



THE
ABBÉY
CHURCH



3rd century manuscript - Ephesians 1

Pentecost + 11

Aug 8, 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.

The AbbeyChurch worships, prays, plays and gathers on the traditional and unceded lands of the Songhees and Esquimalt Nations.

*Come as you are, people of the Spirit...
Filled with the breath of God!*

We Gather

Tolling of the Bells

Welcome

Land Acknowledgment

Bell x 3

During the song, AbbeyKids place the Gospel in the center and then are welcome to stay or head over to the hall for AbbeyKids.

Kids Set Table: Everything We Need

In the morning Lord we do look to you
For the strength we need just to make it through
Have mercy

In the evening Lord we look back and say
It was in your strength that we made our way
Have mercy

You are everything we need
Feed us Lord

Gord Johnson (St. Benedict's Table) / CCLI

Gathering Prayer

Creator, we give you thanks for all you are and all you bring to us for our visit within your creation. In Jesus, you place the Gospel in the centre of this Sacred Circle through which all of creation is related. You show us the way to live a generous and compassionate life. Give us your strength to live together with respect and commitment as we grow in your Spirit, for you are God, now and forever. Amen.

(Anglican Council of Indigenous Peoples)

Poem written by Benjamin Hertwig

AbbeyChurch Poet-in-Residence

We Proclaim

The Psalm Psalm 34: 1-8 - *Benedicam Dominum* (Chanted)

I will bless the Lord at all times; *
the praise of God shall ever be in my mouth.
I will glory in the Lord; *
let the humble hear and rejoice.
Proclaim with me the greatness of the Lord; *
let us exalt the name of God together.
I sought the Lord, who answered me *
and delivered me out of all my terror.
Look upon God and be radiant, *
and let not your faces be ashamed.
I called in my affliction and the Lord heard me *
and saved me from all my troubles.
The angel of the Lord encompasses those who fear God *
and will deliver them.
Taste and see that the Lord is good; *
happy are they who trust in God!
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.

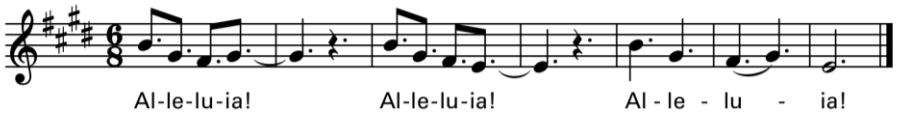
The Epistle

A reading from the letter of Paul to the Ephesians (4:25-5:2))
So then, putting away falsehood, let all of us speak the truth to our neighbours, for we are members of one another. Be angry but do not sin; do not let the sun go down on your anger, and do not make room for the devil. Thieves must give up stealing; rather let them labour and work honestly with their own hands, so as to have something to share with the needy. Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear. And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tender hearted, forgiving one another, as God in Christ has forgiven you. Therefore, be imitators of God, as beloved children, and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

...The word of the Lord. **Thanks be to God.**

We invite you to rise in body or spirit for the reading of the Gospel

Gospel Acclamation: Alleluia - Mass of Restoration



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The Gospel

The Holy Gospel of our Lord Jesus Christ according to St. John
Jesus said to the people, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty." Then the Jews began to complain about him because he said, "I am the bread that came down from heaven." They were saying, "Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, 'I have come down from heaven?'" Jesus answered them, "Do not complain among yourselves. No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. It is written in the prophets, 'And they shall all be taught by God.' Everyone who has heard and learned from the Father comes to me. Not that anyone has seen the Father except the one who is from God; he has seen the Father. Very truly, I tell you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh."
...The Gospel of Christ. **Praise to You Lord Jesus Christ.**

Gospel Acclamation (*repeated, from above*)

Sermon

Melanie Ihmels

Bell / Silence / Bell

The Creed (A New Creed)

[we say together, standing in body or spirit:]

We are not alone. We live in God's world.

**We believe in God: who has created and is creating,
who has come in Jesus, the Word made flesh,
to reconcile and make new,**

who works in us and others by the Spirit.

**We trust in God. We are called to be the Church:
to celebrate God's presence, to live with respect in
Creation, to love and serve others,**

to seek justice and resist evil,

**to proclaim Jesus, crucified and risen, our judge and our
hope. In life, in death, in life beyond death, God is with us.**

We are not alone. Thanks be to God.

The United Church of Canada, 1968, alt.

Our Prayers

Jesse Robertson

The Confession

One: I confess to God and before you my siblings in Christ, that I have sinned of my own fault, in my thoughts and in my words, in the deeds I have done and in what I have failed to do. Now I ask you to pray for me.

Silence

**May you know forgiveness from God who is your Source.
May Christ embrace you in his Grace. And may the Holy
Spirit nurture, encourage and strengthen you in the time of
your testing as you seek God's will.**

One: Amen.

**We confess to God, and before you our siblings in Christ,
that we have sinned of our own fault, in our thoughts and
in our words, In the deeds we have done and in what we
have failed to do. Now we ask you to pray for us. *Silence.***

+May you know forgiveness from God who is your Source. May Christ embrace you in his Grace. And may the Holy Spirit nurture, encourage and strengthen you in the time of your testing as you seek God's will. **Amen.**

The Peace

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

Offertory Song: He Is Among Us

You'll find Me with the broken and the weak
In the spaces in between
You'll hear My voice cry out with those who weep
Only if you're listening

Chorus: Whatever you do for the least of these
You do it unto Me

You'll find Me with the ones without a voice
The forgotten and ignored
My blessing is on those who love the poor
'Til you open up the door *Chorus*

Hallelujah, hallelujah
He is among us, He is among us *x4*

By this the world will know our Maker's love
We will know our Maker's love

Orlando Palmer, Isaac Wardell, Paul Zach, John Swinton, Andy Piercy. © 2019 Integrity
Worship Music/PG Songs And Hymns/ASCAP / CCLI

We Feast

The Invitation

The table of bread and wine is now to be made ready.
It is the table of company with Jesus, and all who love him.
It is the table of sharing with the poor of the world,
with whom Jesus identified himself.
It is the table of communion with the earth,
in which Christ became incarnate.

**We celebrate the life that Jesus has shared among his
community through the centuries, and shares with us now.
Made one in Christ and one with each other, we offer these
gifts and with them ourselves, a single, holy, living
sacrifice. Amen.** *Iona Community.*

The Lord be with You
And with your spirit.

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.

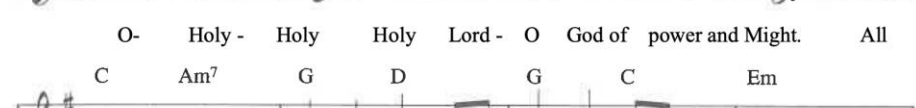
We offer you praise, O God, with hearts lifted high. For in the communion of your love, Christ comes close to us and we come close to Christ. Therefore with the whole realm of nature around us; with earth, sea and sky, we sing to you. With, all the saints before and beside us, with our loved ones, separate from us now, who yet in this mystery are close to us, we join in the song of unending praise:

♩ = 100 Em C G D G Am Dsus⁴



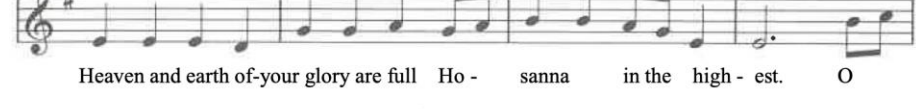
O- Holy - Holy Holy Lord - O God of power and Might. All

C Am⁷ G D G C Em




Heaven and earth of-your glory are full Ho - sanna in the high - est. O

Bm Em D G G Dsus⁴



Blessed is the one who comes in the name-of-the Lord! Ho-

C Am G D G C Em



-sanna in the high - est. Ho - sanna in the high - est.

Blessed are you and blessed is our brother Jesus who walks with us the road of our world's suffering, and who is known to us in the breaking of bread. On the night of his arrest Jesus took bread and blessed it and gave it to his companions saying take and eat this is my body which is given for you. Do this in remembrance of me.

As supper was ending Jesus took the cup and after giving thanks he gave it to them and said, “ Drink this, all of you: this is my blood of the new covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me.”

Hear us, O God and breathe your Spirit upon us and upon this bread and wine. May they become for us your body and blood, vibrant with your life, healing, renewing and making your whole world whole.

As the bread and wine which we now eat and drink are changed into us, may we be changed again into you, bone of your bone, flesh of your flesh. May we know your presence in the sharing of this bread so that we may know your touch in all bread, all matter.

Let us proclaim the mystery of our faith:

♩ = 100 Em C G D G Am Dsus⁴

Sing Christ has died and Christ is ri - sen, Christ will come a - gain! Sing

C Am⁷ G D G C Em

Christ has died and Christ is ri - sen, Christ will come a - gain!

In times of fear and oppression, guide us with your love until the day when sorrow is turned to dancing and all creation emanates the praises of your glory. Through Christ with Christ and in Christ. In the unity of the Holy Spirit, all honour and glory are yours now and forever.

♩ = 100 Em C G D G Am Dsus⁴

A - men, a - men, O Ho - ly One! Ho - san - na and A - men! A -

C Am⁷ G D G C Em

men, a - men, O Ho - ly One, Ho - san - na and A - men!

As beloved Children of a loving parent let us pray:
Our Father, (or Mother/Parent/Source, if you prefer)
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;
and 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.

Take, bless, break, share. – These are the gifts of God, for the people of God, given for the life of the world.

All are welcomed to receive at Jesus' table, as each feel called. For those in-house, there are wine and grape juice options in the single cups. All of the bread is gluten-free.

Communion Song: Jesus Feed Us

Again and again and again
To this table we come
Once a people estranged
Now as one in your name

In your mercy and grace
Forgiven of what we've confessed
By your body and blood
One last thing we request

To you we pray Jesus feed us
Feed us Jesus
Feed us Jesus
With your healing love

Gord Johnson / St. Benedict's Table / CCLI

Prayer after Communion

Eternal God, grant to your Church the unity and peace that we have tasted in this eucharist, the fruit of your life-giving Spirit. We ask this in the name of Jesus Christ the Lord. **Amen.**

We Are Sent

Blessing

Closing Song: This Little Light of Mine

This little light of mine, I'm gonna let it shine x3
Let it shine, let it shine, let it shine.

Everywhere I go, I'm gonna let it shine...

When I see my neighbour coming, I'm gonna let it shine...

Jesus gave it to me, I'm gonna let it shine...

African-American traditional spiritual / Public Domain.

Sending

Stay with us now, since the day is far spent and the night is coming; kindle our hearts on the way, that we might recognize you this week, in creation, in the scriptures, in the breaking of bread, and in each other. Thanks be to God! Amen.

Iona Abbey Worship Book. 2001[alt]

Bell x 3



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