H. Dykes / Public Domain.

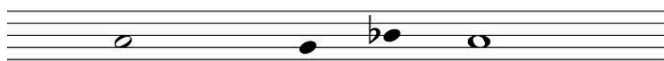
## **We Celebrate**

### **Prayer Over The Gifts**

Let us pray, God of promise, we come to this table from many places. May we who partake of this feast find our hearts kindled by your joy. Filled with your divine love and life, strengthen us to live in expectation for the advent of your Son, Jesus Christ. **Amen**

### **The Great Thanksgiving**

The Lord be with you



C: And al - so with you.

*The responses continue with the same tone:*

Lift up your hearts:

**We lift them up to God**

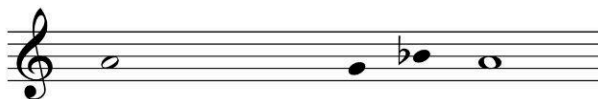
Let us give thanks to the Lord our God

**It is right to give God thanks and praise.**

Holy God how wonderful...

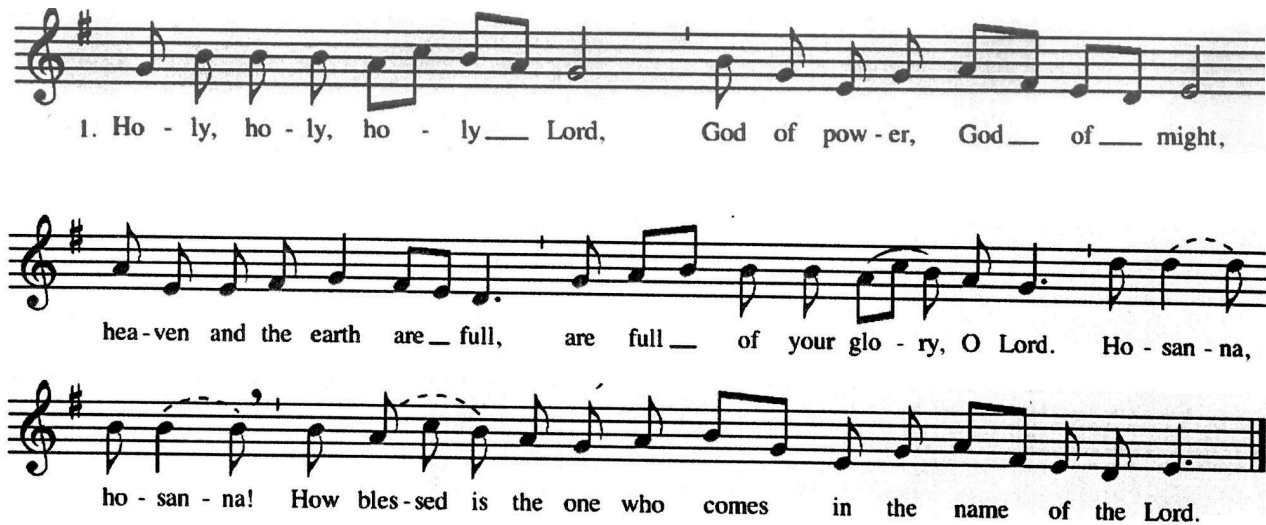
... place at Your table:

...proclaimed liberation for all:



Glory to you fore - ver and ever.

...With the company of heaven and all your creation we sing:



1. Ho - ly, ho - ly, ho - ly\_\_\_ Lord, God of pow - er, God\_\_\_ of\_\_\_ might,  
hea-ven and the earth are\_\_\_ full, are full\_\_\_ of your glo - ry, O Lord. Ho - san - na,  
ho - san - na! How bles-sed is the one who comes in the name of the Lord.

... take, this my body, do this in remembrance of me:



Glory to you fore - ver and ever.

.... Take, this my blood, do this in remembrance of me:



Glory to you fore - ver and ever.

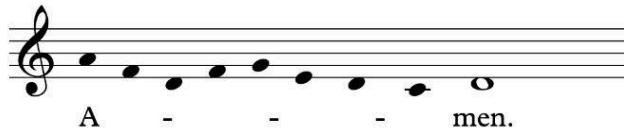
... mystery of faith given to us in Jesus your Child:



2. Praise to you, Lord Je - sus\_\_\_ Christ: dy - ing, you de - stroyed our\_\_\_ death;  
ri - sing, you re - stored our life. Lord Je - sus, come in glo - ry to reign. O come,  
O come,\_\_\_ Em - man - u - el! Lord Je - sus, come in glo - ry to reign.

Send your Holy Spirit...

... 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 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)** - Salt of the Sound / CCLI

### **Communion Song: Give Good Gifts**

Give good gifts one to ano-ther

Peace, joy and com-fort gladly be - stow

Harbor no ill 'gainst sister or bro - ther

Smooth life's journey as you onward go

Broad as the sunshine Free as the showers

So shed an influence Blessing to prove

Give for the no-blest of efforts your powers

Blest and be blest..... Is the law of love

Sister Martha Jane Anderson of the Mount Lebanon, N.Y., Shaker Community -1893

### **Communion Song: The Angel Gabriel**

The angel Gabriel from heaven came,

his wings as drifted snow, his eyes as flame;

"All hail," said he to meek and lowly Mary,

"most highly favored maiden." Gloria!

"I come from heav'n to tell the Lord's decree:

a blessed virgin mother you shall be.

Your Son shall be Immanuel, by seers foretold,

most highly favored maiden." Gloria!



Then gentle Mary meekly bowed her head;  
"To me be as it pleases God," she said.  
"My soul shall laud and magnify his holy name."  
Most highly favored maiden, Gloria!

Of her, Immanuel, the Christ, was born  
In Bethlehem, all on a Christmas morn,  
and Christian folk throughout the world will ever say,  
"Most highly favored maiden." Gloria!

Basque, 18th century, paraphrased Baring-Gould 19th c / Public Domain

### **Prayer after Communion**

Let us pray together, saying: **Generous God, you have come to us in the bread and the cup, in Jesus the Word made flesh, and by the power of your Spirit. As we arise from your table, make us again who we are: the body of Christ, vessels of your hope and peace, joy and love, for the world you love. In Jesus' name we pray. Amen.**

### **The Blessing**

#### **Closing Song: Joy To The World**

Joy to the world; the Lord shall come;  
Let Earth receive her King;  
Let ev'ry Heart prepare him room,  
And Heav'n and nature sing.  
And Heav'n and nature sing.  
And Heav'n and nature sing.

No more let sins and sorrows grow,  
Nor thorns infest the ground;  
God comes to make those blessings flow  
Far as the curse is found.  
Far as the curse is found.  
Far as the curse is found.

Joy to the Earth, the Savior reigns,  
Let all our Songs employ,  
While fields and floods,  
rocks, hills and plains,  
Repeat the sounding joy.  
Repeat the sounding joy.  
Repeat the sounding joy.

God rules the world with truth and grace,  
And makes the nations prove  
The glories of God's righteousness,  
And wonders of God's love.  
And wonders of God's love.  
And wonders of God's love.  
Isaac Watts 1719 alt. / Public Domain

### **The Sending**

Go in joy to walk the way of Jesus.  
**Thanks be to God, Amen.**

#### **Benediction Song: Wait On the Lord**

Wait on the Lord, waiting on the Lord  
We will walk the way of peace  
Wait on the Lord, waiting on the Lord  
We will find our way.

Tom Wuest / Brass Trumpet Publishing / Used With Permission

*We depart gently for this season.  
Feel free to grab more tea, coffee or snacks and mingle.  
QomQem volunteering is happening in the kitchen (all Sundays except Dec 29).*

## **Advent & Christmas at Emmaus and The AbbeyChurch**

Please note that we're going to take a break from weekday prayer  
from December 23 until we re-start on Monday January 6th

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

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

**NEW Wednesdays at 10am - Midweek Communion** - Emmaus/Abbey Church Office

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

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

*Contact us for information on accessible entrance or zoom/liturgies link*

*Mark the date: **Ecumenical Prayer in The Way of Taize** - Friday January 17 at 6pm*

## **AbbeyKids!**



**Dec. 15**  
**Joy**  
**Sunday**

Playing with Advent  
Yoga Shapes & Belly  
Breaths

Exploring Joy  
through dress up  
and searching for a  
star!

Singing our Advent  
Song "I Have Luv"

Hearing the story  
about the Wild Star  
~ Matthew 2:9-10

~ with leader, Tressa

What to expect when you  
come to AbbeyChurch

For children and their grown  
ups at 4pm Sunday worship.

Start with your grown up in  
the Sanctuary. The Sanctuary  
is the big worship room.  
Together, you will pray and  
sing the opening song with  
everyone!

You can help set the Advent  
Altar, then go to The Vestry  
with leader Maya for  
AbbeyKids time. The Vestry is  
our AbbeyKids room. It is very  
close to the sanctuary.  
AbbeyKids time is parallel to  
worship time's readings,  
sermon, passing of the peace.

AbbeyKids return to the  
sanctuary in time for  
Eucharist / Communion. You  
will sit with your grown up  
and can share in this special  
spiritual practice!

Finally, you'll stay with your  
grown up to sing the closing  
worship songs with everyone!

*Dec. 22 is Love Sunday with Tressa ~ Wondering about the Holy Family!*

## **Year-end and Ongoing Donations** **to The AbbeyChurch / The Emmaus Community**

We are so grateful for your presence with us! A huge thank you to everyone who supported our ministry in 2024 and made it possible to continue to thrive in the place God has called us to. If you are interested in donating 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 (PAR)! There's also a point of sale machine at the back table for debit or credit donations. You can also use the CanadaHelps for to donate by using the QR code here. All donations are eligible for a charitable receipt for income tax purposes.



## **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

**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](mailto: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. **NO QomQem on December 29th!**



# Meditative Spiral Walk

self-guided Advent drop-in walk with gentle music

**Saturday December 21 - 5pm-7pm**

United Commons Sanctuary (Formerly First Met)

Quadra and Balmoral

The Spiral Walk will remain open after the Longest Night service ends

## Longest Night Service

for those seeking solace and comfort in this season

**Saturday December 21 - 7pm**

United Commons Sanctuary (Formerly First Met)

Quadra and Balmoral



**The AbbeyChurch**

[www.abbeychurch.ca](http://www.abbeychurch.ca)

The United Church of Canada / The Anglican Church of Canada





# Christmas Eve @ AbbeyChurch

## December 24 at 4pm

United Commons (former First Met) Sanctuary - Quadra & Balmoral  
Car parking on Balmoral or Balmoral Parking Lot. Feel free to bring your bikes inside.

All-ages Christmas worship with  
traditional carols, hot cider  
& inclusive communion in our historic space.



Image: Prince of Peace by Cedar Walton

[www.abbeychurch.ca](http://www.abbeychurch.ca)  
The United Church of Canada / The Anglican Church of Canada



**admin@emmauscommunity.ca [www.abbeychurch.ca](http://www.abbeychurch.ca)**  
**778.557.4166 We would love to connect.**

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