

# Pentecost + 25

November 10, 2024 + 4pm



*Mother of Sorrows - Modern Saints by Gracie Morbitzer - support the artist and Palestinian relief at <https://www.themodernsaints.com/>*



**BLACK LIVES MATTER**



**CEASE FIRE NOW**

# 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 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, 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 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.

***A wee note on devices!*** We're encouraging folks of all ages to minimise device use during worship from 3:45-5:15 in order to enhance our sacred time together - and to not be a barrier for others. Let's work together for a time of fullness in worship and community! Of course, we know there are times where folks need to be available and on-call or connect with others - and we therefore don't legislate this, but we do encourage all individuals and families to be intentional around what is needed for both personal and the common good!

## **We Gather**

*The AbbeyChurch acknowledges that we worship and pray on the stolen territory of the, the Lək'əḡən 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 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.*

### **Opening Loop + Tolling of the Bells + Announcements + Land Acknowledgement**

#### **Opening Words**

Beware of those interested in politeness over justice.

**Beware of those interested in image over solidarity.**

Beware of those interested in status quo over liberation.

**Beware of those interested in comfort over transformation.**

Beware of those interested in personal gain over mutuality.

**For the Living God is unswayed by the logic of empire.**

God is unmoved by the appeals of oppressors.

**God weaves us together towards collective freedom.**

God is wily and gentle.

**God is radical and compassionate.**

With us, God does not back down.

#### **Opening Prayer**

O God, Holy Cultivator of Hope, guide us to the spiritual practices that are needed to transform our lives — rest, community, dance, song, mutual care, art, poetry, prayer, protest, direct action, sacred conversation, patience, breath, quiet, imagination.

Awaken us to the work arising in our communities, our homes, and our hearts. Invite us into what needs to be transformed.

Release with us what needs to be released.

Tend with us what needs to be tended.

Move your love through our relationships of care with one another.

Where there is complacency, ignite your dreams for a better world.

In Jesus' name, the powerful name above all names, we pray. **Amen.** enfleshed, alt.

*Silence is kept. Bell x 3*

*During this 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!*

### Procession Song: Make A Way (A Walking Song)

Make a way, and help us to walk in it, make a way, hmm.

5 E F#m/E G#m/E F#m/E E F#m/E E

Make a way, and help us to walk in it, make a way, hmm. While  
With  
The

9 B E F#m E/G# F#m A B

trou ble and suff ring are all a- round, our sto- ry does not end there. While  
mer- cy and good ness, you wel- come us, for - gi- ven at your ta - ble. With  
years of sor- row will be swal- lowed up with tears of joy. The

13 B E F#m E/G# F#m A B

trou ble and suff ring are all a- round, our sto- ry does not end there.  
mer- cy and good ness, you wel- come us, for - gi- ven at your ta - ble.  
years of sor- row will be swal- lowed up with tears of joy.

2023 Rachel Colman

### The Poem

selected and read (recorded) by Rev. Reba Yeo, Poet-in-Residence

## We Proclaim

### The Christian Scripture

A reading from the letter to the Hebrews (9:24-28)

For Christ did not enter a sanctuary made by human hands, a mere copy of the true one, but he entered into heaven itself, now to appear in the presence of God on our behalf. Nor was it to offer himself again and again, as the high priest enters the holy place year after year with blood that is not his own, for then he would have had to suffer again and again since the foundation of the world. But as it is, he has appeared once for all at the end of the ages to remove sin by the sacrifice of himself. And just as it is appointed for mortals to die once and after that the judgement, so Christ, having been offered once to bear the sins of many, will appear a second time, not to deal with sin but to save those who are eagerly waiting for him.

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

## **The Psalm: How Long**

How long? Will You turn Your face away?  
How long? Do You hear us when we pray?  
On and on, still we walk this pilgrim way - How long?

How long 'til Your children find their rest?  
How long 'til You draw them to Your breast?  
We go on holding to Your promises - How long?

*Refrain:* 'Til You wipe away the tears from ev'ry eye  
'Til we see our home descending from the sky  
Do we wait in vain? Jesus, give us hope again!

How long 'til Your word will still the storm?  
How long 'til You bare Your mighty arm?  
How we groan 'til You snatch us from the thorns - How long?

How long? Sweet the dawn that ends the race.  
How long? Weak our hearts but strong our legs.  
Looking on - great that cloud of witnesses! How long?  
Isaac Wardell / BiFrost Arts / CCLI

## **Gospel Acclamation: Alleluia**

Stay close my child through this dark night  
Rest in the shadows of these wings.  
Hope in the Lord whose day will come,  
The dawn of making all things new.

Alleluia (*repeat*)

Tom Wuest / Brass Trumpet Publishing / Used with permission

## **The Gospel according to Mark** (12:38-44)

Let us proclaim the Gospel from the rooftops! **With our words and with our lives!**  
As he taught, he said, "Beware of the scribes, who like to walk around in long robes and to be greeted with respect in the marketplaces and to have the best seats in the synagogues and places of honour at banquets! They devour widows' houses and for the sake of appearance say long prayers. They will receive the greater condemnation." He sat down opposite the treasury and watched the crowd putting money into the treasury. Many rich people put in large sums. A poor widow came and put in two small copper coins, which are worth a penny. Then he called his disciples and said to them, "Truly I tell you, this poor widow has put in more than all those who are contributing to the treasury. For all of them have contributed out of their abundance, but she out of her poverty has put in everything she had, all she had to live on."

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

## **Gospel Acclamation: Alleluia**

All wars will cease, all suffering end.  
Justice will roll, the kingdom come.  
Love will arise, grace will uphold.  
Mercy will heal where the lamb reigns.

Alleluia (*repeat*) Tom Wuest / Brass Trumpet Publishing / Used with permission

## **Sermon**

**Matt Humphrey, ec**

*bell + short silence*

*You are invited to rise in body or in spirit as we affirm our faith.*

## **Credo**

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,  
our bodies shall be raised  
Everlasting life the promise  
may God's holy name be praised.

Mindy Deckard; arr. Bruce Benedict / Rob C-S verses ©  
2006 Cardiphonia Music / CCLI  
\* 'universal'

## **Our Prayers**

**Josh Ruberg**

### **The Confession**

Out of the depths we cry to God, in our suffering and in our pain. Out of the depths God cries to us, asking us to repent, to return to God with our whole hearts, to admit our sin, and to accept forgiveness. So let us pray with one another, first in silence.

*Silence is kept.*

[together we say] **Holy God, hear our prayer:**

**For the mending of our hearts, torn apart by our unkindness;**

**For the healing of our souls, wasting away from the despair around us;**

**For the forgiveness we seek for the sin we have allowed to persist;**

**For the reconciliation of the world, whose division condemns us;**

**We pray for the courage to admit our fault, the strength to amend our actions,**

**And the hope that your grace awaits us. Through Christ we pray. Amen.**

Beth Merrill Neel on her blog, 'Hold Fast to What Is Good'. Used with permission.

### **The Assurance or Absolution**

+Almighty God have mercy upon us, pardon and deliver us from all our sins, confirm and strengthen us in all goodness and keep us in eternal life, through Jesus Christ our Lord.

**Amen.**

### **The Peace**

Beloved in Christ, may peace as sweet as the water of life promised to us by God, be with you all. **And also with you!**

*We share a sign of God's Peace*

*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: Something Like Scales**

In our \*blindness lead us down that road  
In our ignorance lead us down that road  
In our violence, hate and indifference  
We pray Lord you give us new sight

Let something like scales fall from our eyes  
Something like scales fall from our eyes  
Jesus, lead us down that road  
Lead us down that road

Tom Wuest / BrassTrumpet Publishing. Used with permission

\*The word 'blindness' here is meant to signify a collective spiritual inability to perceive.

## **We Celebrate**

### **Prayer Over The Gifts**

Gracious God, we are hungry.  
Your good word to us is food indeed.  
Receive all we offer you this day,  
and let your loving-kindness be our comfort,  
for the sake of Jesus Christ, your living Word. **Amen.** ACC alt.

### **The Great Thanksgiving** en fleshed, Jade Kaiser, alt.

The Lord be with you.

**And also with you.**

Lift up your hearts.

**We lift them to the Lord.**

Let us give thanks to the Lord our God.

**It is right to give our thanks and praise.**

God, your invitation to come and feast in your presence is but a taste of the love you  
extend to us every day.

Throughout all time, from ancient days until this very day, you are always seeking us  
out – longing for us as a Divine Lover..

You meet us in the most ordinary of places and you make them sacred.

By your grace, we come to recognize the holiness that dwells in the world around us, in  
our neighbours, in your creation, in our own internal depths.

Therefore we join our voices with your people on earth and all the company of the  
heavens, singing praise to you:

Ho - ly, Ho - ly, Ho - ly Lord, Lord God of pow-er and might

5

Heav'n and earth are full of your glo-ry, Ho- san na in the high - est.

9

Em G

Bles-sed is the one who comes in the name of the Lord Ho

13

Em G

san-na, ho-san-na, ho san - na, ho-san-na in the high - est, ho

17

san- na in the high - est, ho-san- na in the high - est

Lacey  
Brown /  
Church of  
the  
Apostles  
(Lumen)

Blessed are you, Loving God who calls us to your eternal table. You welcome all who thirst for justice and hunger to grow in love. You ask us to extend this same welcome to all our neighbours, but God, since our beginning, we have struggled.

And so in your love for us, you took on flesh in Jesus. Through his life, you pointed to your presence on the margins. You revealed the sacredness in all life. You showed us how to live together, even among forces of destruction.

Believing it could transform the world, Jesus proclaimed the Good News. He called for the captives to be set free. He spoke of the lowly being lifted up. His commitment to practicing love knew no bounds – not even the bounds of death.

On the night of his arrest, Jesus shared a meal with his companions. He took bread, blessed it, broke it, gave it to his disciples and said:  
“This is my body which is given for you.  
Do this in remembrance of me.”

After the meal, he took the cup, blessed it, and shared it saying:  
“This cup that is poured out is the new covenant.  
Do this in remembrance of me.”

In remembrance of all you have done to save us,  
we proclaim the mystery of our faith:





Christ has died and Christ i---s ris'n! Christ wi--ll come a---ga-----in!  
Christ has died and Christ i---s ris'n! Christ wi--ll come a---ga-----in!

+Pour out your Holy Spirit on these gifts, O God. Make these ordinary elements into the Sacred gift of your presence with us once again, the body and blood of Christ.

May they awaken us anew to your everlasting invitation into resurrection life. Enliven us in our pursuit of a world where all needs are met, power is balanced, and the worth of every creature and all creation is celebrated...



A--men. A----men, A- me-----n.  
A--men. A----men, A- me-----n.

### **The Prayer of Jesus**

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

**Our \*Father** (*\*or Parent, or Abba, or Amma, 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 (none compelled!) 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 / nut option (rice cracker). The juice is in the small cups. Wine is in the larger common cup. Please refrain from dipping the bread.*

**Lamb of God (pre-recorded)** Church of The Apostles / Lacey Brown © 2015 COTA Music.

## Communion Song: Nada Te Turbe (Nothing Can Trouble) - sung in Spanish

First system of musical notation for 'Nada Te Turbe'. It consists of a treble clef staff and a bass clef staff, both in 4/4 time. The treble staff contains a melody with lyrics underneath. The bass staff contains a harmonic accompaniment.

Noth-ing can trou - ble; noth-ing can fright - en. Those who seek  
Na - da te tur - be, na - da te es - pan - te. Quien a Dios

Second system of musical notation for 'Nada Te Turbe'. It consists of a treble clef staff and a bass clef staff, both in 4/4 time. The treble staff contains a melody with lyrics underneath. The bass staff contains a harmonic accompaniment. A second ending bracket is present at the end of the system.

God shall nev - er go want - ing. God a - lone fills us.  
tie - ne na - da le fal - ta. So - lo Dios bas - ta.

This meditative refrain from Taizé is based on a saying attributed to Teresa of Avila: "Let nothing trouble you; let nothing frighten you. All things are passing; God never changes. Patience obtains all things. Whoever possesses God lacks nothing; God alone suffices."

Ateliers et Presses De Taizé / J. Berthier / OneLicense

## Communion Song: Your Labour Is Not in Vain

Your labour is not in vain  
though the ground underneath you is blessed but stained  
Your planting and reaping are never the same  
But your labour is not in vain.

Your labour is not unknown  
though the rocks - they cry out and the sea it may groan.  
The place of your toil may not seem like a home  
but your labour is not unknown.

Refrain: For I am with you, I am with you.  
I am with you, I am with you  
For I have called you, called you by name  
Your labour is not in vain.

The vineyards you plant will bear fruit  
the fields will sing out and rejoice with the truth,  
for all that is old will at last be made new:  
the vineyards you plant will bear fruit.

The houses you laboured to build  
will finally with laughter and joy be filled.  
The serpent that hurts and destroys shall be killed  
and all that is broken be healed. *Refrain*

Kimbrough, Zach, Wardell, Keyes / © Porter's Gate Publishing / CCLI

### **Prayer after Communion**

We say together: **God, by the bread of heaven and the cup of life, you make us one body. Bind us together by your spirit that we might live into your hopes for us, a community centered in Christ and rich in compassion, commitment, courage, and care. May it be so. Amen.** enfleshed, alt.

### **The Blessing**

... and the blessing of God...

### **Closing Song: Lead Us To the End**

O God we are crying out  
Marked by the violence of Cain  
Our hands are bloodstained, forgive us  
O God, your children are suffering  
You hear the groaning  
You know the sorrows O have mercy  
We are sowing in tears  
May they be, Lord, seeds of your peace

*Refrain:* Take our hearts of stone -Give us hearts of flesh -  
Lead us to the end of us versus them  
Spread wide your table Lord  
Gather us in - Tear down the barrier walls  
Between us and them

There is a light shining in our darkness  
There is a spring whose waters never fail  
There is a voice crying out in the wilderness  
There is a way of peace through the valley  
through the shadow of death *Refrain*

By the power of the Spirit - by the word made flesh  
In the kingdom of heaven - with the wolf and the lamb  
The earth is the Lord's - And all it contains  
Lead us to the end of us versus them *Refrain*  
Tom Wuest / Used with permission

### **The Sending**

Go to love God, to love neighbour and, doing little things with great love, to wait in active hope for the renewal of all creation. **Thanks be to God. Alleluia!**

### **Postlude: Canticle of the Turning**

*you're welcome to mingle, leave or head to QomQem as the band sings this song of resistance and hope based on Mary's Magnificat.*

**You are welcome to join our QomQem partnership today in the kitchen after 5:30 and most Sundays after worship - we prepare food for their 'street family'...**

**We'll be back for worship next Sunday at 4pm.**

## Partnership with QomQem : ONGOING 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.

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 22nd (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.

## Weekday Prayer Gatherings

**Mondays at 9am - NO PRAYER TOMORROW DUE TO STAT Holiday -**

Morning Prayer with Centering Prayer @ AbbeyChurch office  
(off the Balmoral parking lot, metal stairs up) - approx 45 mins.  
moral parking lot, metal stairs up) - in-person only.

**Tuesdays at 9am** - Morning Prayer @ AbbeyChurch office  
- in-person and online on Zoom - approx 25-30 mins.

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

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

*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.*

**Want to donate to our common life? You can now send offerings by e-transfer to [treasurer@emmauscommunity.ca](mailto:treasurer@emmauscommunity.ca) or talk to Lynn, our treasurer to sign up for monthly giving! There's also a point of sale machine at the back table for debit or credit donations. All donations are eligible for a charitable receipt for income tax purposes.**



**[admin@abbeychurch.ca](mailto:admin@abbeychurch.ca) [www.abbeychurch.ca](http://www.abbeychurch.ca)  
778.557.4166 We would love to connect.**

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