

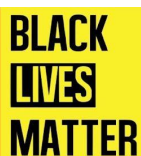


The 13th Sunday After Pentecost

August 23, 2026 + 4pm



Image: "But who do you say that I am?" by Jen Norton



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 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 Words

As one season presses into the next, the lives we lead are ever changing.

Yet our God is steadfast, faithful in every season, every generation.

When our confidence is shaken or hope is interrupted, where will we find help?

Our help is in God, whose love is from everlasting to everlasting. Praise the Lord!

Life in Liturgy, 2019, Alt.

Let us Pray: O Lord, you bind us together in love, to learn, to be healed, to grow, to serve. We thank you that we are not alone. You watch over us, guide us, and lead us in your pathways. When we stumble and fall, you lift us up and gently place us on that pathway again. When we doubt, you surround us with your mercy and peace, reassuring us of your presence through the love of others. Be with us this day and open our hearts and minds to see you and to love you, we in Jesus' name. **Amen.**

Ministry Matters, 2020, 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: Christ is Made the Sure Foundation

Christ is made the sure foundation,
Christ the head and cornerstone,
chosen of the Lord, and precious,
binding all the church in one,
holy Zion's help forever,
and her confidence alone.

All that dedicated city,
dearly loved of God on high,
in exultant jubilation
pours perpetual melody,
God the One in Three adoring
in glad hymns eternally.

To this temple, where we call You,
come, O Lord of Hosts, today;
with accustomed lovingkindness,

J. M. Neale (1861), Public Domain.

hear Your servants as they pray;
and Your fullest benediction
shed within its walls away.

Lord, here grant to all Your servants
what they ask of You to gain,
what they gain from You, forever
with the blessed to retain,
and hereafter in Your glory
evermore with You to reign.

Praise and honor to the Father,
praise and honor to the Son,
praise and honor to the Spirit,
ever Three, and ever One,
one in might, and one in glory,
while unending ages run.

We Proclaim

The Epistle

A reading from Paul to the early Beloved Community in Rome (Romans 12:1-8)

I appeal to you therefore, brothers and sisters, on the basis of God's mercy, to present your bodies as a living sacrifice, holy and acceptable to God, which is your reasonable act of worship. Do not be conformed to this age, but be transformed by the renewing of the mind, so that you may discern what is the will of God—what is good and acceptable and perfect. For by the grace given to me I say to everyone among you not to think of yourself more highly than you ought to think but to think with sober judgment, each according to the measure of faith that God has assigned. For as in one body, we have many members and not all the members have the same function, so we, who are many, are one body in Christ, and individually we are members one of another. We have gifts that differ according to the grace given to us: prophecy, in proportion to faith; ministry, in ministering; the teacher, in teaching; the encourager, in encouragement; the giver, in sincerity; the leader, in diligence; the compassionate, in cheerfulness.

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

*You are invited to chant this ancient song (psalm / poem) with us,
or let the words flow over you.*

The Psalm: Psalm 138

I will give thanks to you, O Lord, with *my whole heart; *
before the gods I will *sing your praise.
I will bow down toward your holy temple and *praise your name, *
because of your *love and faithfulness;
for you have glori-*fied your name *
and your word a-*bove all things.
When I called, you *answered me; *
you increased my *strength within me.
All the rulers of the earth will praise *you, O Lord, *
when they have heard the words *of your mouth.
They will sing of the ways *of the Lord, *
that great is the glory *of the Lord.
Though you are high, you care *for the lowly; *
you perceive the haughty *from afar.
Though I walk in the midst of trouble, you keep me safe; *
you stretch forth your hand against the fury of my enemies;
your mighty *hand shall save me.
O Lord, you will make good your pur-*pose for me; *
your love endures for ever; do not abandon the works *of your hands.

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.

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

The Gospel:

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

A reading from the Gospel according to Saint Matthew (16:13-20)

Now when Jesus came into the district of Caesarea Philippi, he asked his disciples, "Who do people say that the Son of Man is?" And they said, "Some say John the Baptist but others Elijah and still others Jeremiah or one of the prophets." He said to them, "But who do you say that I am?" Simon Peter answered, "You are the Messiah, the Son of the living God." And Jesus answered him, "Blessed are you, Simon son of Jonah! For flesh and blood has not revealed this to you but my Father in heaven. And I tell you, you are Peter, and on this rock I will build my church, and the gates of Hades will not prevail against it. I will give you the keys of the kingdom of heaven, and whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven." Then he sternly ordered the disciples not to tell anyone that he was the Messiah.

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.

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

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

The Sermon

Matt Humphrey

Bell. Silence for reflection. Bell.

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

Affirmation Of Faith / Creed

[We affirm our faith as we say together]

We are not alone, we live in God's world.

**We believe in God: who has created and is creating,
who has come in Jesus, the Word made flesh,
to reconcile and make new, who works in us and others by the Spirit.**

We trust in God.

**We are called to be the Church: to celebrate God's presence, to live with respect in
Creation to love and serve others,**

**to seek justice and resist evil,
to proclaim Jesus, crucified and risen, our judge and our hope.**

In life, in death, in life beyond death, God is with us.

We are not alone. Thanks be to God. Amen. *The United Church of Canada*

Our Prayers

Confession

(sung) Lord, have mercy. Lord, have mercy. Lord, have mercy. Lord, have mercy.
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.

Presider: Siblings in Christ, let us together face the cross
and confess in silence in the presence of God and each another...

Silence is kept to bring to heart and mind the things we've done and left undone...

(sung) Lord, have mercy. Lord, have mercy. Lord, have mercy. Lord, have mercy.
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 of Grace

The Peace

The peace of Christ 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: Come Thou Fount

Come, Thou Fount of every blessing,
Tune my heart to sing Thy grace;
Streams of mercy, never ceasing,
Call for songs of loudest praise.
Teach me some melodious measure,
Sung by flaming tongues above.
O the vast, the boundless treasure
Of my God's unchanging love.

Here I make faith's affirmation
Thus far by thy help I've come
And I hope by thy compassion
Safely to arrive at home.

Jesus sought me when a stranger,
Wandering from the fold of God;
He, to rescue me from danger,
Interposed His precious blood;

O to grace how great a debtor
Daily I'm constrained to be!
Let Thy goodness, like a fetter,
Bind my wandering heart to Thee.
Prone to wander, Lord, I feel it,
Prone to leave the God I love;
Here's my heart, O take and seal it,
Seal it for Thy courts above.

Robert Robinson, Public Domain.

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

Generous God who always gives to each one of us the best, we thank you for this opportunity to share from our abundance. Bless these gifts, offered through the ministries and mission of this church. In Jesus' name, we pray. **Amen.**

Communion / The Holy Eucharist

May God be with us. God is here among us.

Let us open our hearts to God. We open them to God and to one another.

Let us give thanks to God. It is right to give our thanks and praise.

Loving God, you made this wonderful world for us to enjoy. You showed our ancestors how to care for one another. You gave us Jesus to be our friend and to bring us closer to you.

Though he died on a cross, you made him alive again, to live with us forever, and to show us that death can never conquer love. You send us your Spirit and bring us to this table so that we can share your love. For all your goodness we give you thanks; and together we give you praise. Source and Sustainer of life, we gather at this table to offer thanks, and to taste afresh the wonder of a holy love. In companionship with all creatures, we are one in gratitude for the gift and mystery of life, and one in longing for a world reborn. And so we sing together:

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

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

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

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

As we gather at this table, we remember that on the night before he died, Jesus had supper with his friends. He took a loaf of bread, thanked you as we have thanked you, broke the bread, and gave it to them, saying: "Take, eat. This is my body, given for you. Each time you do this, remember me."

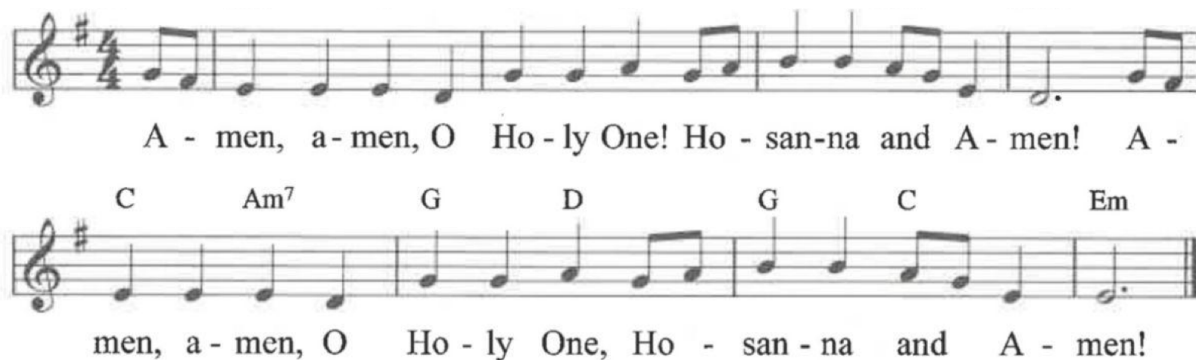
Then, he took a cup, and after giving thanks, passed it to his friends, saying: "Drink. This cup is the promise of God, made in my blood. Each time you drink from this cup, remember me." With thanksgiving we take this bread and this cup and proclaim Jesus' death and resurrection, and Christ's coming again to renew the whole creation:

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

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

Send your Holy Spirit upon us and upon this offering of your church, that we who eat and drink at Christ's table may share in his life.

Pour out your Spirit upon the whole earth, and make it your new creation.
 Gather your church together from the ends of the earth
 into your realm where peace and justice are revealed—
 that we, with all your people, of every language, race, and nation,
 may share the banquet you have promised.



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 now 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): Agnus Dei

from Songs of Liturgy, Pillar Church, 2015.

Communion 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 me.

John Bell / Wild Goose, GIA Publications / CCLI

Communion Song: How Firm a Foundation

How firm a foundation, ye saints of the Lord,
 Is laid for your faith in His excellent word!
 What more can He say than to you He hath said,
 To you who for refuge to Jesus have fled?

“Fear not, I am with thee, O be not dismayed,
 For I am thy God, and will still give thee aid;
 I’ll strengthen thee, help thee,
 and cause thee to stand,
 Upheld by My righteous, omnipotent hand.”

“When through the deep waters I call thee to go,
 The rivers of sorrow shall not overflow;

For I will be with thee, thy troubles to bless,
 And sanctify to thee thy deepest distress.”

“When through fiery trials thy pathway shall lie,
 My grace, all sufficient, shall be thy supply;
 The flame shall not hurt thee; I only design
 Thy dross to consume, and thy gold to refine.”

“The soul that on Jesus hath leaned for repose,
 I will not, I will not desert to his foes;
 That soul, though all hell should endeavor to shake,
 I’ll never, no, never, no, never forsake!”

R. Keen, Public Domain.

We Are Sent

Prayer After Communion

[we pray together] **God of our pilgrimage, you have willed that the gate of mercy should stand open for all those who trust in you: look upon us with your favour that we who follow the path of your will may never wander from the way of life; through Jesus Christ our Lord. Amen.**

Life in Liturgy, 2017, Alt.

Closing Song: I'm Gonna Live so God can use me

I'm gonna live so God can use me -- anywhere, Lord, anytime! x2

I'm gonna work so God can use me -- anywhere, Lord, anytime! x2

I'm gonna pray so God can use me -- anywhere, Lord, anytime! x2

I'm gonna sing so God can use me -- anywhere, Lord, anytime! x2

African-American Spiritual, Public Domain.

Go in peace to follow Christ and serve the people, Alleluia!

Thanks be to God! Alleluia!!!

We'll be back here next week - August 30!

Sunday, September 6th at Willows Beach with picnic/potluck!

Summer Weekday Prayer with the Emmaus Community

Mondays 9 am - Morning Prayer w/ Centering Prayer - approx 45 mins. In-person only in the Upper Room. Enter off of the parking lot up the metal stairs.

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!



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](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. 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.

QomQem Street Outreach continues!

We invite you to help prep food (starts at 5 in the kitchen) or bring donations, as you're able!

path **SOLID OUTREACH** **THE ABBEY CHURCH**

A collaborative project between:
QomQem, NPNA, SOLID, &
AbbeyChurch

18 FAMILY PACK WAGONWHEELS

NON PERISHABLE FOOD URGENTLY NEEDED!

WE NEED YOU!

Night outreach - We're at it again!
We are in need of non-perishable foods to support Street Family!

What's Needed?
Large Tins of: Peanut Butter, Jam & Nutella
Fruit Cups,
Packaged treats (wagonwheels etc)
Large bags of Soft candies
Gatorade Powder Tins
Camp gear!

TO ARRANGE DROP OFF, CONTACT:
admin@qomqem.com / 250-291-1204

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.

