



Fifth Sunday after the Epiphany

February 8, 2026 + 4pm



Image: Scott Erickson / Scott the Painter



Welcome to The AbbeyChurch

***No matter who you are or what you are carrying today,
know you are beloved and so very welcome here in Jesus' name.***

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, uncertain, doubting, hurting, thriving (to name a few).

As a witness to unity in diversity, the AbbeyChurch is an affirming (full inclusion and leadership of 2SLGBTQIA+ 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.

Land Acknowledgement

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 pause in silence to remember and to recall the land under our feet, the hidden rivers, the trees and flowers and shifting seasons. 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

Opening Loop and Tolling of the Bells

Welcome, Announcements and Land Acknowledgement

Opening Words and Collect:

Light and peace in Jesus Christ our Lord

Thanks be to God.

Let us pray.

Almighty God, to you all hearts are open,
all desires known, and from you no secrets are hidden.
Cleanse the thoughts of our hearts
by the inspiration of your Holy Spirit,
that we may perfectly love you,
and worthily magnify your holy name,
through Christ our Lord. **Amen.**

*Folks of all ages are welcomed to set the table as we sing this opening song.
You are invited to rise in body or in spirit as we sing joyfully.*

Opening Song: Almighty God

Almighty God to you all hearts are open -
search and know our thoughts and anxious fears
Wash us in the fountain of your mercy -
come with your light, we cannot hide from you

Almighty God to you all hearts are open -
with gratitude we raise our song to you
Come and fill the praises of your people -
in grace and truth You make us new again
Alleluia Alleluia Alleluia

Almighty God to you all hearts are open -
we long for more than what this world provides
No shallow spring will ever satisfy us -
Your river deep floods over everything
Alleluia Alleluia Alleluia

Almighty God to you all hearts are open -
you take away our sickness and our sin
Oh lamb of God we gather at your table -
in bread and wine, you have supplied our needs
Alleluia Alleluia Alleluia

McCracken / Leonard / Jordan 2105 Integrity's Alleluia / CCLI

The Poem

Chosen by Molly LeBlanc - Poet-in-Residence

We Proclaim

The Hebrew Scripture Reading:

A reading from the prophet Isaiah (3:1-4)

Shout out, do not hold back! Lift up your voice like a trumpet! Announce to my people their rebellion, to the house of Jacob their sins. Yet day after day they seek me and delight to know my ways, as if they were a nation that practised righteousness and did not forsake the ordinance of their God; they ask of me righteous judgements, they delight to draw near to God. "Why do we fast, but you do not see? Why humble ourselves, but you do not notice?" Look, you serve your own interest on your fast day, and oppress all your workers. Look, you fast only to quarrel and to fight and to strike with a wicked fist. Such fasting as you do today will not make your voice heard on high. Is such the fast that I choose, a day to humble oneself? Is it to bow down the head like a bulrush, and to lie in sackcloth and ashes? Will you call this a fast, a day acceptable to the Lord? Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin? Then your light shall break forth like the dawn, and your healing shall spring up quickly; your vindicator shall go before you, the glory of the Lord shall be your rear guard. Then you shall call, and the Lord will answer; you shall cry for help, and he will say, Here I am.

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

feel free to chant along or to let these ancient words flow over you.

The Psalm: Psalm 112: 1-10

Hallelujah! Happy are they who fear the Lord *
and have great delight in the divine commandments!
Their descendants will be mighty in the land; *
the generation of the upright will be blessed.
Wealth and riches will be in their house, *
and their righteousness will last for ever.
Light shines in the darkness for the upright; *
the righteous are merciful and full of compassion.
It is good for them to be generous in lending *
and to manage their affairs with justice.
For they will never be shaken; *
the righteous will be kept in everlasting remembrance.
They will not be afraid of any evil rumours; *
their heart is right; they put their trust in the Lord.
Their heart is established and will not shrink, *
until they see their desire upon their enemies.
They have given freely to the poor, *
and their righteousness stands fast for ever;
they will hold up their head with honour.*
The wicked will see it and be angry;
they will gnash their teeth and pine away; *
the desires of the wicked will perish.
... 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.

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

The Gospel Acclamation

fiddle

[A] Lord, to whom shall we go? [C] Lord, to whom shall we go?—

[A] You are gra-cious and merc - i - ful. [C] Lord, to whom shall we go?—

[A] Slow to an - ger and a-bound-ing in love. [C] Lord, to whom shall we go?—

[A] Lord, to whom shall we go? [C] Let us trust in your word.—

[C] Al - le - lu - ia, Al - le - lu - ia,

Al - le - lu - ia, Al - le - lu - ia.

Dr. Kent Gustavson - used with permission - from *Light Into the World: Hope for a New Day* (Bluegrass Mass) - see drkent.ca

The Gospel

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

A reading from the Gospel according to Matthew (5:13-20)

Jesus said, "You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot. You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven. Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfil. For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven."

...Let us proclaim the Gospel from the rooftops.

With our words and with our lives!

Gospel Acclamation Repeated

[C] Al - le - lu - ia, Al - le - lu - ia,

Al - le - lu - ia, Al - le - lu - ia.

Bell. Silence for reflection. Bell.

You are invited to rise in body or in spirit as we affirm our faith in these words:

Affirmation of Faith: A New Creed

[we say together]

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. Amen. The United Church of Canada, 1968, rev..

Our Prayers:

Today, for our time of prayer, you are welcome to use the prayer weave (left / north side) and write your prayers and weave them in, come forward for anointing to either of the stations, come to the side chapel (also left/north) for personal prayer with one of our intercessors or sing / worship / pray / wander in the space as you feel so called.

Prayer Song: Precious Lord, Take My Hand

Precious Lord, Take My Hand - Lead me on, let me stand

I'm tired, I'm weak, I'm worn. Through the storm, through the night

Lead me on to the light - take my hand precious Lord, lead me home

When my way grows drear - Precious Lord, linger near

When my life is almost gone - hear my cry, hear my call

Hold my hand lest I fall - Take my hand precious Lord, lead me home

When the darkness appears and the night draws near

And the day is past and gone. At the river I stand

Guide my feet, hold my hand Take my hand precious Lord, lead me home

Thomas A. Dorsey © 1938 (Renewed 1965) UNICHAPPELL MUSIC INC. / CCLI

Prayer Song: Justice and Mercy

You've put a new song in my mouth - it is a hymn of praise to You
Justice and mercy are its theme and I will live it back to You

The kind of fast You've chosen, Lord It must reach out
To broken lives and to the poor So change me, Lord

I know You are the orphan's hope - I know You are the widow's song
O Lord, You're showing me what's on You're heart

Lord, I won't bring an empty song It's meaningless
Without compassion in my life And holiness

You're Parent were no parent lives - And to the lonely You're a friend
O Lord, You're showing me what's on You're heart

I know You are the orphan's hope - I know You are the widow's song
You're Parent were no parent lives - And to the lonely You're a friend
O Lord, You're showing me what's on You're heart

© Integrity Music / Matt Redman / CCLI

The Confession

Trusting in God's forgiveness, let us turn to the cross of Christ and, in silence, confess our failings and acknowledge our part in the pain of the world.

Silence is kept.

[together we say] **Before God, with the people of God we confess to turning away from God in the ways we wound our lives, the lives of others, and the life of the world.**

The Absolution / Assurance of Grace

The Peace

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

You are invited to share a sign of God's 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 on the last page of this leaflet. All donations are eligible for a charitable tax receipt.

The Offertory Song: Spirit of God Descend Upon My Heart

Spirit of God, descend upon my heart; wean it from earth, through all its pulses move;
stoop to my weakness, strength to me impart, and make me love you as I ought to love.

I ask no dream, no prophet ecstasies, no sudden rending of the veil of clay,
no angel visitant, no opening skies, but take the dimness of my soul away.

Hast you not bid me love you, God and King; all, all your own, soul, heart and strength and mind?
I see your cross: there teach my heart to cling. O let me seek you and O let me find!

Teach me to love you as your angels love, one holy passion filling all my frame,
the baptism of the heaven-descended dove, my heart an altar and your love the flame.

George Croly (1854, alt.) Voices United 378 Public Domain

We Celebrate

*As we prepare for this holy feast, we are reminded that all are welcome at Jesus's
wherever they find themselves in their spiritual journey.*

*If you wish to come forward to receive a blessing rather than bread and wine,
simply place your hands across your chest.*

Prayer Over The Gifts

The table of bread and wine is now made ready and all are welcome.

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.

Let us pray: God of compassion and forgiveness,
receive our offering this day,
and make us one with the One who is our peace,
Jesus Christ our Saviour. **Amen.** ACC

A brief silence is kept.

The Great Thanksgiving

The Lord be with you.

And also with you.

Lift up your hearts

We lift them up to God

Let us give thanks to the Lord our God.

It is right to give God thanks and praise.

God of hope, You speak and creation comes to life. You come with healing in your wings and we are filled with your Spirit. You loosen the bonds of sickness to let the oppressed go free. You shelter the poor and feed the hungry the bread of life. When the night is longest, you break upon us like the dawn.

And so now we give you thanks that you have shown the greatness of your love by sending your Son Jesus Christ to share our fragile flesh and to bear our every burden. Jesus suffers with the sick, cares for the injured and rescues the dying. By his passion and death he rescues us from evil and binds up every wound. Therefore with angels and archangels and all of Creation, we raise our voices and sing:

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

Heaven and earth of your glory are full - Hosanna, hosanna, hosana in the highest

+Blest is the One who comes in the name of the Lord

Blest is the One 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, hosana in the highest. Hosanna, hosanna, hosana in the highest

Steve Bell / Signpost Music / CCLI, alt.

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.**

Holy God, who sent down your Holy Spirit like a dove upon your Beloved, send your Spirit among us now to sanctify us by your grace. By the power of that same Spirit, may these gifts of bread and wine be for us the body and blood of your Son Jesus Christ. Be close to those who ache for your liberating power. Visit all who need the healing, forgiving, peacemaking and restoring touch of your Spirit. Bless all your beloved children until that day when all Creation is restored and all are enfolded in your embrace. Through Christ, with Christ and in Christ, in the unity of the Holy Spirit, all glory is yours, now and forever. **Amen.**

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.

Silence is kept

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, there are also rice crackers available.
Grape juice is in the small cups. It is wine (port) in the larger chalice.*

Song (pre-recorded): Agnus Dei / Lamb of God

Tom Wuest Brass Trumpet Publishing / Used with Permission.

Communion Song: Lord Jesus Christ Your Light Shines Within Us

Jé - sus le Christ, lu - mière in - té - rieu - re,
Giê - su Kí - tô, nguồn ánh sáng của lòng con.
 Lord Je - sus Christ, your light shines with - in us.

ne lais - se pas mes té - nè - bres me par - ler.
Đừng để cho để cho bóng tối nói với con.
 Let not my doubts nor my dark - ness speak to me.

Jé - sus le Christ, lu - mière in - té - rieu - re,
 Giê - su Ki - tô, nguồn ánh sáng của tâm hồn.
 Lord Je - sus Christ, your light shines with - in us.

don - ne - moi d'ac - cueil - lir ton a - mour.
 Đổ tràn tình yêu, tình yêu Chúa trong lòng con.
 Let my heart al - ways wel - come your love.

Lời: Thánh Augustinô, 354-430. Nhạc: Jacques Berthier, 1923-1994. Lời và nhạc © 1995, 2016, Ateliers et Presses de Taizé, 71250 Taizé, Pháp.

Communion Song: Illuminate the Shadows

Illuminate the shadows - Comfort those who are cast down
 Illuminate the shadows - Be our refuge in the time of storm

O God our help in the time of trouble. O God our help in the time of trouble

Illuminate the shadows - Cast the evil ruler from His throne
 Illuminate the shadows- Break oppression with your mighty arm

O God our help in the time of trouble - O God our help in the time of trouble

Illuminate the shadows - Til every idol has been trampled on
 Illuminate the shadows - Til every statue comes tumbling down

O God our help in the time of trouble - O God our help in the time of trouble

You bring hope to the hopeless

2020 Hymns from The Porter's Gate/Fair Trade Music Publishing. (Zach, Wardell with a prayer from Ekemini Uwan)

The Prayer After Communion

[we pray together] **Eternal God,**
in you we find peace beyond all telling.
May we who share in this heavenly banquet
be instruments of your peace on earth,
in the name of Jesus Christ the Lord. Amen.

We Are Sent

The Blessing

Closing Song: I Shall Not Be Moved / Keep Your Lamps Trimmed and Burning

Refrain: I shall not, I shall not be moved! I shall not, I shall not be moved!
Just like a tree that's planted by the water, I shall not be moved!

When my cross is heavy, I shall not be moved!! When my cross is heavy, I shall not be moved
Just like a tree that's planted by the water I shall not be moved (*refrain*)

In my Christ abiding, I shall not be moved; In God's love I'm hiding, I shall not be moved,
Just like a tree that's planted by the water - I shall not be moved. (*refrain*)

Standing strong together we shall not be moved - standing strong together we shall not be moved
Just like a tree that's planted by the water - we shall not be moved (*refrain*)

On this road to freedom we shall not be moved! On this road to freedom we shall not be moved
Just like a tree that's planted by the water - we shall not be moved (*refrain*)

19th c African-American hymn / protest song / public domain. Authorship unknown.

Keep your lamps trimmed and burning - keep your lamps trimmed and burning,
keep your lamps trimmed and burning - the day is drawing nigh!

Refrain: Children, don't get weary, children, don't get weary,
children, don't get weary - for the day is drawing nigh!

Attributed to Blind Willie Johnson, c 1928 / African-American Spiritual / Public Domain.

The Sending

Go as salt and light in the peace of Christ.

Thanks be to God. Amen.

Sending Song: Felix Culpa

God who watches over you - will never slumber nor sleep.

God who watches over you - will never slumber nor sleep. (*repeat*)

Oh, My child, lay your burden down - lay them at My feet.

God who watches over you - will never slumber nor sleep

music and words by Alana Levandoski, alt. / CCLI

We will be back here to worship next Sunday at 4pm.

QomQem is happening in the kitchen - volunteers are welcomed to go and participate!

Donations to our Common Life and Ministry



A huge thank you to everyone who supported our ministry in 2025, making it possible for us to continue thriving! We continue to welcome your offerings of all kinds; financial and otherwise - and are grateful for all the ways you give.

Here are a few ways to donate financially to the common life of our Beloved Community:

1. **E-transfers.** This method is our favourite as we receive the full amount. (no fees) Please use your online banking to interac e-transfer to treasurer@emmauscommunity.ca. Make sure you have filled out [this form](#) so we have the details to provide a tax receipt or email treasurer@emmauscommunity.ca with the details of the amount, date and your full contact details.
2. **Online** Via [Canada Helps](#) - follow the link below or click the QR code -> [here](https://www.canadahelps.org/en/charities/emmausabbeychurch/):
<https://www.canadahelps.org/en/charities/emmausabbeychurch/>
3. The **Square POS** reader at the back of the church. Again, be sure to provide your name and contact details either when making the donation via Square or using one of the slips by the iPad.

With deep gratitude for your generous support of this beloved AbbeyChurch.



QOMQEM every Sunday- UNTIL FEB 8 (or maybe longer)!!

Join AbbeyChurch partnering on weekly Indigenous-Led Street Outreach until Feb 8 - when our current batch of funding is ending (thanks to the United Church of Canada / PMRC's ProVision Grant!)

QomQem Coastal Connections has operated a weekly night outreach initiative for the past two years, bringing basic needs, hot and cold foods, harm reduction, and other supplies to the street family. This

Indigenous-and-lived-experience-led outreach model follows Coast Salish teachings that everyone should have a home, food to eat, and a role in the community.

Items Needed: Drop them off into the treasure chest at the back!

- Non perishable foods used in the weekly menu: Gatorade/Powerade, juice boxes, fruit cups, pudding cups, peanut butter and jam (large jars), noodle bowls, large bags of candy/baked treats
- Supplies: Gloves, hats, socks, hand warmers, high-quality umbrellas, raincoats, winter coats, tarps, winter weight sleeping bags, emergency blankets, batteries, flashlights, tents
- Inexpensive phones and pay as you go phone credits

Volunteer: QomQem will be in the kitchen each Sunday after worship (about 5:15pm) - and AbbeyChurch folk are welcome to come and volunteer.

Donate Money: You can designate funds to this important work through AbbeyChurch - go to canadahelps.org/en/charities/emmausabbeychurch/ and select QomQem Coastal Connections on the drop down menu.

★★★

Weekday Prayer with the Emmaus Community

- @ **Emmaus/AbbeyChurch Upper Room** (off the Balmoral parking lot, up the metal stairs)
Mondays 9 am - Morning Prayer w/ Centering Prayer - approx 45 mins. In-person only.
Tuesdays 9 am - approx 25-30 mins - in-person and online.
Thursdays 8:15 am - morning prayer - The Upper Room and online on zoom.
Fridays 8:15 am - morning prayer - *on-line zoom only*

Contact us for information on the accessible entrance or zoom/liturgies link

Ash Wednesday ::: Get Your Ash In Church!

Wednesday February 18th 9am and 6pm -
both happening in the Chapel - enter off the parking lot.

9am - A short, simple spoken service with imposition of Ashes
with Rev. Lynn Mills presiding

Or, you are invited to join Fairfield UC and some of the AbbeyChurch musicians
(Jen on piano and Mary on harp)
at **6pm** in the chapel for a contemplative worship with chants from the Taize
Community.



Coldest Night of the Year

Jen is walking for Coldest Night of the Year to support Our Place.
Please chat with her if you'd like to support her!

Youth Group

Is happening this Tuesday. Speak to Lucy for more details!



Lectio Devina on Brokenness with Kintsugi

On Friday February 20 from 4 to 6 pm, you are invited to join a small group of aspiring Abbey artists (in the Abbey office), to contemplate a passage on brokenness, hear about the Japanese practice of Kintsugi and have a chance to repair a ceramic vessel using a modified procedure. There is room for 10 people. To reserve a space, please email Margot at mspence@shaw.ca. You will need to bring a small broken piece of pottery / ceramic to work on (eg mug or bowl sized, though it should be a piece that

you will no longer use for food or liquid). Alternatively you can visit a thrift store and buy a piece you don't mind breaking, to practice repairs on.

Lenten Study on MAID (Assisted Dying)

A few folks have requested a conversation about this - and we'll use some of the resources and people from our denominations to explore Christian perspectives.

Talk to Lynn if you're interested in joining.

WANNA CHAT? Reach out to us at admin@abbeychurch.ca

BORROW A BOOK? the (very in-process - 15% catalogued) library catalog is here: www.librarycat.org/lib/EmmausCommunity or email library@emmauscommunity.ca

WEEKLY NEWSLETTER? Have you subscribed to our weekly e-newsletter? We have recently learned that some shaw.ca emails are not receiving the newsletters - if you are missing them, please re-subscribe with a new email here: <https://www.abbeychurch.ca/subscribers>

admin@abbeychurch.ca + www.abbeychurch.ca

778.557.4166 we would love to connect.

This leaflet is printed on tree-free paper. Please recycle or take home!