

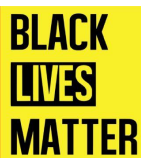
The Second Sunday in Lent

March 16, 2025 + 4pm



Christ in the Wilderness - The Hen

Image source: <https://www.wikiart.org/en/stanley-spencer/christ-in-the-wilderness-the-hen>



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.

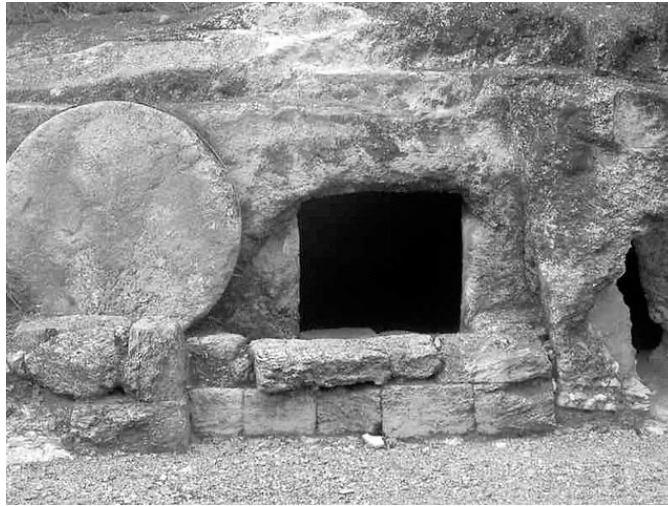
We share a willingness to honestly wrestle with God—with our questions and doubts, our disillusionment with our institutions and our concern for our world.

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

We begin in silence and gentleness

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.

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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**

Children and youth are warmly invited to join our leaders in AbbeyKids!

Opening song: Come Thou Fount (Please rise in body or spirit)

Come, thou fount of every blessing, tune my heart to sing thy grace;
Streams of mercy, never ceasing, call for songs of loudest praise.
Teach me some melodious measure, sung by flaming tongues above;
O the vast, the boundless treasure, of my God's unchanging love.

Here I raise my Ebenezer thus far by thy help I've come,
And I hope, by Thy compassion, safely to arrive at home.
Jesus sought me when a stranger, wandering from the fold of God;
He, to rescue me from danger, interposed his precious blood.

O to grace how great a debtor - Daily I'm constrained to be!
Let thy goodness like a fetter, bind my wandering heart to thee.
Prone to wander, Lord, I feel it, prone to leave the God I love;
Take my heart, O take and seal it, seal it for thy courts above.

Text: Robert Robinson; tune: NETTLETON / Public Domain

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

We Proclaim

The Hebrew Scripture

A reading from Lamentations (2:10-11)

The elders of daughter Zion sit on the ground in silence; they have thrown dust on their heads; they put on sackcloth; the young women of Jerusalem have bowed their heads to the ground. My eyes are spent with weeping; my stomach churns; my bile is poured out on the ground because of the destruction of my people, because infants and babes faint in the streets of the city. The Word of the Lord. **Thanks be to God.**

Psalm 27

The Lord is my light and my salvation; * whom then shall I fear?
The Lord is the strength of my life; * of whom then shall I be afraid?
When evildoers came upon me to eat up my flesh, *
it was they, my foes and my adversaries, who stumbled and fell.
Though an army should encamp against me, * yet my heart shall not be afraid;
and though war should rise up against me, * yet will I put my trust in God.
One thing have I asked of the Lord; one thing I seek; *
that I may dwell in the house of the Lord all the days of my life,
beholding the fair beauty of the Lord * and seeking God in the temple.
O tarry and await the pleasure of the Lord; be strong, and God shall comfort your heart;
* wait patiently for the Lord.
...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

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

A reading from the Gospel according to Luke: At that very hour some Pharisees came and said to him, "Get away from here, for Herod wants to kill you." He said to them, "Go and tell that fox for me, 'Listen, I am casting out demons and performing cures today and tomorrow, and

on the third day I finish my work. Yet today, tomorrow, and the next day I must be on my way, because it is impossible for a prophet to be killed outside of Jerusalem.' Jerusalem, Jerusalem, the city that kills the prophets and stones those who are sent to it! How often have I desired to gather your children together as a hen gathers her brood under her wings, and you were not willing! See, your house is left to you. And I tell you, you will not see me until the time comes when you say, 'Blessed is the one who comes in the name of the Lord.' ”

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

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

Sermon

Lynn Mills

*Bell. Silence for reflection. Bell.
Please rise in body or in spirit as we affirm our faith.*

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: As the music plays we invite you into a time of prayer.

- Receive anointing for healing (offered on the right side of the church.)*
- Write prayers and place them in the weave (left side behind the band)*
- Place a pebble from the bowl into the tomb on the table in front of the altar - what are the hurting places in need of liberation in your life or in the life of the world.*
- Move, sing or pray quietly as you are led through this time*

Jesus said, "Come to me, all you who are weary and are carrying heavy burdens,
and I will give you rest." -Matthew 11:28

Song: Come All You Weary

Come, all you weary; come, all you distressed
Come to his stillness; find in him your rest
Lay down your labours and lay down your works
Take on your shoulders an easier yoke
Come, all you weary, find in him your rest

Come, all you righteous; come, you who are strong
Come when you have fallen; come when you've gone wrong
Lay down your striving and thirst for acclaim
Drink of his comfort and rest in his name
Come, all you weary, find in him your rest

Come, all you wounded; Come, all you betrayed
Come to his shadow; rest here from the fray
Come to his arms as the saviour draws near
Bring him the pain that you bear even here
Come, all you weary, find in him your rest

Come, all you hopeful; come, you who want more
Come, disappointed; come, aching and sore
Why spend your money for what has to fail
Come to the one who alone can prevail
Come, all you weary, find in him your rest

2021 Integrity's Alleluia! Music; Kate Bluett Music; Paul Zach Publishing / CCLI

Song: In Your Light

You are the fountain of life
I will drink from your river of delight
and in your house
I will rest in the shadow of your wings

In your light I will find my way
In your light I will find my way
In your light I will find my way
In your light I will find my way
Rob Des Cotes

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.

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: We will not be silent

Out of the deep you lift us (Lord we praise your holy name)
safe from our enemies (Lord we praise your holy name)
when we call for mercy (Lord we praise your holy name)
you save us from the grave (Lord we praise your holy name)

(Refrain) We will not be silent, we will not be silent
We will not be silent, Lord we praise your holy name

Your anger lasts a moment (Lord we praise your holy name)
but your favour last for life (Lord we praise your holy name)
with the morning comes rejoicing (Lord we praise your holy name)
though we weep all through the night (Lord we praise your holy name) Refrain

Lord to you we call for mercy (Lord we praise your holy name)
If we fall, where is the gain? (Lord we praise your holy name)
for as dust we cannot praise you (Lord we praise your holy name)
nor your faithfulness proclaim (Lord we praise your holy name) Refrain

From weeping into dancing (Lord we praise your holy name)
From sorrow into joy (Lord we praise your holy name)
Lord our hearts will not be silent (Lord we praise your holy name)
we'll praise you forevermore (Lord we praise your holy name) Refrain

Words and music by Gord Johnson from Psalm 30 / 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 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: The Lord is my light

Musical notation for two voices (I and II) in G major, 4/4 time. The melody is simple and hymn-like. The lyrics are: 'The Lord is my light, my light and sal - va - tion: in God I trust, in God I trust. The'.

Song: Daughters of Zion

When will the truth come out?
When will Your justice roll down?
When will Your kingdom come
And evil be undone?
When will the wicked kneel
And the abused be healed?
When will our sisters speak
With no more shame or fear?

Refrain: How long? How long?
When will the daughters of Zion
rejoice, in the house of the Lord?

Out of the miry clay
We will rise up someday
Sorrow won't always last
The dark will surely pass
Woe to the wicked ones
For what their hands have done
God is our righteous judge
And He will raise us up. **(Refrain)**

So let Your justice roll down, Let
Your justice roll down! **(Refrain)**
*Rose, Wardell, Zach / © 2019 Integrity Worship/
PG Songs And Hymns/ASCAP / CCLI*

Prayer after Communion

Let us pray, Beloved One, if we grow weary in love, may this meal live on as a reminder of what sustains us. In seeking the flourishing you intend for us, our neighbours, and this planet, keep our hearts tender, our spirits alive, and our senses attuned to the beauty that surrounds. With gratitude for your abiding presence, we pray in Jesus' name. **Amen.**

enfleshed. <https://enfleshed.com/project/ordinaryworshipsettings/>

We Are Sent

The Blessing

Closing Song: I Feel the winds of God today

I feel the winds of God today;
today my sail I lift,
Though heavy, oft with drenching spray,
and torn with many a rift;
If hope but light the water's crest,
and Christ my bark will use,
I'll seek the seas at His behest,
and brave another cruise.

It is the wind of God that dries
my vain regretful tears,
Until with braver thoughts shall rise
the purer, brighter years;

If cast on shores of selfish ease
or pleasure I should be;
Lord, let me feel Thy freshening breeze,
and I'll put back to sea.

If ever I forget Thy love
and how that love was shown,
Lift high the blood red flag above;
it bears Thy name alone.
Great pilot of my onward way,
Thou wilt not let me drift;
I feel the winds of God today,
today my sail I lift.

Jessie Adams / Public Domain Tune: Kingfold VU625

The Sending

Go in peace to walk in Jesus's way of love and liberation.

Thanks be to God. Amen!

Sending Song: Wait for the Lord

Wait for the Lord, whose day is near.

Wait for the Lord: be strong, take heart!

Ateliers et Presses de Taize / OneLicense

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 19- Lenten Book Study
Characters and costumes (Read chapters 3, 4, 6)
We continue gathering 6:45-8:15pm
(see final page for further details or talk to Matt)

Friday March 21st - Ecumenical Prayer in The Way of Taize
6:00 - 7:00 pm
932 Balmoral (AbbeyChurch / United Commons)

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.



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.

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?

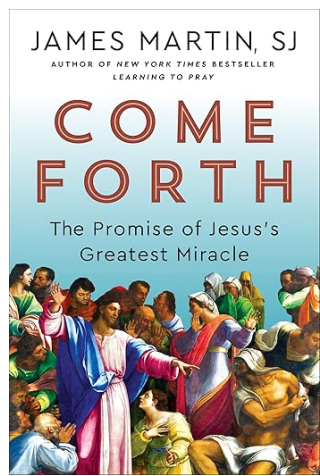
- Large Tins of: Peanut Butter, Jam & Nutella
Fruit Cups,
Packaged treats (wagonwheels etc)
Large bags of Soft candies
Gatorade Powder Tins
Camp gear!



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.



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

Mar 12	-	Lazarus, Scripture, culture and us (1,2)
Mar 19	-	Characters and costumes (3, 4, 6)
Mar 26	-	The Waiting is the hardest part (5, 8, 10)
Apr 2	-	The Gift of Tears (12, 13, 14)
Apr 9	-	Lazarus Come Forth! (15, 16, 17)