

Lent Five

March 17, 2024 + 4pm



Image: Jan Richardson.



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 our Christian creeds.

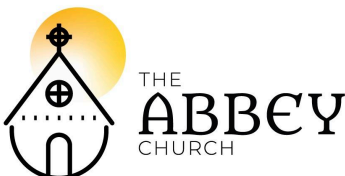
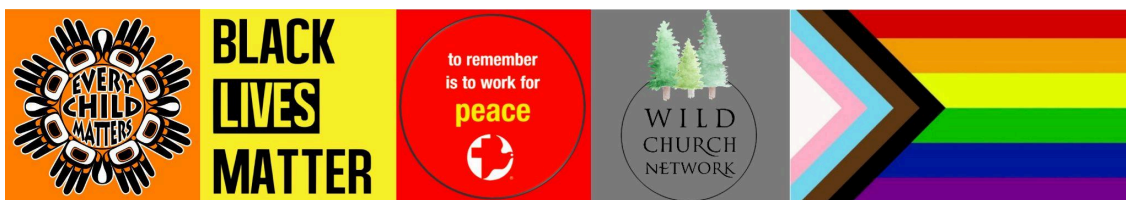
We share a willingness to honestly wrestle with God—with our questions and doubts, our disillusionment with our institutions and our concern for our world.

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 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 makes commitments to one another for 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.



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778.557.4166 We would love to connect.

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Welcome to the Season of Lent

Welcome to the holy season of Lent! This year at AbbeyChurch we are walking into this wilderness aware of how much we are each carrying – our weariness, our concern over the state of our world and our families and our selves, unsure of how best to direct our energies in a world of such complex need. We rage against all the violence and pain... and we weep over the violence that lives inside of us...

The invitation to each of us in these 40 days is simple:

Rest.

Re-lent.

What might it mean to enter Lent as a time of rest? To enter a space where we might entrust ourselves to the God who meets us in our need?

What might it mean to Re-Lent? To relent is to ease up, to change course, to turn, or to abandon or mitigate a harsh or cruel intention. There is much wisdom for us in these two postures: Rest and Relent.

They carry the freedom our friends in the recovery community find in the first and second step: as we acknowledge our lives are unmanageable and we are powerless, but we come to believe a power greater than ourselves can and will restore us to sanity.

May Lent be a time of rest and freedom as we turn our gaze back to our Maker! There is much repentance in that, yes, but it's less about self-flagellation and more about relenting our endless efforts to live as though God does not exist.

So put away the hair shirts and feel the delicate warmth of a prayer shawl being draped over your tired shoulders. Open your dry cracked hands to allow palms up to receive the Rest your maker longs to give you.

And know you are not alone in the wilderness – Courage my friends, we will walk with you and sing your spirit home.

There are many invitations to enter Lent differently as we gather for worship - look below for instructions for how we might embody a posture of Rest and Relent...

We Gather

Ambient Loop / Tolling of the bells

Bell x 3

The Invocation Song: Slow Me Down

During this song of Invocation, we invite you to carry your burdens (symbolized by a large rock or stone you picked up when you came in) forward and leave them with the God of mercy. Whatever burden or pain you carry today, know that the God who holds you can hold this. We invite you to bring those rocks forward at any point in worship (sit with them as long as you like through the service) and give them to the God of compassion.

Having re-lented our burdens, we invite you to take a small stone from the Baptismal font (front Right of altar) with the word 're-Lent' printed - carry it as a reminder of this holy invitation.

Verse

1. O good Shep-herd, would You teach me how to rest?
2. From my an - xious drive to la - bor on and on,
3. When my ta - ble's bent with on - ly greed and gold,

4

I'm rush - ing on: will You make me to lie down?
from the rest - less grind that has put my mind to sleep,
and my grasp - ing hands are a - fraid You won't pro - vide,

8

Will You build a fold by the wat - ers that re - fresh?
will You call me back and gent - ly slow me down?
will You pour the wine that loos - ens up my hold?

12

Will You call my name and lead me safe - ly out?
Will You show me now what to lose and what to keep?
Set Your ta - ble here with what tru - ly sa - tis - fies.

Chorus

16

O Good Shep-herd, O Good Friend, slow me down, slow me down. O Good Shep-herd,

26

O Good Friend, slow me down, slow me down.

Fine

The Confession

In this season of Lent we begin with silence and in confession. Recognizing the burdens we bear, and the ways we have wounded ourselves, the lives of others and the life of the world, we confess that our lives have become unmanageable and we turn to God for mercy.

Sung Trisagion (sung three times)

The musical score for the Sung Trisagion is written in E major (three sharps) and 4/4 time. It consists of three systems of music, each with a vocal line and piano accompaniment. The piano part is marked *mp* (mezzo-piano). The vocal line includes lyrics and rests. The piano accompaniment features chords and melodic lines in both hands.

System 1: The vocal line begins with a rest, followed by "Ho - ly - God." The piano accompaniment starts with a rest, then plays a series of chords. Chords indicated: E(no3), E, A/E, E.

System 2: The vocal line continues with "Ho - ly and might - y." followed by a rest, then "Ho - ly im - mor - tal One, Have". The piano accompaniment continues with chords. Chords indicated: A/C#, B(add4), E, G#, A, B, C#m.

System 3: The vocal line continues with "mer - cy, have mer - cy, on us." The piano accompaniment continues with chords. Chords indicated: F#m7, B(add4), B, E.

Silence for personal confession.

The Absolution or Assurance of Grace

The Collecting Prayer

Living Christ, your earthly ministry was full of struggle as well as joy; yet you were faithful in following God's will. Breathe your spirit into our lives, so that we may never fall back from the way of discipleship, or the effort of loving. Grant that we may find true joy and peace as we accept the cost of faithful discipleship, through Jesus Christ our Lord who lives and reigns with you and the Holy Spirit, one God now and forever. **Amen.** *Life in Liturgy-Christian Church(Disciples of Christ), alt.*

Poem: Selected and read by poet-in-residence, Rebecca Yeo

We Proclaim

A reading from Jeremiah (31:31-34)

The days are surely coming, says the Lord, when I will make a new covenant with the house of Israel and the house of Judah. It will not be like the covenant that I made with their ancestors when I took them by the hand to bring them out of the land of Egypt—a covenant that they broke, though I was their husband, says the Lord. But this is the covenant that I will make with the house of Israel after those days, says the Lord: I will

put my law within them, and I will write it on their hearts, and I will be their God, and they shall be my people. No longer shall they teach one another or say to each other, "Know the Lord," for they shall all know me, from the least of them to the greatest, says the Lord, for I will forgive their iniquity and remember their sin no more. ...The word of the Lord

Thanks be to God.

You are invited to rise in body or in spirit as we prepare our hearts to hear the gospel.

The Gospel Acclamation: The Time is Fulfilled

The time is fulfilled. The Kingdom of God has drawn near

Come let us repent and believe the Gospel (3x) Tom Wuest / Brass Trumpet Publishing / With Permission

The Gospel

Hear the good news of Jesus Christ!

Thanks be to God.

A reading from the +Gospel of John (12:20-33)
[Jesus said] "The hour has come for the Son of Man to be glorified. Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain, but if it dies it bears much fruit. Those who love their life lose it, and those who hate their life in this world will keep it for eternal life. Whoever serves me must follow me, and where I am, there my servant will be also. Whoever serves me, the Father will honour. "Now my soul is troubled. And what should I say: 'Father, save me from this hour'? No, it is for this reason that I have come to this hour.

Father, glorify your name." Then a voice came from heaven, "I have glorified it, and I will glorify it again." The crowd standing there heard it and said that it was thunder. Others said, "An angel has spoken to him." Jesus answered, "This voice has come for your sake, not for mine. Now is the judgement of this world; now the ruler of this world will be driven out. And I, when I am lifted up from the earth, will draw all people to myself." He said this to indicate the kind of death he was to die.

Hear the good news of Jesus Christ!

Thanks be to God.

The Gospel Acclamation: The Time is Fulfilled

The time is fulfilled. The kingdom of God has drawn near

Come let us repent and believe the gospel (3x) Tom Wuest / Brass Trumpet Publishing / With Permission

You are invited to rise in body or in spirit as we affirm the ancient story of faith.

Affirmation of Faith

[we say together] **Hear, O Israel, the Lord our God, the Lord is one.**

**Love the Lord your God with all your heart,
with all your soul, with all your mind, and with all your strength.**

This is the first and the great commandment.

The second is like it: Love your neighbour as yourself.

There is no commandment greater than these.

Our Prayers: Interactive stations

For Lenten prayer times, you are invited to pray in several ways:

- *quietly in your seat or kneeling upon pillows near the altar and rocks (centre);*
- *Praying in the side chapel with icons including many for black history month (left of the band);*
 - *through written words and prayer requests, left in our prayer weave (Left station);*
 - *lighting candles in the chapel (out either of the doors and across hall);*
- *ACTION: sign a letter of support around WSÁNEĆ concerns with Goldstream infrastructure proposal sign letter and we'll email them. (right near Balmoral doors)*
...and/or through singing along with us in this time of quiet contemplation.

Pre-recorded Song: The Promise by Porter's Gate feat Molly Parden and Jonathan Ogden © 2022 The Porter's Gate, exclusively distributed by Integrity Music® 2022 The Porter's Gate, exclusively distributed by Integrity Mus

Song: Unless the Seed Falls

Unless the seed falls to the ground
ain't gonna be no life,
ain't gonna be no life at all
Unless this grain of wheat dies
It ain't nothing but alone

Day and night we cry,
Day and night we cry
Day and night we cry
Hear us Lord, hear us Lord

Preserve our lives, preserve our lives

Tom Wuest Brass Trumpet Publishing / Used w Permission

The Peace

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

All are invited to offer a gesture or sign of God's peace to those around them.

During the 'offertory' song, the communion table is set.

Contributions to our common life can be made at the back of the space (now or later).

As we prepare for this holy feast we are reminded that all are welcome to receive wherever they find themselves in their spiritual journey. All are welcome to Jesus' table - as you feel ready.

The Offertory Song: Take O Take Me As I Am

Take, O take me as I am;
summon out what I shall be;
set your seal upon my heart and live in me.

1995, WGRG c/o Iona Community, GIA Publications, Inc., agent

We Celebrate

The Prayer Over the Gifts

As you write your way upon our hearts, soften us with your compassion and open us to the needs of our neighbours, near and far. As you open us to the hurts and heartaches of your children, give us the grace to be generous with our gifts as you are in blessing us. Take these gifts and use them to share peace, love, grace, and joy with all of your people. In Jesus' name, we pray. **Amen.**

Thom M. Shuman, *Lectionary Liturgies*, 2015. Alt.

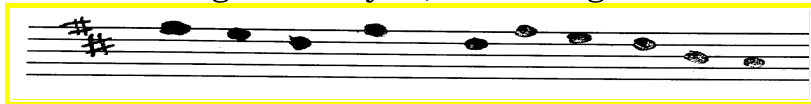
The Great Thanksgiving

God be with you. **And also with you.**

Lift up your hearts. **We lift them to God.**

Let us give thanks to the Lord our God. **It is right to give our thanks and praise.**

It is truly right and our greatest joy to give you thanks and praise,
O Lord our God, creator, redeemer, sovereign of the universe.
You have made a new covenant with your people,
remembering our sin no more, and writing your law within our hearts,
so that all might know you, from the greatest to the least.



Glor-y to you for-e-ver and ev-er.

Therefore we praise you, joining our voices with choirs of angels, with prophets, apostles, and martyrs, and with all the faithful of every time and place who forever sing to the glory of your name:

Ho - ly, ho - ly, ho - ly Lord, God of pow'r and
might. Ho - ly, ho - ly, ho - ly Lord,
God of pow'r and might. Heav - en and earth are
full, full of your glo - ry. Ho -
san - na in the high - est, ho - san - na in the
high - est. Blest is the One who comes
in the name of the Lord. Ho - san - na in the
high - est, ho - san - na in the high - est.

Schubert Deutsche Messe.

When the hour came for Christ to be glorified
you lifted him up— upon a cross— a grain of wheat that gave of itself
so that all the earth might see, and trust.



As 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.

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 shed for you and for many for the forgiveness of sins.
Do this in remembrance of me. **Glory to you forever and ever**

Chri-st has died. Chr-ist is Ri-sen. Chri-st will come will co-me a---gain.

Gracious God, +pour out your Holy Spirit upon us
and upon these gifts of bread and wine,
that the bread we break and the cup we bless
may be to us the body and blood of your Christ.
By your Spirit, unite us with Christ and with your church in all the world.
With thanksgiving, we offer our very selves to you
to be a living and holy sacrifice, dedicated to your service.
Through Christ, with Christ, in Christ, in the unity of the Holy Spirit,
all glory and honour are yours, almighty God, now and forever.



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The Prayer of Jesus

As beloved children of a loving parent, we pray as Jesus taught:

(said in a language, translation or paraphrase of your choice)

Our *Father (*or Parent, or Source, or Mother) **in heaven,**
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 debts as we forgive our debtors.
Lead us not into temptation but deliver us from evil.
For the kingdom, the power, and the glory are yours
Now and forever. Amen.

Silence.

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 to receive at Jesus' table! The bread is gluten-free but contains almond flour and dairy. Please ask the server if you would like a non-dairy / almond option. The juice is in the small cups. Wine is in the larger common cup. Please refrain from dipping the bread.

During communion there are a couple of folks who are available to pray with you in our new side chapel to the left of the band (enter through the opening in the curtains)

Song: Agnus Dei (pre-recorded) - by the Poor Clare Sisters of Arundel 2020 Decca Record

Communion Song: What Wondrous Love is This?

What wondrous love is this, O my soul, O my soul!
What wondrous love is this, O my soul!
What wondrous love is this, that caused the Lord of bliss
to bear the dreadful curse for my soul, for my soul,
to bear the dreadful curse for my soul.

When I was sinking down, sinking down, sinking down,
when I was sinking down, O my soul!
When I was sinking down into the cold dark ground,
Christ laid aside His crown for my soul, for my soul,
Christ laid aside His crown for my soul.

To God and to the Lamb I will sing, I will sing;
to God and to the Lamb, I will sing.
To God and to the Lamb who is the great "I AM,"
while millions join the theme, I will sing, I will sing,
while millions join the theme, I will sing

Author unknown / Public Domain, alt.

Communion Song: I'm gonna live so God can use me

I'm gonna live so God can use me
Anywhere, Lord, anytime.
I'm gonna live so God can use me
Anywhere, Lord, anytime.

I'm gonna pray so God can use me... Anywhere, Lord, anytime.
I'm gonna pray so God can use me... Anywhere, Lord, anytime.

I'm gonna work so God can use me... Anywhere, Lord, anytime.
I'm gonna work so God can use me... Anywhere, Lord, anytime.

I'm gonna sing so God can use me... Anywhere, Lord, anytime.
I'm gonna sing so God can use me... Anywhere, Lord, anytime.

African-American spiritual. Music: African-American spiritualPublic Domain

The Prayer after Communion

Lord Jesus Christ, you have taught us that what we do for the least of our brothers and sisters we do also for you: give us the will to be the servant of others as you were the servant of all, and so to pattern our life after yours, the grain of wheat fallen to the ground, but in rising giving life to us all. This we ask in the name of Jesus our brother. **Amen.**

Common Worship, Alt.

The Blessing

We Are Sent

Closing Song: It is Well With My Soul

When peace like a river,
attendeth my way
When sorrows like sea billows roll
Whatever my lot,
thou hast taught me to say
It is well, it is well, with my soul

Refrain: It is well, with my soul
It is well, it is well with my soul

Though Satan should buffet,
though trials should come
Let this blest assurance control
That Christ has regarded
my helpless estate
And hath shed his own blood
for my soul. *Refrain.*

My sin, oh, the bliss of
this glorious thought!
My sin, not in part but the whole
Is nailed to the cross,
and I bear it no more
Praise the Lord, Praise the Lord
O my soul.
Refrain.

And Lord, haste the day
when the faith shall be sight,
The clouds be rolled back as a scroll;
The trump shall resound,
and the Lord shall descend,
Even so, it is well with my soul.
Refrain.

Tune and Text: Spafford / Bliss (1873) Public Domain

Sending

Go in peace knowing Christ walks with you in the desert.

Thanks be to God.

Postlude: Felix Culpa

God who watches over you will never slumber nor sleep.
God who watches over you will never slumber nor sleep.
O, my child, lay your burdens down, lay them at my feet.
God who watches over you will never slumber nor sleep. Alana Levandoski / CCLI, alt.

*We depart in silence or continue to sit in the stillness of the space.
Folks are welcomed (and encouraged) to gather in the foyer.*



Holy Week Plans

Maundy Thursday - Potluck at Belmont House (1702 Belmont) followed by a screening of Jesus Christ Superstar and then a short footwashing communion liturgy - 6:30 Potluck, then movie. Closing worship around 9pm.

Prayer Vigil at 3am (online, zoom - usual link) and 8AM (Balmoral Chapel).

Good Friday Worship *with Downtown United Churches* (Fairfield, AbbeyChurch, Centennial)

Good Friday at 10:50am at Centennial United (612 David St - Rock Bay neighbourhood). Music, ritual, prayer to remember the crucifixion with the AbbeyChurch musicians and others.

Good Friday walk for Palestine: A small group will walk - gathering at Centennial Square at 12:45 to depart at 1pm. We'll end at Abbey Church for silent candle-lighting. Walk some or all of the route - approximately ½ the length of Palestine (20km). Bring food and/or water (or fast).

Easter Sunday!

- + **Easter Dawn Sunrise worship** at Willows Beach - gather 6:30am in the parking lot for a 6:45am start.
- + **AbbeyChurch worship** - 4pm at the church.

Easter Monday Potluck at Matt's. Come continue to feast at 1181 Clovelly Terrace - bring a contribution if you can.

+++

Prayer / Communion until Easter

- **Tuesday at 8:15am-Morning Prayer.** in-person/online at Lynn and Phil's (email for location-near Castle Hardware on Cook) and on Zoom.
- **Wednesday communion - 4pm at Our Place** in-person only, followed by a meal. Meet at church parking lot at 3:45 to walk over together.
 - **Thursdays at 8:15am - Morning prayer** at Quadra/Balmoral Chapel in person only. Enter from parking lot at 932 Balmoral.
 - **Fridays at 8:15am - Morning Prayer.** Zoom-only.
- **Sundays at 10am - Spanish Anglican Eucharist** at Quadra/Balmoral Chapel. Nuestra Señora de Guadalupe - Misas Todos Los domingos a las 10: 00 de la Mañana con Fr. Dimas Canjura Back on next Sunday after a 3-week hiatus due to vacation.

*Our weekday common prayer is liturgical and based on ancient monastic practices.
It's open to anyone who wants to join in-person or online.*

Save the date: Saturday April 6th - **solidarity fundraising Dinner for Gaza** - at the church with middle eastern food and Latin American music. See details at solidaritydinner.eventbrite.ca