

Advent 4

December 21, 2024 + 4pm



Image: The

Advent Altar in The Vestry

AbbeyKids





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:

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

VERSE

1. Come, Son of God, and make us new; Light of the world, our hearts re-new.
 2. Come, pro-mised since our E-den's end; child of the wo-man, come de-fend.
 3. Come, Son of Man, to show the way. O, through the tears, may we see the day.

Hope in our in-ner dark-ness lies: oh, heal-ing sun of jus-tice rise! —
 Long have we felt the ser-pent's sting: come, strike his head, and mer-cy bring! — O make a way!
 So long did we in dark-ness dwell. Come down to break the chains of hell! —

CHORUS

o-pen wide the gates. O make a way! — through the sor-row and the pain. — O make a way!

— though the road is dark and wind-ing. O — come, come! —

Advent Candle Lighting

As we light the candles hope, peace, and joy today
we reflect on these good gifts from God, for us, God's beloved.

The first three candles are lit, ending with the pink candle.

Today, as we mark the Advent Path with candle flames, we light the fourth candle
and make space for the grace of love.

The fourth candle is lit.

Love casts out fear, repels all the 'isms' of our time - scatters the proud, fills the hungry with good food, sends the rich away - and lifts up the aching and the lowly.

We hear the call to reflect God's love to all creation. *United Church of Canada / RS alt.*

Let us pray, saying together:

Eternal Wisdom, creating, ordering, and saving, we give thanks that we have seen you in the selfless love of Jesus Christ. Now reign within our minds and hearts, and mobilize our wills, that by your power and through our hands this world may be re-made to be the garden and the city of your glory. We ask this in the name of Jesus Christ, Love Incarnate. Amen. *The Anglican Church of Canada, alt.*

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

I have love and my house does too
I have love and my house does too
There is love under my bed
There is love over my head
I have love and my house does too
Linnea Good / I Hav Luv / c Linnea Good / CCLI

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

The Poem - Annunciation by Scott Cairns Selected by Reba Yeo, Poet-in-Residence

Deep within the clay, and O my people
very deep within the wholly earthen
compound of our kind arrives of one clear,
star-illuminated evening a spark igniting
once again the tinder of our lately
banked noetic fire. She burns but she
is not consumed. The dew lights gently,
suffusing the pure fleece. The wall comes down.
And—do you feel the pulse?—we all become
the kindled kindred of a King whose birth
thereafter bears to all a bright nativity

*You are invited to chant along the words of this ancient song
- or let the words flow over you*

The Psalm - Psalm 80 *Qui regis Israel*

1 Hear, O Shepherd of Israel, leading Joseph like a flock; *
shine forth, you that are enthroned upon the cherubim.
2 In the presence of Ephraim, Benjamin, and Manasseh, *
stir up your strength and come to help us.
3 Restore us, O God of hosts; *
show the light of your countenance, and we shall be saved.
4 O Lord God of hosts, *
how long will you be angered despite the prayers of your people?
5 You have fed them with the bread of tears; *
you have given them bowls of tears to drink.
6 You have made us the derision of our neighbours, *
and our enemies laugh us to scorn.
7 Restore us, O God of hosts; *
show the light of your countenance, and we shall be saved.

*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

Let us proclaim the Gospel from the rooftops!

With our words and with our lives!

A reading from the Gospel according to Matthew

In those days Mary set out and went with haste to a Judean town in the hill country, where she entered the house of Zechariah and greeted Elizabeth. When Elizabeth heard Mary's greeting, the child leapt in her womb. And Elizabeth was filled with the Holy Spirit and exclaimed with a loud cry, "Blessed are you among women, and blessed is the fruit of your womb. And why has this happened to me, that the mother of my Lord comes to me? For as soon as I heard the sound of your greeting, the child in my womb leapt for joy. And blessed is she who believed that there would be a fulfilment of what was spoken to her by the Lord." And Mary said,

"My soul magnifies the Lord,
and my spirit rejoices in God my Savior,
For God has looked with favour on the lowly state of God's servant.
Surely from now on all generations will call me blessed,
for the Mighty One has done great things for me,
and holy is God's name;
indeed, God's mercy is for those who fear God
from generation to generation.
God has shown strength with God's arm;
God has scattered the proud in the imagination of their hearts.

God has brought down the powerful from their thrones
and lifted up the lowly;
God has filled the hungry with good things
and sent the rich away empty.
God has come to the aid of God's child Israel,
in remembrance of God's mercy,
according to the promise God made to our ancestors,
to Abraham and to his descendants forever."
...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

Reba Yeo

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

Our Prayers

Lynn Mills

Prayer response: ...**Come down, come in, come among us, and make us whole.**

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 (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: Canticle of the Turning (The Magnificat)

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.

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 love supreme. Filled with your divine love and life, strengthen us to live in expectation for the advent of 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

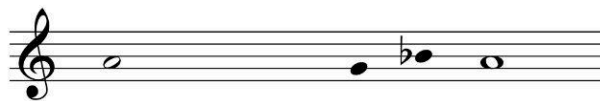
Let us give thanks to the Lord our God

It is right to give God thanks and praise.

Holy God how wonderful...

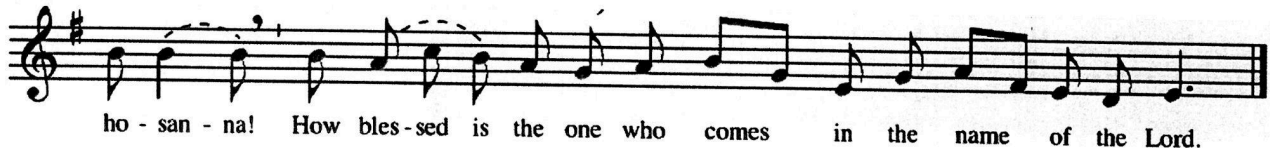
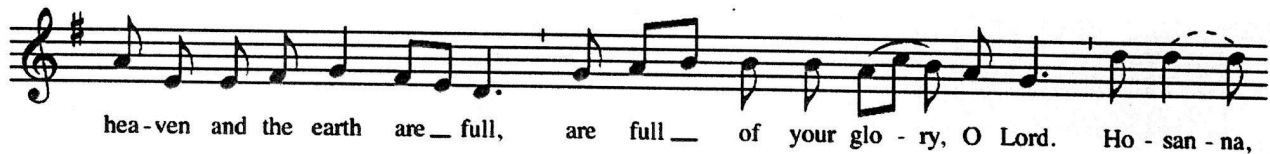
... place at Your table:

...proclaimed liberation for all:



Glory to you fore - ver and ever.

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

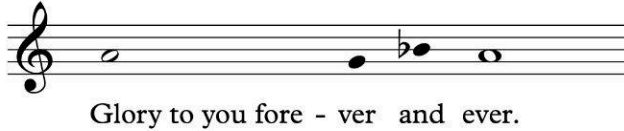


... take, this my body, do this in remembrance of me:



Glory to you fore - ver and ever.

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

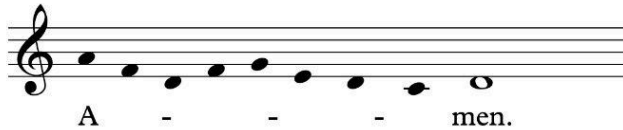


... mystery of faith given to us in Jesus your Child:



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: Mother Mary

Refrain: Mother Mary pray for us
Who laugh, who love, who dance
and sing Into the dawn
Pray for us who see the rocks
As wise old beings sheltering an ancient wisdom
Mother Mary pray for us. Mmmhmm. Mother Mary pray for us.

I remember sitting on the steps with you
as the sun came up
Never having gone to bed
We were looking for trees to climb that night
Riding double on your banana seat bike
Carrying a magnum of cheap wine in one hand
Navigating the world with the other. *refrain.*

Love comes round and round in its own way
So everything you ever did feels like it begins today
Mother Mary pray for us. O Mother Mary pray for us.

Amidst the quiet
The water is just a ripple beyond glass
Soft voices and the echo of wings flapping. *Refrain.*
Beth Miller original. Her Sweet Time. c 2006 Beth Miller

Communion Song: Lo, How A Rose E're Blooming

Lo, how a Rose e're blooming
From tender stem hath sprung!
Of Jesse's lineage coming,
As those of old have sung.
It came, a flower bright,
Amid the cold of winter,
When half spent was the night.

Isaiah 'twas foretold it,
This Rose I have in mind,
With Mary we behold it,
The Virgin Mother kind.
To show God's love aright,
She bore to us a Saviour,
When half spent was the night.

O Flow'r, whole fragrance tender
With sweetness fill the air,
Dispel in glorious splendour
The despair eve'ry where.
True man, yet very God,
Fro sin and death now save us,
And share our ever'ry load.
Theodore Baker (translator) / Public Domain.

Communion Song (if needed): The Magnificat / Holy Is Your Name

My soul proclaims the greatness of the Lord
And my spirit exalts in God my Savior
For You have looked with mercy
on my lowliness
And my name will be forever exalted.
For the mighty 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've lifted up the meek and the lonely
You have come to help Your servant Israel
You have remembered
Your promise to our forebears
And holy, holy, holy is Your name! (x2)
John Michael Talbot/1980 Troubadour For The Lord/CCLI, alt.

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: Tell Out My Soul / All You Need Is Love / Let It Be

Tell out my soul, the greatness of the lord
Unnumbered blessings give my spirit voice
Tender to me the promise of God's word
In God my saviour shall my heart rejoice

Tell out, my soul, the greatness of God's name
Make known God's might,
the deeds God's arm has done
God's mercy sure, from age to age the same
God's holy name the lord, the mighty one

Tell out my soul, the greatness of God's sight
Pow'rs and dominions lay their glo--ry by
Proud hearts and stubborn wills
are put to flight
The hungry fed, the humble lift-----ed high

Tell out, my soul, the glories of God's word
Firm is God's promise, and God's mer--cy sure
Tell out, my soul, the greatness of the lord
To children's children and forev-----ermore

Love love love. Love love love. Love love love.
There's nothing you can do that can't be done
Nothing you can sing that can't be sung
Nothing you can say
but you can learn how to play
the game. It's easy

All you need is love. All you need is love
All you need is love

When I find myself in times of trouble,
Mother Mary comes to me
Speaking words of wisdom, let it be
And in my hour of darkness, she is
standing right in front of me
Speaking words of wisdom, let it be
Let it be, let it be, let it be, let it be
Whisper words of wisdom, let it be

And when the broken hearted people
living in the world agree
There will be an answer, let it be
For though they may be parted,
there is still a chance that they will see
There will be an answer, let it be

...
And when the night is cloudy
there is still a light that shines on me
Shinin' until tomorrow, let it be
I wake up to the sound of music,
Mother Mary comes to me
Speaking words of wisdom, let it be
Timothy Dudley-Smith / Hope Publishing / OneLicense
and Lennon/McCartney / Capitol Records / Apple Music

The Sending

Go in love 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.

Christmas Eve happens at 4pm.

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

Christmas Eve - Dec 24th 4 pm

Christmas Dinner Potluck - Dec 25th (talk to Matt for location and time)

No public worship on December 29th!

Weekly Prayer

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

Resuming 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.

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 Taizé - Friday January 17 at 6pm





AbbeyKids!

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

Love Sunday

Playing with Advent
Yoga Shapes & Belly
Breaths

Exploring Love with
the cow and donkey,
and the Holy Family

Singing our Advent
Song "I Have Luv"

Hearing the story
of their arrival
to Bethlehem ~
Luke 2:4-7

~ with leader, Tressa

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 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

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!



night outreach
A collaborative project between:
QomQem, NPNA, SOLID, & AbbeyChurch

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

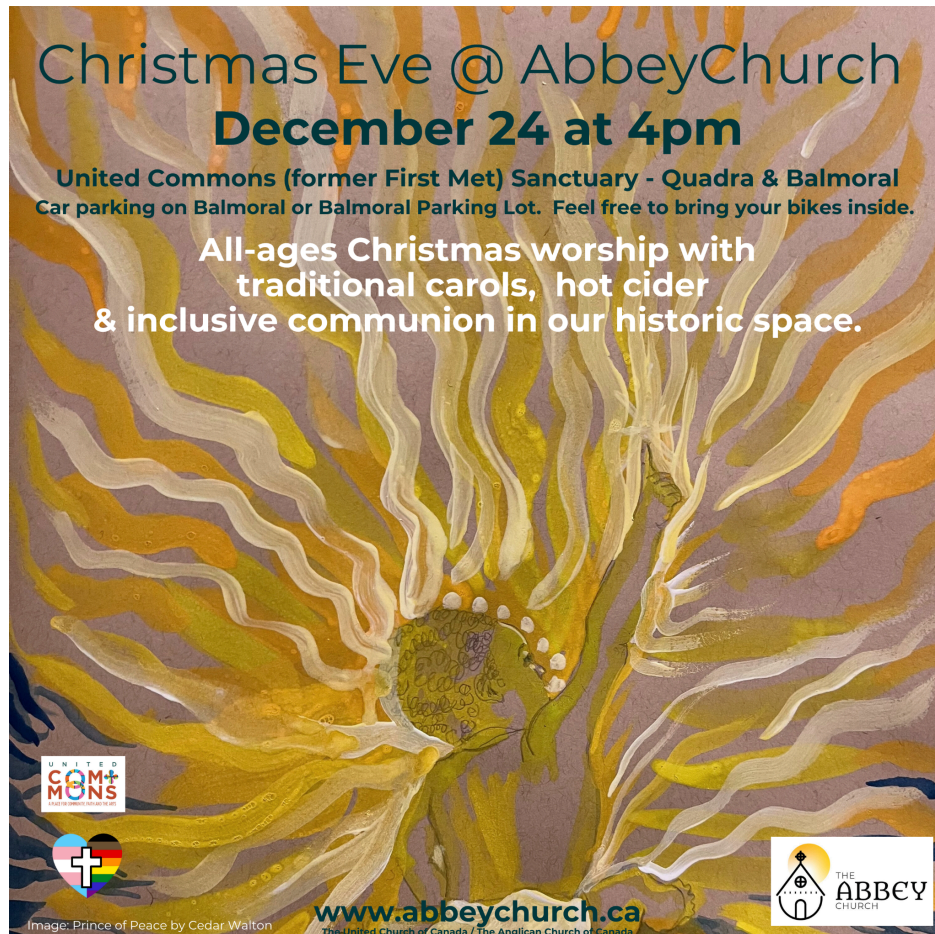
NON PERISHABLE FOOD URGENTLY NEEDED!

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



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.

UNITED COMMONS
A COMMUNITY OF CHURCHES

THE ABBEY CHURCH

www.abbeychurch.ca
This United Church of Canada / The Anglican Church of Canada

Image: Prince of Peace by Cedar Walton

admin@emmauscommunity.ca www.abbeychurch.ca
778.557.4166 We would love to connect.

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