

Pentecost +14

August 25, 2024 + 4pm



Image: Greek Orthodox icon of Jesus Christ "The Bread of Life," Creative Common License.



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 AbbeyChurch acknowledges that we worship and pray on the stolen territory of the, the Lək'əŋən peoples', the Songhees and Xwsepsum (Esquimalt) Nations, the Lək'əŋən peoples'. 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 God, we are taught by your word that all our doings without love are worth nothing. Send your Holy Spirit and pour into our hearts that most excellent gift of love, the true bond of peace and of all virtue, that we may love as you first loved us; through Jesus Christ our 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: Gather Us In

Marty Haugen, ©1982 G.I.A. Publications, Inc.

Here in this place, new light is streaming,
now is the darkness vanished away.
See, in this space,
our fears and our dreamings,
brought here to you in the light of this day.
Gather us in - the lost and forsaken,
gather us in - the blind and the lame.
Call to us now, and we shall awaken,
we shall arise at the sound of our name.

We are the young - our lives are a mystery,
we are the old - who yearn for your face.
We have been sung
throughout all of history,
called to be light to the whole human race.
Gather us in - the rich and the haughty,
gather us in - the proud and the strong.
Give us a heart so meek and so lowly,
give us the courage to enter the song.

Here we will take the wine and the water,
here we will take the bread of new birth.
Here you shall call
your sons and your daughters,
call us anew to be salt for the earth.
Give us to drink the wine of compassion,
give us to eat the bread that is you.
Nourish us well, and teach us to fashion
lives that are holy and hearts that are true.

Not in the dark of buildings confining,
not in some heaven, light years away,
but here in this place,
the new light is shining;
now is the Kingdom, now is the day.
Gather us in - and hold us forever,
gather us in - and make us your own.
Gather us in - all peoples together,
fire of love in our flesh and our bone.

The Poem:

selected and recorded by poet-in-residence Rebecca Yeo

We Proclaim

The Psalm - O, God of Tender Mercies

Psalm 51 and Luke 1, Emily Parsons Dickau.

O, God of tender mercies we call O, God of endless glory we call to you.

May you dawn from on high and bring us the light that will lead our feet to peace, (repeat)

And for those (we) who sit in the shadow of death may your light shine bright as day. (repeat)

The Epistle (Ephesians 6: 10-20, NRSVUE)

A reading from the Letter to the Ephesians

Finally, be strong in the Lord and in the strength of his power; put on the whole armor of God, so that you may be able to stand against the wiles of the devil, for our struggle is not against blood and flesh but against the rulers, against the authorities, against the cosmic powers of this present dark age, against the spiritual forces of evil in the heavenly places. Therefore, take up the whole armor of God, so that you may be able to withstand on the evil day and, having prevailed against everything, to stand firm. Stand, therefore, and belt your waist with truth and put on the breastplate of righteousness and lace up your sandals in preparation for the gospel of peace. With all of these, take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. Pray in the Spirit at all times in every prayer and supplication. To that end, keep alert and always persevere in supplication for all the saints. Pray also for me, so that when I speak a message may be given to me to make known with boldness the mystery of the gospel, for which I am an ambassador in chains. Pray that I may declare it boldly, as I must speak. ...The word of the Lord. **Thanks be to God.**

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 (John 6: 56-69, NRSVUE)

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

Those who eat my flesh and drink my blood abide in me and I in them. Just as the living Father sent me and I live because of the Father, so whoever eats me will live because of me. This is the bread that came down from heaven, not like that which the ancestors ate, and they died. But the one who eats this bread will live forever.” He said these things while he was teaching in a synagogue at Capernaum. When many of his disciples heard it, they said, “This teaching is difficult; who can accept it?” But Jesus, being aware that his disciples were complaining about it, said to them, “Does this offend you? Then what if you were to see the Son of Man ascending to where he was before? It is the spirit that gives life; the flesh is useless. The words that I have spoken to you are spirit and life. But among you there are some who do not believe.” For Jesus knew from the beginning who were the ones who did not believe and who was the one who would betray him. And he said, “For this reason I have told you that no one can come to me unless it is granted by the Father.” Because of this many of his disciples turned back and no longer went about with him. So Jesus asked the twelve, “Do you also wish to go away?” Simon Peter answered him, “Lord, to whom can we go? You have the words of eternal life. We have come to believe and know that you are the Holy One of God.”

...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

Michelle Slater

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, alt. / Cardiphonia Music, 2006 / CCLI

Our Prayers

The Confession

Facing the cross, let us, together, take a moment in
before the God of unending mercy and love to confess our sin.

[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 of Grace / 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.

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: We Will Feast in the House of Zion

Sandra McCracken © 2015 Integrity Worship Music / CCLI

Refrain: We will feast in the house of Zion

We will sing with our hearts restored
You have done great things,
we will say together
We will feast and weep no more.

In the dark of night, before the dawn
My soul, be not afraid
For the promised morning, oh how long
Oh God of Jacob, be my strength. *Refrain.*

We will not be burned by the fire
You are the Lord, our God
We are not consumed by the flood
Upheld, protected, gathered up. *Refrain.*

Every vow we've broken and betrayed
You are the faithful One
And from the garden to the grave
Bind us together, bring shalom. *Refrain*

We Celebrate

The Prayer Over the Gifts

God of glory, receive all we offer this day as a symbol of our love, and fill us with that true and perfect gift of God's own self outpoured - our Living Bread come down from Heaven. We ask this in the name of Jesus Christ our Lord. **Amen.** ACC, Alt.

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.

Communion Song: Gather Around

Tom Wuest and Peter La Grand, 2006.

Come take this bread
Come share this cup
The presence of the Lord is near

At the table
Our lives grown whole
The presence of the Lord is here

Gather around the broken body (repeat)

Communion Song: Christ was Lower Still

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

Refrain:

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 Savior suffers with me
With Him I'll rise again (Refrain)

[Bridge]

We lift it all up to You Lord
We lift it all up to You Lord
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
Refrain

Prayer after Communion

Let us pray together: Living God, in this sacramental feast, you have shown us the healing power of your love. Guide and direct us by your Spirit, that we may serve and please you in all we are and all we do, for the sake of Jesus Christ our Lord. **Amen.** ACC, alt.

We Are Sent

Blessing

Closing Song: Guide Me O thou Great Jehovah

*William Williams (1745) Public Domain. from the Welsh
"Arglwydd arwain trwy'r anialwch"*

Guide me, O Thou great Jehovah,
Pilgrim through this barren land.
I am weak, but Thou art mighty;
Hold me with Thy powerful hand.
Bread of Heaven, Bread of Heaven,
Feed me now and ever more,
Feed me now and ever more.

Open now the crystal fountain,
Whence the healing stream doth flow;
Let the fire and cloudy pillar
Lead me all my journey through.

Dismissal:

Go in peace to feed on the bread of life, and to feed the masses.

Thanks be to God! Alleluia!

Closing Announcement Loop

We will gather for worship next week: September 1 at Willows Beach!

Summer Worship Schedule

September 1 worship at 4pm Willows Beach - simple worship + potluck
Season of Creation begins

September 8 worship at 4pm Abbey Church

September 15 join us for Reba's ordination to the transitional diaconate at the Anglican
Cathedral - **no abbey worship** but Abbey Teens and Kids will gather, more details TBA

September 21 - weekly worship resumes at Abbey Church in the Season of Creation

Prayer and Communion gatherings other than Sunday Afternoons

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

Monthly Monday Our Place Eucharist MONTHLY on a Monday for the summer. Date TBA.
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.

*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.*

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

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

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 **SEPTEMBER 8!**

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)
- Gatorade/powerade bottles
- Home baking on the day of - starting September 8th (ideally 150 units)
- Sunscreen, batteries, flashlights

Up to 150 people served each night, so bulk family/sized items appreciated. 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.