

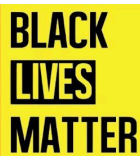


The Fifth Sunday of Easter

May 3, 2026 + 4pm



Image: Image: St .Stephen by Gracie Morbitzer / <https://www.themodernsaints.com/all-saints/stephen>



Welcome to the AbbeyChurch!

Christ Is Risen! Christ is Risen Indeed!

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 Ləkʷəŋən 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

Tolling of the Bells

Welcome - Announcements - Land Acknowledgment

Bell x 3

Opening Chant:

Love one another, as I have loved you.

Opening Words:

The grace of our Lord Jesus Christ,
the love of God
and the communion of the holy spirit be with you!

And also with you!

Jesus, turn your compassion towards us,
come quickly to our rescue—
**deliver us from those who do not treasure
the sacred worth of all people.**

Protect us from those who dream of demise
instead of flourishing.

Free us from all systems of domination.

Shine your face of possibility upon us.

Infuse us with your Unfailing Love. *enfleshed, alt.*

*Please rise in body or in spirit as we sing our opening hymn.
Folks of all ages are welcomed to set the table in front of the altar / table.*

Gathering Song: On Christ The Solid Rock

My hope is built on nothing less
than Jesus' *blood and righteousness;
I dare not trust the sweetest frame,
but wholly lean on Jesus' name.

Refrain: On Christ, the solid rock, I stand:
all other ground is sinking sand;
all other ground is sinking sand.

In ev'ry rough and stormy gale,
my anchor holds within the vale.
When all around my soul gives way,
Christ then is all my hope and stay. *Refrain.*

Not earth, nor hell, my soul can move;
I rest upon unchanging love.
I trust his righteous character,
his counsel, promise, and his pow'r. *Refrain.*

When he shall come with trumpet sound,
O may I then in him be found:
dressed in his righteousness alone,
faultless to stand before the throne. *Refrain.*
Edward Mote (1834) / Public Domain * or 'love'

We Proclaim

The Reading: A reading from the Acts of the Apostles (2:19-25)

Filled with the Holy Spirit, Stephen gazed into heaven and saw the glory of God and Jesus standing at the right hand of God. "Look," he said, "I see the heavens opened and the Son of Man standing at the right hand of God!" But they covered their ears, and with a loud shout all rushed together against him. Then they dragged him out of the city and began to stone him; and the witnesses laid their coats at the feet of a young man named Saul. While they were stoning Stephen, he prayed, "Lord Jesus, receive my spirit." Then he knelt down and cried out in a loud voice, "Lord, do not hold this sin against them." When he had said this, he died.
...The word of the Lord. **Thanks be to God.**

Please feel free to chant along with the Psalm, or let these ancient words wash over you.

Psalm: Psalm 31 *In te, Domine, speravi*

In you, O Lord, have I taken refuge; let me never be put to shame; *
deliver me in your righteousness.

Incline your ear to me; *
make haste to deliver me.

Be my strong rock, a castle to keep me safe, *
for you are my crag and my stronghold;

for the sake of your name, *
lead me and guide me.

Take me out of the net that they have secretly set for me, *
for you are my tower of strength.

Into your hands I commend my spirit, *
for you have redeemed me, O Lord, O God of truth

...My times are in your hand; *
rescue me from the hand of my enemies, and from those who persecute me.

Make your face to shine upon your servant, *
and in your loving-kindness save me."

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

Gospel Acclamation: Glory, Glory, Hallelujah!

Glory, glory, Hallelujah, Jesus rose up from the ground! x2

American traditional, Public Domain.

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 (14:1-14)

"Do not let your hearts be troubled. Believe in God; believe also in me. In my Father's house there are many dwelling places. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, so that where I am, there you may be also. And you know the way to the place where I am going." Thomas said to him, "Lord, we do not know where you are going. How can we know the way?" Jesus said to him, "I am the way and the truth and the life. No one comes to the Father except through me. If you know me, you will know my Father also. From now on you do know him and have seen him." Philip said to him, "Lord, show us the Father, and we will be satisfied." Jesus said to him, "Have I been with you all this time, Philip, and you still do not know me? Whoever has seen me has seen the Father. How can you say, 'Show us the Father'?"

Do you not believe that I am in the Father and the Father is in me? The words that I say to you I do not speak on my own, but the Father who dwells in me does his works. Believe me that I am in the Father and the Father is in me, but if you do not, then believe because of the works themselves. Very truly, I tell you, the one who believes in me will also do the works that I do and, in fact, will do greater works than these, because I am going to the Father. I will do whatever you ask in my name, so that the Father may be glorified in the Son. If in my name you ask me for anything, I will do it.

Christ is risen! Alleluia! **Alleluia, Christ is risen indeed!**

Gospel Acclamation: *Repeated*

The Sermon

Ernest Morrow

Bell. Silence for reflection. Bell.

The Creed

I believe in God, the Maker Almighty,
Creator of heaven and earth;
I believe in Jesus Christ, God's only Son, our Lord.
He was conceived by the power of the Holy Spirit
and born of the Virgin Mary

He suffered under Pontius Pilate,
was crucified, died, and was buried.
He descended to the dead. On the third day he rose again.
He ascended into heav'n,
and is seated at the right hand of the Maker.
He will come again to judge the living and the dead.

I believe in the Holy Spirit, the holy catholic church,
The communion of saints, the forgiveness of sins,
The resurrection of the body, and the life everlasting! A-----men.

Ryan Flanigan/ Liturgical folk/ CCLI

Our Prayers

Confession

God who walks with us, sometimes we are so busy talking with each other that we fail to see you beside us. Walking on, so busy talking, we avoid the silent spaces in which you come and speak. We confess our need for you and our failures to heed your call...

Silence

Stay with us, Jesus Christ. Reach out towards us and invite us to pause and meet with you, we pray. As we look at our lives and that of the world around us, we are sometimes too anxious to share our real questions or our doubts and fears. They live within us in troubled silence....

Silence

Saying together, **Stay with us, Jesus Christ. Reach out towards us and invite us to pause and meet with you, we pray. We call your name, O Christ, and hope to discover you here in our community of vulnerable faith. Amen.**

Absolution / Assurance

Beloved friends, Jesus Christ never leaves us nor forsakes us. Let us open our hearts to receive the grace which Christ brings to us in faithfulness. You are forgiven and free! Thanks be to God.

Words for Worship. <http://pilgrimwr.unitingchurch.org.au>, (Alt.)

The Peace

The peace of the Lord be always with you.

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: Take O Take Me As I Am

Take, O take me as I am.

Summon out what I shall be.

Set your seal upon my heart, and live in in me

John Bell, 1995, The Iona Community, OneLicense

We Celebrate

As we prepare for this holy feast, we are reminded that all are welcome at Jesus's table, 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

We offer these our gifts so that others may not feel alone, eat alone, live alone, be alone, but that they may be surrounded by your grace and love through us and the lives we offer to the. In Jesus' name, we pray. **Amen.** Lectionary Liturgies, Alt.

The Holy Eucharist

The Living God is with you! **And also with you**

Lift up your hearts! **We lift them to the Lord**

Let us give thanks to the Risen One.

It is right to give God thanks and praise...

Thanks and praise fill our hearts, for you are the God of creation and new Creation, of covenant and new Covenant. You brought your people out of slavery to freedom and you have walked the path from the depths of death to the glory of Resurrection Life. And so we gladly praise you, joining with all the company of Heaven and your creation, as we sing the hymn of your unending praise.

The Sanctus:

Steve Bell / © 1991 Signpost Music / CCLI

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. *repeat*

Joy and gladness are our song, redeeming God, for Christ is risen! And around the table once more we proclaim that Jesus, at supper with his disciples, took bread, gave you thanks, broke it and gave it to them saying Take and Eat, This is my body which is given for you, do this in remembrance of me.

After supper he took the cup. Again he gave you thanks and gave it to his companions, saying drink this all of you, this is my blood of the new Covenant, which is shed for you and for many for the Forgiveness of sins do this as often as you drink it in remembrance of me.

Great is the mystery of faith!

Christ has died! Christ is risen! Christ will come again!

Hope and joy are our breath, merciful God, for in a garden of life, you have rolled away the stone of fear and despair, the stone of oppression, the stone of sin, the stone of death.

As you did in creation, so too in the wonder of resurrection - send your Holy Spirit upon us and upon these gifts of bread and wine that they may be for us the body and blood of the risen Christ. Come and stand among us and breathe on us your peace, breathe on us your power, breathe on us your life, that all who labour, all who weep, all who hunger, all who rejoice shall meet you in the breaking of the bread. Shape your church to be your risen body, a diverse and beautiful garden of your Spirit, until you come again and we feast together in your kingdom and all are made one in your love. **Amen. Alleluia!**

The Prayer of Jesus:

As beloved children of a loving parent let us pray:

Our Father (Mother/Source/Parent)

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. And 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, for ever 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! Alleluia!

*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): Father Let your Kingdom Come

Porter's Gate Worship Project, Mason Jar Music, 2017, CCLI

Song: I Need Thee Every Hour

I need Thee ev'ry hour, most gracious Lord; no tender voice like Thine can peace afford.

Refrain: I need Thee, O I need Thee; ev'ry hour I need Thee;
O bless me now, my Savior, I come to Thee.

I need Thee ev'ry hour, stay Thou nearby; temptations lose their pow'r when Thou art nigh.

Refrain

I need Thee ev'ry hour, in joy or pain; come quickly and abide, or life is vain. *Refrain*

I need Thee ev'ry hour, teach me Thy will; and Thy rich promises in me fulfill. *Refrain*

I need Thee ev'ry hour, most Holy One; O make me Thine indeed, Thou blessed Son. *Refrain*

Annie Hawks / Robert Lowry, Public Domain.

Song: Eat This Bread

The image shows a musical score for the song "Eat This Bread". It consists of two systems of music. The first system has a treble clef staff with a key signature of one sharp (F#) and a common time signature (C). The melody is written in a simple, folk-like style. Below the staff, the lyrics are: "Eat this bread, drink this cup, come to me and nev-er be hun-gry." The second system also has a treble clef staff with the same key signature and time signature. The melody continues. Below the staff, the lyrics are: "Eat this bread, drink this cup, trust in me and you will not thirst." Above the second system, there are guitar chord symbols: G, D, Em, Bm, C, DSUS4, D, G. The bass line for both systems is written in a simple, rhythmic pattern.

Ateliers et Presses de Taize / OneLicense

The Prayer After Communion:

We say together:

Thank you, O Christ, for this feast of life.

We are fed by your love;

we are strengthened by your life.

We are sent forth into this world to live your way and share your joy.

We are now commissioned to:

feed as we have been fed,

forgive as we have been forgiven,

love as we have been loved.

Thanks be to God. Amen. The United Church of Canada

We Are Sent

The Blessing

Closing Song: I Have Decided to Follow Jesus

I have decided to follow Jesus;

I have decided to follow Jesus;

I have decided to follow Jesus;

No turning back, no turning back.

Tho' none go with me, I still will follow,

Tho' none go with me I still will follow,

Tho' none go with me, I still will follow;

No turning back, no turning back.

With love I'll follow, till I see Jesus;

With love I'll follow till I see Jesus,

With love I'll follow till I see Jesus;

No turning back, No turning back.

Simon Kama Marak / Bhajan (Northern Indian Devotional folk melody) v3 RJS / Public Domain

<https://www.umcdiscipleship.org/articles/history-of-hymns-i-have-decided-to-follow-jesus>

The Sending:

Go in peace to love and serve the Risen Lord! Alleluia!

Thanks be to God. Amen. Alleluia!

Postlude: 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

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>

Donations to our Common Life and Ministry



A huge thank you to all who have supported our ministry as we've moved into 2026, making it possible for us to continue thriving! With deep gratitude, we continue to receive your offerings. If you wish to give a financial gift to support what you have encountered here, there are a few ways you can do so:

1. **E-transfers.** This method is preferred, as we receive the full amount with no fees assessed. You can use your online banking to send an 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/)
<https://www.canadahelps.org/en/charities/emmausabbeychurch/>
3. The **Square POS** reader at the back of the church. We encourage you to double check your name and contact details are accurate when making a donation via Square or using one of the slips on the back table.

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

admin@abbeychurch.ca + www.abbeychurch.ca

778.557.4166 we would love to connect.

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