

Pentecost +6
Service of Healing
June 30, 2024 + 4pm



"Encounter" by Daniel Cariola, Encounter Chapel in Duc in Altum at Magdala



Welcome to the AbbeyChurch

***No matter who you are or what you are carrying today,
know you are beloved and so very welcome here.***

At the AbbeyChurch, we tell stories of faith, encourage hope, share meals, care for each other and for God's creation, and strive to practise 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, certain, doubting, hurting, thriving (to name a few).

As a witness to unity in diversity, the AbbeyChurch is an affirming 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 that makes commitments to one another for 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.



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 reuse.

We Gather

The Abbey Church acknowledges that we worship and pray on the stolen territory of the, the Lək'wəḡən peoples', the Songhees and Esquimalt Nations, and strive to journey toward reparation, right relationship and reconciliation with justice.

Opening Loop

Tolling of the Bells

Announcements and Land Acknowledgement

Bell x 3

Gathering Words

The ineffable, unending grace of Jesus Christ,
the love supreme of God the Source
and the mystic sweet communion of the Holy Spirit be with you all!

And also with you!

Let us pray: Almighty and tender God,
you have taught us through your Son
that love fulfils the law.
May we love you with all our heart,
all our soul, all our mind, and all our strength,
and may we love our neighbour as ourselves;
through Jesus Christ our friend and Lord,
who lives and reigns with you and the Holy Spirit,
one God, now and forever. **Amen.** ACC, alt.

During this gathering song, folks of all ages (including children and youth!) are welcome to set the orange table with icons and symbols of faith and hope found on the back table!

Opening Song: What a Friend

We Have in Jesus

What a friend we have in Jesus,
All ours sins and griefs to bear,
What a privilege to carry
Everything to God in prayer!

O what peace we often forfeit,
O what needless pain we bear,
All because we do not carry
Everything to God in prayer!

Have we trials and temptations?
Is there trouble anywhere?
We should never be discouraged;
Take it to the Lord in prayer.

Can we find a friend so faithful
Who will all our sorrows share?
Jesus knows our every weakness;
Take it to the Lord in prayer.

Are we weak and heavy laden,
Cumbered with a load of care?
Christ the Saviour still our refuge;
Take it to the Lord in prayer.

Do thy friends despise forsake thee?
Are we tempted to despair
In His arms He'll take and shield thee;
Thou wilt find a solace there.

Scriven / Converse Public Domain (VU664)

The Poem *selected and read by poet-in-residence Rebecca Yeo*

We Proclaim

We chant the Psalm together. Chant along or let the words of this ancient Hebrew song flow over you.

The Psalm - Psalm 130 *De profundis*

1 Out of the depths *
have I called you, O Lord;
2 Lord, hear my voice; *
let your ears consider well the voice of my supplication.
3 If you, Lord, were to note what is done amiss, *
O Lord, who could stand?
4 For there is forgiveness with you; *
therefore you shall be feared.
5 I wait for you, O Lord; my soul waits for you; *
in your word is my hope.
6 My soul waits for you, O Lord, *
more than sentinels for the morning,
more than sentinels for the morning.
7 O Israel, wait for the Lord, *
for with the Lord there is mercy;
8 with whom there is plenteous redemption, *
and who shall redeem Israel from all their sins.
GP Glory to You Source of All Being, Eternal Word and Holy Spirit
As it was in the beginning, is now, and ever shall be
World without end. Amen.

You are invited to rise in body or in spirit for the reading of the Gospel.

Sung Gospel Acclamation: Spirit of the Loving God

Spirit of the living God, fall afresh on me. Spirit of the living God, fall afresh on me.
Melt me, mold me, fill me, use me. Spirit of the living God, fall afresh on me.

Daniel Iverson (1936) / Birdwing Music / CCLI / VU

The Gospel (Mark 5: 21-43, NRSVUE)

Let us proclaim the Gospel from the rooftops!

With our words and with our lives!

When Jesus had crossed again in the boat to the other side, a great crowd gathered around him; and he was by the sea. Then one of the leaders of the synagogue named Jairus came and, when he saw him, fell at his feet and begged him repeatedly, "My little daughter is at the point of death. Come and lay your hands on her, so that she may be made well, and live." So he went with him. And a large crowd followed him and pressed in on him. Now there was a woman who had been suffering from haemorrhages for twelve years. She had endured much under many physicians, and had spent all that she had; and she was no better, but rather grew worse. She had heard about Jesus, and came up behind him in the crowd and touched his cloak, for she said, "If I but touch his clothes, I will be made well." Immediately her haemorrhage stopped; and she felt in her body that she was healed of her disease. Immediately aware that power had gone forth from him, Jesus turned about in the crowd and said, "Who touched my clothes?" And his disciples said to him, "You see the crowd pressing in on you; how can you say, 'Who touched me?'" He looked all around to see who had done it. But the woman, knowing what had happened to her, came in fear and trembling, fell down before him, and told him the whole truth. He said to her, "Daughter, your faith has made you well; go in peace, and be healed of your disease." While he was still speaking, some people came from the leader's house to say, "Your daughter is dead. Why trouble the teacher any

further?" But overhearing what they said, Jesus said to the leader of the synagogue, "Do not fear, only believe." He allowed no one to follow him except Peter, James, and John, the brother of James. When they came to the house of the leader of the synagogue, he saw a commotion, people weeping and wailing loudly. When he had entered, he said to them, "Why do you make a commotion and weep? The child is not dead but sleeping." And they laughed at him. Then he put them all outside, and took the child's father and mother and those who were with him, and went in where the child was. He took her by the hand and said to her, "Talitha cum," which means, "Little girl, get up!" And immediately the girl got up and began to walk about (she was twelve years of age). At this they were overcome with amazement. He strictly ordered them that no one should know this, and told them to give her something to eat.

Let us proclaim the Gospel from the rooftops!

With our words and with our lives!

Acclamation: Spirit of the Living God

Spirit of the living God, fall afresh on me. Spirit of the living God, fall afresh on me.

Melt me, mold me, fill me, use me. Spirit of the living God, fall afresh on me.

Daniel Iverson (1936) / Birdwing Music / CCLI / VU

Sermon

Matt Humphrey, ec

Bell + short silence

You are invited to rise in body or in spirit as we affirm the ancient story of our faith

The Apostles Creed

We believe in God Almighty, Maker of all heav'n and earth;
And in Jesus Christ, our Saviour: God's own Son of matchless worth;
By the Spirit was conceived of the virgin Mary born,
God in whom we have believed: God Almighty Three-in-One.

Suffered under Pontius Pilate, on the cross, he bled and died;
Placed within the grave so silent, where for three days he did lie;
Then the stone-sealed tomb was empty; we believe he did arise;
Triumphed o'er the grave forever, over death he is the Christ.

Into heaven he ascended - seated at God's own right hand
'Til he comes again in glory, gracious judge o'er every land;
We confess the Holy Spirit who was sent through Christ the Son
Who is Lord and giver of life - God, the Spirit, Three-in-One.

We believe the Church of Jesus, catholic, it ere remains;
We are one through all the ages, the communion of the saints.
We believe sins are forgiven, that our bodies shall be raised
Everlasting life the promise - may God's holy name be praised.

Decker / Cardiphonia Music, 2006. / CCLI

Our Prayers

Healing for Anointing

During this time of prayer and these two songs, folks are welcomed to come forward for prayers for healing which include an ancient practice of anointing with oil. You may also stay in your seats, pray in the side chapel - or use the prayer weave to write your prayers.

Wait For You (Psalm 130)

My soul waits - Waits for the Lord
My soul waits
More than watchers wait for the morn'
More than watchers wait for the morning
From the depths I cry to you Lord
From the depths let your ears hear my voice
cry for mercy
Let your ears hear my voice cry for mercy

Come Healing

O gather up the brokenness
and bring it to me now
The fragrance of those promise
you never dared to vow
The splinters that you carry,
the cross you left behind
Come healing of the body
Come healing of the mind
And let the heavens hear it
The penitential hymn
Come healing of the spirit
Come healing of the limb

Behold the gates of mercy
In arbitrary space
And none of us deserving
The cruelty or the grace
O solitude of longing
Where love has been confined
Come healing of the body
Come healing of the mind
O see the darkness yielding
That tore the light apart
Come healing of the reason
Come healing of the heart

The Confession

Loving God, Source of all. **Have mercy on us.**
Jesus Christ, Healer. **Have mercy on us.**
Holy Spirit, Breath of life. **Have mercy on us.**
Let us in silence admit our frailty and confess our failings...

Silence is kept.

[Saying together] **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.**

The Assurance/Absolution

The Peace

...The peace of Christ be with you. **And also with you.**

All are invited to offer a gesture or sign of God's peace to those around them.

Chorus: Just as the sun falls down
Your unfailing love will be found
Just as the sun does rise
Your mercy will answer my cries
More than the watchers wait -I'll wait for you
Who could stand
Stand in your presence without your love
Your love and forgiveness
Oh, I'm lost without love and forgiveness
Chorus Ellie Holcombe /2024 Full Heart Music, / CCLI

O troubled dust concealing
An undivided love
The heart beneath is teaching
To the broken heart above
Let the heavens falter
Let the earth proclaim
Come healing of the altar
Come healing of the name

O longing of the branches
To lift the little bud
O longing of the arteries
To purify the blood
And let the heavens hear it
The penitential hymn
Come healing of the spirit
Come healing of the limb
O let the heavens hear it
The penitential hymn
Come healing of the spirit
Come healing of the limb
Leonard Cohen / Sony Music.

*During the 'offertory' song, the communion table is set.
Contributions to our common life can be made at the back of the space (now or later).*

As we prepare for this holy feast we are reminded that all are welcome to receive wherever they find themselves in their spiritual journey. All are welcome to Jesus' table - as you feel ready.

The Offertory Song: Healer of Our Every Ill

Refrain: Healer of our every ill, light of each tomorrow,
give us peace beyond our fear & hope beyond our sorrow.

You who know our fears and sadness,
grace us with your peace and gladness;
Spirit of all comfort, fill our hearts.

In the pain and joy beholding how your grace is still unfolding,
give us all your vision, God of love. *Refrain.*

Give us strength to love each other, every sister, every brother;
Spirit of all kindness, be our guide. *Refrain.*

You who know each thought and feeling, teach us all your way of healing;
Spirit of compassion, fill each heart. *Refrain.* Marty Haugen / OneLicense

We Celebrate

The Prayer Over the Gifts

Healing Christ, we come to your table offering all we have, and receiving that much more. Prepare our hearts, our bodies, our beings. Prepare these gifts of the earth for the sacred mystery of this moment - that we may come open to the flow of your power in this ancient feast which we receive in your holy name. **Amen.** rjs

The Great Thanksgiving

The Lord be with you.

And also with you.

Lift up your hearts.

We lift them up to God

Let us give thanks to the Lord our God.

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.

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 ancient hungers are filled. You have sent 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:

♩ = 100 Em C G D G Am Dsus⁴

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.

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." **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. **Glory to you forever and ever.**

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

♩ = 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!

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.

♩ = 100 Em C G D G Am Dsus⁴

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!

The Prayer of Jesus

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

Our *Father (**or Parent, or Source, or Mother*) **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.
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
Forever and ever. 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 to receive at Jesus' table! The bread is gluten-free but may contain almond flour, egg and dairy. Please ask the server if you would like a non-dairy / almond option (rice cracker). The juice is in the small cups. Wine is in the larger common cup.

Please refrain from dipping the bread.

Agnus Dei (Pre-recorded): by Koine (excerpt)

Communion Song: Christ Is Lower Still

Breathe in, reach out
Touch the hem of your garment now
Help me, heal me
My mind, my body, and soul

Let the king descend
Living word made flesh
Lift this heavy heart
To your throne, O God
In your wounds I find Room for all of mine
When from grace I fell Christ was lower still

Humbly, lowly,
Jesus waits in the valley
My saviour suffers with me
With him I'll rise again

Let the king descend
Living word made flesh
Lift this heavy heart
To your throne, O God
In your wounds I find
Room for all of mine
When from grace I fell
Christ was lower
'Til the earth is new Christ is lower still

We lift it all up to you, Lord (repeat)
We lift our heads, we lift our hands
We lift it all up to you, Lord
We lift our dreams, we lift our plans
We lift it all up to you, Lord
We lift our sorrow and our pain
We lift it all up to you, Lord
We cast our cares on you again
We lift it all up to you, Lord
We cast our cares on you again
We lift it all up to you, Lord
We cast our cares on you again
We lift it all up to you, Lord

Let the king descend
Living word made flesh
Lift this heavy heart
To your throne, O God
In your wounds I find
Room for all of mine
When from grace I fell
Christ was lower
'Til the earth is filled
Christ is lower still

Sanctuary Songs. Kate Bluett, Doe Jones, Matt maher, 2024

Communion Song: I Want Jesus to Walk with Me

I want Jesus to walk with me. I want Jesus to walk with me.
All along my pilgrim journey, Lord, I want Jesus to walk with me.

In my trials, Lord, walk with me. In my trials, Lord, walk with me.
When the shades of life are falling, Lord, I want Jesus to walk with me.

In my sorrows, Lord, walk with me. In my sorrows, Lord, walk with me.
When my heart within is aching, Lord, I want Jesus to walk with me.

I want Jesus to walk with me. I want Jesus to walk with me.
All along my pilgrim journey, Lord, I want Jesus to walk with me.
African-American Spiritual Public Domain

Prayer after Communion

Let us pray together: **Holy God, for all we have received, we give you thanks.** *[raising hands, if comfortable]* **Take these, our hands which have received a holy feast and fill them with your healing power so that all the world may experience your grace and mercy and healing in Jesus' name we pray. Amen.**

We Are Sent

Blessing

Sung Together...

**The Lord Bless you and keep you
The Lord make Their face shine upon you -
and be gracious unto you.
The Lord lift up Their countenance upon you
and give you peace...** And the blessing...

Closing Song: Precious Lord

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
Guide my feet, hold my hand
Take my hand precious Lord, lead me home
Thomas A. Dorsey © 1938 (Renewed 1965) UNICHAPPELL
MUSIC INC. / CCLI

Dismissal:

Go forth with the healing hands of Christ, Alleluia!

Thanks be to God! Alleluia!

Closing Announcement Loop

***We will be back in TWO SUNDAYS.
July 14 at 4pm for worship followed by a potluck.
Join us for Pride March next Sunday at 11am.
Note: No morning prayer tomorrow, Monday.***

Summer Worship Schedule

June 30	-	worship at 4pm Abbey Church - Pentecost +6
July 7	-	off week - Join us at the Pride Parade
July 14	-	worship at 4pm Abbey Church - Pentecost +8 + potluck!
July 21	-	off week
July 28	-	worship at 4pm Abbey Church - Pentecost +10
August 4	-	off week
August 11	-	worship at 4pm Abbey Church - Pentecost +12
August 18	-	off week + potluck!
August 25	-	worship at 4pm Abbey Church - Pentecost +14
September 1	-	worship at 4pm Willows Beach - Season of Creation
September 8	-	worship at 4pm Abbey Church, return to weekly

Prayer and Communion gatherings other than Sunday Afternoons

Mondays at 9am - **CANCELLED FOR HOLIDAY TOMORROW, MONDAY.** Morning Prayer with Centering Prayer @ AbbeyChurch office
(off the Balmoral parking lot, metal stairs up) - in-person only.

MONDAY Our Place Eucharist MONTHLY on a Monday for the summer. Next one: July 15
Folks can meet in the parking lot at 10:45 to walk over together.

Tuesdays at 8:15am - morning prayer - Lynn and Phil's - and online on Zoom

Thursdays at 8:15am - morning prayer -
AbbeyChurch office (see above) and online on zoom.

Fridays at 8:15am - morning prayer - *on-line zoom only*

Sundays at 10am - Spanish Anglican Eucharist at Quadra/Balmoral Chapel.
Nuestra Señora de Guadalupe -

Misas Los domingos a las 10: 00 de la Mañana con Fr. Dimas Canjura.
Guadalupe will meet on the same Sundays as AbbeyChurch for the Summer
July 14, 28, etc.

*Our weekday common prayer is liturgical in nature and based on ancient monastic practices.
It's open to all who wish to join in-person or online. Liturgies can be found on our website.*

New Partnership with QomQem : Call for Food Donations

We're now welcoming food donations for AbbeyChurch/Emmaus partnership with QomQem coastal connections - an indigenous harm reduction organisation. We'll be using this food to support their street outreach on Sunday evenings. Our folk are also welcomed to assist in sandwich prep after church at 5:30pm most Sundays starting July 14 (yep, we also have a potluck that eve so folks can grab food then go help if they wish).

Here is the list of desired items:

- large bags of soft candies to make up mixed candy bags (ie sour keys, cherry blasters etc)
- Large jars of peanut butter, Nutella or jam
- Tins of Gatorade powder
- Tins of hot chocolate powder (once it starts to cool)
- Sweet treats like pre wrapped Rice Krispie squares, wagon wheels, ding dongs etc
- Fruit cups
- Flavoured Apple sauce cups
- Soft chew granola bars (nutrigrain, etc)
- Small easy peel oranges and bananas (for Sunday drop-off)

We now have a treasure chest at the back of the church for collection.
Thanks for any help you can be in this amazing work!

CAMP SPIRIT Greater Victoria
at AbbeyChurch - July 8-12!



CAMP SPIRIT
SUMMER 2024

JULY 8-12, 2024

AbbeyChurch
932 Balmoral Rd, Victoria
(in building formerly known as First Met)

CAMP DETAILS	REGISTRATION INFO
<p>Camp Fee: \$175</p> <p>Inclusive of Lunch and Snacks, Camp Spirit T-shirt, Program and Supply costs</p> <p><i>We offer financial assistance! Request a bursary during the online-registration process for an immediate fee discount</i></p>	<p>🌐 campspirit.ca</p> <p>✉ campspirit@united-church.ca</p> <p>📞 800-934-0434 or 604-431-0434 ext. 6403</p>

PRIDE PARADE 2024 : Next Sunday July 7



11 AM - Downtown Victoria

MARCH WITH US AT PRIDE

AbbeyChurch and Emmaus folk will be marching with Inclusive Christians for the second year in a row. Those marching will meet earlier around 10 AM. The parade begins at 11 AM.

If you are arriving late, you'll have better chance catching the parade near the end of the route leading into James Bay. There is a Pride Festival immediately after the parade at MacDonald Park in James Bay, where the parade ends.

Rob and Matt will have their cells on them - Rob's is 778 977 7562 if you're looking for us!