



Trinity Sunday

May 31, 2026 + 4pm



Welcome to the AbbeyChurch!

At the AbbeyChurch, we tell stories of faith, encourage hope, share meals, care for each other and for God's creation, and strive to practice the teachings of Jesus.

We're at different places in our faith journey but we share a guiding sacred story as found in scripture (The Bible) and summarised in our Christian creeds.

We share a willingness to honestly wrestle with God—with our questions and doubts, our disillusionment with our institutions and our concern for our world.

We invite diversity in our community and our leadership; old, young, rich, poor, conservative, liberal, radical, single, married, LGBTQ2IA+, straight, evangelical, progressive, overeducated, undereducated, overhoused, underhoused, uncertain, doubting, hurting, thriving (to name a few).

As a witness to unity in diversity, the AbbeyChurch is an affirming (full inclusion and leadership of 2SLGBTQIA+ folk) shared ministry of The United Church of Canada and The Anglican Church of Canada.

We draw on those spiritual traditions, as well as others across the Christian spectrum. We're also connected to Emmaus, an intentional community that is inspired by monasticism and whose members make commitments to prayer, presence and simplicity.

We believe that Christ's love and grace binds our differences together and renews our hope as we gather each week at Jesus' table of radical welcome.

Land Acknowledgement

The AbbeyChurch acknowledges that we worship and pray on the stolen territory of the Lək'wəjən 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

*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: Holy, Holy, Holy

Holy, Holy, Holy, Lord God Almighty!
Early in the morning our song shall rise to thee.
Holy, holy, holy, merciful and mighty!
God in three persons, blessed Trinity!

Holy, holy, holy! All the saints adore thee,
casting down their golden crowns around the glassy sea;
cherubim and seraphim falling down before thee,
which wert and art, and evermore shalt be.

Holy, holy, holy! Though the darkness hide thee,
though the eye of sinfulness thy glory may not see,
only thou art holy; there is none beside thee,
perfect in pow'r, in love and purity.

Holy, holy, holy, Lord God Almighty!
All thy works shall praise thy name in earth and sky and sea.
Holy, holy, holy, merciful and mighty!
God in three persons, blessed Trinity!

Heber/Dykes - Public Domain

Opening Words

The same God, whose imagination saw all
that is good, beautiful, and loving,
**continues to see us as beloved
children in the divine family.**

The same Word which called forth
the sun, stars and whole universe,
**speaks to us and gives us voice,
calling us to speak and to praise!**

The same Spirit, which moved over creation,
breathing life into every living thing,
**comes and fills us with peace and patience,
with hope and with healing to share.**

Let us pray: Almighty and everlasting God, who has revealed yourself as Father, Son, and Holy Spirit, and who lives and reigns in the perfect unity of love: Grant that we may always hold firmly and joyfully to this faith, and, living in praise of your divine majesty, may finally be one in you; who are three Persons in one God, world without end. **Amen.**

Church of South India, Alt.

The Gloria: Praise the Father

Who is the one to whom you belong
Who in your weakness has made you strong?
Who fills your heart with joyful song? It is the Lord your God

Refrain: Praise the Father, praise the Son
Praise the Spirit, Three-in-one, who was and is and is to come
All praise and honour and glory and power O praise God's name forever

Who is the one who for you died
Was mocked and spat at and crucified?
Who rose from the dead and is glorified? It is the Lord your God. *Refrain*

Who is the one whom with you will be
From highest mountain to darkest valley?
Who is the one whom in you dwells? It is the Lord your God *Refrain*
Gord Johnson - Copyright Signpost Music 2008 / CCLI

The Poem

Chosen by Molly LeBlanc - Poet-in-Residence

We Proclaim

The Hebrew Scripture

A Reading from Proverbs (8:22-31)

The Lord created me at the beginning of his work, the first of his acts of long ago. Ages ago I was set up, at the first, before the beginning of the earth. When there were no depths I was brought forth, when there were no springs abounding with water. Before the mountains had been shaped, before the hills, I was brought forth, when he had not yet made earth and fields or the world's first bits of soil. When he established the heavens, I was there; when he drew a circle on the face of the deep, when he made firm the skies above, when he established the fountains of the deep, when he assigned to the sea its limit, so that the waters might not transgress his command, when he marked out the foundations of the earth, then I was beside him, like a master worker, and I was daily his delight, playing before him always, playing in his inhabited world and delighting in the human race.

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

The Christian Scripture

A Reading from the second letter to the Corinthians (13:11-13)

Finally, brothers and sisters, farewell. Be restored; listen to my appeal, agree with one another; live in peace; and the God of love and peace will be with you. Greet one another with a holy kiss. All the saints greet you. The grace of the Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with all of 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.

Gospel Acclamation: Come Holy Spirit Come

Come, Holy Spirit, come;
Let thy bright beams arise;
Dispel the darkness from our minds,
And open all our eyes.

Tis thine to cleanse the heart,
to sanctify the soul,
to pour fresh life in every part,
the new create the whole.

The Gospel:

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

A reading from the Gospel according to Matthew (28:16-20)

Now the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. When they saw him, they worshiped him, but they doubted. And Jesus came and said to them, All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit and

teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age.....

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

Gospel Acclamation: Come Holy Spirit Come

Come, Holy Spirit, come;
Let thy bright beams arise;
Dispel the darkness from our minds,
And open all our eyes.

from Pentecost Songs, 2011 (c) Hiram Ring, Pageant Music / CCLI

Dwell, therefore, in our hearts;
Our minds from bondage free;
Then we shall know, and praise, and love
The Holy Trinity. (x2)

The Sermon

Lynn Mills, ec

Bell. Silence for reflection. Bell.

We rise in body or in spirit as we affirm our faith:

The Creed

[saying together] Hear, O Israel, the Lord our God, the Lord is one. Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. This is the first and the great commandment. The second is like it: Love your neighbour as yourself. There is no commandment greater than these.

Prayer Stations

- *You are invited to come forward for prayer + anointing oil + a blessing*
- *Pray in our side chapel alone or with a friend*
- *Written prayers can be added into our prayer weave*
- *Join us in song - when we sing, we pray twice!*

Amazing Grace

Amazing grace! How sweet the sound
That saved a wretch like me!
I once was lost, but now am found;
Was blind, but now I see.

'Twas grace that taught my heart to fear,
And grace my fears relieved;
How precious did that grace appear
The hour I first believed!

The Lord has promised good to me,
God's Word my hope secures;

God will my Shield and Portion be,
As long as life endures.

Through many dangers, toils and snares,
I have already come;
'Tis grace hath brought me safe thus far,
And grace will lead me home.

When we've been here ten thousand years,
Bright shining as the sun,
We've no less days to sing God's praise
Than when we'd first begun.

Precious Lord, Take My Hand

Precious Lord, take my hand
Lead me on, let me stand
I'm tired, I'm weak, I'm lone
Through the storm, through the night
Lead me on to the light
Take my hand precious Lord, lead me
home

When my way grows drear
Precious Lord, linger near
When my life is almost gone
Hear my cry, hear my call
Hold my hand lest I fall
Take my hand precious Lord, lead me
home

When the darkness appears
and the night draws near
And the day is past and gone
At the river I stand

Thomas A. Dorsey © 1938 (Renewed 1965) UNICHAPPELL MUSIC INC. / CCLI

Guide my feet, hold my hand
Take my hand precious Lord,
lead me home

Confession (sung)

St Paul says: 'Be imitators of God; love as Christ loved; do not grieve the Holy Spirit; but put away all anger and bitterness, all slander and malice.' Let us confess and seek God's mercy...

Lord, have mercy (x4)

Holy Spirit rest upon us - Lead us in the way of your justice

Holy Spirit rest upon us - teach us how to serve in our weakness

Trusting in God's Forgiveness, let us in silence confess our failings and acknowledge our part in the pain of the world... *Silence*

Together we say, **Before God, with the people of God, we confess to our brokenness: to the ways we wound our lives, the lives of others and the life of the world.**

Lord, have mercy (x4)

Holy Spirit rest upon us teach us how to tend to creation

Holy Spirit rest upon us guide us from our path of destruction

© Integrity's Alleluia! Music, Paul Zach Publishing CCLI

Absolution / Assurance

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: Creating God, your fingers trace

Creating God, your fingers trace
the bold designs of farthest space;
let sun and moon and stars and light
and what lies hidden praise your might.

Redeeming God, your arms embrace
all now despised for creed or race;
let peace, descending like a dove,
make known on earth your healing love.

Sustaining God, your hands uphold
earth's myst'ries known or yet untold;
let water's fragile blend with air,
enabling life, proclaim your care.

Indwelling God, your gospel claims
one family with a billion names;
let ev'ry life be touched by grace
until we praise you face to face.

Words Jeffery Rowthorne (1945); tune: "Prospect" from "Southern Harmony" 1835, traditional.

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

Let us Pray: Like the gifts of creation, we are but stewards of all we possess. And like the gifts of creation, they are not to be hoarded, but shared with the hungry, the lonely, the lost, and the struggling. As we offer our gifts, receive our thanks and praise in the name of the Triune God.

Amen.

Communion / The Holy Eucharist

The Spirit of God be with you all. **And also with you.**

Lift up your hearts;

We lift them to God.

Give thanks to our God!

All our thanks, all our praise!

Holy God, Holy One, Holy Three! Before all that is, You were God! Outside all we know, You are God. After all is finished, You will be God. Archangels sound the trumpets! Angels teach us their song, Saints pull us into your presence. And this is our song:



O- Holy - Holy Holy Lord - O God of power and Might. All

C Am⁷ G D G C Em



Heaven and earth of-your glory are full Ho - sanna in the high - est. O

Bm Em D G G Dsus⁴



Blessed is the one who comes in the name-of-the Lord! Ho-

C Am G D G C Em



-sanna in the high - est. Ho - sanna in the high - est.

Holy God, Holy One, Holy Three! You beyond the galaxies, You under the oceans, You inside the leaves, You pouring down rain, You opening the flowers, You feeding the insects, You giving us your image, You carrying us through the waters, You holding us in the night, Your smile on Sarah and Abraham, Your hand with Moses and Miriam, Your words through Deborah and Isaiah, You lived as Jesus among us, Healing, teaching, dying, rising, Inviting us all to your feast.

In the night in which he was betrayed, Jesus took bread and gave thanks; broke it, and gave it to his disciples, saying: Take eat; this is my body, given for you. Do this for the remembrance of me. Again, after supper he took the cup, gave thanks, and gave it for all to drink, saying: This cup is the new covenant in my blood, shed for you and for all people for the forgiveness of sin. Do this for the remembrance of me. Holy God, we remember your Son: His life with the humble, His death among the wretched, His resurrection for us all: Your wisdom our guide, Your justice our strength, Your grace our path to rebirth.

And so we cry, Mercy: **Mercy!**

And so we cry, Glory: **Glory!**

And so we cry, Blessing: **Blessing!**

Great is the mystery of faith!

♩ = 100 Em C G D G Am Dsus⁴

Sing Christ has died and Christ is ri - sen, Christ will come a - gain! Sing

C Am⁷ G D G C Em

Christ has died and Christ is ri - sen, Christ will come a - gain!

Holy God, we beg for your Spirit. Enliven this bread, Awaken this body, Pour us out for each other. Transfigure our minds, Ignite your church, Nourish the life of the earth. Make us, while many, united, Make us, though broken, whole, Make us, despite death, alive.

And so we cry, Come, Holy Spirit: **Come, Holy Spirit!**

And so the church shouts, Come, Holy Spirit: **Come, Holy Spirit!**

And so the earth pleads, Come, Holy Spirit: **Come, Holy Spirit!**

You, Holy God, Holy One, Holy Three, Our Life, our Mercy, our Might, Our Table, our Food, our Server, Our Rainbow, our Ark, our Dove, Our Sovereign, our Water, our Wine, Our Light, our Treasure, our Tree, Our Way, our Truth, our Life! You, Holy God, Holy One, Holy Three!

Praise now, Praise tomorrow, Praise forever. And so we cry, Amen: **Amen!**

A - men, a - men, O Ho - ly One! Ho - san-na and A - men! A -

C Am⁷ G D G C Em

men, a - men, O Ho - ly One, Ho - san - na and A - men!

As beloved children of a loving parent we pray as Jesus taught:

[said in a language, translation or paraphrase of your choice]

Our *Father (*or Parent, or Source) **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 debts as we forgive our debtors.

Lead us not into temptation but deliver us from evil.

For the kingdom, the power, and the glory are yours anow and forever. Amen.

Silence.

These are the gifts of God for the people of God given for the life of the world.

Thanks be to God!

*All are welcome (none compelled!) to receive at Jesus' table!
The bread is gluten-free, there are also rice crackers available.
Grape juice is in the small cups. It is wine (port) in the larger chalice.*

Song (pre-recorded): Holy, Holy

(Recorded by Jimmy and Carol Owens, 1971, Come Together.

Song: Trinity Song

Holy Father, Son, and Spirit. Holy Communion, Three-in-One.

Come with Your peace, with Your invitation.

Bind us together in holy love.

Sandra McCracken - ©2016 Drink Your Tea Music

Song: The Lorica

I bind unto myself today
The gift to call on the Trinity
The saving faith where I can say
Come three in one, oh one in three

I bind unto myself today
The love of Angels and Seraphim
The prayers and prophesies of Saints
The words and deeds of righteous ones. *R*

R: Be above me, as high as the noonday sun
Be below me, the rock I set my feet upon
Be beside me, the wind on my left and right
Be behind me,
oh circle me with Your truth and light

Gayle Salmond, alt. CCLI

I bind unto myself today
The hope to rise from the dust of earth
The songs of nature giving praise
To *Source and Spirit, Living Word. *R*

We Are Sent

Prayer After Communion:

Let us Pray: **Almighty and eternal God, may we who have received your gifts worship you in all we do, and proclaim the glory of your Triune majesty. We ask this in the name of Jesus Christ the Lord. Amen.**

The Blessing:

Closing Song: Mothering God

Mothering God, you gave me birth
in the bright morning of this world.
Creator, source of every breath,
you are my rain, my wind, my sun

Mothering Christ, you took my form,
offering me your food of light,
Grain of life, and grape of love,
your very body for my peace.

Mothering Spirit, nurt'ring one,
in arms of patience hold me close,
So that in faith I root and grow
until I flow'r, until I know.
Praise God from whom all blessings flow;
praise God, all creatures here below;
give thanks to God in love made known:
Creator, Word and Spirit, One. A—men.

V1-3. Jean Janzen based on Julian of Norwich (Augsburg / OneLicense). V4 based on The Doxology, Thomas Ken. Tune Old 100th

The Sending:

In the dance of the Triune God, go forth to serve God and love the world, Alleluia!

Thanks be to God! Alleluia!!!

We'll be back here next Sunday at 4pm

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!

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>



CHRISTIAN ANARCHISM: A Roundtable and Discussion

**Thursday June 11 at 7pm
in the Upper Room**

aka the Emmaus/Abbey Prayer space, library, office.

Enter off of the parking lot up the stairs. Text 7789777562 for barrier free.

With Denise Nadeau of The AbbeyChurch and author of *Unsettling Spirit: A Journey into Decolonization* & Rob Shearer - clergy & former Catholic Worker

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/)
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.



admin@abbeychurch.ca +

www.abbeychurch.ca

778.557.4166 we would love to connect.

This leaflet is printed on tree-free paper. Please recycle or take home.