



The 14th Sunday After Pentecost

August 30, 2026 + 4pm



Image: Moses & Bush Icon Sinai c12th century, author unknown



**BLACK
LIVES
MATTER**



**CEASE
FIRE
NOW**

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.

We Gather

Tolling of the Bells

Welcome - Announcements - Land Acknowledgment

Bell x 3

Opening Words

God our Creator, you are alive:

**in the singing of geese flying south,
in the leaves gently stirring in the breeze,
in the stars that dance at night.**

Jesus, Brother to the poor, you are in our midst:

**in the lap of a grandmother,
in the cries of a newborn,
in the stillness of dawn.**

Spirit of God, you make all our places holy:

**the classrooms where we fidget,
the sidewalks where we meet neighbors,
the grass in our backyards.**

God in Community, Holy in One,

**make us aware of your presence in every moment,
as we gather to worship you.**

Lectionary Liturgies, Thom Shuman, 2017, Alt.

Let us Pray: Author and Giver of all good things, graft in our hearts the love of your name, increase in us true religion, nourish us in all goodness, and of your great mercy keep us in the same; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

The Book of Common Prayer

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: Praise to the Lord the Almighty

Praise to the Lord, the Almighty, who rules all crea-tion!
O my soul, praise God, at all times your health and salvation!
Come all who hear, brothers and sisters draw near;
Joining in glad adoration; Joining in glad adora-tion.

Praise to the Lord, above all things so mightily reigning,
Keeping us safe at God's side, and so gently sustaining!
Have you not seen, how all you needed has been
Met by God's gracious ordaining; Met by God's gracious ordaining?

Praise to the Lord, who will prosper our work and defend us;
Surely God's goodness and mercy shall daily attend us.
Ponder anew what the Almighty can do,
Who out of love will befriend us; Who out of love will befriend us.

Praise to the Lord, O let all that is in me adore Him!
All that hath life and breath, come now with praises before Him.
Let the Amen sound from God's people again,
Gladly with praise we adore Him. Gladly with praise we adore Him.

Joachim Neander (1680), Public Domain.

We Proclaim

The Reading

A reading from the book of Exodus (Exodus 3:1-15)

Moses was keeping the flock of his father-in-law Jethro, the priest of Midian; he led his flock beyond the wilderness and came to Mount Horeb, the mountain of God. There the angel of the Lord appeared to him in a flame of fire out of a bush; he looked, and the bush was blazing, yet it was not consumed. Then Moses said, "I must turn aside and look at this great sight and see why the bush is not burned up." When the Lord saw that he had turned aside to see, God called to him out of the bush, "Moses, Moses!" And he said, "Here I am." Then he said, "Come no closer! Remove the sandals from your feet, for the place on which you are standing is holy ground." He said further, "I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob." And Moses hid his face, for he was afraid to look at God. Then the Lord said, "I have observed the misery of my people who are in Egypt; I have heard their cry on account of their taskmasters. Indeed, I know their sufferings, and I have come down to deliver them from the Egyptians and to bring them up out of that land to a good and spacious land, to a land flowing with milk and honey, to the country of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites. The cry of the Israelites has now come to me; I have also seen how the Egyptians oppress them. Now go, I am sending you to Pharaoh to bring my people, the Israelites, out of Egypt." But Moses said to God, "Who am I that I should go to Pharaoh and bring the Israelites out of Egypt?" He said, "I will be with you, and this shall be the sign for you that it is I who sent you: when you have brought the people out of Egypt, you shall serve God on this mountain." But Moses said to God, "If I come to the Israelites and say to them, 'The God of your ancestors has sent me to you,' and they ask me, 'What is his name?' what shall I say to them?" God said to Moses, "I am who I am." He said further, "Thus you shall say to the Israelites, 'I am has sent me to you.' " God also said to Moses, "Thus you shall say to the Israelites, 'The Lord, the God of your ancestors, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you': This is my name forever, and this my title for all generations."

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 105 (1-10)

Give thanks to the Lord and call upon *the divine name; *
make known the deeds of the Lord a-*mong the peoples.
Sing to the *Lord, sing praises, *
and speak of all the marvellous works *of the Lord.
Glory in the *holy name; *
let the hearts of those who seek the *Lord rejoice.
Search for the strength *of the Lord; *
continually seek the *face of God.
Remember the marvels the *Lord has done, *
the wonders and the judgements of the mouth *of the Lord,
O offspring of Abraham the ser-*vant of God, *
O children of Jacob the chosen *of the Lord.
The Lord *is our God, *

whose judgements prevail in *all the world,
who has always been mindful *of the covenant, *
the promise made for a thousand *generations:
the covenant *made with Abraham, *
the oath *sworn to Isaac,
established as a stat-*ute for Jacob, *
an everlasting cove-*nant for Israel.

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 (16:21-28)

From that time on, Jesus began to show his disciples that he must go to Jerusalem and undergo great suffering at the hands of the elders and chief priests and scribes and be killed and on the third day be raised. And Peter took him aside and began to rebuke him, saying, "God forbid it, Lord! This must never happen to you." But he turned and said to Peter, "Get behind me, Satan! You are a hindrance to me, for you are setting your mind not on divine things but on human things." Then Jesus told his disciples, "If any wish to come after me, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake will find it. For what will it profit them if they gain the whole world but forfeit their life? Or what will they give in return for their life? "For the Son of Man is to come with his angels in the glory of his Father, and then he will repay everyone for what has been done. Truly I tell you, there are some standing here who will not taste death before they see the Son of Man coming in his kingdom."

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

Michelle Slater

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: Take my life and let it be

Take my life and let it be
consecrated, Lord, to thee.

Take my moments and my days;
let them flow in endless praise,
let them flow in endless praise.

Take my silver and my gold;
not a mite would I withhold.
Take my intellect and use
every power as thou shalt choose,
every power as thou shalt choose.

Take my will and make it thine;
it shall be no longer mine.

Take my heart it is thine own;
it shall be thy royal throne,
it shall be thy royal throne.

Take my love; my Lord, I pour
at thy feet its treasure store.
Take myself, and I will be
ever, only, all for thee,
ever, only, all for thee.

Frances Ridley Havergal (1874), 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

Merciful God, receive all we offer you this day. Give us grace to love one another that your love may be made perfect in us. We ask this in the name of Jesus Christ our Lord. **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

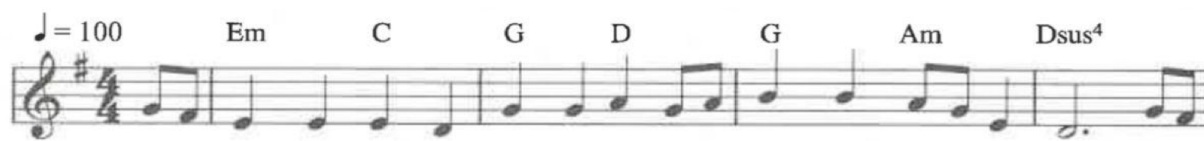
Heaven and earth of-your glory are full Ho - sanna in the high - est. O

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.



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



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 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: Eat this Bread

Eat this bread, drink this cup,
come to me and never be hungry.
Eat this bread, drink this cup,
trust in me and you will not thirst.

Jesus Christ, bread of life,
those who come to you will not hunger.
Jesus Christ, Risen Lord,
those who trust in you will not thirst.
Jacques Berthier, Taizé, GIA Publications, CCLI.

Communion Song: Make a Way

R: Make a way, and help us to walk in it
Make a way, mmmm. x2

With mercy and goodness, you welcome us,
Forgiven, at your table x2 + refrain

While trouble and suffering are all around
Our story does not end there x2 + refrain

Rachel Colman, 2024, used with permission.

The years of sorrow will be swallowed up
With tears of joy x2 + refrain

We Are Sent

Prayer After Communion

[we pray together] **Gracious God, we give you thanks for all you have given us—for daily food, for health, for each breath we take, for freedom to choose, and for the gifts of your word, your power and your love. Our hearts embrace all you have entrusted to us. May we be worthy of that trust—may we be a people who are unafraid to live fully alive to God, in Christ name, Amen.**

Life in Liturgy, 2017, Alt.

Blessing

Beloved, when the path is easy and when the path is rough, when God calls through a burning bush or a still, small voice or a loving rebuke, remember: you are not alone. May God bless you with the courage and humility to accept God's call and with the assurance that if God calls you, God will equip you. **Amen.**

Discipleship Ministries, May 2026, alt.

Closing Song: Here I am, Lord

I, the Lord of sea and sky,
I have heard My people cry.
All who dwell in dark and sin My hand will save.
I, who made the stars of night,
I will make their darkness bright.
Who will bear My light to them – whom shall I send?

R: Here I am, Lord. Is it I, Lord?
I have heard You calling in the night.
I will go, Lord, if You lead me;
I will hold Your people in my heart.

I, the Lord of snow and rain,
I have borne My people's pain.
I have wept for love of them; they turn away.
I will break their hearts of stone,
Give them hearts for love alone.
I will speak My Word to them – whom shall I send? Refrain

I, the Lord of wind and flame,
I will tend the poor and lame.
I will set a feast for them; My hand will save.
Finest bread I will provide,
Till their hearts be satisfied.
I will give My life to them – whom shall I send? Refrain

African-American Spiritual, Public Domain.

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

Thanks be to God! Alleluia!!!

Next week at Willows Beach with picnic / potluck - Sept 6th

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/):
<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!

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.

