



## The Second Sunday in Lent

March 1, 2026 + 4pm



*Image: Nicodemus with Jesus, from 'The Chosen' Season One, episode 7*



## **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 Ləkʷəjən 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: Loosen by Aly Halpert

As we gather each week, we hear the words of the song “Loosen” by Aly Halpert - we invite you to hear this song as an invocation, sung to you and over you from your Divine loving parent +

*Loosen, loosen, baby  
You don't have to carry  
The weight of the world in your muscles and bones  
Let go, let go, let go...  
Holy breath, and holy name  
Will you ease, will you ease this pain...  
(and check out their music here: <https://www.alyhalpert.com/> )*

## Tolling of the Bells

### Welcome, Announcements and Land Acknowledgement

*Bell x 3 and brief silence.*

*For the holy season of Lent we begin our worship  
with a time of looking inward in a spirit of penitence.*

## The Confession

We cannot earn God’s grace or favor. It comes to us, not as something owed, but as a gift freely given. Confident in God’s love for us, even when we are turned away, we come to confess our sins in faith.

*Silence*

**Gracious God, we come before you in need of your mercy and grace.**

**You call us to trust in you completely, but often we do not.**

**We are timid and fearful as we follow your lead.**

**We justify our actions and words, though we know they are not what you require.**

**We struggle to understand the new life Christ offers, preferring old habits to risky change.**

**Forgive us, we pray. Help us to be born again into the life of Christ, trusting that you have included us by grace in the family of faith. In Christ’s name we pray. Amen.**

*Feasting on the Word.*

## The Trisagion (sung)

Ho - ly God, Ho - ly and might - y,  
Ho - ly im - mort - al one, have mer - cy up - on us.

*Traditional Eastern Orthodox*

## Assurance of Grace / Absolution

Loving God, fountain of mercy and grace, +pour your pardon over the weary hearts of your people. By your love, redeem our shortcomings and transform us into a source of living waters to restore your people to wholeness. **Amen**

*Fireseed Communion Confession and Absolution (via Niall Barnard)*

*Folks of all ages are welcomed to set the table as we sing this opening song.  
You are invited to rise in body or in spirit as we sing our praises to God.*

## **Opening Song: Led by the Spirit**

Led by the Spirit, of our God we go to fast and pray  
With Christ into the wilderness we join his paschal way  
Rend not your garments, rend your hearts, turn back your lives to me  
Thus says our kind and gracious God whose reign is liberty

Led by the Spirit, we confront temptation face to face,  
And know full well we must rely on God's redeeming grace  
On bread alone we cannot live, but nourished by the Word  
We seek the will of God to do this is our drink and food

Led by the Spirit, now draw near the waters of re-birth  
With hearts that long to worship God in spirit and in truth  
"Whoever drinks the drink I give shall never thirst again"  
Thus says the Lord who died for us, our Savior, kin, and friend

Led by the Spirit, now sing praise to God the Tri-ni-ty  
The source of Life the living Word made flesh to set us free  
The Spirit blowing where it will to make us friends of God:  
This myst'ry far beyond our reach yet near in healing love  
Source: Bob Hurd; tune: KINGSFOLD, One License: 80744.

### **The Poem**

**Chosen by Molly LeBlanc - Poet-in-Residence**

## **We Proclaim**

### **The Hebrew Scripture Reading:**

A reading from the book of Genesis (12:1-4A)

Now the Lord said to Abram, "Go from your country and your kindred and your father's house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed." So Abram went, as the Lord had told him; and Lot went with him.

...The word of the Lord. **Thanks be to God.**

*Please join in chanting this psalm, or let these ancient words flow over you.*

### **The Psalm: Psalm 121** *Levavi oculos*

1 I lift up my eyes to the hills; \*  
from where is my help to come?

2 My help comes from the Lord, \*  
the maker of heaven and earth.

3 The Lord will not let your foot be moved \*  
and the One who watches over you will not fall asleep.

4 Behold, the One who keeps watch over Israel \*  
shall neither slumber nor sleep.

5 The Lord, the Lord, watches over you; \*  
the Lord is your shade at your side,

6 so that the sun shall not strike you by day, \*  
nor the moon by night.

7 The Lord shall preserve you from all evil \*  
and shall keep you safe.

8 The Lord shall watch over your going out and your coming in, \*  
from this time forth for evermore.

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

### The Gospel Acclamation

Bless the Lord, my soul, and bless God's ho - ly name.

The first line of musical notation is in G major, 4/4 time. The melody is on a treble clef staff, and the accompaniment is on a bass clef staff. The lyrics are written below the treble staff.

Bless the Lord, my soul, who leads me in - to life.

The second line of musical notation is in G major, 4/4 time. The melody is on a treble clef staff, and the accompaniment is on a bass clef staff. The lyrics are written below the treble staff.

Ateliers et Presses de Taize / J. Berthier / OneLicense

### The Gospel

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

A reading from the Gospel according to John (3:1-17)

Now there was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, "Rabbi, we know that you are a teacher who has come from God, for no one can do these signs that you do unless God is with that person." Jesus answered him, "Very truly, I tell you, no one can see the kingdom of God without being born from above." Nicodemus said to him, "How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?" Jesus answered, "Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, 'You must be born from above.' The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit." Nicodemus said to him, "How can these things be?" Jesus answered him, "Are you the teacher of Israel, and yet you do not understand these things?"

"Very truly, I tell you, we speak of what we know and testify to what we have seen, yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into

heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. "For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. "Indeed, God did not send the Son into the world to condemn the world but in order that the world might be saved through him.

...Let us proclaim the Gospel from the rooftops.

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

### **Gospel Acclamation** *Repeated*

Bless the Lord my soul - and bless God's holy name.

Bless the Lord, my soul - who leads me into life.

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### **The Sermon**

**Michelle Slater**

*Bell. Silence for reflection. Bell.*

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

### **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.

\*or, universal *Mindy Deckard; arr. Bruce Benedict / Rob S verses © 2006 Cardiphonia Music / CCLI*

### **Our Prayers**

**Marilyn Gough**

### **The Peace**

...The peace of Christ be with you all. **And also with you.**

*You are invited to share a sign of God's 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](mailto: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: Morning Glory Starlit Sky**

Morning glory, starlit sky,  
Soaring music, scholar's truth,  
Flight of swallows, autumn leaves,  
Memory's treasure, grace of youth:

Open are the gifts of God,  
Gifts of love to mind and sense;  
Hidden is love's agony,  
Love's endeavour, love's expense

Love that gives, gives evermore,  
Gives with zeal, with eager hands,  
Spares not, keeps not, all outpours,  
Ventures all, its all expends.

Drained is love in making full,  
Bound in setting others free,  
Poor in making many rich,  
Weak in giving power to be.

Therefore he who shows us God  
Helpless hangs upon the tree;  
And the nails and crown of thorns  
Tell of what God's love must be.

Here is God, no monarch he,  
Throned in easy state to reign;  
Here is God, whose arms of love,  
Aching, spent, the world sustain.

African-American Spiritual Public Domain

## **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,  
simply place your hands across your chest.*

### **Prayer Over The Gifts**

Let us pray: Gracious God, we dedicate to you not only these gifts, but also ourselves, in deep gratitude— for your call on our lives, your guidance in the baptismal journey, and for blessing us that we may be a blessing to others. Accept what we bring for your own good purposes. In Christ we pray.

**Amen.**

*Feasting on the Word*

*A brief silence is kept.*

### **The Great Thanksgiving**

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!**

Holy God, How wonderful is the work of your hands! All of creation echoes the silent music of your praise. When sin had scarred the world, You made a covenant to renew the whole of creation. You embraced a people as your own and filled them with longing for a peace that would last and a justice that would never fail.

**Glory to you forever and ever.**

Through countless generations your people hungered for the bread of freedom. From them you raised up Jesus, the living bread, in whom all our hungers are filled. 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:

**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.**

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, eat, this is my body. Do this in remembrance of me."

**Glory to you forever 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 remembrance of me.

**Glory to you forever and ever.**

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

**Christ has died, Christ is risen, Christ will come again.**

**Christ has died, Christ is risen, Christ will come again.**

Send 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 grain was scattered across this land then gathered and made one in this bread, so may your church, scattered to the ends of the earth, be gathered and made one in your love. Amen. *St. Lydia's Table, alt.*

### **The Prayer of Jesus**

As beloved children of a loving parent let us pray:

**Our Father (Mother/Source/Parent) in heaven, hallowed be your name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Save us from the time of trial, and deliver us from evil. For the kingdom, the power, and the glory are yours, now and forever. 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! Amen.**

*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): O God Will You Restore Us**

Bifrost Arts c 2016 Bifrost Arts (Lamentations)

### **Communion Song: The Kingdom of Jesus**

To what shall we compare the kingdom of Jesus if not a seed

It's small, it's sown, it's tended and grown

And it's sturdy, you and me, its branches never break and its fruit never withers

[Chorus]

His kingdom is not of this world or of any, kingdom whose ruler's face is on a penny

He comes to make all things right, to put a new wine in us

He's chosen the small things to outlast the great

The meek and the merciful to shine through the hate

Though it seems, some days, that hell and its gates are prevailing

Oh, say, can't you see: the kingdom within us is the kingdom of Jesus

To what shall we compare the spirit of the hour if not a sword

It frees us, unites us, enslaves and divides us in violence - help us, Lord [C]

His kingdom is not one of slander or rage

But one that is ruled by the Lamb who was slain

And he's worthy of wisdom and honor - and glory and strength

No pain or division or public disgrace

will compare with seeing the smile on his face

as He welcomes us home, as children with places at the table

Not in death, nor threat, nor power, can ever separate us

from the Love of God forever in Christ Jesus [C]

*The Porter's Gate, 2024, words by Jon Guerra and Isaac Wardell.*

### **Communion Song: Blessed Assurance**

Blessed assurance, Jesus is mine!

O what a foretaste of glory divine!

Heir of salvation, purchase of God,

Born of God's Spirit, washed in Christ' blood.

chorus:

This is my story, this is my song,

Praising my Savior all the day long;

This is my story, this is my song,

Praising my Savior all the day long.

Perfect submission, perfect delight,

Visions of rapture now burst on my sight;

Angels descending bring from above,

Echoes of mercy, whispers of love. (chorus)

Perfect submission, all is at rest;

I in my Savior am happy and blest,

Watching and waiting, looking above,

Filled with God's goodness, lost in God's love. (chorus)

*Words by Fanny J. Crosby. Music by Phoebe P. Knapp. Public Domain.*

## The Prayer After Communion

*[we pray together]* **Creator of heaven and earth, we thank you for these holy mysteries, which bring us now a share in the life to come, through Jesus Christ our Lord. Amen.**

*Anglican Church of Canada*

## We Are Sent

### The Blessing

### The Sending

Go in peace to love and serve the Lord

**Thanks be to God. Amen.**

### Sending Song: Ubi Caritas

 Sung in Latin and English

The image shows a musical score for the song 'Ubi Caritas'. It consists of two staves: a treble clef staff on top and a bass clef staff on the bottom. The key signature is one sharp (F#) and the time signature is 3/4. The melody is written in the treble clef, and the bass line is in the bass clef. The lyrics are written below the treble staff.

U - bi ca - ri - tas et a - mor, u - bi ca - ri - tas De - us i - bi est.

♪ Where there is char-i-ty, self-less love, Where there is char-i-ty, God— is tru-ly there. / Ten, kur gai-les-tis ir mei-lè, ten, kur gai-les-tis, Die-vasten y-ra. /

*Ateliers et Presses de Taize / J. Gelineau / OneLicense*

*As best as possible, we depart in silence / quiet for this Lenten Season.  
Please feel free to have conversations and mingle and grab a tea in the Quadra narthex (lobby)*

*We will be back here to worship next Sunday at 4pm  
as we continue our Lenten wilderness journey*



## Donations to our Common Life and Ministry

A huge thank you to everyone who supported our ministry in 2025, making it possible for us to continue thriving! We continue to welcome your offerings of all kinds; financial and otherwise - and are grateful for all the ways you give.

Here are a few ways to donate financially to the common life of our Beloved Community:

1. **E-transfers.** This method is our favourite as we receive the full amount. (no fees) Please use your online banking to interac e-transfer to [treasurer@emmauscommunity.ca](mailto:treasurer@emmauscommunity.ca). Make sure you have filled out [this form](#) so we have the details to provide a tax receipt or email [treasurer@emmauscommunity.ca](mailto:treasurer@emmauscommunity.ca) with the details of the amount, date and your full contact details.
2. **Online** Via [Canada Helps](https://www.canadahelps.org/en/charities/emmausabbeychurch/) - follow the link below or click the QR code -> here: <https://www.canadahelps.org/en/charities/emmausabbeychurch/>
3. The **Square POS** reader at the back of the church. Again, be sure to provide your name and contact details either when making the donation via Square or using one of the slips by the iPad.

*With deep gratitude for your generous support of this beloved AbbeyChurch.*

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## Weekday Prayer with the Emmaus Community

- @ **Emmaus/AbbeyChurch Upper Room** (off the Balmoral parking lot, up the metal stairs)
- Mondays 9 am** - Morning Prayer w/ Centering Prayer - approx 45 mins. In-person only.
- Tuesdays 9 am** - approx 25-30 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*

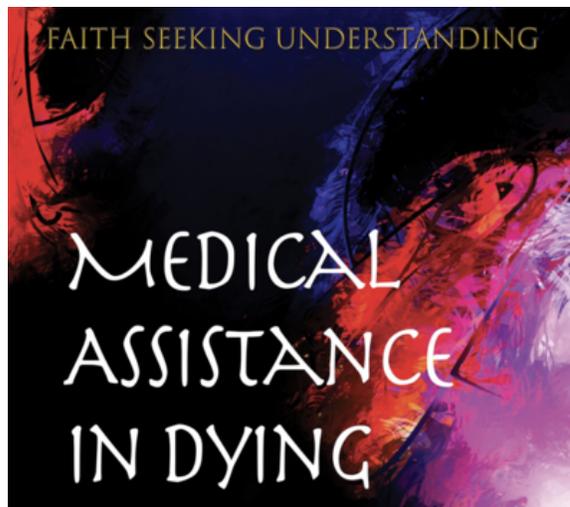
*Contact us for information on the accessible entrance or zoom/liturgies link. Open to any and all!*

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## Lenten Study on MAID (Assisted Dying)

A Lenten Conversation about MAID (assisted dying) - **Wed March 4 & 25th at 3pm**  
Join Rev. Lynn as well as informed voices from both the Anglican and United Churches for these two sessions to talk about Medical Assistance in Dying (MAID).

We'll use some chapters from the book Faith Seeking Understanding and have an open handed, open hearted conversation. Please be in touch with Lynn or email [admin@abbeychurch.ca](mailto:admin@abbeychurch.ca) if you'd like to participate.



**WANNA CHAT?** Reach out to us at [admin@abbeychurch.ca](mailto:admin@abbeychurch.ca)

**BORROW A BOOK?** the (very in-process - 15% catalogued) library catalog is here:  
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[admin@abbeychurch.ca](mailto:admin@abbeychurch.ca) + [www.abbeychurch.ca](http://www.abbeychurch.ca)

**778.557.4166 we would love to connect.**

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