



The Fifth Sunday in Lent

March 22, 2026 + 4pm

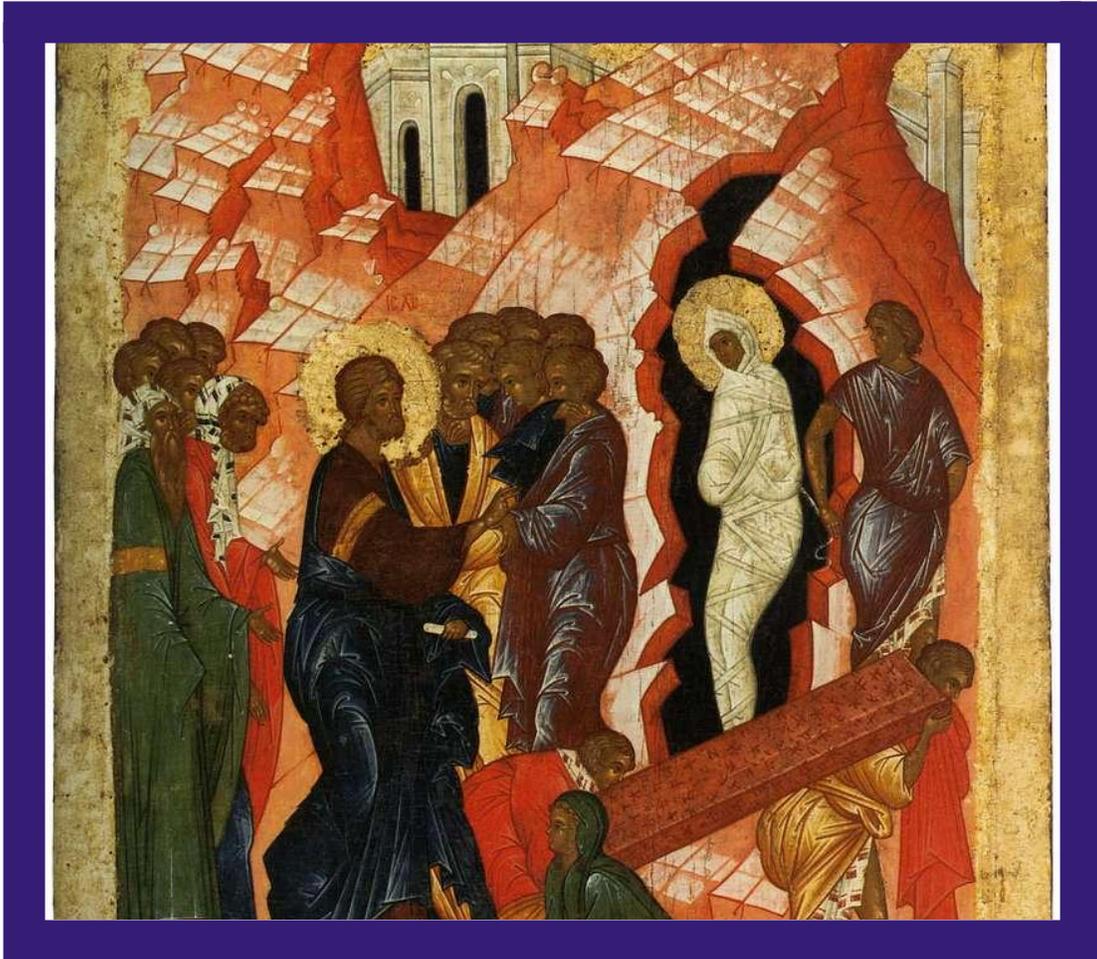


Image: "The Resurrection of Lazarus." Icon from the festal tier of the iconostasis of the Dormition Cathedral of the Kirillo-Belozersky Monastery. Circa 1497. Public domain.



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.*

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

Almighty God have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and keep you in eternal life; through Jesus Christ our Lord

*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: Softly and Tenderly Jesus is Calling

Softly and tenderly Jesus is calling, calling for you and for me;
see, on the portals he's waiting and watching, watching for you and for me.

Refrain: Come home, come home; you who are weary come home;
earnestly, tenderly, Jesus is calling, calling, O sinner, come home!

Why should we tarry when Jesus is pleading, pleading for you and for me?
Why should we linger and heed not his mercies, mercies for you and for me? [R]

O for the wonderful love he has promised, promised for you and for me!
Though we have sinned, he has mercy and pardon, pardon for you and for me. [R]

Will L. Thompson (1909), Public Domain.

The Poem

Chosen by Molly LeBlanc - Poet-in-Residence

We Proclaim

The Hebrew Scripture Reading:

A reading from the first book of Ezekiel (37:1-14)

The hand of the Lord came upon me, and he brought me out by the spirit of the Lord and set me down in the middle of a valley; it was full of bones. He led me all around them; there were very many lying in the valley, and they were very dry. He said to me, "Mortal, can these bones live?" I answered, "O Lord God, you know." Then he said to me, "Prophesy to these bones, and say to them: O dry bones, hear the word of the Lord. Thus says the Lord God to these bones: I will cause breath to enter you, and you shall live. I will lay sinews on you, and will cause flesh to come upon you, and cover you with skin, and put breath in you, and you shall live; and you shall know that I am the Lord." So I prophesied as I had been commanded; and as I prophesied, suddenly there was a noise, a rattling, and the bones came together, bone to its bone. I looked, and there were sinews on them, and flesh had come upon them, and skin had covered them; but there was no breath in them. Then he said to me, "Prophesy to the breath, prophesy, mortal, and say to the breath: Thus says the Lord God: Come from the four winds, O breath, and breathe upon these slain, that they may live." I prophesied as he commanded me, and the breath came into them, and they lived, and stood on their feet, a vast multitude. Then he said to me, "Mortal, these bones are the whole house of Israel. They say, 'Our bones are dried up, and our hope is lost; we are cut off completely.' Therefore prophesy, and say to them, Thus says the Lord God: I am going to open your graves, and bring you up from your graves, O my people; and I will bring you back to the land of Israel. And you shall know that I am the Lord, when I open your graves, and bring you up from your graves, O my people. I will put my spirit within you, and you shall live, and I will place you on your own soil; then you shall know that I, the Lord, have spoken and will act," says the Lord.

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

The Psalm: Psalm 130 *De profundis*

1 Out of the depths *

have I called you, O Lord;

2 Lord, hear my voice; *

let your ears consider well the voice of my supplication.

3 If you, Lord, were to note what is done amiss, *

O Lord, who could stand?

4 For there is forgiveness with you; *

therefore you shall be feared.

5 I wait for you, O Lord; my soul waits for you; *

in your word is my hope.

6 My soul waits for you, O Lord, *

more than sentinels for the morning, more than sentinels for the morning.

7 O Israel, wait for the Lord, *

for with the Lord there is mercy;

8 with whom there is plenteous redemption, *

and who shall redeem Israel from all their sins.

The Christian Scripture Reading

A reading from the letter of Paul to the Romans (8:6-11)

To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For this reason the mind that is set on the flesh is hostile to God; it does not submit to God's law indeed it cannot, and those who are in the flesh cannot please God. But you are not in the flesh; you are in the Spirit, since the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, though the body is dead because of sin, the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you.

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

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.

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 (11:1–45)

Now a certain man was ill, Lazarus of Bethany, the village of Mary and her sister Martha. Mary was the one who anointed the Lord with perfume and wiped his feet with her hair; her brother Lazarus was ill. So the sisters sent a message to Jesus, "Lord, he whom you love is ill." But when Jesus heard it, he said, "This illness does not lead to death; rather it is for God's glory, so that the Son of God may be glorified through it." Accordingly, though Jesus loved Martha and her sister and Lazarus, after having heard that Lazarus was ill, he stayed two days longer in the place where he was. Then after this he said to the disciples, "Let us go to Judea again." The disciples said to him, "Rabbi, the Jews were just now trying to stone you, and are you going there again?"

Jesus answered, "Are there not twelve hours of daylight? Those who walk during the day do not stumble, because they see the light of this world. But those who walk at night stumble, because the light is not in them." After saying this, he told them, "Our friend Lazarus has fallen asleep, but I am going there to awaken him." The disciples said to him, "Lord, if he has fallen asleep, he will be all right." Jesus, however, had been speaking about his death, but they thought that he was referring merely to sleep. Then Jesus told them plainly, "Lazarus is dead. For your sake I am glad I was not there, so that you may believe. But let us go to him."

Thomas, who was called the Twin, said to his fellow disciples, "Let us also go, that we may die with him." When Jesus arrived, he found that Lazarus had already been in the tomb four days. Now Bethany was near Jerusalem, some two miles away, and many of the Jews had come to Martha and Mary to console them about their brother. When Martha heard that Jesus was coming, she went and met him, while Mary stayed at home. Martha said to Jesus, "Lord, if you had been here, my brother would not have died. But even now I know that God will give you whatever you ask of him."

Jesus said to her, "Your brother will rise again." Martha said to him, "I know that he will rise again in the resurrection on the last day." Jesus said to her, "I am the resurrection and the life. Those who believe in me, even though they die, will live, and everyone who lives and believes in me will never die. Do you believe this?" She said to him, "Yes, Lord, I believe that you are the Messiah, the Son of God, the one coming into the world." When she had said this, she went back and called her sister Mary, and told her privately, "The Teacher is here and is calling for you." And when she heard it, she got up quickly and went to him.

Now Jesus had not yet come to the village, but was still at the place where Martha had met him. The Jews who were with her in the house, consoling her, saw Mary get up quickly and go out. They followed her because they thought that she was going to the tomb to weep there. When Mary came where Jesus was and saw him, she knelt at his feet and said to him, "Lord, if you had been here, my brother would not have died." When Jesus saw her weeping, and the Jews who came with her also weeping, he was greatly disturbed in spirit and deeply moved. He said, "Where have you laid him?" They said to him, "Lord, come and see." Jesus began to weep. So the Jews said, "See how he loved him!" But some of them said, "Could not he who opened the eyes of the blind man have kept this man from dying?"

Then Jesus, again greatly disturbed, came to the tomb. It was a cave, and a stone was lying against it. Jesus said, "Take away the stone." Martha, the sister of the dead man, said to him, "Lord, already there is a stench because he has been dead four days." Jesus said to her, "Did I not tell you that if you believed, you would see the glory of God?" So they took away the stone. And Jesus looked upward and said, "Father, I thank you for having heard me. I knew that you always hear me, but I have said this for the sake of the crowd standing here, so that they may believe that you sent me."

When he had said this, he cried with a loud voice, "Lazarus, come out!" The dead man came out, his hands and feet bound with strips of cloth, and his face wrapped in a cloth. Jesus said to them, "Unbind him, and let him go." Many of the Jews therefore, who had come with Mary and had seen what Jesus did, believed in him.

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

With our words and with our lives!

Gospel Acclamation *Repeated*

The Sermon

Ernest Morrow

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

Margot Spence

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: Come my way my truth my life

Come, my Way, my Truth, my Life:

such a way as gives us breath,

such a truth as ends all strife, such a life as killeth death.

Come, my Light, my Feast, my Strength:

such a light as shows a feast,

such a feast as mends in length,

such a strength as makes his guest.

Come, my Joy, my Love, my Heart:
such a joy as none can move,
such a love as none can part,
such a heart as joys in love.
George Herbert / R.V. Williams / OneLicense.

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

Giver of life, your Son has destroyed the power of death for all those who believe in him. Accept all we offer you this day and strengthen us in faith and hope; through Jesus Christ, the Lord of all the living.

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. (x2)

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: Now the Green blade rises

Now the green blade riseth, from the buried grain, Wheat that in dark earth many days has lain; Love lives again, that with the dead has been: Love is come again like wheat that springeth green.	Forth He came at Easter, like the risen grain, Jesus who for three days in the grave had lain; Raised from the dead my living Lord is seen: Love is come again like wheat that springeth green.
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In the grave they laid Him, Love by hatred slain, Thinking that He would never wake again, Laid in the earth like grain that sleeps unseen: Love is come again like wheat that springeth green.	When our hearts are wintry, grieving, or in pain, Your touch can call us back to life again, Fields of our hearts that dead and bare have been: Love is come again like wheat that springeth green. <i>Crum, John Macleod Campbell, 1872-1958, One License.</i>
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Communion Song: I know that my Redeemer lives

I know that my Redeemer lives; what joy this blest assurance gives! Christ lives, he lives, who once was dead; Christ lives, my everlasting Head.	Christ lives my hungry soul to feed, Christ lives to help in time of need. Christ lives, my kind, wise, heav'nly Friend, Christ lives and loves me to the end; Christ lives, and while He lives, I'll sing; Christ lives, my Prophet, Priest, and King.
Christ lives triumphant from the grave, Christ lives eternally to save, Christ lives exalted, throned above Christ lives to rule his Church in love.	Christ lives, all glory to God's name! Christ lives, my Saviour, still the same. What joy this blest assurance gives, "I know that my Redeemer lives!"
Christ lives to bless me with His love, Christ lives to plead for me above,	<i>Public Domain. Samuel Medley, (1799), John Hatton (1793)</i>

The Prayer After Communion

[we pray together] **God of hope, in this eucharist we have tasted the promise of your heavenly banquet and the richness of eternal life. May we who bear witness to the death of your Son, also proclaim the glory of his resurrection, for he is Lord for ever and ever. 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

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 truly 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
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. 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](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.

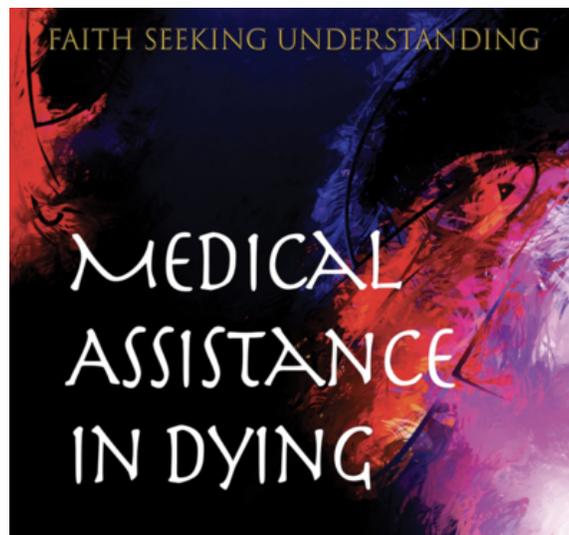
Weekday Prayer with the Emmaus Community

- @ 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!

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.



BORROW A BOOK? the (very in-process - 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>

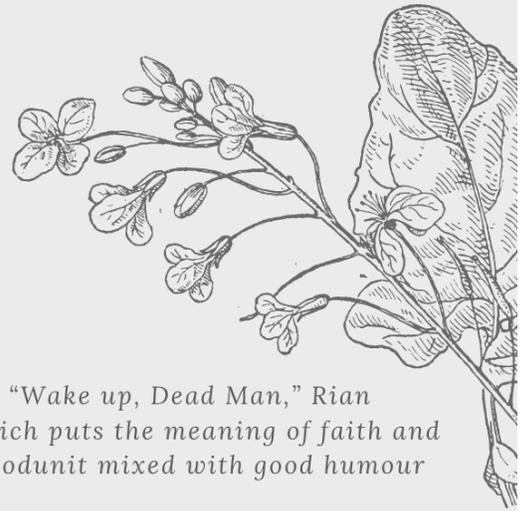
admin@abbeychurch.ca + www.abbeychurch.ca

778.557.4166 we would love to connect.

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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!



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