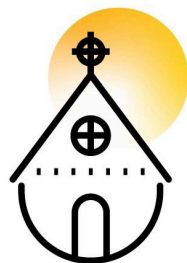


The Transfiguration

March 2, 2025 + 4pm



Image: "Glitch Transfiguration" by Kelly Latimore. <https://kellylatimoreicons.com/en-ca>



THE
ABBAY
CHURCH



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 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.

We Gather

Tolling of the Bells / Welcome & Land Acknowledgment

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: Joyous Light (Hail Gladdening Light)

Hail Gladdening Light, sun so bright
Jesus Christ, end of night, alleluia, alleluia

Hail Gladdening Light, Eternal Bright
at evening time, 'round us shine, alleluia, alleluia

We hymn the Father, we hymn the Son
We hymn the Spirit, wholly Divine
No one more worthy of songs to be sung
To the Giver of Life, all glory is Thine.

Hail Gladdening Light, such joyous Light
O Brilliant Star, forever shine, alleluia x2

Based on an ancient hymn - Giglio / Tomlin / Crowder / Gower / 2004 sixsteps / worshiptogether.com songs / CCLI

Opening Words

The glory of God shines like a consuming fire.

We have seen the glory of God in the face of Jesus our brother.

The voice of God thunders like a mighty storm.

Out of the cloud, God speaks:

This is my beloved Son; listen to him!

Let us pray together: **Almighty God unto whom all hearts are open, all desires known, and from whom no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of thy Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy Name; through Christ our Lord. Amen.** Collect for Purity, BCP.

Let us pray: Almighty God, on the holy mount you revealed to chosen witnesses your well-beloved Son, wonderfully transfigured: mercifully deliver us from the darkness of this world, and change us into his likeness from glory to glory; through Jesus Christ our Lord who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

Gloria

♩ = 80

Glo - ri - a, glo - ri - a, in ex - cel - sis De - o!
 Glo - ry to God, glo - ry to God, glo - ry in the high - est!

Glo - ri - a. glo - ri - a, al - le - lu - ia, al - le - lu - ia!
 Glo - ry to God, glo - ry to God, al - le - lu - ia, al - le - lu - ia!

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

We Proclaim

The Hebrew Scripture

A Reading from the book of Exodus (34:29-35)

Moses came down from Mount Sinai. As he came down from the mountain with the two tablets of the covenant in his hand, Moses did not know that the skin of his face shone because he had been talking with God. When Aaron and all the Israelites saw Moses, the skin of his face was shining, and they were afraid to come near him. But Moses called to them, and Aaron and all the leaders of the congregation returned to him, and Moses spoke with them. Afterward all the Israelites came near, and he gave them in commandment all that the Lord had spoken with him on Mount Sinai. When Moses had finished speaking with them, he put a veil on his face, but whenever Moses went in before the Lord to speak with him, he would take the veil off until he came out, and when he came out and told the Israelites what he had been commanded, the Israelites would see the face of Moses, that the skin of his face was shining, and Moses would put the veil on his face again until he went in to speak with him. - the Word of the Lord. **Thanks be to God.**

*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/>

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**

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

A reading from the Gospel according to Luke: (9:28-36)

Now about eight days after these sayings Jesus took with him Peter and John and James and went up on the mountain to pray. And while he was praying, the appearance of his face changed, and his clothes became as bright as a flash of lightning. Suddenly they saw two men, Moses and Elijah, talking to him. They appeared in glory and were speaking about his exodus, which he was about to fulfill in Jerusalem. Now Peter and his companions were weighed down with sleep, but as they awoke they saw his glory and the two men who stood with him. Just as they were leaving him, Peter said to Jesus, "Master, it is good for us to be here; let us set up three tents: one for you, one for Moses, and one for Elijah," not realizing what he was saying. While he was saying this, a cloud came and overshadowed them, and they were terrified as they entered the cloud. Then from the cloud came a voice that said, "This is my Son, my Chosen; listen to him!" When the voice had spoken, Jesus was found alone. And they kept silent and in those days told no one any of the things they had seen.

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



Sermon

Michelle Slater

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: Precious Lord

Precious Lord, take my hand,
lead me on, let me stand,
I am tired, I am weak, I am worn
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

The Rev. Thomas A. Dorsey. Words: 1938 Warner-Tamerlane Publishing Corp. / Voices United

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

O Spirit of Life, shine on us again and again that we may become the blessing you intend. Keep awakening us to Your holy mystery and Your sacred call. Bless these gifts we bring so that Your energy of love may be shared with others and offer the light of a new beginning. By this, and more than we can name, continue to transfigure us and the world. **Amen.**

United Church of Christ.

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: Cause Your Face to Shine

Cause your face to shine

Cause your face to shine

Cause your face to shine

And we will find our way. *(repeat)*

Tom Wuest © Brass Trumpet Publishing, 2017/ CCLI

Song: Jesus Le Christ – sung in French.

(Jesus the Christ, your light shines within us. Let not my doubts or my darkness speak to me...

Jesus the Christ, your light shines within us. Let my heart always welcome your love.)

Jé - sus le Christ, lu - mière in - té - rieu - re, ne lais - se

pas mes té - nè - bres me par - ler. Jé - sus le Christ, lu - mière in - té -

rieu - re, don - ne - moi d'ac - cueil - lir ton a - mour. Jé - sus le

Prayer after Communion

Holy God, we see your glory in the face of Jesus Christ: may we who are partakers at his table reflect his life in word and deed, that all the world may know his power to change and save. This we ask through Jesus Christ our Lord. **Amen.**

Life in Liturgy, 2016.

We Are Sent

The Blessing

Closing Song: Let your Light from your Lighthouse, Shine On Me - MEDLEY

Let it shine, on me. Let it shine, on me
Let your light, from the lighthouse, shine, on me
Let it shine, on me. Let it shine, on me
Let your light, from the lighthouse, shine on me

My lord, he's done, just what he said
Let your light, from the lighthouse, shine on me
Heal, the sick, and raise, the dead
Let your light, from the lighthouse, shine on me

I know I've got the spirit, and I ain't, the same
Let your light from the lighthouse, shine on me
Angels in, heaven, done called, my name
Let your light from the lighthouse, shine on me.

Blind Willie Johnson, 1929, African-American Spiritual, Public Domain.

I Saw The Light

I wandered so aimless, life filled with sin,
I wouldn't let my dear savior in
then Jesus came like a stranger in the night
Praise the lord, i saw the light

I saw the light, I saw the light
No more darkness, no more night.
Now i'm so happy, no sorrow in sight
Praise the lord, i saw the light

I was a fool to wander and stray
straight is the gate and narrow the way
Now i have traded the wrong for the right
Praise the lord, I saw the light.

Hank Williams, 1948.

This little light of Mine

This little light of mine, I'm gonna let it shine.
This little light of mine, I'm gonna let it shine.
This little light of mine, I'm gonna let it shine,
Let it shine, let it shine, let it shine.

Ev'rywhere I go, I'm goin' let it shine...

Harry Dixon Loes, 1920s, African-American Spiritual, Public Domain.

The Sending

Go forth in Peace to love and serve the Lord. **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

We'll be back next Sunday at 4pm.

*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?

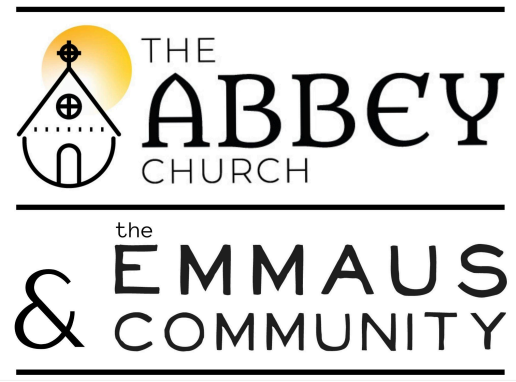
- Large Tins of: Peanut Butter, Jam & Nutella
- Fruit Cups,
- Packaged treats (wagonwheels etc)
- Large bags of Soft candies
- Gatorade Powder Tins
- Camp gear!



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



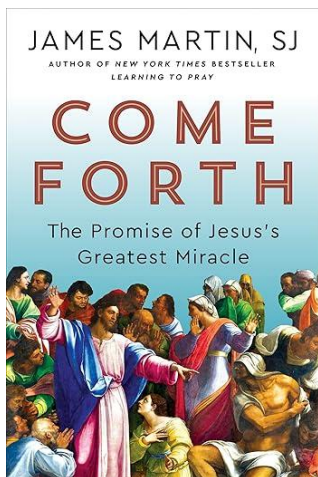
FREE!
PLEASE SCAN
TO RSVP



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