



Advent I

November 30th, 2025 - 4pm

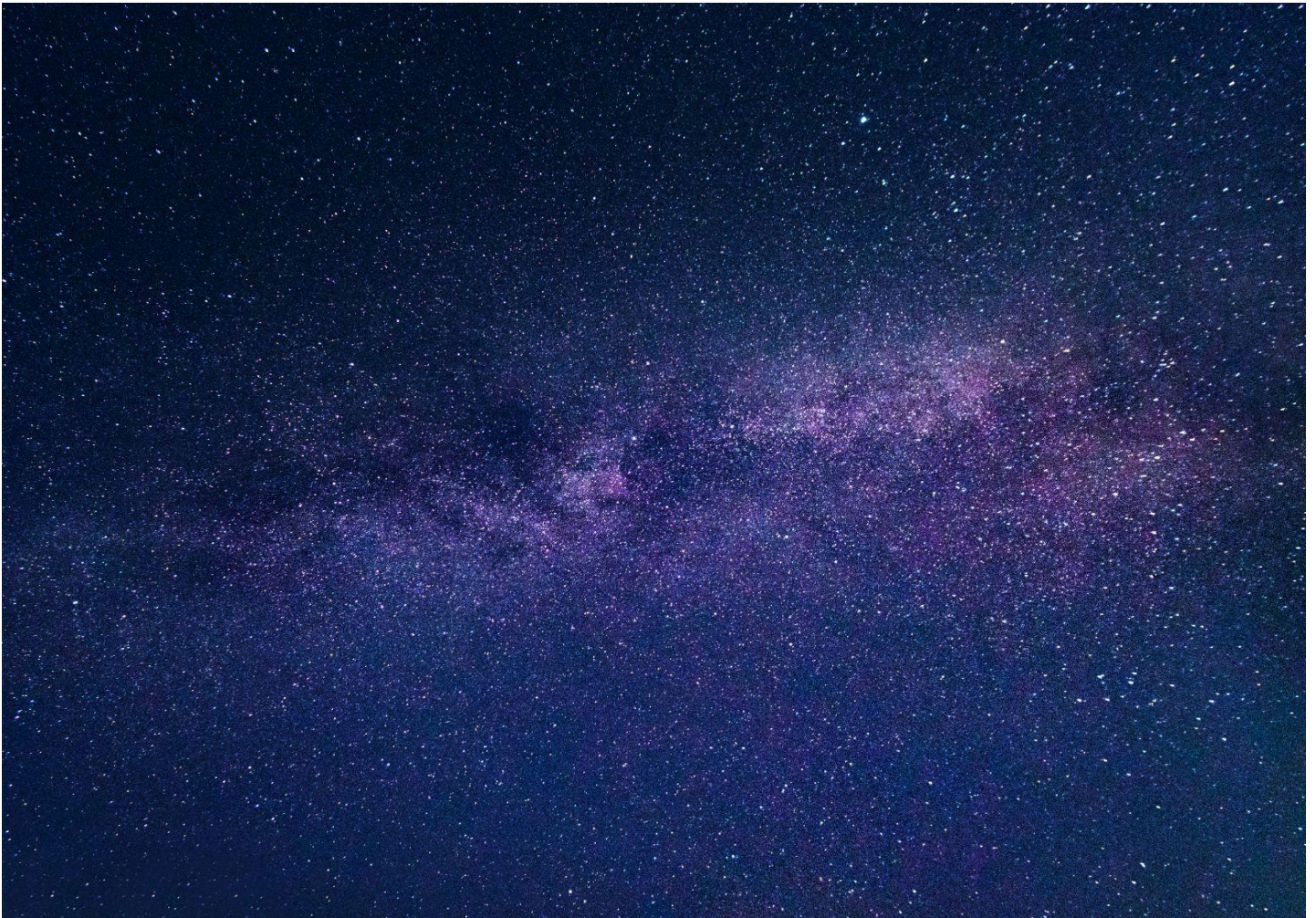


Photo by Felix Mittermeier on Unsplash



Welcome to The AbbeyChurch

***No matter who you are or what you are carrying today,
know you are beloved and so very welcome here in Jesus' name.***

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, uncertain, 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.

Land Acknowledgement

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 pause in silence to remember and to recall the land under our feet, the hidden rivers, the trees and flowers and shifting seasons. 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

Opening Loop and Tolling of the Bells

A Vision of the Prophet Isaiah (2:1-5)

In days to come

the mountain of the LORD's house
shall be established as the highest of the mountains
and shall be raised above the hills;
all the nations shall stream to it.

Many peoples shall come and say,
"Come, let us go up to the mountain of the LORD,
to the house of the God of Jacob,
that he may teach us his ways
and that we may walk in his paths."

For out of Zion shall go forth instruction
and the word of the LORD from Jerusalem.

He shall judge between the nations
and shall arbitrate for many peoples;
they shall beat their swords into plowshares
and their spears into pruning hooks;
nation shall not lift up sword against nation;
neither shall they learn war any more.

O house of Jacob,
come, let us walk
in the light of the LORD!

Welcome Song / Lighting the Candle(s):

Wel - come to this sa - cred place. We all join to share this space.

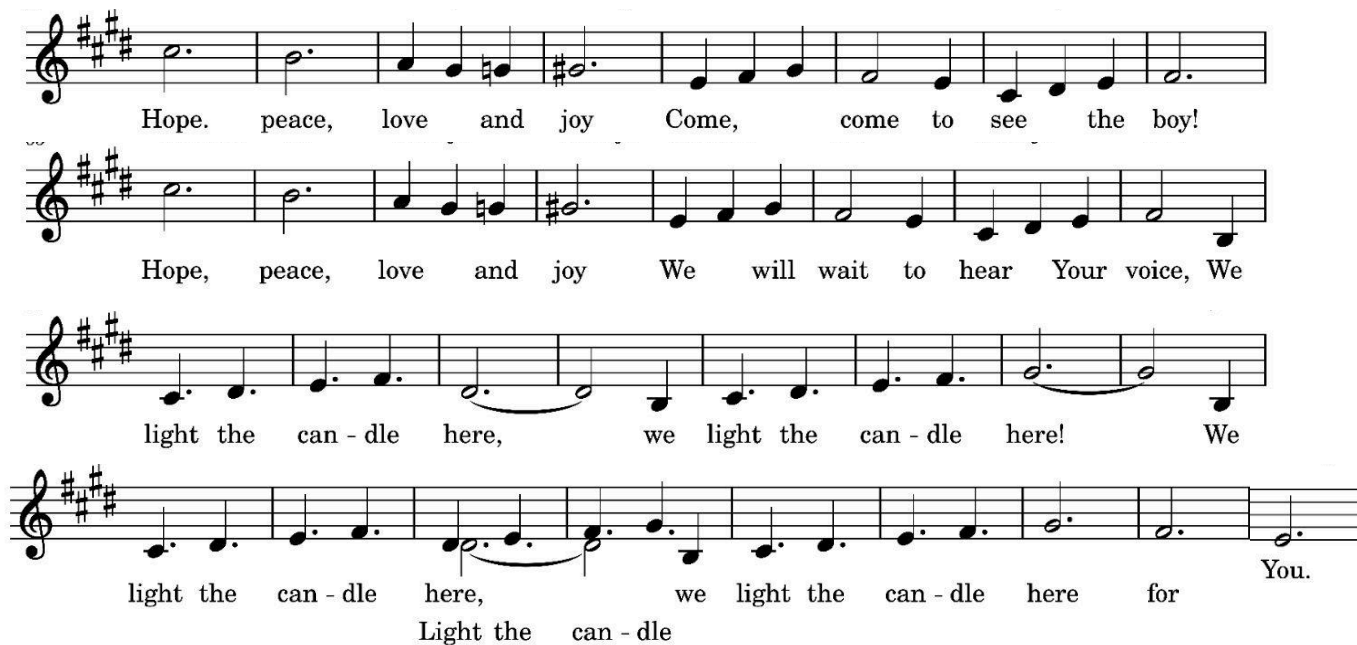
All are pre - cious in His sight. Here we come to share His light. We

light the can - dle here, we light the can - dle here!

Here we are now ga - thered as one. Here we will wait for Your son.

In this ad - vent sea - son this year we will wait, we fe - el You near. We

light the can - dle here, we light the can - dle here!



Ruby Cloud Iris 2024

Opening Song / Processional: O Come O Come Emmanuel

O come, O come, Emmanuel,
and ransom captive Israel
that mourns in lonely exile here
until the Son of God appear.

O come, O come, thou Lord of might,
who to your tribes on Sinai's height
in ancient times didst give the law
in cloud and majesty and awe. *R*

Refrain: Rejoice! Rejoice! Emmanuel
shall come to you, O *Israel.

O come, thou Rod of Jesse's stem,
from every foe deliver them!
That trust thy might power to save,
and give them victory o'er the grave. *R*

O come, O Wisdom from on high,
who order'st all things mightily;
to us the path of knowledge show
and teach us in her ways to go. *R*

Latin, c. 12th century; Ancient Antiphons (Latin), versified in
18th century by Neale. Public Domain.

* when we sing of 'Israel' - literally meaning 'one who wrestles with God' - we speak of multiple understandings - including the ancient and modern Hebrew peoples. We are not advocating the actions of the modern state of Israel.

The Poem

chosen by Molly LeBlanc - Poet-in-Residence

We Proclaim

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

The Gospel Acclamation: Make a Way

Come, Son of God, and make us new - Light of the world, our hearts renew
Hope in our inner darkness lies - Oh, healing sun of justice rise
Oh, make a way, open wide the gates
Oh, make a way through the sorrow and the pain
Oh, make a way, though the road is dark and winding Oh, come, come.

Paul Zach / Isaac Wardell / Kate Bluett - Porter's Gate . CCLI.

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 (24:36-44)

But about that day and hour no one knows, neither the angels of heaven, nor the Son, but only the Father. For as the days of Noah were, so will be the coming of the Son of Man. For as in those days before the flood they were eating and drinking, marrying and giving in marriage, until the day Noah entered the ark, and they knew nothing until the flood came and swept them all away, so too will be the coming of the Son of Man. Then two will be in the field; one will be taken and one will be left. Two women will be grinding meal together; one will be taken and one will be left. Keep awake therefore, for you do not know on what day your Lord is coming. But understand this: if the owner of the house had known in what part of the night the thief was coming, he would have stayed awake and would not have let his house be broken into. Therefore you also must be ready, for the Son of Man is coming at an unexpected hour.

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

Gospel Acclamation (Repeated)

Oh, make a way, open wide the gates

Oh, make a way through the sorrow and the pain

Oh, make a way, though the road is dark and winding

Oh, come, come.

Sermon

Rev. Michelle Slater

Bell. Silence for reflection. Bell.

Affirmation of Faith: The Magnificat

Please rise in body or in spirit as we join with Mary in proclaiming a vision of God's promise:

This is Ma - ry's song: The

Might - y one has done great things for me, and

ho - ly is His name, ho - ly is his name. The

Might - y one has done great things for me, and

to verses:
ho - ly is His name, our God. God.

1. My soul mag - ni - fies the Lord, and my
 2. He has shown strength with his arm. He has
 3. My God lifts the hum - ble soul. He has

spi - rit re - joi - ces in God.
 brought down the po - wer - ful from their thrones.
 freed the op - press - ed young and old.

For he has fa - voured the low - ly,
 He has lift - ed the low - ly.
 Mo - ther Fa - ther of us all - .

and gen - er - a - tions will call me blessed. The
 He filled the hun - gry with good things.
 In his fa - mi - ly we be - long.

Ruby Cloud Iris 2024

Our Prayers

The Confession

A voice cries out in the wilderness, 'Make straight the way of the Lord.'
 So let us listen, and turn to the Lord in penitence and faith.

Silence

God of all: **We prepare our hearts for the coming of your Son, confessing our sins, of thought, word and deed, and our failures of indifference and inaction. Forgive our sins, cleanse our hearts, and keep us faithful for the coming of your Son, Jesus Christ our Lord. Amen.**

The Absolution / Assurance of Grace

God of all consolation, forgive us and deliver us, heal us and strengthen us by your Spirit, and raise us to new life in Christ our Lord. **Amen.** *Church of England, Alt.*

The Peace

In the tender compassion of our God,
 the dawn from on high shall break upon us,
 to give light to those who dwell in the shadow of death
 and to guide our feet into the way of peace. (Luke 1:78-79)

The peace of Emmanuel, God With Us, 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: Come Thou Long Expected Jesus

Come Thou long expected Jesus
born to set Thy people free
From our fears and sins release us,
let us find our rest in Thee
Israel's strength and consolation
hope of all the earth Thou art
Dear desire of every nation -
Joy of every longing heart

Joy to those who long to see thee,
Dayspring from on high, appear;
come, thou promised Rod of Jesse,
of thy birth we long to hear!
O'er the hills the angels singing
news, glad tidings of a birth:
""Go to Christ, your praises bringing;
Christ the Lord has come to earth.""

Come to earth to taste our sadness,
You whose glories know no end;
by your life you brings us gladness,
our redeemer, Shepherd, Friend,
Leaving riches without number,
born a refugee, born the least;
this the everlasting wonder,
Christ come be the Lord of Peace.

Born Thy people to deliver,
born a Child and yet a King
Born to reign in us forever,
now Thy gracious kingdom bring
By Thine own eternal Spirit,
rule in all our hearts alone
By Thine all sufficient merit
raise us to Thy glorious throne.

Vs 1, 4 Charles Wesley / public domain / tune: hyfrydol. Vs 2-3, Mark E. Hunt, alt. / IVCF / 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.

Prayer Over The Gifts

God of love and power, your word stirs within us the expectation of the coming of your Son. Accept all we offer you this day, and sustain us with your promise of eternal life. We ask this in the name of Jesus Christ our Lord. **Amen.**

The Great Thanksgiving

The Lord be with you.



C: And al - so with you.

Li-i-i-ift up your hearts

We lift them up to God

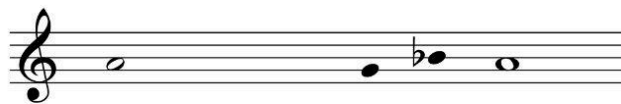
Let us give thanks to the *Lord our God.

It is right to give God thanks and praise.

Ho-o-oly God, how wonderful is the *work of your hands!

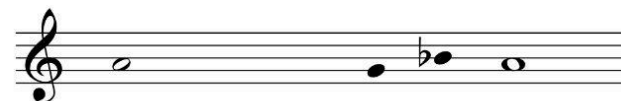
From the beginning your light has shone forth / bringing *order out of chaos /
and life in the *midst of death.

When we fled from you / you sought us out and gathered us like a *mother sheep /
covered us in your mercy / and set us a place at your table.



Glory to you fore - ver and ever.

Your holy prophets longed that you might tear the *heavens and come down / and so in
tenderness, you sent Jesus, born of Mary, to be Emmanuel - God with us.
As one of us/Jesus healed the sick and ate with *outcasts and sinners/ he opened the eyes
of the blind and proclaimed liberation for all.

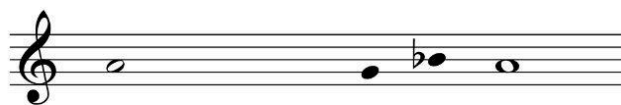


Glory to you fore - ver and ever.

You have sent your Holy Spirit as a mighty stream, to refresh and renew the *face of the
earth/ Therefore with the company of heaven and all of your creation *we sing:

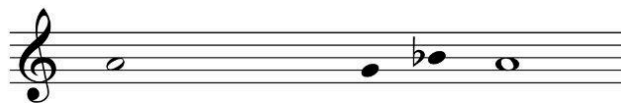
A musical score for a hymn in treble clef with a key signature of one sharp (F#). The melody is written on three staves. The lyrics are: '1. Ho - ly, ho - ly, ho - ly Lord, God of pow - er, God of might, hea - ven and the earth are full, are full of your glo - ry, O Lord. Ho - san - na, ho - san - na! How bles - sed is the one who comes in the name of the Lord.'

While Jesus was eating with his disciples/ he took a *loaf of bread/ and after blessing it,
broke it/ gave it *to them, and said/ "Take, this is my body / Do this in remem*brance of
me."



Glory to you fore - ver and ever.

As supper was ending / Jesus took the wine and after blessing it/ poured it, gave it *to them
and said / take, this is *my blood / do this in reme*mbrance of me.



Glory to you fore - ver and ever.

Holy God we give you thanks /for the mystery of faith given to us / in Jesus your Child:



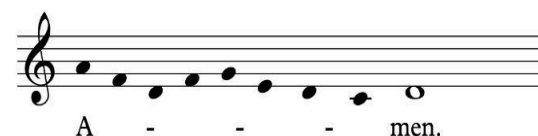
2. Praise to you, Lord Je - sus__ Christ: dy - ing, you de - stroyed our__ death;

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.

Se-e-nd your Holy Spirit upon us /and upon these gifts of *bread and wine /that they may be to us the Body and *Blood of your Christ / As we stay alert for signs of your coming O God / stir up our hearts and infuse us with Your hope (peace, joy, love).

As grain was scattered across this land then gathered and made one in this bread / so may your church, isolated and scattered to the ends of the earth / be gathered and made one in your love.



A - - - men.

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, there are also rice crackers available.
Grape juice is in the small cups. It is wine (port) in the larger chalice.*

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

Communion Song: Come Light our Hearts

Refrain: For You, O Lord our souls in stillness wait (x 2)
Truly our hope is in You (x 2)

O Lord of life, our only hope Your radiance shines
On all who look to You in the dark
Emmanuel come, come light our hearts. (*Refrain*)

Oh Joy above, all other loves
In You we find, more than enough
We come as we are, O heal and restore,
Come light our hearts. (*Refrain*)

Sandra McCracken/Drink Your Tea Music / CCLI

Communion Song: Wait for the Lord

The image shows a musical score for the song 'Wait for the Lord'. It consists of two systems of music, each with a vocal line (treble clef) and a piano accompaniment line (bass clef). The key signature is one sharp (F#), and the time signature is 4/4. The lyrics are written below the vocal lines. The first system of music corresponds to the lyrics 'Wait for the Lord, whose day is near.' and the second system corresponds to 'Wait for the Lord: keep watch, take heart!'. The piano accompaniment features a steady bass line and chords that support the vocal melody.

Wait for the Lord, whose day is near.

Wait for the Lord: keep watch, take heart!

Ateliers et Presses de Taizé / Taizé Community / OneLicense

We Are Sent

The Prayer After Communion

God for whom we wait, you have fed us with the bread of eternal life. Keep us ever watchful, that we may be ready to stand before the Son of man. We ask this in the name of Jesus Christ, God with Us. **Amen.**

The Blessing

Closing Song: Down by the Riverside / Study War No More

I'm gonna lay down my sword and shield
Down by the riverside! Down by the riverside! Down by the riverside
I'm gonna lay down my sword and shield
Down by the riverside! Study war no more

Refrain: I aint gonna study war no more I aint gonna study war no more
I aint gonna study war no more!
I aint gonna study war no more! I aint gonna study war no more
I aint gonna study war no more!

verse II: "I'm gonna put on my long white robe"
verse III: "I'm gonna put on my starry crown"
verse IV: "I'm gonna walk with the Prince of Peace"
African American Spiritual / Public Domain.

Sending

Go from this place to watch, wait and prepare the Way.
Thanks be to God. Amen!

***We will gather together for all four weeks of Advent.
See you next Sunday at 4pm for Advent II.***

***Our Christmas Eve service will happen at 4pm on December 24
Cider at 3:30pm + Carols, communion at 4pm***

Weekday Prayer with the Emmaus Community

@ Emmaus/AbbeyChurch Upper Room (off the Balmoral parking lot, metal stairs up)
Mondays 9 am - Morning Prayer w/ Centering Prayer - approx 45 mins. In-person only.
Tuesdays 9 am - approx 25 mins - in-person and online.
Thursdays 8:15 am - morning prayer - The Upper Room and online on zoom.
Fridays 8:15 am - morning prayer - *on-line zoom only*
Contact us for information on the accessible entrance or zoom/liturgies link

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, making it possible for us to continue thriving 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. If you would like to donate your time or offer other gifts to our common life, be in touch! We are grateful for all of the various ways our community is cared for!



Youth Group - All youth are welcome for this after school / evening social time the 2nd and 4th Tuesday of each month! Contact youth@abbeychurch.ca for more information.

Library Work Days - If you can help or have questions, please contact Lynn Mills at library@emmauscommunity.ca - our next one will be December 13! See more at <https://www.abbeychurch.ca/news/the-emmaus-community-library>.



QOMQEM is Back!!

Join AbbeyChurch in Supporting weekly Indigenous-Led Night Outreach

QomQem Coastal Connections has operated a weekly night outreach initiative for the past two years, bringing basic needs, hot and cold foods, harm reduction, and other supplies to the street family. This Indigenous-and-lived-experience-led outreach model follows Coast Salish teachings that everyone should have a home, food to eat, and a role in the community.

Last year, Qom Qem partnered with AbbeyChurch, North Park Neighborhood Association, Neighborhood Solidarity for the Unhoused, and family members connected to the street community. Together, we collected donations, prepared comforting foods, and delivered supplies to 150 individuals each Sunday night.

Items Needed: Drop them off into the treasure chest at the back!

- Non perishable foods used in the weekly menu: Gatorade/Powerade, juice boxes, fruit cups, pudding cups, peanut butter and jam (large jars), noodle bowls, large bags of candy/baked treats
- Supplies: Gloves, hats, socks, hand warmers, high-quality umbrellas, raincoats, winter coats, tarps, winter weight sleeping bags, emergency blankets, batteries, flashlights, tents
- Inexpensive phones and pay as you go phone credits

Volunteer: starting today, QomQem will be in the kitchen each Sunday after worship (about 5:15pm) - and AbbeyChurch folk are welcome to come and volunteer.

Donate Money: You can designate funds to this important work through AbbeyChurch - go to canadahelps.org/en/charities/emmausabbeychurch/ and select QomQem Coastal Connections on the drop down menu.

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>

admin@abbeychurch.ca + www.abbeychurch.ca

778.557.4166 We would love to connect.

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

