

Second Sunday after Pentecost
June 22, 2025 + 4pm



Arthur Robins, *Jesus Healing*, oil on canvas, 2020.



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 (full inclusion and leadership of 2SLGBTQIA+ folk) 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.

The AbbeyChurch acknowledges that we worship and pray on the stolen territory of the Lək'wəḡən 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.

We Gather

Welcome & Land Acknowledgement

Gathering Words

God of every season
of life and death and resurrection

Renew our hearts and minds

God of promise
of all beginnings
and all endings

Renew our hearts and minds

God of hope
of new growth
and harvest

Renew our hearts and minds

We pause to listen...

For the beat of your Presence in all things

Pulsing in the light of distant galaxies

Sounding in the depths of our soul

Vibrating in each vein of Earth's body

One sound as vast as the universe

One universe filled with Presence

One life within every life

In the darkness of night, in the stillness that surrounds us

In the unknown depths of our being

We pause to listen...

Praying with the Earth by John Philip Newell, Alt.

Bell

Come, let us worship the God of all creation!

Please rise in body or in spirit as we sing, and our community altar is set.

Opening Song: Praise the One Who Breaks the Darkness

Praise the one who breaks the darkness with a liberating light.

Praise the one who frees the prisoners, turning blindness into sight.

Praise the one who preached the Gospel, healing every dread disease,
calming storms and feeding thousands with the very bread of peace.

Praise the one who blessed the children with a strong yet gentle word.

Praise the one who drove out demons with a piercing two-edged sword.

Praise the one who brings cool water to the desert's burning sand.

From this well comes living water, quenching thirst in every land.

Praise the one true love incarnate: Christ who suffered in our place.

Jesus died and rose for many that we may know God by grace.

Let us sing for joy and gladness, seeing what our God has done.
Praise the one redeeming glory, praise the One who makes us one.
Rusty Edwards, 1987, Hope Publishing Co., ONE LICENSE.

The Poem - St John the Baptist - Midsummer Sonnet - Malcolm Guite

Love's hidden thread has drawn us to the font,
A wide womb floating on the breath of God,
Feathered with seraph wings, lit with the swift
Lightening of praise, with thunder over-spread,
And under-girded with an unheard song,
Calling through water, fire, darkness, pain,
Calling us to the life for which we long,
Yearning to bring us to our birth again.
Again the breath of God is on the waters
In whose reflecting face our candles shine,
Again he draws from death the sons and daughters
For whom he bid the elements combine.
As living stones around a font today,
Rejoice with those who roll the stone away.

We Proclaim

A Reading from the letter to the Galatians (3:23-29)

Now before faith came, we were imprisoned and guarded under the law until faith would be revealed. Therefore the law was our disciplinarian until Christ came, so that we might be justified by faith. But now that faith has come, we are no longer subject to a disciplinarian, for in Christ Jesus you are all children of God through faith. As many of you as were baptized into Christ have clothed yourselves with Christ. There is no longer Jew or Greek, there is no longer slave or free, there is no longer male and female; for all of you are one in Christ Jesus. And if you belong to Christ, then you are Abraham's offspring, heirs according to the promise.
The word of the Lord. **Thanks be to God.**

The Psalm: As the Deer

As the deer pants for the water, so my soul longs after you;
You alone are my heart's desire and I long to worship you.

Chorus: You alone are my strength, my shield,
To you alone may my spirit yield,
You alone are my heart's desire, and I long to worship you!

Day and night I cry, my heart is breaking, tears my only food;
While my enemies jeer and taunt me, saying "Where now is your God?" Chorus

Why am I so sad, so troubled, why must suffering be so long?
I will hope in you, my God and saviour, praise you with a song!" Chorus

I want You more than gold or silver - Only You can satisfy
You alone are the real joy-giver and the apple of my eye. Chorus
Words by Martin Nystrom (1983 Maranatha music) with additional verses by Lydia Pedersen (1995).

You are invited to rise in body or spirit as we prepare our hearts to hear the gospel:

Gospel 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 / © 1935, 1963 Birdwing Music / One License / Voice United

The Gospel

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

A reading from the Gospel according to Luke: Then they arrived at the region of the Gerasenes, which is opposite Galilee. As Jesus stepped out on shore, a man from the city who had demons met him. For a long time he had not worn any clothes, and he did not live in a house but in the tombs. When he saw Jesus, he cried out and fell down before him, shouting, "What have you to do with me, Jesus, Son of the Most High God? I beg you, do not torment me," for Jesus had commanded the unclean spirit to come out of the man. (For many times it had seized him; he was kept under guard and bound with chains and shackles, but he would break the bonds and be driven by the demon into the wilds.) Jesus then asked him, "What is your name?" He said, "Legion," for many demons had entered him. They begged him not to order them to go back into the abyss.

Now there on the hillside a large herd of swine was feeding, and the demons begged Jesus to let them enter these. So he gave them permission. Then the demons came out of the man and entered the swine, and the herd stampeded down the steep bank into the lake and was drowned.

When the swineherds saw what had happened, they ran off and told it in the city and in the country. Then people came out to see what had happened, and when they came to Jesus, they found the man from whom the demons had gone sitting at the feet of Jesus, clothed and in his right mind. And they became frightened. Those who had seen it told them how the one who had been possessed by demons had been healed. Then the whole throng of people of the surrounding region of the Gerasenes asked Jesus to leave them, for they were seized with great fear. So he got into the boat and returned. The man from whom the demons had gone out begged that he might be with him, but Jesus sent him away, saying, "Return to your home, and declare how much God has done for you." So he went away, proclaiming throughout the city how much Jesus had done for him. (LUKE 8:26-39)

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

Gospel Acclamation: Spirit of the Living God

Spirit of the living God, move among us all,
Make us one in heart and mind, make us one in love;
Humble, caring, selfless, sharing
Spirit of the living God, fill our lives with love!"

Michael Boughen / © 1982 One License / Voices United

Sermon

Matt Humphrey

Bell. Silence for reflection. Bell.

Please rise in body or in spirit as we affirm our faith and remember our ancient Story of trust.

Credo

**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. Amen.** *The United Church of Canada, 1968, rev.*

Our Prayers

Confession

Let us pray
Holy One, there are barren places in our lives where we have wandered far from you and
turned from your outstretched hand.

Silence

**God our Saviour, forgive our wandering, quench our thirst, and let your love well up in
us unto eternal life.**

Absolution or Assurance of Grace

The Peace

Beloved in Christ, the peace of Christ be with you all! **And also with you.**
You are invited to share a sign of peace to those near you.

*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 donate to AbbeyChurch / Emmaus
via CanadaHelps by using the QR Code on the last page of this leaflet.
All donations are eligible for a charitable tax receipt.*

The Offertory Song: Look down low

Your power is working through the weak
Your wisdom is speaking through foolish things
The last, the lost, the least
You're building your kin*dom with these

For You Lord sit up high
But You look down low, You look down low
You O Lord sit up high
But You look down low, You look down low
For You reign forever and ever with Your righteous hand
You're the Alpha and Omega but You look down low

Your spirit is moving on the earth
Your glory is found with those who serve
The humble, poor, and meek
You're building your kin*dom with these (refrain)

Paul Zach, Jessica Fox, Justin Hendrix, 2021 Integrity Music. CCLI.

We Celebrate

As we prepare for this holy feast, we are reminded that all are welcome at Jesus's wherever they find themselves in their spiritual journey. If you wish to come forward to receive a blessing rather than bread and wine, place your hands across your chest.

Invitation to the Table

Beloveds of God, we are invited to come and gather at the table of love and liberation, to feast on the dreams of God, to be nourished by but a taste of what God desires to do among us.*

Let us pray, God you see us and know our deepest hungers, receive all we off you today - our gifts and our lives and fill us with the abundance of your Spirit. For we answer your call to this table in Jesus' name. **Amen**

(m.jade kaiser - enfleshed)

The Great Thanksgiving / Communion

God is with you.

And also with you.

Lift up your hearts.

We lift them up to God.

Let us give thanks to the God of Love

It is right to give our thanks and praise.

You are worthy of blessing and praise, O God of our salvation.

You speak, and creation comes to life. You breathe, and we are filled with your Holy Spirit.

You come with healing in your wings to loosen the bonds of oppression. And when we tend toward despair, you break upon us like the dawn, and your touch gives us life.

And so we give you thanks that you have shown the greatness of your love by sending your Son Jesus Christ to share our fragile flesh and bear our every burden.

He suffers with the sick, the injured and the dying. By his passion and death he rescues us from evil and binds up every wound. Therefore with angels and archangels and all the company of earth and heaven we raise our thankful voices and sing

Holy, holy, holy Lord, God of power and might,

Heaven and earth are full of your glory. Hosanna in the highest.

+Blessed is the One who comes in the name of the Lord.

Hosanna in the highest.

It is right to lift our voices in praise, for at table with his companions. Jesus took bread and blessed it and broke it and gave it to them and saying "This bread is my body, given for you, do this in remembrance of me."

As supper was ending, he blessed the wine and gave it to them saying, "This is the blood of the new covenant given for you and for many that sins may be forgiven, do this as often as you drink it, in remembrance of me. Therefore we proclaim the mystery of our faith.

Christ has died, Christ is risen, Christ will come again x 2

Send your Holy Spirit upon us and upon these gifts that they may become for us the body and blood of Christ. As we eat and drink, may we know the touch of your liberating love and be held in your mercy. Through Christ, with Christ and in Christ in the unity of the Holy Spirit all honour and glory are yours Triune God, now and forever. **Amen**

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 is kept

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 crackers). The juice is in the small cups. Wine is in the larger common cup. Please refrain from dipping the bread.

Song (pre-recorded): **Agnus Dei / Lamb of God** - Gregorian Chant

Communion Song: Wisdom and Grace

Refrain: Teach us to number our days
That we may apply our hearts to Your ways
Teach us to number our days
With wisdom and grace.

You've been our home and our dwelling
Our place in all generations.
Before the earth or the mountains were formed,
Lord, You were God. *Refrain.*

Now the span of our lives,
It is made of sorrow and labor
As the days pass away like the grass
How soon we are gone. *Refrain.*

O let the work of our hands,
Set Your favor upon us.
O establish the word of our hands,
May Your kingdom come! *Refrain.*
Sandra McCracken Drink Your Tea Music 2015 / CCLI

Communion Song: One bread, One body

(Chorus) One bread, one body,
one Lord of all
One cup of blessing which we bless
And we though many,
throughout the earth
We are one body in this one Lord.

Gentile or Jew, servant or free
Woman or man, no more. -Chorus

Many the gifts, many the works
One in the Lord, of all. -Chorus

Grain for the fields, scattered and grown
Gathered to one, for all. -Chorus

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We Are Sent

The Prayer After Communion

Let us pray together: **Holy One, by the bread of heaven and the cup of life, you make us one body. Bind us together by your spirit that we might walk centred in Christ and rich in compassion, commitment, courage, and care. May it be so. Amen.**

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 of God...

Closing Song: What a Friend we have in Jesus

What a friend we have in Jesus,
All ours sins and griefs to bear,
What a privilege to carry
Everything to God in prayer!
O what peace we often forfeit,
O what needless pain we bear,
All because we do not carry
Everything to God in prayer!

Have we trials and temptations?
Is there trouble anywhere?
We should never be discouraged;
Take it to the Lord in prayer.
Can we find a friend so faithful
Who will all our sorrows share?
Jesus knows our every weakness;
Take it to the Lord in prayer.

Are we weak and heavy laden,
Cumbered with a load of care?
Precious Saviour still our refuge;
Take it to the Lord in prayer.
Do thy friends despise forsake thee?
Take it to the Lord in prayer!
In His arms He'll take and shield thee;
Thou wilt find a solace there.

Joseph Medlicott Scriven (1855) Public Domain.

Go in the peace of Christ, to love God and live the Gospel.

Thanks be to God! Amen.

COMING UP:

Next Potluck: Sunday June 29 after worship

Worship in July and August will happen every other week:

We'll gather on Sundays, *July 6 & 20 and August 3 & 17*
- all at 4pm here in the AbbeyChurch Sanctuary.

WANNA CHAT? Reach out to us at admin@emmauscommunity.ca

WEEKLY NEWSLETTER - Have you subscribed to our weekly e-newsletter? We have recently learned that some shaw.ca emails are not receiving the newsletters - if you are missing them, please re-subscribe with a new email here:
<https://www.abbeychurch.ca/subscribers>

Weekday Prayer

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 the accessible entrance or zoom/liturgies link

Stay tuned for possible changes for July and August...

Donations to our Common Life and Ministry

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. Or give through Canadahelps by clicking the QR code here: All donations are eligible for a charitable receipt for income tax purposes.



**admin@emmauscommunity.ca +
www.abbeychurch.ca**

778.557.4166 We would love to connect.

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