

Epiphany + 7

February 23, 2025 + 4pm



MARTIN LUTHER KING JR.

Image: Rev. Dr. Martin Luther King Jr., by Kelly Latimore. <https://kellylatimoreicons.com/en-ca>





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.

The AbbeyChurch acknowledges that we worship and pray on the stolen territory of the Lək^wəŋən 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.

We Gather

Tolling of the Bells / Welcome & Land Acknowledgment

Opening Words

Do to others as you would have them do to you

For the other is you

One thread of life in the great fabric of Creation

Do to others as you would have them do to you

For the other is you

Oxygen, carbon, nitrogen ebbing and flowing from this life to that

Do to others as you would have them do to you

For the other is you

When we cultivate compassion for all living beings, we find ourselves included

Do to others as you would have them do to you

For the other is you

Together, all creatures are bound in a path of liberation

Enfleshed, 2025, 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: Sing when the Spirit says sing / We will make no Peace

You've got to move when the Spirit says move,
you've got to move when the Spirit says move,
'cause when the Spirit says move you've got to move O yeah
move when the Spirit says move.

You've got to sing when the Spirit says sing,
you've got to sing when the Spirit says sing,
'cause when the Spirit says sing you've got to sing O yar
sing when the Spirit says sing.

You've got to clap when the Spirit says clap,
you've got to clap when the Spirit says clap,
'cause when the Spirit says clap you've got to clap O yeah
clap when the Spirit says clap.

You've got to shout when the Spirit says shout,
you've got to shout when the Spirit says shout,
'cause when the Spirit says shout you've got to shout O yeah,
shout when the Spirit says shout.

African-American Spiritual, author unknown. Public Domain.

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
 on and on till thy 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 the others
 We won't turn away from destructive politicians,
 overgrowing prisons, corruption in our system
 Almighty God, help us not to be afraid
 Almighty God, give us your strength

Porters Gate Worship Project, Justice Songs, 2020. CCLI.

The Poem - Selected and Read by Rebecca Yeo, Poet-in-Residence

We Proclaim

*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 in treble clef with a key signature of one sharp (F#) and a 3/4 time signature. It consists of four staves of music. The first staff is labeled 'fiddle' and includes the lyrics: [A] Lord, to whom shall we go? [C] Lord, to whom shall we go? with chords D and G. The second staff includes: [A] You are gra-cious and merc - i - ful. [C] Lord, to whom shall we go? with chords D and G. The third staff includes: [A] Slow to an - ger and a-bound-ing in love [C] Lord, to whom shall we go? with chords D and G. The fourth staff includes: [A] Lord, to whom shall we go? [C] Let us trust in your word. with chords D and G.

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:

“But I say to you who are listening: Love your enemies; do good to those who hate you; bless those who curse you; pray for those who mistreat you. If anyone strikes you on the cheek, offer the other also, and from anyone who takes away your coat do not withhold even your shirt. Give to everyone who asks of you, and if anyone takes away what is yours, do not ask for it back again. Do to others as you would have them do to you. If you love those who love you, what credit is that to you? For even sinners love those who love them. If you do good to those who do good to you, what credit is that to you? For even sinners do the same. If you lend to those from whom you expect to receive payment, what credit is that to you? Even sinners lend to sinners, to receive as much again. Instead, love your enemies, do good, and lend, expecting nothing in return. Your reward will be great, and you will be children of the Most High, for he himself is kind to the ungrateful and the wicked. Be merciful, just as your Father is merciful. Do not judge, and you will not be judged; do not condemn, and you will not be condemned. Forgive, and you will be forgiven; give, and it will be given to you. A good measure, pressed down, shaken together, running over, will be put into your lap, for the measure you give will be the measure you get back.” (6:27-38)

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

Gospel Acclamation

The image shows two staves of musical notation in G major (one sharp). The first staff begins with a common time signature (C) and contains the melody for the first phrase of the acclamation. The second staff continues the melody for the second phrase. The lyrics 'Al - le - lu - ia, Al - le - lu - ia,' are written below the notes. The second staff ends with a double bar line.

Reflection

Carl Olsen

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.

The Assurance / Absolution

The voice of the Lord is upon the waters. God has spoken: the time of grace is now. In Jesus, the reign of God has come near. By the authority of Jesus Christ, your sins are forgiven. In the name of God +

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 donate 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: Brother Sun, Sister Moon

Brother sun, sister moon your light shines from the heavens
Giving glory, all the glory to the Maker
Gentle wind, welcome home
You've been travelling with your song
Singing glory, all the glory to the Maker

Chorus: Hallelujah, Hallelujah! Singing glory, glory,
Hallelujah, Hallelujah! Singing glory to the Maker Hallelujah!

Sweetest rain, serenade pouring down from the heavens
Bring all your blessings, every blessing from the Maker (Chorus)

All you people, join in the song there is work to be done
For the glory, all the glory of the Maker. (Chorus)

Liz Vice/Porters Gate [Merlin] Absolute Label Services (on behalf of Integrity Music); Integrity Music Publishing / CCLI (from Brother Sun, Sister Moon / Climate Vigil)

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 to receive a prayer of blessing

Prayer Over the Gifts

Merciful God, accept all we offer you this day. Lead us to love you with all our heart, and to love all people with your perfect love. We ask this in the name of Jesus Christ. **Amen.**
Anglican Church of Canada.

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: Come Healing

o gather up the brokenness
and bring it to me now
the fragrance of those promises
you never dared to vow
the splinters that you carry
the cross you left behind
come healing of the body
come healing of the mind

and let the heavens hear it
the penitential hymn
come healing of the spirit
come healing of the limb

behold the gates of mercy
in arbitrary space
and none of us deserving
the cruelty or the grace
o solitude of longing
where love has been confined
come healing of the body
come healing of the mind
o see the darkness yielding
that tore the light apart

come healing of the reason
come healing of the heart
o troubled dust concealing
an undivided love
the heart beneath is teaching
to the broken heart above

o let the heavens falter
and let the earth proclaim:
come healing of the altar
come healing of the name
o longing of the branches
to lift the little bud
o longing of the arteries
to purify the blood

and let the heavens hear it
the penitential hymn
come healing of the spirit
come healing of the limb
o let the heavens hear it
the penitential hymn
come healing of the spirit
come healing of the limb

Leonard Cohen.

Song: Not Not One

There's not a friend like the lowly Jesus—
No, not one! no, not one!
None else could heal all our soul's diseases—
No, not one! no, not one!

(Refrain) Jesus knows all about our struggles,
He will guide till the day is done;
There's not a friend like the lowly Jesus—
No, not one! no, not one!

No friend like Him is so high and holy—
No, not one! no, not one!
And yet no friend is so meek and lowly—
No, not one! no, not one! (refrain)

There's not an hour that He is not near us—
No, not one! no, not one!
No night so dark but His love can cheer us—
No, not one! no, not one! (refrain)

Public Domain/Paul Zach.

Prayer after Communion

Gracious God, in the eucharist we celebrate your love for us and for all Creation. Grant that, strengthened by these gifts, we may show your love in our lives, and know its fulfilment in your presence. We ask this in the name of Jesus Christ our Lord. **Amen.**

We Are Sent

The Blessing

Closing Song: Down by the Riverside / Up above my head

I'm gonna lay down my sword and shield
Down by the riverside (x3)
I'm gonna lay down my sword and shield
Down by the riverside and study war no more

I aint gonna study war no more (x6)

verse II: "I'm gonna shake hands around the world"

verse III: "I'm gonna walk with the prince of peace"

Up above my head I hear music in the air
Up above my head I hear music in the air
Up above my head – I hear music in the air
And I really do believe, I say I really do
believe, there's a God somewhere.

Up above my head I hear singing everywhere
Up above my head I hear singing everywhere
Up above my head – I hear singing everywhere
And I really do believe, I say I really do
believe, there's a God somewhere.

The Sending

Go forth giving and receiving in a web of grace-filled reciprocity - for the Living God flows Love forth in our care for one another. **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

We'll be back next Sunday at 4pm.

Please join us across the hall for a Potluck!

QomQem volunteering is happening in the kitchen now - all are welcome to come help pack sandwiches for the street family.

Upcoming Dates

Tuesday **March 4 - Shrove Tuesday** pancakes + contra dance (see final page - and we are still looking for some volunteers to come early and help cook!)

Wednesday **March 5 - Ash Wednesday** All are welcome to gather at 7pm for worship and prayer in the way of Taize + Imposition of Ashes.

Wednesday **March 12 - Lenten Book Study** begins, gathering 6:45-8:15pm (see final page for further details or talk to Matt)

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

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.



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!

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!

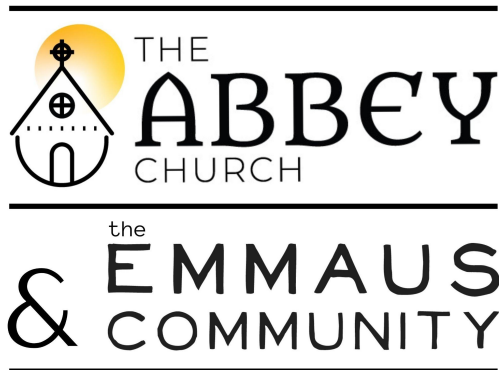


TO ARRANGE DROP OFF, CONTACT:

admin@qomqem.com / 250-291-1204

- 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.



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

This leaflet is printed on carbon neutral tree-free paper. Please recycle.

SHROVE TUESDAY

PANCAKE DINNER

FEATURING THE ODD HACK BAND
WITH MAYA ROE, CALLER

ALL WELCOME AND KID FRIENDLY!
GLUTEN-FREE AND VEGGIE OPTIONS
AVAILABLE



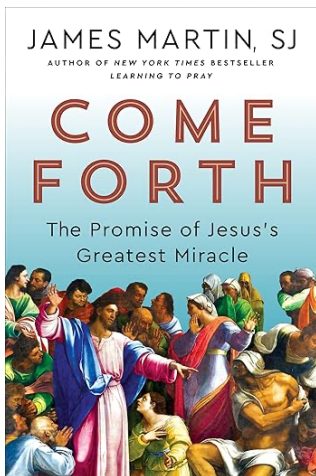
FREE!
PLEASE SCAN
TO RSVP



MARCH
4TH

And Contra Dance!

932 Balmoral Road
5-8pm Tuesday March 4th



Lenten Book Group - get your copy today!

join Matt for a journey through Jesus' encounter with Lazarus! We will read *Come Forth* by James Martin, SJ, and focus in on a few key moments. 6:45 we gather for tea and discussion, closing at 8pm with a brief evening prayer/examen, and departing by 8:15.

The book is available locally at Bolen and Chapters, or by special order or online/as an ebook. Email us admin@emmauscommunity.ca and we can send you the first chapter.