

Epiphany + 3

January 26, 2025 + 4pm



Mulugeta Araya / Ethiopia (2024) for CAFOD / Year of Jubilee 2025



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 (full inclusion and leadership of 2SLGBTQ2IA+ 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.

We Gather

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 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.

Tolling of the Bells

Welcome & Land Acknowledgment

Opening Words

Incarnate God: Let us be the voice of the silenced.

Let us be the passion of the subdued.

Let us be the shoulder for the struggling.

Let us be the light for the lost.

Let us be your challenge for change,

true to your call for justice to flow like a river

and hope to spill over like a waterfall

in word, sign, symbol, and song in our lives. Amen. Ewan Aitken, Iona Community

The Collect (Collecting Prayer)

Almighty God, by grace alone you call us and accept us in your service. Strengthen us by your Spirit, and make us worthy of your call; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. **Amen.**

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

Please rise in body or in spirit as we sing:

Opening Song: We Will Make No Peace With Oppression

We will make no peace, no peace, no peace with oppression
we will make no peace, no peace (x2)

Those who live by the sword will die by the sword
We will stand against the violence of every form
We will march in the streets, "No justice, no peace!"
Arm in arm with our neighbour till we all stand free.

Almighty God, help us not to be afraid. Almighty God, give us your strength.

We will make no peace, no peace, no peace with oppression
we will make no peace, no peace (x2)

We won't turn away from the pain of our brothers,
cries of our sisters, grieving of our mothers.
We won't turn away from destructive politicians,
Overflowing prisons, corruption in our systems.

Almighty God, help us not to be afraid. Almighty God, give us your strength.

Latifah Alattas, Liz Vice, Owen Stroud / ©2020 Integrity's Alleluia! Music / Paul Zach Publishing / Porters Gate Publications / CCLI

The Poem - Selected by **Rebecca Yeo**, Poet-in-Residence

We Proclaim

First Reading

A reading from the prophet Isaiah: (61:1-6)

The spirit of the Lord GOD is upon me because the LORD has anointed me;
THE LORD has sent me to bring good news to the oppressed, to bind up the brokenhearted,
to proclaim liberty to the captives and release to the prisoners,
to proclaim the year of the LORD's favor and the day of vengeance of our God,
to comfort all who mourn, to provide for those who mourn in Zion - to give them a garland instead
of ashes, the oil of gladness instead of mourning, the mantle of praise instead of a faint spirit.
They will be called oaks of righteousness, the planting of the LORD, to display God's glory.
They shall build up the ancient ruins; they shall raise up the former devastations;
they shall repair the ruined cities, the devastations of many generations.
Strangers shall stand and feed your flocks; foreigners shall till your land and dress your vines,
but you shall be called priests of the LORD; you shall be named ministers of our God;
you shall enjoy the wealth of the nations, and in their riches you shall glory.
The word of the Lord. **Thanks be to God.**

The Psalm: Psalm 19 Inclusive Language Psalter, ACC

We chant the words of Psalm 19 together.

Please feel free to chant along or let the words of this ancient song flow over you.

The heavens declare the glory of God, *
and the firmament shows the handiwork of the Lord.
One day tells its tale to another, *
and one night imparts knowledge to another.
Although they have no words or language, *
and their voices are not heard,
their sound has gone out into all lands, *
and their message to the ends of the world.
In the deep has God set a pavilion for the sun; *
it comes forth like a bridegroom out of his chamber; it rejoices like a champion to run its course.
It goes forth from the uttermost edge of the heavens and runs about to the end of it again; *
nothing is hidden from its burning heat.
The law of the Lord is perfect and revives the soul; *
the testimony of the Lord is sure and gives wisdom to the innocent.
The statutes of the Lord are just and rejoice the heart; *
the commandment of the Lord is clear and gives light to the eyes.
The fear of the Lord is clean and endures forever; *
the judgements of the Lord are true and righteous altogether.
More to be desired are they than gold, *
more than much fine gold, sweeter far than honey, * than honey in the comb.
By them also is your servant enlightened, *
and in keeping them there is great reward.
Who can tell how often they offend? *
Cleanse me from my secret faults.
Above all, keep your servant from presumptuous sins; *
let them not get dominion over me;
then shall I be whole and sound, *
and innocent of a great offense.
Let the words of my mouth and the meditations of my heart be acceptable in your sight; *
O Lord, my strength and my redeemer.

Please rise in body or in spirit as we open our hearts to hear the good news.
(and feel free to sing all the parts)

Gospel Acclamation

fiddle

A Lord, to whom shall we go? **C** Lord, to whom shall we go? **A**

A You are gra-cious and merc - i - ful. **C** Lord, to whom shall we go? **A**

A Slow to an - ger and a-bound-ing in love. **C** Lord, to whom shall we go? **A**

A Lord, to whom shall we go? **C** Let us trust in your word. **A**

Kent Gustavson / Used with permission - for permission contact <https://drkent.co/>

The Gospel

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

A reading from the gospel according to Luke (4:14-21):

Then Jesus, in the power of the Spirit, returned to Galilee, and a report about him spread through all the surrounding region. Jesus began to teach in their synagogues and was praised by everyone. When he came to Nazareth, where he had been brought up, he went to the synagogue on the Sabbath day, as was his custom. He stood up to read, and the scroll of the prophet Isaiah was given to him. He unrolled the scroll and found the place where it was written:

“The Spirit of the Lord is upon me, because the Lord has anointed me to bring good news to the poor. The Lord has sent me to proclaim release to the captives and recovery of sight to the blind, to set free those who are oppressed, to proclaim the year of the Lord’s favor.”

And Jesus rolled up the scroll, gave it back to the attendant, and sat down. The eyes of all in the synagogue were fixed on him. Then he began to say to them, “Today this scripture has been fulfilled in your hearing.”

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

Gospel Acclamation

C Al - le - lu - ia, Al - le - lu - ia,

Al - le - lu - ia, Al - le - lu - ia.

Sermon

Ernest Morrow

Bell. Silence for reflection. Bell.

Please rise in body or in spirit as we affirm our faith and sing our ancient Story of trust.

Credo

I believe in God, the Maker Almighty, Creator of heaven and earth;
I believe in Jesus Christ, God's only Son, our Lord.
He was conceived by the power of the Holy Spirit and born of the Virgin Mary.

He suffered under Pontius Pilate, was crucified, died, and was buried.
He descended to the dead. On the third day he rose again.
He ascended into heav'n, and is seated at the right hand of the Maker.
He will come again to judge the living and the dead.

I believe in the Holy Spirit, the holy catholic church,
The communion of saints, the forgiveness of sins,
+The resurrection of the body, and the life everlasting. A---men.

Ryan Flanigan/ Liturgical folk, alt./ CCLI

Our Prayers

Confession

Trusting in God's forgiveness, let us in silence confess our failings and acknowledge our part in the pain of the world.

Silence is kept.

[together we say] **Before God with the people of God we confess to turning away from God in the ways we wound our lives the lives of others and the life of the world. Amen.**

Assurance / Absolution

May God forgive us, Christ renew us, and the Spirit enable us to grow in love.

The Peace

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

You are invited to share a sign of peace to those near you.

During the 'offertory' song, the communion table is set.

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 by making a donation to AbbeyChurch / Emmaus via CanadaHelps by using the QR Code to the right. All donations are eligible for a charitable tax receipt.



The Offertory Song: O The Deep Deep Love of Jesus

O The deep, deep love of Jesus
Vast unmeasured boundless free
Rolling as a mighty ocean
In its fullness over me

Oh the deep, deep love of Jesus
Tis a heaven of heavens to me
And it lifts me up to glory
For it lifts me up to Thee

Underneath me all around me
Is the courage of His Love
Leading homeward leading homeward
To Thy glorious rest above

Oh the deep, deep love of Jesus
Spread his praise from to shore to shore
How he loveth, ever loveth
Changeth never, nevermore
S. Trevor Francis / Public Domain -
tune: Businessan - Eleanor Farjeon (Morning Has Broken)

We Celebrate

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.

Prayer Over The Gifts

Loving God, before the world began you called us.

Make holy all we offer you this day, and strengthen us in that calling.

We ask this in the name of Jesus Christ the Lord. **Amen.**

The Great Thanksgiving / The Most Holy Eucharist

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:

Holy Holy Holy Lord God of power and might!

Heaven and Earth are full of your Glory!

Hosanna in the Highest!

+Blessed is the one who comes in the name of the Lord!

Hosanna in the Highest!

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. Christ is Risen. Christ will come again (2x)

+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. **Amen.**

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.*

Agnus Dei / Lamb of God (prerecorded) - Jan and Marty Reardon / Trinity music

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

Song: Lord Make Me an Instrument of Peace

Refrain: Lord make me an instrument of peace, an instrument of peace.

Lord, make me an instrument of peace, an instrument of peace.

Where there is sorrow, let me sow hope.

Where there is doubt, let me sow faith.

Where there is injury, your pardon give.

Your consolation to those in pain. *Refrain.*

Where there is hatred, let me sow love.

Where there is darkness, let me sow light.

For in giving, we shall receive,

and in the dying, we're given life. *Refrain*

Based on words attributed to St Francis.

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Prayer after Communion

[we say together] **Gracious God, our hands have taken holy things; our lives have been nourished by the body of your Son. May we who have eaten at this holy table be strengthened for service in your world. We ask this in the name of Jesus Christ the Lord. Amen.**

The Doxology

Glory to God, **whose power, working in us, can do infinitely more than we can ask or imagine. Glory to God from generation to generation, in the Church and in Christ Jesus, for ever and ever. Amen.**

We Are Sent

The Blessing

Closing Song: Just A Closer Walk With Thee

I am weak but Thou art strong;
Jesus, keep me from all wrong;
I'll be satisfied as long
As I walk, let me walk close to Thee.

Thro' this world of toil and snares,
If I falter, Lord, who cares?
Who with me my burden shares?
None but Thee dear Lord none but Thee.

Refrain

Refrain: Just a closer walk with Thee,
Grant it, Jesus, is my plea,
Daily walking close to Thee,
Let it be, dear Lord, let it be.

When my feeble life is o'er,
Time for me will be no more;
Guide me gently, safely o'er
To Thy kingdom shore to Thy shore. *Refrain*
Anonymous / Public Domain / 19th c. Voices United 743

The Sending

Go as beloved in Christ to en flesh and encounter God's presence in the world.
Thanks be to God! Alleluia!

Sending Song: Felix Culpa

God who watches over you
Will never slumber nor sleep.
God who watches over you
Will never slumber nor sleep. *(repeat)*

Oh, My child, lay your burden down
Lay them at My feet.
God who watches over you
Will never slumber nor sleep
music and words by Alana Levandoski, alt. / CCLI

Closing Loop

Postlude Song: The Bells of Norwich

***Potluck now - all are welcome to feast - whether you've brought a contribution or not!
We'll be back next Sunday at 4pm
QomQem volunteering is ALSO happening in the kitchen now
Any and all are welcome to come help pack sandwiches for their street family.***

Weekday Prayer

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.

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

Next Prayer in The Style of Taizé

Friday February 14 at 6pm and Friday March 21 at 6pm

Our Partnership with QomQem : ONGOING Call for Food Donations

We're 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



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:

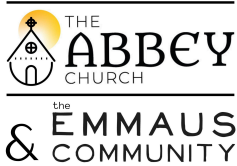
admin@qomqem.com / 250-291-1204

- 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.

Donations to our Common Life and Ministry

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** or talk to Lynn, our treasurer to sign up for monthly giving (PAR)! There's also a point of sale machine at the back table for debit or credit donations. You can also use the CanadaHelps for to donate by using the QR code here. All donations are eligible for a charitable receipt for income tax purposes.



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