



The 9th Sunday After Pentecost & Emancipation Sunday

July 26, 2026 + 4pm



Image: Parable of the Mustard Seed, Public Domain



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 Lək̓ʷəŋən 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.

Emancipation Sunday

Emancipation Sunday commemorates the Slavery Abolition Act, which took effect on August 1, 1834, freeing enslaved people in British colonies and is celebrated on a Sunday close to August 1 by both the United Church and Anglican Churches of Canada.

We acknowledge that from the 17th century until the 19th century, adults and children were forcefully kidnapped and displaced from their homes in Western Africa and brought across the Atlantic Ocean to the Caribbean and the Americas, where they were forced into chattel slavery.

We also acknowledge that even after the abolition of slavery in 1834, the descendants of the enslaved and other members of the African Diaspora and the Black community have and continue to face discrimination based on the colour of their skin. Today we take time to acknowledge, reflect, and honour the significant resilience and contributions of people of African descent to the church and society as a whole.

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 (with Collect for Purity): **Almighty God**

Almighty God to you all hearts are open - search and know our thoughts and anxious fears.
Wash us in the fountain of your mercy - come with your light, we cannot hide from you.

Almighty God to you all hearts are open - with gratitude we raise our song to you.
Come and fill the praises of your people - in grace and truth, you make us new again.
Alleluia (x4)

Almighty God to you all hearts are open - we long for more than what this world provides.
No shallow spring will ever satisfy us - your river deep floods over everything. Alleluia (x4)

Almighty God to You all hearts are open - You take away our sickness and our sin.
Oh Lamb of God - we gather at Your table In bread and wine - you have supplied our needs.
Alleluia (x4) Sandra McCracken Drink Your Tea Music 2015 / CCLI

Opening Words (for Emancipation Sunday, The Anglican Church of Canada)

Jesus Christ is the Liberator of us all.

Because Christ endured death upon the cross, the chains of sin have been broken.

Through Jesus' resurrection, we have been reconciled with God, our creator.

God in whose mercy has led forth the people who God has redeemed.

God will guide us in God's strength to our holy habitation.

God is here.

God will never forsake us.

The Reign of God is joy.

Amen. Thanks be to God.

The Reign of God is peace.

Amen. Thanks be to God.

The Reign of God is justice.

Amen. Thanks be to God.

What does the Lord require of us?

That we do justice, love kindness, and to walk humbly with God.

We hunger and thirst for justice

Let us eat the Bread of Justice. Let us drink of the Cup of Mercy.

Let us sing and make music unto God.

Joy and peace to you!

Justice and mercy for all. Thanks be to God. Amen.

The Poem

We Proclaim

The Epistle

A reading from Paul to the early Beloved Community in Rome (Romans 8:26-39)...

Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words. And God, who searches the heart, knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God. We know that all things work together for good for those who love God, who are called according to his purpose. For those whom God foreknew God also predestined to be conformed to the image of God's Son, in order that he might be the firstborn within a large family. And those whom he predestined he also called; and those whom he called he also justified; and those whom he justified he also glorified. What then are we to say about these things? If God is for us, who is against us? God who did not withhold God's own Son, but gave him up for all of us, will God not with him also give us everything else? Who will bring any charge against God's elect? It is God who justifies. Who is to condemn? It is Christ Jesus, who died, yes, who was raised, who is at the right hand of God, who indeed intercedes for us. Who will separate us from the love of Christ? Will hardship, or distress, or persecution, or famine, or nakedness, or peril, or sword? As it is written, "For your sake we are being killed all day long; we are accounted as sheep to be slaughtered." No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

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 119, selected verses

Your decrees are wonderful; *
therefore I obey them with all my heart.

When your word goes forth it gives light; *
it gives understanding to the simple.

I open my mouth and pant; *
I long for your commandments.

Turn to me in mercy, *
as you always do to those who love your name.

Steady my footsteps in your word; *
let no iniquity have dominion over me.

Rescue me from those who oppress me, *
and I will keep your commandments.

Let your countenance shine upon your servant *
and teach me your statutes.

My eyes shed streams of tears, *
because people do not keep your law.

Psalm 119:129-136

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

Gospel Acclamation: I'm Gonna Eat At the Banquet Table

I'm gonna eat at the welcome table!

I'm gonna eat at the welcome table - alleluia!

I'm gonna eat at the welcome table!

I'm gonna eat at the welcome table - alleluia!

African-American Spiritual, Public Domain - 1874 by Thomas P. Fenner as heard sung by an enslaved child who was being separated from his mother, Hampton Singers – then 1922 the Florida Normal Quartet. Then Let Us Sing (UCC) #28

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 (13:31-33, 44-52)

Jesus put before them another parable: "The kingdom of heaven is like a mustard seed that someone took and sowed in his field; it is the smallest of all the seeds, but when it has grown it is the greatest of shrubs and becomes a tree, so that the birds of the air come and make nests in its branches." He told them another parable: "The kingdom of heaven is like yeast that a woman took and mixed in with three measures of flour until all of it was leavened. The kingdom of heaven is like treasure hidden in a field, which someone found and hid; then in his joy he goes and sells all that he has and buys that field. Again, the kingdom of heaven is like a merchant in search of fine pearls; on finding one pearl of great value, he went and sold all that he had and bought it. Again, the kingdom of heaven is like a net that was thrown into the sea and caught fish of every kind; when it was full, they drew it ashore, sat down, and put the good into baskets but threw out the bad. So it will be at the end of the age. The angels will come out and separate the evil from the righteous and throw them into the furnace of fire, where there will be weeping and gnashing of teeth. Have you understood all this?" They answered, "Yes." And he said to them, "Therefore every scribe who has been trained for the kingdom of heaven is like the master of a household who brings out of his treasure what is new and what is old."

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

Gospel Acclamation (*verse 2 of above*)

I'm gonna feast on milk and honey

I'm gonna feast on milk and honey - alleluia!

I'm gonna feast on milk and honey

I'm gonna feast on milk and honey - alleluia!

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.

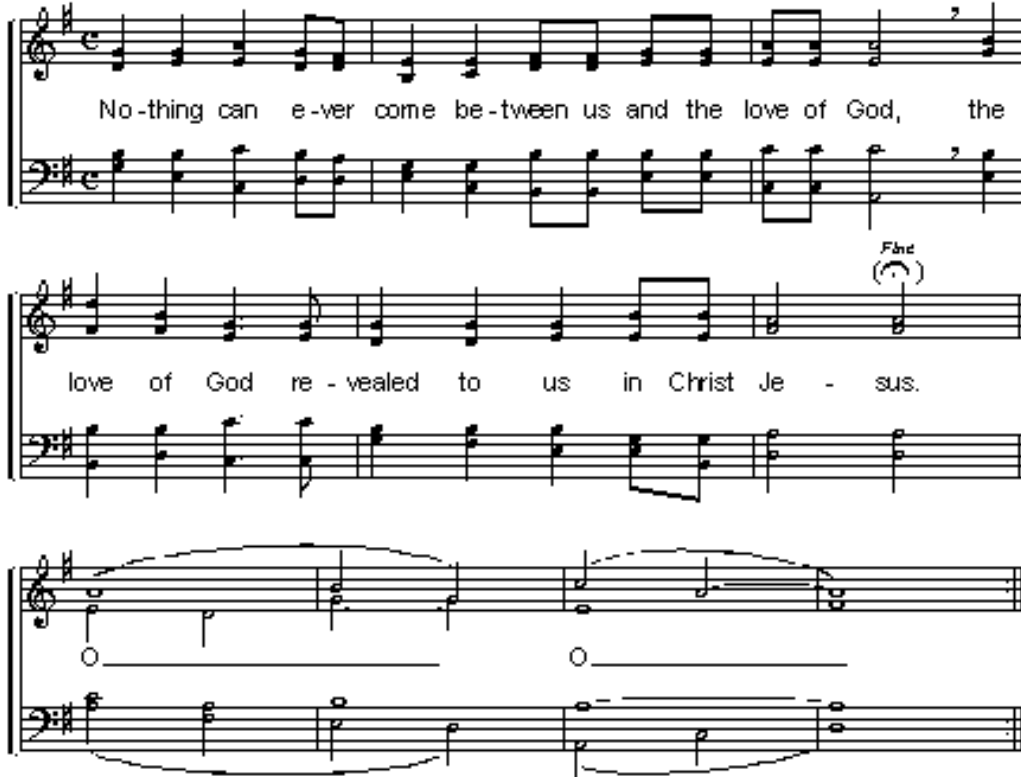
We are not alone. Thanks be to God. Amen. *The United Church of Canada*

Our Prayers : Anointing / Weave / Art

For our time of prayer today, you are welcomed to come forward to receive an 'anointing' - this is a simple ancient ritual for healing where you are prayed over and a small amount of oil is placed on your head.

You may also choose to pray by singing, weaving your prayer into the prayer weave, or using the art supplies to draw or write your prayer

Song for Prayer: Nothing Can Ever Come Between Us And The Love of God



Ateliers et Presses de Taizé, OneLicense

Song for Prayer: Precious Lord, Take My Hand

Precious Lord, take my hand - lead me on, let me stand
I am tired, I'm weak, I am worn
Through the storm, through the night - Lead me on to the light
Take my ha-and, 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, guide my feet hold my hand.
Take my hand, precious Lord, lead me home.

Thomas A. Dorsey; © 1938; Unichappell Music Inc. / VU / CCLI

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
- where we have 'missed the mark'.*

(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: Amazing Grace (Rising Sun Version)

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

T'was grace that taught my heart to fear, and grace my fears relieved;
How precious did that grace appear the hour I first believed.

Through many dangers, toil and snares, I have already come;
'Tis grace has 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've first begun.

John Newton Public Domain / Appalachian or English folk tune, evolved.

Offertory Chant: Ring The Bells (call/response)

Ring the bells that still can ring.

Ring the bells that still can ring

Forget your perfect offering.

Forget your perfect offering.

There is a crack in everything.

There is a crack in everything.

That's how. **That's how.**

The light. **The light.**

Gets in. **That's how the light gets in.**

Wilderness Way Community PDX

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

Blessed are you, Sovereign God of all creation: through your goodness we have this bread and wine to set before you, which earth has given and human hands have made. It will become for us our spiritual nourishment. **All: Blessed be God for ever.**

Today's communion prayer is chanted with a Shruti (drone) box (tuned to c and g).
The words and chant are adapted from St. Lydias Supper Church Brooklyn, NY. <https://www.stlydias.org/>

Communion / The Holy Eucharist

Our God be with you. **[All] And also with you.**

Lift up your hearts. **[All] We lift them up to God.**

Let us give thanks to our loving God. **[All] It is right to give God thanks and praise.**

Holy God, How wonderful is the work of your hands!

All of creation echoes the 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 for a justice that would never fail.

[All] Glory to you forever and ever.

Through countless generations your people hungered for the bread of freedom.

From them you raised up Jesus your Son, the living bread,
in whom all our hungers are filled.

you have given 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:

[All] Holy holy holy *Lord - God of power and might

Heav'n 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, this is my body. Do this in remembrance of me."

[All] 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.

[All] Glory to you forever and ever.

Holy God we give you thanks for the mystery of faith given to us in Jesus your Child:

[All] 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.
Grant that with burning hearts, we may be a people of hope, justice, and love.
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.

All: A—men *St. Lydia's Table (Brooklyn NY), alt.*

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: The Heart of God

The heart of God has been revealed. The heart of God has been revealed
To bring love, not hate - pour out, not dominate. The heart of God has been revealed.

The heart of God has been revealed. The heart of God has been revealed.
To forgive, not blame - to make whole, not shame. The heart of God has been revealed.

Chorus: Hallelujah! Hallelujah! Hallelujah! Hallelujah! The heart of God has been revealed

The heart of God has been revealed. The heart of God has been revealed.
To forgive, not blame - to make whole, not shame. The heart of God has been revealed *Chorus*
Alana Levandoski / © Copyright 2015 / CCLI

Communion Song: Your Peace Will Make Us One

Mine eyes have seen the glory of the coming of the Lord
You are speaking truth to power, you are laying down our swords
Replanting every vineyard til a brand new wine is poured - Your peace will make us one

I've seen you in our home fires burning with a quiet light
You are mothering and feeding in the wee hours of the night
Your gentle love is patient, you will never fade or tire - Your peace will make us one

In the beauty of the lilies you were born across the sea
With a glory in your bosom that is still transfiguring
Dismantling our empires til each one of us is free - Your peace will make us one

Glory! Glory! Hallelujah! (x3) - Your peace will make us one. X2 Audrey Assad. © 2019./ CCLI

We Are Sent

Prayer After Communion

[we pray together] **God of restoration, we give you thanks that you have nourished us at this table with the life of your Son, the source of our freedom and peace. Strengthened by this sacrament, send us out as ambassadors of Christ, to live in truth, to seek reconciliation, and to restore dignity wherever it has been denied. May our worship bear fruit in justice, our faith be made known in love, and our freedom be used in service, to the glory of your holy name; through Jesus Christ our Sibling and Lord. Amen.**

Closing Song: Canticle of the Turning

My soul cries out with a joyful shout that the God of my heart is great,
And my spirit sings of the wondrous things that you bring to the ones who wait.
You Fixed your sight on your servant's plight, and my weakness you did not spurn,
So from east to west shall my name be blest. Could the world be about to turn?

Refrain: My heart shall sing of the day you bring. Let the fires of your justice burn.
Wipe away all tears, for the dawn draws near, and the world is about to turn!

Though I am small, my God, my all, You work great things in me,
And your mercy will last from the depths of the past to the end of the age to be.
Your very Name puts the proud to shame, and to those who would for you yearn,
You will show your might, put the strong to flight, for the world is about to turn. *Refrain*

From the halls of power to the fortress tower, not a stone will be left on stone.
Let the king beware for your justice tears ev'ry tyrant from their throne.
The hungry poor shall weep no more, for the food they can never earn;
There are tables spread, ev'ry mouth be fed, For the world is about to turn. *Refrain.*

Though the nations rage from age to age, we remember Who holds us fast:
God's mercy must deliver us from the conqueror's crushing grasp.
This saving word that out forebears heard is the promise which holds us bound,
'Til the spear and rod can be crushed by God, who is turning the world around. *Refrain.*
Rory Cooney / Star of the County Down Tune / 1990 GIA / OneLicense.

The Blessing, Sending, Commissioning of Rob / The Blessing

Sending Song: Sent Forth By God's Blessing

Sent forth by God's blessing, our true faith confessing,
the people of God from this dwelling take leave.
The service is ended, O now be extended
The fruits of our worship in all who believe.
The seed of the teaching, receptive souls reaching,
shall blossom in action for God and for all.
God's grace did invite us, and love shall unite us
to work for God's kingdom and answer the call. VU / Omer Westendorf / OneLicense

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

Thanks be to God! Alleluia!!!

We join in a potluck.

All are welcome to stay, whether you have a contribution or not!

[for the end of the potluck, acapella]

With praise and thanksgiving to God ever living,
the tasks of our everyday life we will face.
Our faith ever sharing, in love ever caring,
embracing God's children of each tribe and race.
With your feast you feed us, with your light now lead us;
unite us as one in this life that we share.
Then may all the living with praise and thanksgiving
give honour to Christ and the name that we bear.

***We'll be back here in two weeks
- Sunday, August 9 at 4pm - with another 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 starts back up Sunday August 2

They are always looking for volunteers to help prep food around 5pm, and for food donations!

The flyer is for QomQem Street Outreach, a collaborative project between QomQem, NPNA, SOLID, and Abbey Church. It features a pink background with various food and supply icons. A dark blue circle with white text says "NON PERISHABLE FOOD URGENTLY NEEDED!". A megaphone icon is next to the text "Night outreach - We're at it again! We are in need of non-perishable foods to support Street Family!". Below this, a list titled "What's Needed?" includes: Large Tins of: Peanut Butter, Jam & Nutella; Fruit Cups; Packaged treats (wagonwheels etc); Large bags of Soft candies; Gatorade Powder Tins; and Camp gear!. Icons for a tin of Gatorade, a jar of Nutella, a jar of jam, a bag of wagonwheels, and a tent are shown. A red banner at the bottom right says "TO ARRANGE DROP OFF, CONTACT: admin@qomqem.com / 250-291-1204".

WE NEED YOU!

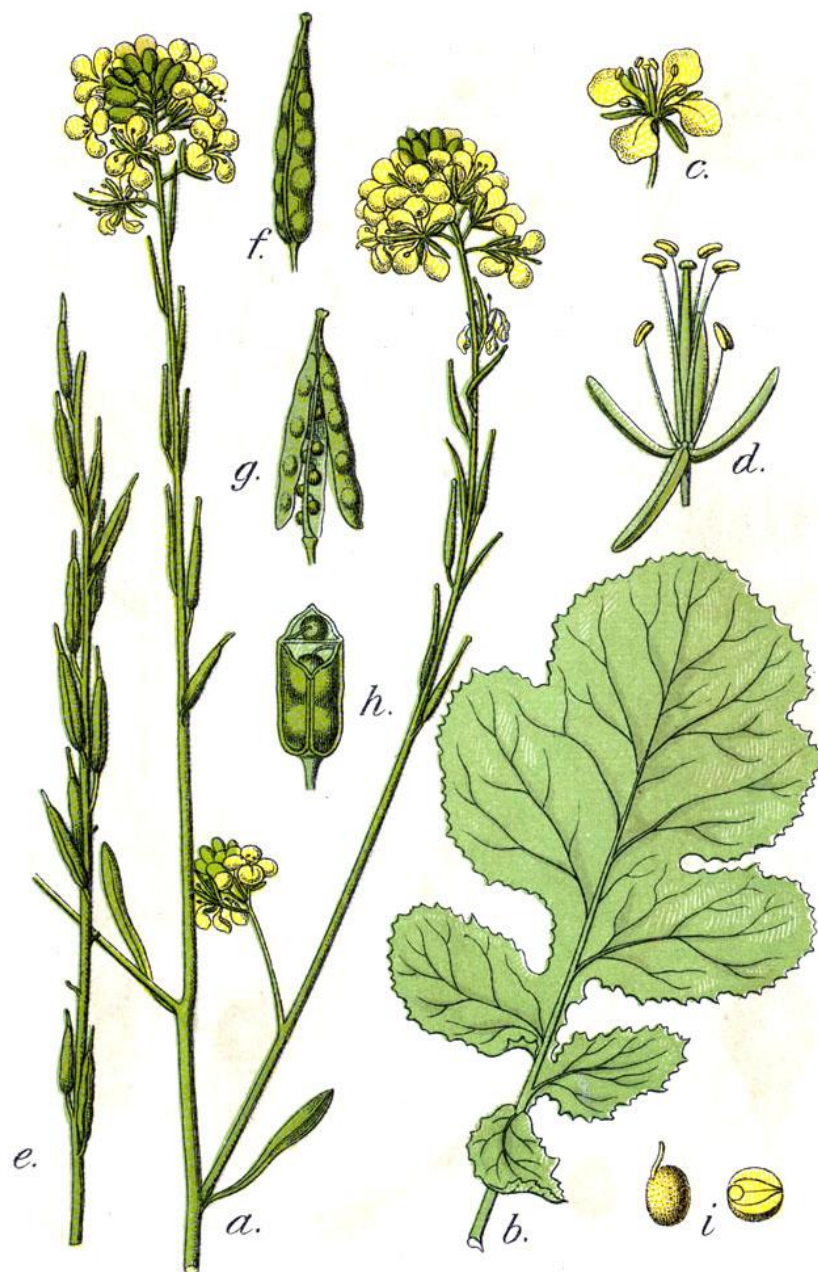
NON PERISHABLE FOOD URGENTLY NEEDED!

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.

