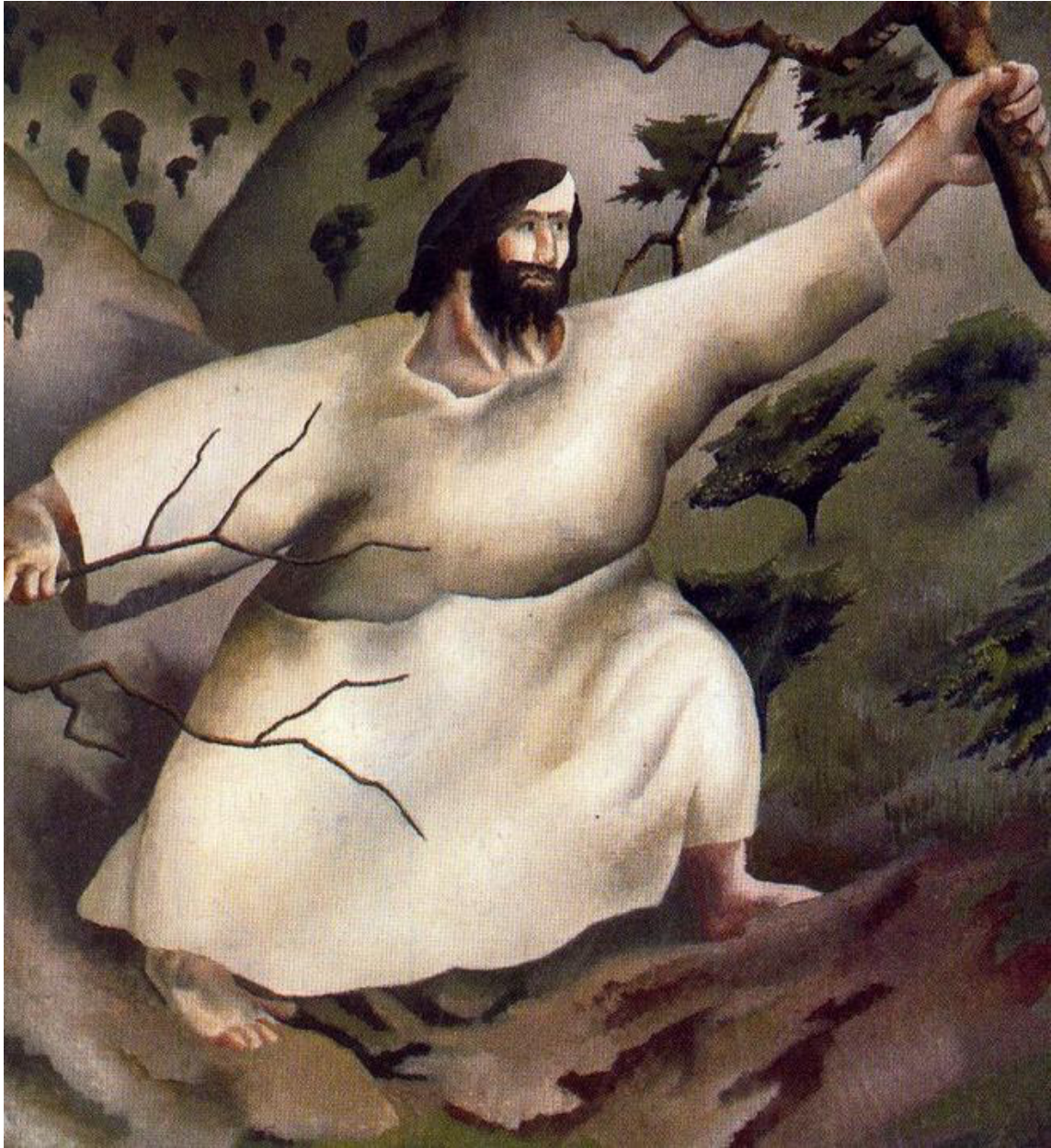
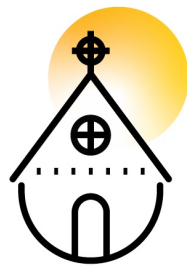


# The First Sunday in Lent

March 9, 2025 + 4pm



*"Christ in the Wilderness" series, Stanley Spencer*



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.

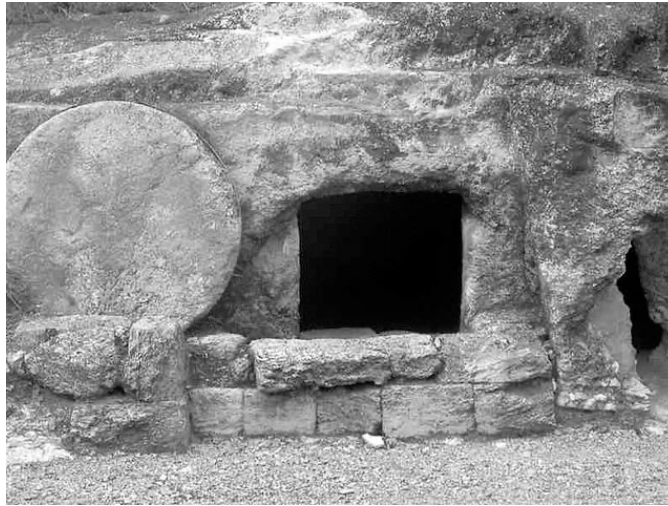
We share a willingness to honestly wrestle with God—with our questions and doubts, our disillusionment with our institutions and our concern for our world.

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.



### **Lent: Living towards Liberation**

Lent is a time for honesty. Sometimes it feels like the world is split between those who have it all together and those who are struggling to make sense of it all.

To you who are struggling - welcome. This is a time for you.

To those who have it together - welcome. May you know ever deeper solidarity with those who are struggling, (and give yourself grace when you discover you don't have it quite so together).

This Lent we are drawn to the story of Jesus and Lazarus.

Lazarus is dead and buried, yet his friend Jesus comes and speaks a life-giving word, has the stone rolled away, calls him out, and invites his community to unbind him from his graveclothes.

Lent is a time for us of introspection, a time of preparation and reflection, a time of shining a light into the tombs of our lives and waiting for God's voice to speak.

Lent is where we get honest about all the tombs we find ourselves inside. All the ways cannot make sense of our lives, of our calling, of the mystery of God.

Lent is a time of fasting from all the things that we compulsively fill ourselves with, distract ourselves with, or use to drown out the depths of our souls deep longing.

What might it mean for you to hear the stone rolling away and the voice of God bidding you to new life?

What grave clothes might we collectively strip away for one another? What sort of practices orients us back to the central work of liberation and living the risen life?

What creative ways might God invite us to share in this work together?

As we gather each week, we hear the words of the song "Loosen" by Aly Halpert - we invite you to hear this song as an invocation, sung to you and over you from your Divine loving parent +

**Loosen, loosen, baby  
You don't have to carry  
The weight of the world in your muscles and bones  
Let go, let go, let go...  
Holy breath, and holy name  
Will you ease, will you ease this pain...**

(and check out their music here: <https://www.alyhalpert.com/> )



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

#### **Confession** *(we sing)*

Have Mercy on Me, Have Mercy on Me.      O Lord, have mercy.   O Lord, have mercy.

God of compassion,

We know the times we have clung to sackcloth not of our making, when we have lived clothed in weariness, cloaked with anger, and enshrouded by sorrow.

**We grieve the occasions when we have lived with alienation rather than association, when we have sought isolation rather than consolation, when our wounds within have shut others out. We confess our fear of the dark and our uncertainty of the light.**

Have Mercy on Me, Have Mercy on Me.      O Lord, have mercy.   O Lord, have mercy.

Yet you have placed within us, O God, a longing for survival, a hunger for your wholeness, a yearning for your comfort, and a hope for our collective healing.

**Bless our mouths to name our wounds, that we may not fear them; our bodies, that we might cherish them; our hearts, that we may delight in their longings, and our souls, that we may trust the wisdom of the stories they hold. Grant us the courage to be touched by You, that when our days of weeping are done, we may wear your garments of gladness, and stand together in the power of your resurrection. In the name of the risen Christ, we pray. Amen.**

*Selections of Prayer © Jan L. Richardson, from In Wisdom's Path: Discovering the Sacred in Every Season*

Have Mercy on Me, Have Mercy on Me.      O Lord, have mercy.   O Lord, have mercy.

*Sandra McCracken & Thad Cockrell©2015 DRINK YOUR TEA MUSIC (ASCAP). Admin. by Music Services. All rights reserved. Used with permission. Edited by Joel Littlepage ([joel.littlepage@gmail.com](mailto:joel.littlepage@gmail.com))*

#### **Absolution**

The God who calls us to return, draw you in and cleanse you from your sin that you may walk in the freedom and love of Jesus Christ our God. **Amen**

#### **Opening song: Come and Find the Quiet Centre**

Come and find the quiet centre in the crowded life we lead,  
Find the room for hope to enter, find the frame where we are freed:  
Clear the chaos and the clutter, clear our eyes, that we can see  
All the things that really matter, be at peace, and simply be.

Silence is a friend who claims us, cools the heat and slows the pace,  
God it is who speaks and names us, knows our being, touches base,

Making space within our thinking, lifting shades to show the sun,  
Raising courage when we're shrinking, finding scope for faith begun.

In the Spirit let us travel, open to each other's pain,  
Let our loves and fears unravel, celebrate the space we gain:  
There's a place for deepest dreaming, there's a time for heart to care,  
In the Spirit's lively scheming there is always room to spare.

*Shirley Erena Murray/ VU / OneLicense*

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

## **We Proclaim**

### **The Hebrew Scripture**

A reading from the book of Deuteronomy (26:1-11)

When you have come into the land that the Lord your God is giving you as an inheritance to possess and you possess it and settle in it, you shall take some of the first of all the fruit of the ground, which you harvest from the land that the Lord your God is giving you, and you shall put it in a basket and go to the place that the Lord your God will choose as a dwelling for his name. You shall go to the priest who is in office at that time and say to him, 'Today I declare to the Lord your God that I have come into the land that the Lord swore to our ancestors to give us.' When the priest takes the basket from your hand and sets it down before the altar of the Lord your God, you shall make this response before the Lord your God: 'A wandering Aramean was my ancestor; he went down into Egypt and lived there as an alien, few in number, and there he became a great nation, mighty and populous. When the Egyptians treated us harshly and afflicted us, by imposing hard labor on us, we cried to the Lord, the God of our ancestors; the Lord heard our voice and saw our affliction, our toil, and our oppression. The Lord brought us out of Egypt with a mighty hand and an outstretched arm, with a terrifying display of power, and with signs and wonders; and he brought us into this place and gave us this land, a land flowing with milk and honey. So now I bring the first of the fruit of the ground that you, O Lord, have given me.' You shall set it down before the Lord your God and bow down before the Lord your God. Then you, together with the Levites and the aliens who reside among you, shall celebrate with all the bounty that the Lord your God has given to you and to your house. The Word of the Lord. **Thanks be to God.**

### **The Psalm**

1 Those who dwell in the shelter of ~the Most High, \*  
abide under the shadow of ~the Almighty.  
2 They shall say to the Lord, "You are our refuge ~and our stronghold, \*  
our God in whom we ~put our trust."  
9 Because you have made the ~Lord your refuge, \*  
and the Most High your ~habitation,  
10 there shall no evil hap~pen to you, \*  
neither shall any plague come ~near your dwelling.  
11 For the angels of God shall have charge ~over you, \*  
to keep you in ~all your ways.  
12 They shall bear you ~in their hands, \*  
lest you dash your foot a~gainst a stone.  
13 You shall tread upon the li~on and adder; \*  
you shall trample the young lion and the serpent un~der your feet.  
14 "Because they are bound to ~me in love, \*  
therefore will ~I deliver them;

I ~will protect them, \*  
because they ~know my name.  
15 They shall ~call upon me, \*  
and I will ~answer them;  
I am with ~them in trouble; \*  
I will rescue them and bring ~them to honour.  
16 With long life will I ~satisfy them, \*  
and show them ~my salvation.”

...Glory to You, Source of all being, eternal Word and Holy Spirit:  
as it was in the beginning, is now and ever shall be, world without end, Amen.

*Please rise in body or in spirit as we open our hearts to hear the good news.*

### **Gospel Acclamation: Restore Us Again**

We long for Egypt in the wilderness, a kingdom made of dust  
We built an idol out of happiness, a paradise of rust  
We lost all the meaning, drowned out the feeling, our hearts barely beating

Restore us again God of our salvation

Revive us again in your unfailing love (2X)

*Paul Zach (feat. Liz Vice), God Is the Friend of Silence, 2018. CCLI*

### **The Gospel** A reading from the Gospel of Luke (4:1-13)

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

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tested by the devil. He ate nothing at all during those days, and when they were over he was famished. The devil said to him, “If you are the Son of God, command this stone to become a loaf of bread.” Jesus answered him, “It is written, ‘One does not live by bread alone.’”

Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, “To you I will give all this authority and their glory, for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours.” Jesus answered him, “It is written, ‘Worship the Lord your God, and serve only him.’”

Then the devil led him to Jerusalem and placed him on the pinnacle of the temple and said to him, “If you are the Son of God, throw yourself down from here, for it is written, ‘He will command his angels concerning you, to protect you,’ and ‘On their hands they will bear you up, so that you will not dash your foot against a stone.’”

Jesus answered him, “It is said, ‘Do not put the Lord your God to the test.’” When the devil had finished every test, he departed from him until an opportune time.

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

### **Sermon**

**Matt Humphrey**

*Bell. Silence for reflection. Bell.*

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

### **Creed**

We believe that God is present  
in the darkness before dawn;  
in the waiting and uncertainty  
where fear and courage join hands,  
conflict and caring link arms,  
and the sun rises over barbed wire.

We believe in a with-us God  
who sits down in our midst  
to share our humanity.

We affirm a faith  
that takes us beyond a safe place:

into action, into vulnerability  
and onto the streets.

We commit ourselves to work for change  
and put ourselves on the line;  
to bear responsibility, take risks,  
live powerfully  
and face humiliation;  
to stand with those on the edge;  
to choose life and listen to the Spirit  
for the sake of our neighbour  
and God's new community of hope. Amen  
*Iona Community.*

## **Our Prayers**

### **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 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: Every Grain of Sand**

In the time of my confession, in the hour of my deepest need  
When the pool of tears beneath my feet flood every newborn seed  
There's a dyin' voice within me reaching out somewhere,  
Toiling in the danger and in the morals of despair.  
Don't have the inclination to look back on any mistake,  
Like Cain, I now behold this chain of events that I must break.  
In the fury of the moment I can see the Master's hand  
In every leaf that trembles, in every grain of sand.

Oh, the flowers of indulgence and the weeds of yesteryear,  
Like criminals, they have choked the breath of conscience and good cheer.  
The sun beat down upon the steps of time to light the way  
To ease the pain of idleness and the memory of decay.  
I gaze into the doorway of temptation's angry flame  
And every time I pass that way I always hear my name.  
Then onward in my journey I come to understand  
That every hair is numbered like every grain of sand.

I have gone from rags to riches in the sorrow of the night  
In the violence of a summer's dream, in the chill of a wintry light,  
In the bitter dance of loneliness fading into space,  
In the broken mirror of innocence on each forgotten face.  
I hear the ancient footsteps like the motion of the sea  
Sometimes I turn, there's someone there, other times it's only me.  
I am hanging in the balance of the Master's perfect plan  
Like every sparrow falling, like every grain of sand.

Bob Dylan, 1981.

## 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**

Let us pray,

God of the wilderness, we give these offerings in gratitude,

**rejoicing in the abundance of your gifts to us.**

We give these offerings in faith,

**trusting that you will provide for our needs.**

We give these offerings in hope,

**knowing you can use them to spread your love in this world.**

And with these offerings, this bread and wine, we give ourselves;

**May we live with generous hearts, with open hands. Amen**

*Joanna Harader, <http://spaciousfaith.com/>, Alt.*

### **The Great Thanksgiving / The Most Holy Eucharist**

God 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 God thanks and praise.**

Holy God, how wonderful is the work of your hands!...

...justice that would never fail.

**Glory to you forever and ever.**

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

**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!**

While Jesus was eating with his disciples, he took a loaf of bread, and after blessing it, broke it, gave it to them, and said, "Take, this is my body. Do this in remembrance of me."

**Glory to you forever and ever.**

As supper was ending, Jesus took the wine and after blessing it, poured it, gave it to them and said, "take, this is my blood, do this in remembrance of me.

**Glory to you forever and ever.**

Holy God, we give you thanks for the mystery of faith given to us in Jesus your Child:

**Christ has died. Christ is Risen. Christ will come again (2x)**

...be gathered and made one in your love.

**Amen.**

*St. Lydia's Table, alt.*



*Silence is kept*

### **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.*

**Song** (prerecorded): O God will you Restore us? - *Bifrost Arts, Lamentations, 2016. CCLI.*

### **Song: Our Song in the Night**

In the darkness, can you hear us?  
When the night comes, are we alone?  
Have you forgotten all of your children?  
When we remember you, we groan

We are broken, are we forsaken?  
Has your love gone down with the sun?  
And your mercy through all history  
Is it abandoned and undone? (Refrain)

Refrain: But our hearts cannot be silent  
O God, be our song in the night  
When the light is gone  
God, be our hope, be our strength  
Be our sheltering place  
Our song in the night

Your road, it led me, down to the Red Sea  
The waters trembled, and you made a way  
You raised Your arm and led them to dry  
land  
Lord, will You hear us when we say (Refrain)  
*Bifrost Arts, Lamentations, 2016. CCLI.*

### **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 sorrows, Lord, walk with me;  
In my sorrows, Lord, walk with me;  
When my within is aching,  
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.

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.  
*CCLI# 7165483 Writer: Public Domain/Paul Zach*

### **Prayer after Communion**

# We Are Sent

## The Blessing

### Closing Song: God's Highway

My feet are strong, my eyes are clear  
I cannot see the way from here  
But on we go, God knows the way  
And in their arms, God keeps me safe.

Fear not, keep on, watch and pray  
Walk in the light of God's highway

The shadows flee, The valley is deep  
But evil cannot conquer me  
Your rod and staff, They protect me  
You give me rest, You give me peace

Fear not, keep on, watch and pray  
Walk in the light of God's highway

I see the shore, from troubled seas  
This tiny ship that carries me  
It is not yet, But it will be  
So heaven come, It's you we need

Fear not, keep on, watch and pray  
Walk in the light of God's highway

I'm holding on to you, Lord.  
You're holding on to me.

*Sandra McCracken and Thad Cockrell, 2015  
Drink Your Tea Music.*

## The Sending

***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

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

Friday **March 14 - Contra Dance** in the Hall, Free admission, music by the Odd Hack Band. Dance is 7-10pm, doors open at 6:30.

Friday **March 21 - Taize**, 6:00 pm in the Sanctuary

## 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



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!**

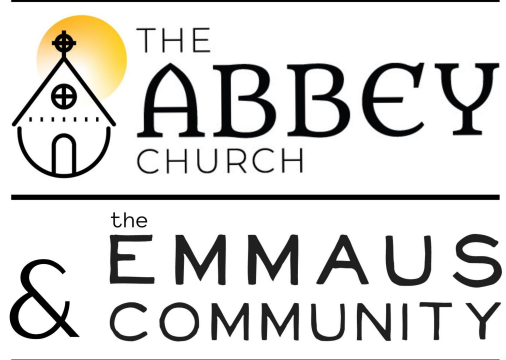


**TO ARRANGE DROP OFF,  
CONTACT:**

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

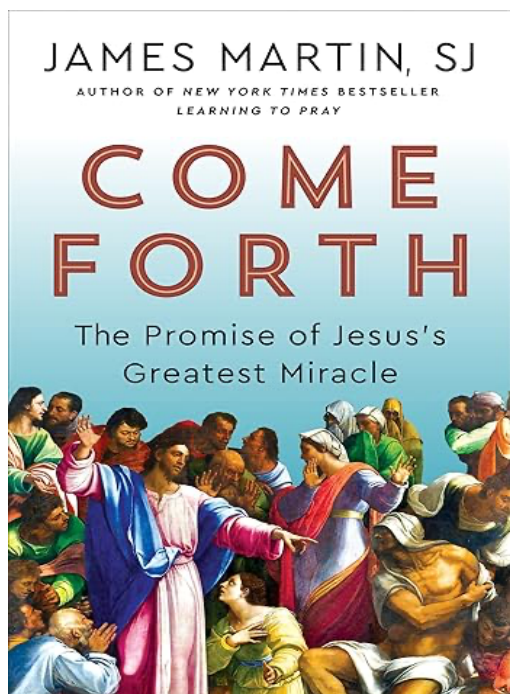
- Soft chew granola bars (nutrigrain, etc)
- Small easy peel oranges and bananas (for Sunday drop-off)
  - Gatorade/powerade bottles
- Home baking on the day of - starting September 22nd (ideally 150 units)
  - Sunscreen, batteries, flashlights

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.



**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.*



## **Lenten Book Group BEGINS THIS WEDNESDAY!**

join Matt for an inspired journey through Jesus' encounter with Lazarus five Wednesdays in Lent.

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](mailto:admin@emmauscommunity.ca) and we can send you the first chapter