



The Fourth Sunday in Lent

March 15, 2026 + 4pm



Image: Christ Healing the Blind - Domenikos Theotokopoulos- circa 1570 - CC0 1.0



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

<https://www.alyhalpert.com/>

As we gather each week, we hear the words of the song “Loosen” by Aly Halpert - we invite you to hear this invitation/ 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...*

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.*

Collect for Purity

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hidden: Cleanse the thoughts of our hearts by the inspiration of thy Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy Name; through Christ our Lord. Amen.

The Confession

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

*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: Up Above My Head

Up above my head (Up above my head) I hear music in the air (I hear music in the air) And I really do believe (Yeah I really do believe) here's Joy somewhere (There's Joy somewhere)

All around this place (all around this place) I hear music in the air (I hear music in the air) x3
I really do believe (Yeah) I really do believe There's Joy right here (There's Joy right here)

All over the world (all over the world) I hear music in the air (music in the air) x3
I really do believe (Yeah) I really do believe There's Joy right here (There's Joy right here)

African-American Spiritual / Sr. Rosetta Tharpe / Public domain.

The Poem

Chosen by Molly LeBlanc - Poet-in-Residence

We Proclaim

The Psalm: Psalm 23 - Stillwater (aka Greenwater)

The Lord is - my Shepherd - leads me beside still water (repeat)

Even though I walk through the dark night

I will not fear death - You know my troubled voice

And you will lead me - You will lead me home

Tom Wuest / Brass Trumpet Publishing / CCLI

Psalm 23

The Lord is my shepherd; I shall not be in want. You make me lie down in green pastures and lead me beside still waters. You revive my soul and guide me along right pathways for your name's sake. Though I walk through the valley of the shadow of death, I shall fear no evil; for you are with me; your rod and your staff, they comfort me. You spread a table before me in the presence of those who trouble me; you have anointed my head with oil and my cup is running over. Surely goodness and mercy shall follow me all the days of my life, and I will dwell in the house of the Lord forever. *Repeat sung Psalm 23 as above*

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.

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

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 (9:1-41)

As Jesus walked along, he saw a man blind from birth. His disciples asked him, "Rabbi, who sinned, this man or his parents, that he was born blind?" Jesus answered, "Neither this man nor his parents sinned; he was born blind so that God's works might be revealed in him. We must work the works of him who sent me while it is day; night is coming, when no one can work. As long as I am in the world, I am the light of the world." When he had said this, he spat on the ground and made mud with the saliva and spread the mud on the man's eyes, saying to him, "Go, wash in the pool of Siloam" (which means Sent). Then he went and washed and came back able to see. The neighbors and those who had seen him before as a beggar began to ask, "Is this not the man who used to sit and beg?" They brought to the Pharisees the man who had formerly been blind. Now it was a Sabbath day when Jesus made the mud and opened his eyes. Some of the Pharisees said, "This man is not from God, for he does not observe the Sabbath." Others said, "How can a man who is a sinner perform such signs?" And they were divided... They called the parents of the man who had received his sight and asked them, "Is this your son, who you say was born blind? How then does he now see?" His parents answered, "We know that this is our son and that he was born blind, but we do not know how it is that now he sees, nor do we know who opened his eyes. Ask him; he is of age. He will speak for himself." So, for the second time they called the man who had been blind, and they said to him, "Give glory to God! We know that this man is a sinner." He answered, "I do not know whether he is a sinner. One thing I do know, that though I was blind, now I see." They said to him, "What did he do to you? How did he open your eyes?" ...We know that God has spoken to Moses, but as for this man, we do not know where he comes from." The man answered, "Here is an astonishing thing! You do not know where he comes from, yet he opened my eyes. If this man were not from God, he could do nothing." They answered him, "You were born in sin, and are you trying to teach us?" And they drove him out. Jesus heard that they had driven him out, and when he found him he said, "Do you believe in the Son of Man?" He answered, "And who is he, sir? Tell me, so that I may believe in him." Jesus said to him, "You have seen him, and the one speaking with you is he." He said, "Lord, I believe." And he worshiped him. Jesus said, "I came into this world for judgment, so that those who do not see may see and those who do see may become blind." Some of the Pharisees who were with him heard this and said to him, "Surely we are not blind, are we?" Jesus said to them, "If you were blind, you would not have sin. But now that you say, 'We see,' your sin remains.

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

Gospel Acclamation *Repeated*

The Sermon

Matt Humphrey

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

Joy Hunter

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 (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: The Love of Jesus Calls Us

The love of Jesus calls us our joyous praise to sing;
our deeply felt thanksgivings we now together bring,
for all God's many blessings, unasked yet still received,
and for the generations who faithfully believed.

The love of Jesus calls us, that we may always be
companions on a journey, where all the world may see
that serving Christ is freedom which time does not destroy;
where Christ's command is duty, and every duty joy.

The love of Jesus calls us to go where he would go,
to challenge all that limits, to change, to learn, to grow,
to know that Christ has freed us, that prisons are no more;
for those who seek his kingdom, Christ opens every door.

The love of Jesus calls us in swiftly changing days,
to be God's co-creators in new and wondrous ways;
that God with all their children may so transform the earth,
that love and peace and justice may give God's kingdom birth.

Text: Herbert O'Driscoll / OneLicense / Tune: AURELIA; Samuel Sebastian Wesley / 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

Blessed are you, Lord God of all creation: through your goodness we have this bread to set before you, which earth has given and human hands have made. It will become for us the bread of life. **Blessed be God forever.**

Blessed are you, Lord God of all creation: through your goodness we have this wine to set before you, fruit of the vine and work of human hands. It will become for us the cup of salvation. **Blessed be God forever.**

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 of your glory are full

Hosanna Hosanna Hosanna in the highest.

Blest is the One who comes in the name of the Lord.

Blest is the One who comes in the name of the Lord.

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

Heaven and earth of your glory are full

Hosanna Hosanna Hosanna in the highest. Hosanna Hosanna 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): Oh God will you restore us?

Bifrost Arts c 2016 Bifrost Arts (Lamentations), CCLI.

Communion Song: Bells of Norwich

Loud are the bells of Norwich
and the people come and go.
Here by the tower of Julian
I tell them what I know.
Ring out, bells of Norwich,
and let the winter come and go.
All shall be well again, I know.

Love, like the yellow daffodil,
is coming through the snow;
Love, like the yellow daffodil,
is Lord of all I know.
Ring out, bells of Norwich,
and let the winter come and go.
All shall be well again, I know.

Ring for the yellow daffodil,
the flower in the snow.
Ring for the yellow daffodil
And tell them what I know.
Ring out, bells of Norwich,
and let the winter come and go.
All shall be well again, I know.

All shall be well, I'm telling you,
let the winter come and go.
All shall be well again, I know.
Sydney Carter, 1981, Hope Publishing Co.

Communion Song: Come Healing

O gather up the brokenness
and bring it to me now
the fragrance of those promises
you never dared to vow

the splinters that you carry
the cross you left behind
come healing of the body
come healing of the mind

and let the heavens hear it
the penitential hymn
come healing of the spirit
come healing of the limb

behold the gates of mercy
in arbitrary space

and none of us deserving
the cruelty or the grace

o solitude of longing
where love has been confined
come healing of the body
come healing of the mind

o see the darkness yielding
that tore the light apart
come healing of the reason
come healing of the heart

o troubled dust concealing
an undivided love
the heart beneath is teaching
to the broken heart above

o let the heavens falter
and let the earth proclaim:
come healing of the altar
come healing of the name

o longing of the branches
to lift the little bud
o longing of the arteries
to purify the blood

and let the heavens hear it
the penitential hymn
come healing of the spirit
come healing of the limb

o let the heavens hear it
the penitential hymn
come healing of the spirit
come healing of the limb
Leonard Cohen, Sony Music, 2002.

The Prayer After Communion

[we pray together] **Eternal God, Creator of all things, you have graciously accepted us as living members of your Son our Savior Jesus Christ, and you have fed us with spiritual food in the Sacrament of his Body and Blood. Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Lord. Amen.**

Anglican Church of Canada

We Are Sent

The Blessing

Closing Song: You Shall go out with Joy

You shall go out with joy and be let forth with peace -
The mountains and the hills will break forth before you
There'll be shouts of joy And all the trees of the fields - will clap, will clap their hands.
And all the trees of the fields will clap their hands (x x)
And all the trees of the fields will clap their hands (x x)
The trees of the fields will clap their hands (x x)... While you go out with joy

Stuart Daeuermann / OneLicense / Hope Publishing / Voices United

The Sending

Go in peace to love and serve the Lord

Thanks be to God. Amen.

Postlude Song: Ubi Caritas Sung in Latin

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 Taizé / 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...*

Death & Rebirth

Holy Week
Itinerary



FRIDAY, MARCH 27

7:00PM - MOVIE SCREENING

Join us in the Upper Room as we screen "Wake up, Dead Man," Rian Johnson's latest Knives Out mystery which puts the meaning of faith and the Church at the centre of a classic whodunit mixed with good humour and grace.

PALM SUNDAY, MARCH 29

4:00PM - WORSHIP SERVICE

bring local "palms" to herald the coming King!
(ferns, branches, palms if you have)

MONDAY, MARCH 30

7:30PM- EVENING PRAYER

Please join us in the Upper Room for evening prayer, led by our three confirmands.

TUESDAY, MARCH 31

7:30PM- EVENING PRAYER

Please join us in the Upper Room for evening prayer, led by our three confirmands.

WEDNESDAY, APRIL 1

7:30PM- EVENING PRAYER

Please join us in the Upper Room for evening prayer, led by our three confirmands.

MAUNDY THURSDAY, APRIL 2

6:30PM - POTLUCK AND PRAYER

RSVP to Matt please so we can confirm numbers and location! matt@abbeychurch.ca

GOOD FRIDAY, APRIL 3

3:00PM - WORSHIP SERVICE

We begin with contemplative worship, followed by reflections on the diverse ways the Church has understood the Cross, Good Friday and Holy Saturday. Matt leads us on a meandering look through our Scriptures, hymnody, and theology on how we might make sense of what was happening in those mysterious events.

EASTER SUNDAY, APRIL 5

6:30AM - SUNRISE WORSHIP

Meet near the Willows Beach teahouse to welcome the Rising Sun and the Risen One! Bring warm clothes, chairs, and any food/drink for a light breakfast potluck after.

EASTER SUNDAY, APRIL 5

4:00PM- WORSHIP SERVICE

We join our voices to the heavenly chorus and all Creation - He Has Risen!





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. Make sure you have filled out [this form](#) so we have the details to provide a tax receipt or email treasurer@emmauscommunity.ca with the details of the amount, date and your full contact details.
2. **Online** Via [Canada Helps - 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.

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!

BORROW A BOOK? the (very in-progress - 15% catalogued) library catalog is here: www.librarycat.org/lib/EmmausCommunity or email library@emmauscommunity.ca

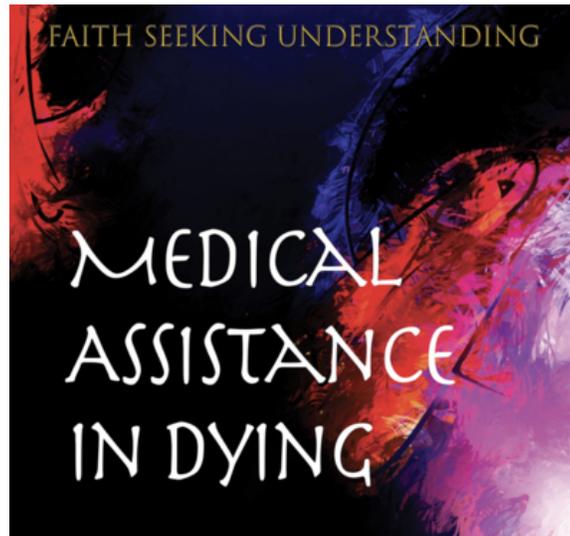
WEEKLY NEWSLETTER? Have you subscribed to our weekly e-newsletter? We have recently learned that some shaw.ca emails are not receiving the newsletters - if you are missing them, please re-subscribe with a new email here: <https://www.abbeychurch.ca/subscribers>

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 if you'd like to participate.



admin@abbeychurch.ca + www.abbeychurch.ca

778.557.4166 we would love to connect.

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