



Epiphany +4

January 31th, 2021 + 4pm

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 summarized in ancient Christian creeds.

We share a willingness to honestly wrestle with God, and with our questions and doubts.

We invite diversity in our community and our leadership; old, young, rich, poor, conservative, liberal, radical, single, married, LGBTQ2IA+, straight, evangelical, progressives, overeducated, undereducated, overhoused, underhoused, certain, doubting, hurting, thriving (to name a few).

We believe that Christ's love binds our differences together in unity as we gather each week at Jesus' table of welcome.

Tolling of the Bells / Welcome

Land Acknowledgement

As we gather to worship, we acknowledge that for thousands of years the Coast Salish, Nuu-chah-nulth, and Kwakwaka'wakw peoples walk gently on the unceded territories where we now live, work, worship, and play. Recognizing and lamenting the harm of colonization, we seek ways to enter into new relationships based on gratitude, respect, truth-telling and justice.

We invite you to take a moment to remember and name with gratitude the people who have stewarded the lands on which you live - at AbbeyChurch this is the land of the Lək̓ʷəŋən People, known today as the Esquimalt and Songhees Nations.

Opening Words (from Psalm 111)

Come! Let us give thanks to the Lord with whole hearts.

Fear of the Lord is the beginning of wisdom.

Glory be to the One whose wonders are to be remembered.

Fear of the Lord is the beginning of wisdom.

The Lord is gracious and full of compassion.

Fear of the Lord is the beginning of wisdom.

The Lord feeds the righteous with truth.

Fear of the Lord is the beginning of wisdom.

Come! Let us give thanks to God.

Poem selected by our poet-in-residence Cēline Chuang

Song: Cast Out, O Christ, Cast Far Away

Cast out, O Christ, cast far away

the demons that destroy:

The haunting dreads that choke our souls,

The hates that stifle joy.

Our raging griefs, our jealous fears

Are Legions in their name.

Our shackled hearts implore your grace

To loose our binding shame.

Your Word breathes life and health and hope
That break through evil's thrall.
You send us, strengthened, home in peace
To live your gospel call.

So come, O Christ, and cast away
The demons that destroy.
Transform our lives to sense your love
And spread abroad your joy.

Text: Mary Louise Bringle; Tune: American Traditional

Collecting Prayer

Almighty God, Light from Light,
who commands the universe and all that is made,
your Word is the power that makes whole what is broken,
the force of good, and the food of peace.
Teach us now as you taught in the synagogue.
Heal us now so that in all that we say and do,
the freedom we have in you may be for others, too;
in Jesus' name we pray. **Amen.**

Feasting on the Word

The Readings

A Reading from the book of Deuteronomy (18:15-20)

Monica Tarnowsky

The Lord your God will raise up for you a prophet like me from among your own people; you shall heed such a prophet. This is what you requested of the Lord your God at Horeb on the day of the assembly when you said: "If I hear the voice of the Lord my God any more, or ever again see this great fire, I will die." Then the Lord replied to me: "They are right in what they have said. I will raise up for them a prophet like you from among their own people; I will put my words in the mouth of the prophet, who shall speak to them everything that I command. Anyone who does not heed the words that the prophet shall speak in my name, I myself will hold accountable. But any prophet who speaks in the name of other gods, or who presumes to speak in my name a word that I have not commanded the prophet to speak - that prophet shall die." The Word of the Lord.

Thanks be to God.

Let us prepare our hearts to hear the gospel.

Gospel Acclamation: Gloria # 3

Gloria, gloria, in excelsis Deo! Gloria, gloria, alleluia, alleluia!
J. Berthier / Ateliers et Presses de Taize - OneLicense

The Gospel

Chivonne Graff

+The Holy Gospel of the Lord Jesus Christ According to Mark (1: 21-28) They went to Capernaum; and when the sabbath came, Jesus entered the synagogue and taught. They were astounded at his teaching, for he taught them as one having authority, and not as the scribes. Just then there was in their synagogue a man with an unclean spirit, and he cried out, "What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One of God." But Jesus rebuked him, saying, "Be silent, and come out of him!" And the unclean spirit, convulsing him and crying with a loud voice, came out of him. They were all amazed, and they kept on asking one another, "What is this? A new teaching - with authority! He commands even the unclean spirits, and they obey him." At once his fame began to spread throughout the surrounding region of Galilee...The Gospel of Christ.

Praise to you, Lord Jesus Christ.

We repeat the gospel acclamation.

J. Berthier / Ateliers et Presses de Taize - OneLicense

Sermon

Rev. Katherine Brittain

Bell / Silence / Bell

The Creed

I believe in God the Maker almighty Creator of heaven & earth;
I believe in Jesus Christ, God's on-ly 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. Amen.

Ryan Flanigan, alt., © 2017, Common Hymnal, CCLI

The Confession

The One who pardons, heals, and strengthens all who repent calls us to name our failings and our hopes. Let us confess our sin in the presence of God and one another.

Silent prayer

**Holy and all-powerful God,
who commands all spirits,
comforts those in distress,
and casts out destructive forces,
we confess that we are unable to do your will.
We protect what is familiar
and reject what is unknown.
We admire those with courage
but excuse ourselves when we falter from the truth.
We forget that you are always with us,
and that with you all things are possible.
Forgive us, lead us, make us new.
Remove our desire to heed false prophets,
and show us your way;
in the name of the Father, Son, and Holy Spirit,
one God, Mother of us all. Amen.**

Assurance of Grace or Absolution

The Peace

Nancy Walker, DLM

The peace of Christ be with you. **And also with you!**

Offertory Song: Leave All Things

Leave all things that you have,
Come and follow me.

Alana Levandoski

Prayer Over The Gifts

Gracious God, accept this offering; the hearts of your people joined in praise and thanksgiving, in the name of Jesus Christ the Lord. **Amen.**

Eucharistic Prayer

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 God thanks and praise.

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Source of All, almighty Creator of heaven and earth. Because in the mystery of the Word made flesh, you have caused a new light to shine in our hearts, to give the knowledge of your glory in the face of your son Jesus Christ our Lord. Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

Holy, holy, holy Lord - God of power and might

Heaven and earth of your glory are full

Hosanna, hosanna, hosanna in the highest

Blessed is he who comes in the name of the Lord

Blessed is he who comes in the name of the Lord

Holy, holy, holy Lord, God of power and might

Heaven and earth of your glory are full

Hosanna, hosanna, hosanna in the highest

Hosanna, hosanna, hosanna in the highest

Steve Bell / Signpost Music / CCLI

It is right to lift our voices in praise for on the night before he died, Jesus at supper with his disciples, took bread, broke it, and gave it to them, saying, Take, eat: this is my body which is given for you; do this in remembrance of me.'

After supper he took the cup. Again he gave you thanks, and gave it to his disciples, saying, 'Drink this, all of you: this is my blood of the new covenant, shed for you and for many for the forgiveness of sins. Do this, as often as you drink it, in remembrance of me.'

Great is the mystery of faith: **Christ has died; Christ is risen; Christ will come again.**

You are indeed Holy, O Lord, the fount of all holiness. Make holy, therefore, these gifts, we pray, by sending down your Spirit upon them like the dewfall, so that they may become for us the Body + and Blood of our Lord, Jesus Christ.

Through Christ, with Christ and in Christ, in the unity of the Holy Spirit, all glory is yours, now and forever. **Amen.**

As beloved children of a loving parent, let us pray... *(this may be said in a language or paraphrase of your choice, or as below):*

Abba, Amma, Beloved, hallowed be your name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Save us from the time of trial, and deliver us from evil. For the kingdom, the power, and the glory are yours, now and for ever. Amen.

Silence.

These are the gifts of God for the people of God given for the life of the world. Feed on Christ in your hearts through faith with thanksgiving! **Thanks be to God! Amen.**

Communion Song: He Touched Me

Shackled by a heavy burden -'Neath a load of guilt and shame
Then the hand of Jesus touched me
And now I am no longer the same

Refrain: He touched me, oh, He touched me
And oh, the joy that floods my soul!
Something happened, and now I know
He touched me, and made me whole

Since I met this blessed Savior –
Since He cleansed and made me whole
Oh, I will never cease to praise Him (to praise Him)
I'll shout it while eternity rolls (*Refrain*)

William J. Gaither / Brentwood-Benson Music / CCLI

Prayer after Communion

Generous Lord, in word and eucharist we have proclaimed the mystery of your love: help us so to live out our days that we may be signs of your wonders in the world; through Jesus Christ our Saviour. **Amen.**

The Blessing

Go out from this place to a world fully known by God.
Where there is fear, remember the authority of Christ Jesus.
Where there is need of love, give it.
Where there is pain, bring peace.
For you are loved by the One who redeems,
and freed to live by the Word of life.
And the blessing of God...

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

I'm gonna live so God can use me
Anytime, Lord, anywhere (2x)

I'm gonna work so God can use me
Anytime, Lord, anywhere (2x)

I'm gonna pray so God can use me
Anytime, Lord, anywhere (2x)

I'm gonna sing so God can use me
Anytime, Lord, anywhee (2x)

African-American traditional spiritual / Public Domain

The Sending

Go in peace with the knowledge that God's power is given to the
Beloved Community for the sake of the life of the world.

Thanks be to God, Amen.



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