

# Advent 1

December 1, 2024 + 4pm



Image: Tressa Brotsky / AbbeyKids



# 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.

# We Gather

The AbbeyChurch acknowledges that we worship and pray on the stolen territory of the Ləkʷəŋən 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.

*For Advent, we have no announcements or welcome but begin right with our worship with singing.*

## Invocation + Table Setting: Make A Way

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



1. Come, Son of God, and make us new; Light of the world, our — hearts re - new.  
 2. Come, pro - mised since our E - den's end; child of the wo - man, — come de - fend.  
 3. Come, Son of Man, to show the way. O, through the tears, may we see the day.



Hope in our in - ner dark - ness lies: oh, heal - ing sun of jus - tice rise! —  
 Long have we felt the ser - pent's sting: come, strike his head, and mer - cy bring! — O make a way!  
 So long did we in dark - ness dwell. Come down to break the chains of hell! —

### CHORUS



o - pen wide the gates. O make a way! — through the sor row and the pain. — O make a way!



— though the road is dark and wind - ing. O — come, come! —

## **Candle Lighting**

“Hope” is the thing with feathers -  
That perches in the soul -  
And sings the tune without the words -  
And never stops - at all” *Emily Dickinson*

In these lengthening days, we turn to you the God of our hope. Wake us from sleep with the song of your story, that with Mary and Elizabeth, John and Zachariah we might find our place on the widening paths of your justice and love.

**Today, as we mark the Advent Path with candle flames,  
we light the first candle, the candle of hope...**

*The first Advent candle is lit.*

### **Song: I Have Love (Hope)**

I have hope and my house does too  
I have hope and my house does too  
There is hope under my bed  
There is hope over my head  
I have hope and my house does too  
Linnea Good / I Hav Luv / c Linnea Good / CCLI

*The children leave for kids time with Tressa and Maya,  
but youth stay in until the gospel reading.*

## **The Poem**

Selected by Reba Yeo, Poet-in-Residence

## **We Proclaim**

### **The Hebrew Scripture**

A reading from the prophet Jeremiah (33:14-16)

The days are surely coming, says the Lord, when I will fulfil the promise I made to the house of Israel and the house of Judah. In those days and at that time I will cause a righteous Branch to spring up for David; and he shall execute justice and righteousness in the land. In those days Judah will be saved and Jerusalem will live in safety. And this is the name by which it will be called: "The Lord is our righteousness."

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

*We chant the appointed Psalm together. Please feel free to join in or let the words flow over you.*

**The Psalm: Psalm 25** *Ad te, Domine, levavi*

1 To you, O Lord, \*

I lift up my soul;

2 my God, I put my trust in you; \*

let me not be humiliated, nor let my enemies triumph over me.

3 Let none who look to you be put to shame; \*

let the treacherous be disappointed in their schemes.

4 Show me your ways, O Lord, \*

and teach me your paths.

5 Lead me in your truth and teach me, \*

for you are the God of my salvation; in you have I trusted all the day long.

6 Remember, O Lord, your compassion and love, \*

for they are from everlasting.

7 Remember not the sins of my youth and my transgressions; \*

remember me according to your love and for the sake of your goodness, O Lord.

8 Gracious and upright are you, O Lord; \*

therefore you teach sinners in your way.

9 You guide the humble in doing right \*

and teach your way to the lowly.

*You are invited to rise in body or in spirit as we sing to prepare our hearts for the reading of the gospel.*

**Gospel Acclamation: Wayfarers All**

O God we wait on you. O God we wait on you.

O God we wait on you. O God we wait on you.

Show us the way home (show us the way home), wayfarers all, Lord (wayfarers all Lord)

Hold us in mercy (hold us in mercy) thro-ough this long night (through this long night)

O God we wait on you. O God we wait on you.

Tom Wuest. Brass Trumpet Publishing / Used With Permission

**The Gospel**

**Zion Crosby-Shearer**

A reading from The Holy Gospel according to St. Luke.

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

“There will be signs in the sun, the moon, and the stars and on the earth distress among nations confused by the roaring of the sea and the waves. People will faint from fear and foreboding of what is coming upon the world, for the powers of the heavens will be shaken. Then they will see ‘the Son of Man coming in a cloud’ with power and great glory. Now when these things begin to take place, stand up and raise your heads, because your redemption is drawing near.” Then he told them a parable: “Look at the fig tree and all the trees; as soon as they sprout leaves you can see for yourselves and know that summer is already near. So also, when you see these things taking place, you know that the kingdom of God is near. Truly I tell you, this generation will not pass away until all things have taken place. Heaven and earth will pass away, but my words will not pass away. “Be on guard so that your hearts are not weighed down with dissipation and drunkenness and the worries of this life and that day does not catch you unexpectedly, like a trap. For it will come upon all who live on the face of the whole earth. Be alert at all times, praying that you may have the strength to escape all these things that will take place and to stand before the Son of Man.” ... Let us proclaim the Gospel from the rooftops!

**With our words and with our lives!**

*The youth leave with their time with Jake as we sing:*

**Gospel Acclamation: Wayfarers All**

O God we wait on you. O God we wait on you.  
O God we wait on you. O God we wait on you.  
Gather us in (Gather us in), mender of everything (mender of everything)  
Bright mourning dove (Bright morning dove), rise over all of us (rise over all of us)  
O God we wait on you. O God we wait on you.  
O God we wait on you. O God we wait on you.  
Tom Wuest. Brass Trumpet Publishing / Used With Permission

**Sermon**

**Rob Shearer, EC**

*bell + short silence*

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

**Affirmation of Faith**

[saying 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.**

**Prayer Stations**

*During these next songs, you are welcome to pray by writing your prayers and placing them into our (new!) prayer weave, come forward for anointing with oil (an ancient ritual for healing), to sing along from your seats*

**May You Find A Light**

Lost and weary traveller  
Searching for the way to go  
Stranger, heavy-hearted  
Longing for someone you know

Refrain: May you find a light  
May you find a light  
May you find a light to guide you home

There are weary travellers  
Searching everywhere you go  
Strangers, who are searching  
Longing deeply to be known

## Nada Te Turbe

Two systems of musical notation in 4/4 time. The first system shows the vocal line and bass line with lyrics. The second system shows the continuation of the vocal line and bass line, including a second ending marked with a '2'.

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

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

Ateliers et presses de Taize / OneLicense

## The Confession

Turning to the God of mercy and love, let us come before the One who hears our cry and sets our feet on the Way once more.

*We name in our hearts that which we confess as we sing together:*

God in all your tender compassion  
The dawn from on high, it will break on us  
Shining on those living in shadow  
Guiding our feet into the way of peace  
You will guide our feet  
You will guide our feet  
You will guide our feet into peace

2021 The Porter's Gate, exclusively distributed by Integrity Music / CCLI

## The Assurance or Absolution

### The Peace

Beloved in Christ, the peace of Emmanuel - God with us- 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. You are also welcome to come forward for a simple blessing if you do not wish to receive.*

*All are welcome to Jesus' table (none compelled!) - as you feel ready.*

### **The Offertory Song: Come To Us Emmanuel**

Come to us, Emmanuel  
We wait for thee with bated breath  
And hope filled hearts

And anxious minds  
Longing to see your face  
And worship at your feet

Isaiah's vision didst unfold  
When you descended into this world  
to bring good news

and set the prisoners free  
You set aside eternity  
so that we might live

So come to us Emmanuel  
we live in hope of your return  
to bring new life to this old world  
to end all wars and to heal all hearts  
and to reign forevermore  
to reign forevermore.

Peter LeGrand (Ordinary Time) / CCLI

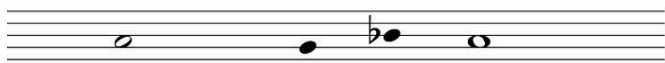
## **We Celebrate**

### **Prayer Over The Gifts**

Let us pray, Jesus, Incarnate One, we come to Your table, longing for your Presence. We come to Your table, open to your love. We come to Your table to be nourished by your life. In this advent waiting, form us as your people once more. We pray in your name. **Amen**

### **The Great Thanksgiving**

God is with you



**C: And al - so with you.**

*The responses continue with the same tone:*

Lift up your hearts:

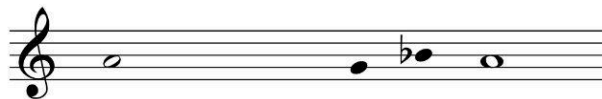
**...We lift them up to God**

Let us give thanks to God

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

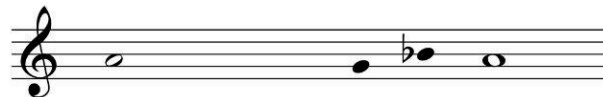
Holy God how wonderful...

... justice that would never fail:



Glory to you fore - ver and ever.

...firstborn One of all creation:



Glory to you fore - ver and ever.



...With all the company of heaven and all your creation we sing:



1. Ho - ly, ho - ly, ho - ly — Lord, God of pow - er, God — of — might,  
hea - ven and the earth are — full, are full — of your glo - ry, O Lord. Ho - san - na,  
ho - san - na! How bles - sed is the one who comes in the name of the Lord.

... take this my body do this in remembrance of me:



Glory to you fore - ver and ever.

... Take, this my blood do this in remembrance of me:



Glory to you fore - ver and ever.


... mystery of faith given in Jesus your Child:



**C: Christ has died, Christ is risen, Christ will come a - gain.**

Send your Holy Spirit...

... gathered and made one in your love:



A - - - men.

## **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)** - BiFrost Arts / CCLI

### **Communion Song: Waiting For A Miracle**

Look at them working in the hot sun  
The pilloried saints and the fallen ones  
Working and waiting for the night to come  
And waiting for a - and waiting for a... and waiting for a miracle

Somewhere out there is a place that's cool  
Where peace and balance are the rule  
Working toward a future like some kind of mystic jewel  
And waiting for a - and waiting for a... and waiting for a miracle

You rub your palm on the grimy pane  
In the hope that you can see  
You stand up proud - You pretend you're strong  
In the hope that you can be  
Like the ones who've cried, like the ones who've died  
Trying to set the angel in us free  
While they're waiting for a... waiting for a... and waiting for a miracle

Struggle for a dollar, scuffle for a dime  
Step out from the past and try to hold the line  
So how come history takes such a long, long time  
When you're waiting for a... waiting for a... waiting for a miracle  
Bruce Cockburn / True North Records

**Communion Song: Communion Song: Come Light our Hearts**

*Refrain:* For You, O Lord our souls in stillness wait  
For You, O Lord our souls in stillness wait  
Truly our hope is in You. Truly our hope is in You.

O Lord of life, our only hope Your radiance shines  
On all who look to You in the dark  
Emmanuel come, come light our hearts. *(Refrain)*

Oh Joy above, all other loves  
In You we find, more than enough  
We come as we are, O heal and restore,  
Come light our hearts. *(Refrain)*  
Sandra McCracken/Drink Your Tea Music / CCLI

**Prayer after Communion**

Let us pray,  
**In gratitude, deep gratitude for this moment, this meal, these people, your good earth, we give ourselves to you. Take us out to live as changed people because we have shared the Living Bread and cannot remain the same. Deepen your hope within us, for we have gathered in Jesus name. Amen**

**The Blessing**

**Closing Song: Come Thou Long Expected Jesus**

Come Thou long expected Jesus  
born to set Thy people free  
From our fears and sins release us,  
let us find our rest in Thee  
Israel's strength and consolation  
hope of all the earth Thou art  
Dear desire of every nation -  
Joy of every longing heart

Born Thy people to deliver,  
born a Child and yet a King  
Born to reign in us forever,  
now Thy gracious kingdom bring  
By Thine own eternal Spirit,  
rule in all our hearts alone  
By Thine all sufficient merit  
raise us to Thy glorious throne.  
Vs 1, 4 Charles Wesley / public domain / tune:  
hyfrydol.

**Sending**

Go in expectation and hope to walk the way of Jesus.  
**Thanks be to God, Amen.**

**Benediction Song: Wait On the Lord**

Wait on the Lord, waiting on the Lord  
We will walk the way of peace  
Wait on the Lord, waiting on the Lord  
We will find our way.  
Tom Wuest / Brass Trumpet Publishing / Used With Permission

*We depart gently for this season.  
Feel free to grab more tea, coffee or snacks and mingle.*

**Advent & Christmas at Emmaus and The AbbeyChurch**

**Mondays at 9 am** - Morning Prayer with Centering Prayer @ Emmaus/AbbeyChurch office (off the Balmoral parking lot, metal stairs up) - approx 45 mins - in-person only.

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



***NEW Wednesdays at 10am Midweek Communion*** - Emmaus/Abbey Church Office

**Thursdays at 8:15 am** - morning prayer - Emmaus/AbbeyChurch office and online on zoom.

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

*Contact us for information on accessible entrance or zoom/liturgies link*

### **Advent Spiral**

*Saturday, December 21 at Abbey Church Sanctuary 5pm-7pm (and after the longest night service)*

### **Longest Night / Blue Christmas**

*December 21 at 7pm AbbeyChurch Sanctuary*

**Mark the time: Christmas Eve with Carols, Communion and Cider**

*December 24 at 4pm*

**Ecumenical Prayer in The Way of Taize** - Friday January 17 at 6pm

**THE ABBEY CHURCH**

**Dec. 1**  
**Hope**  
Sunday

Playing with Advent Yoga Shapes & Belly Breaths

Exploring Hope with Sparkling Playdough

Singing our Advent Song "I Have Luv"

Hearing the Prophets - Isaiah 9:6, Micah 5:2, and Luke 2:7

AbbeyChurch Kids **Advent**

~ with leader, Maya

## **AbbeyKids!**

What to expect when you come to AbbeyChurch For children and their grown ups at 4pm Sunday worship.

Start with your grown up in the Sanctuary. The Sanctuary is the big worship room. Together, you will pray and sing the opening song with everyone!

You can help set the Advent Altar, then go to The Vestry with leader Maya for AbbeyKids time. The Vestry is our AbbeyKids room. It is very close to the sanctuary. AbbeyKids time is parallel to worship time's readings, sermon, passing of the peace.

AbbeyKids return to the sanctuary in time for Eucharist / Communion. You will sit with your grown up and can share in this special spiritual practice!

Finally, you'll stay with your grown up to sing the closing worship songs with everyone!

## **AbbeyKids, continued!**

What to expect this Sunday, Dec. 1 ~ Wondering about Hope! with AbbeyKids

- Playing with Advent Yoga Shapes & Belly Breaths
- Exploring Hope with Sparkling Playdough
- Singing our Advent Song "I Have Luv" ([click to hear Linnea Good sing this song!](#))
- Hearing the Prophets ~ Isaiah 9:6, Micah 5:2, and Luke 2:7

Looking ahead ~ AbbeyKids, this Advent!

*Dec. 8 is Peace Sunday with Tressa ~ Wondering about Angels!*

*Dec. 15 is Joy Sunday with Tressa ~ Wondering about the Wild Star and the Wise Ones!*

*Dec. 22 is Love Sunday with Tressa ~ Wondering about the Holy Family!*

## **Year End and Ongoing Donations** **to The AbbeyChurch / The Emmaus Community**

**We are so grateful for your presence with us! A huge thank you to everyone who supported our ministry in 2024 and made it possible to continue to thrive in the place God has called us to. If you are interested in donating 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.**

## **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

**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](mailto:admin@qomqem.com) / 250-291-1204

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.





## Blessing the Way

With every step  
you take,  
this blessing rises up  
to meet you.

It has been waiting  
long ages for you.

Look close  
and you can see  
the layers of it,  
how it has been fashioned  
by those who walked  
this road before you,

how it has been created  
of nothing but  
their determination  
and their dreaming,

how it has taken  
its form  
from an ancient hope  
that drew them forward  
and made a way for them  
when no way could be  
seen.

Look closer  
and you will see  
this blessing  
is not finished,

that you are part  
of the path  
it is preparing,

that you are how  
this blessing means  
to be a voice  
within the wilderness

and a welcome  
for the way.

*—image and poem c Jan Richardson*



**admin@emmauscommunity.ca www.abbeychurch.ca**  
**778.557.4166 We would love to connect.**

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