

# Epiphany + 5

February 9, 2025 + 4pm



*Fishermen – Let Down Your Nets - John August Swanson <https://johnaugustswanson.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 (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

*[we say together]* **Come! Follow!**

Follow the Animator of Life! **Rippling oceans**

Rustling Trees. **Shimmering stones**

Wriggling newts. **Sweeping clouds**

Burning stars. **Widening galaxies**

and you, you, you— **Dancing forth**

from the same Breath of Life.

Come! Pursue intimacy with the Animator of Life,  
the One who awakens your heart.

**The Holy brims forth all around us,  
flows through us, awaits our affection.**

Holy Well of Ancient Wisdom, plant us in love that is older than empire, borders, profit margins, and the sad lie that humans are separate from nature. Grasp with us at the root of things. Meet us in the possibility of ordinary days. Tend with us paths of radical hope. Guide us to what is ours to do today. Deepen our spiritual fortitude, that we may follow you into your abundant world. © 2025 *enfleshed [alt]*

*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: Holy Holy Holy Lord God Almighty

Holy, holy, holy, Lord God Almighty!

Early in the morning our song shall rise to thee.

Holy, holy, holy, merciful and mighty! God in three persons, blessed Trinity!

Holy, holy, holy! All the saints adore thee,

casting down their golden crowns around the glassy sea;

cherubim and seraphim falling down before thee, which wert and art, and evermore shalt be.

Holy, holy, holy! Though the darkness hide thee,

though the eye of sinfulness thy glory may not see,

only thou art holy; there is none beside thee, perfect in pow'r, in love and purity.

Holy, holy, holy, Lord God Almighty!

All thy works shall praise thy name in earth and sky and sea.

Holy, holy, holy, merciful and mighty! God in three persons, blessed Trinity!

Heber/Dykes - Public Domain

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

# We Proclaim

## The First Reading

A reading from the prophet Isaiah:

In the year that King Uzziah died, I saw the Lord sitting on a throne, high and lofty; and the hem of the Lord's robe filled the temple. Seraphs were in attendance above the Lord; each had six wings: with two they covered their faces, and with two they covered their feet, and with two they flew. And one called to another and said: "Holy, holy, holy is the Lord of hosts; the whole earth is full of the Lord's glory." The pivots on the thresholds shook at the voices of those who called, and the house filled with smoke. And I said: "Woe is me! I am lost, for I am a person of unclean lips, and I live among a people of unclean lips; yet my eyes have seen the King, the Lord of hosts!" Then one of the seraphs flew to me, holding a live coal that had been taken from the altar with a pair of tongs. The seraph touched my mouth with it and said: "Now that this has touched your lips, your guilt has departed and your sin is blotted out." Then I heard the voice of the Lord saying, "Whom shall I send, and who will go for us?" And I said, "Here am I; send me!"... The word of the Lord. **Thanks be to God.** (6:1-8)

*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

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

The musical score is written for a fiddle in the key of D major (two sharps) and 3/4 time. It consists of four staves of music. The lyrics are: [A] Lord, to whom shall we go? [C] Lord, to whom shall we go? [A] You are gra-cious and merc - i - ful. [C] Lord, to whom shall we go? [A] Slow to an - ger and a-bound-ing in love. [C] Lord, to whom shall we go? [A] Lord, to whom shall we go? [C] Let us trust in your word. The chords D, G, and A are indicated below the notes.

## The Gospel

Let us proclaim the gospel from the rooftops!

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

A reading from the holy gospel according to Luke

Once while Jesus was standing beside the Lake of Gennesaret and the crowd was pressing in on him to hear the word of God, he saw two boats there at the shore of the lake; the fishermen had gotten out of them and were washing their nets. He got into one of the boats, the one belonging to Simon, and asked him to put out a little way from the shore. Then he sat down and taught the crowds from the boat. When he had finished speaking, he said to Simon, "Put out into the deep water and let down your nets for a catch." Simon answered, "Master, we have worked all night long but have caught nothing. Yet if you say so, I will let down the nets." When they had done this, they caught so many fish that their nets were beginning to burst. So they signaled their partners in the other boat to come and help them. And they came and filled both boats, so



that they began to sink. But when Simon Peter saw it, he fell down at Jesus’s knees, saying, “Go away from me, Lord, for I am a sinful man!” For he and all who were with him were astounded at the catch of fish that they had taken, and so also were James and John, sons of Zebedee, who were partners with Simon. Then Jesus said to Simon, “Do not be afraid; from now on you will be catching people.” When they had brought their boats to shore, they left everything and followed him. (5:1-11)

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

### Gospel Acclamation

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

### Sermon

**Matt Humphrey, ec**

*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.

[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.**

*Silence is kept.*

*We sing together, offering what we've done and left undone to the precious hands of Jesus.*

### **Song for Confession: Precious Lord, Take My Hand**

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

### **The Assurance / Absolution**

#### **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](mailto: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: Gather Us In**

We wait for you to testify  
To hold the kingdoms to account  
Your righteous justice shall not fail  
All those who trust in your name

*Refrain* You will gather us in  
You will bring, bring us home  
O King of all Kings - Lord of all Lords

Sing out, sing out ye daughters of Wisdom  
And shout aloud you who wrestle with God.  
Be glad, rejoice with all your heart  
God has removed your punishment *Refrain*  
Peter La Grand, alt / © 2008 / CCLI

## **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. If you don't wish to receive, place your hands across your chest and the presider will offer a prayer of blessing*

### **Prayer Over The Gifts**

God of compassion and forgiveness, receive our offering this day,  
and make us one with Jesus, the Christ - who is our peace,  
And who calls us to follow. **Amen.** ACC/BAS, alt.

### **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, chanting our 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.**

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 The Lord of Sea And Sky**

I the Lord of sea and sky

I have heard my people cry.

All who dwell in deepest sin

my hand will save.

I who made the stars of night,

I will make their darkness bright.

Who will bear my light to them?

Whom shall I send?

*Refrain:* Here I am, Lord. Is it I, Lord?

I have heard you calling in the night.

I will go, Lord, if you lead me.

I will hold your people in my heart.

I, the Lord of snow and rain,

I have borne my people's pain,

I have wept for love of them;

they turn away.

I will break their hearts of stone,

give them hearts for love alone.

I will speak my word to them.

Whom shall I send? *Refrain*

I, the Lord of wind and flame,

I will tend the poor and lame,

I will set a feast for them;

my hand will save.

Finest bread I will provide

till their hearts be satisfied.

I will give my life to them.

Whom shall I send? *Refrain*

Dan Schutte, SJ / OneLicense

### **Song: I'm Gonna Live So God Can Use Me**

I'm gonna live so God can use me



Anywhere, Lord, anytime.  
I'm gonna live so God can use me  
Anywhere, Lord, anytime.

I'm gonna pray so God can use me...

I'm gonna work so God can use me...

I'm gonna love so God can use me...  
African-American Spiritual / writer unknown / Sr. Rosetta Tharpe (Voices United, Alt)

### **Prayer after Communion**

*[Let us pray, saying together]* **Eternal God,  
in you we find peace beyond all telling.  
May we who share in this heavenly banquet  
be instruments of your peace on earth,  
in the name of Jesus Christ the Lord.** ACC/BAS

## **We Are Sent**

### **The Blessing**

#### **Closing Song: Keep Your Eyes on the Prize (Holy On)**

Paul and Silas were bound in jail  
Had no money to get their bail  
Keep your eyes on the prize - Hold on  
Hold on, Hold on  
Keep your eyes on the prize - hold on

Paul and Silas began to shout  
Doors popped open, and they walked out  
Keep your eyes on the prize, hold on  
Hold on, (hold on), hold on, (hold on)  
Keep your eyes on the prize, hold on!

Well, the only chains that we can stand  
Are the chains of hand in hand  
Keep your eyes on the prize, hold on  
Got my hand on the freedom plow  
Wouldn't take nothing for my journey now  
Keep your eyes on the prize, hold on!

Hold on, (hold on), hold on, (hold on)  
African-American and Appalachian Spiritual early 20th c or older.

### **The Sending**

Go as beloved in Christ to follow Jesus and seek the peace of the places you go this week.  
**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)*

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

Oh, My child, lay your burden down

**Closing Loop**

***We'll be back next Sunday at 4pm***

*QomQem volunteering is happening in the kitchen now  
Any and all are welcome to come help pack sandwiches  
for the 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*

**Feb 23 : Our Next potluck after worship!**

**Feb 23 : AbbeyChurch welcomes guest speaker Carl Olsen.**

WSÁNEĆ Elder ZAWIZUT Carl Olsen from Tsartlip will be a guest speaker at the Feb 23<sup>rd</sup> service and joining us after at the potluck for questions and discussion. Olsen has been holding a vigil for two years to protest a proposed highway development that threatens the salmon and the entire ecosystem of Goldstream River. Olsen will speak to us about Goldstream and about the Douglas treaties which affect all of us living in the Greater Victoria Region.

**Next Prayer in The Style of Taizé**

**THIS** 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
- Fruit cups
- Flavoured Apple sauce cups



**NON PERISHABLE FOOD URGENTLY NEEDED!**

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!



**WE NEED YOU!**

**TO ARRANGE DROP OFF, CONTACT:**

**admin@qomqem.com / 250-291-1204**

- 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. Or give through Canadahelps by clicking the QR code here: All donations are eligible for a charitable receipt for income tax purposes.







The Call of Isaiah - Source / artist unknown



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

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