



The First Sunday in Lent February 22, 2026 + 4pm

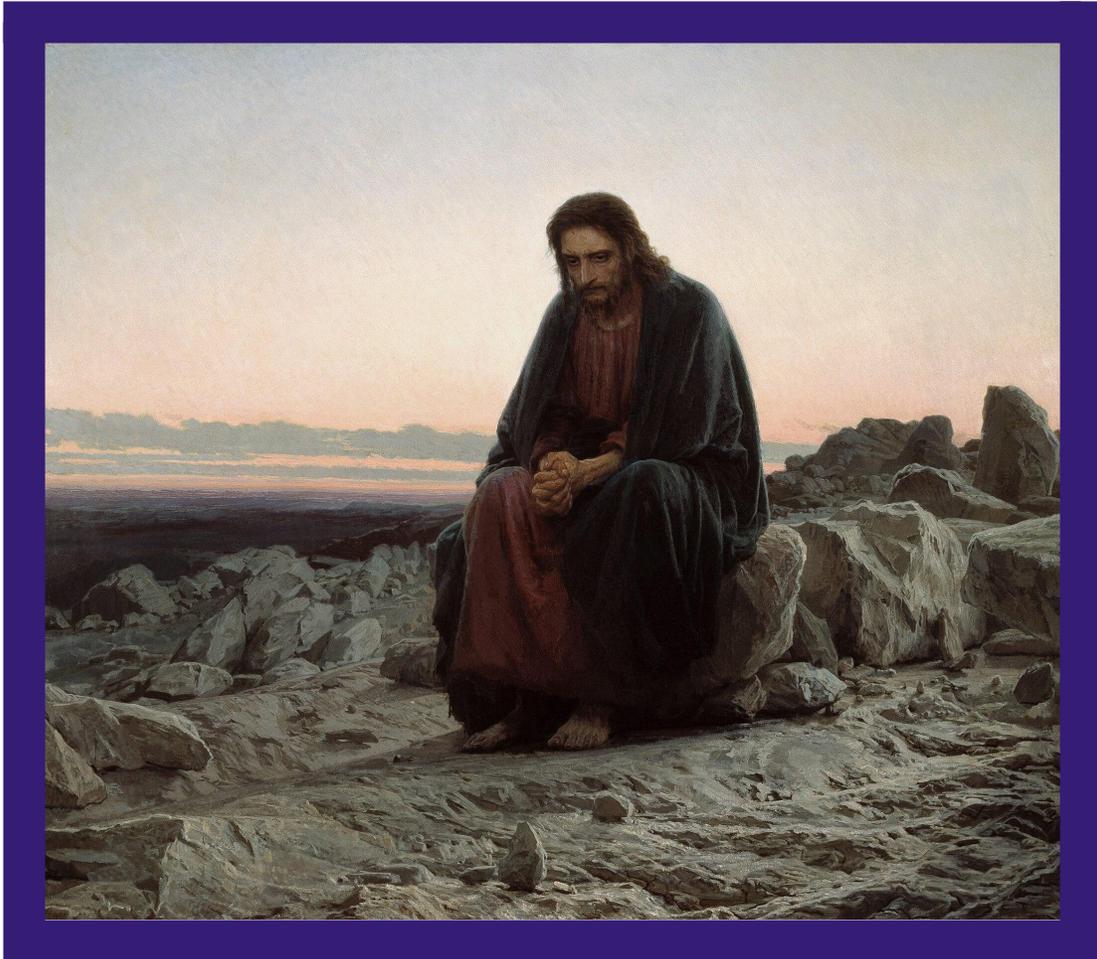


Image: Ivan Kramskoi, Public domain, via Wikimedia Commons



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 Ləkʷəjən 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: Loosen by Aly Halpert

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/>)*

Tolling of the Bells

Welcome, Announcements and Land Acknowledgement

Bell x 3 and brief silence.

*For the holy season of Lent we begin our worship
with a time of looking inward in a spirit of penitence.*

The Confession

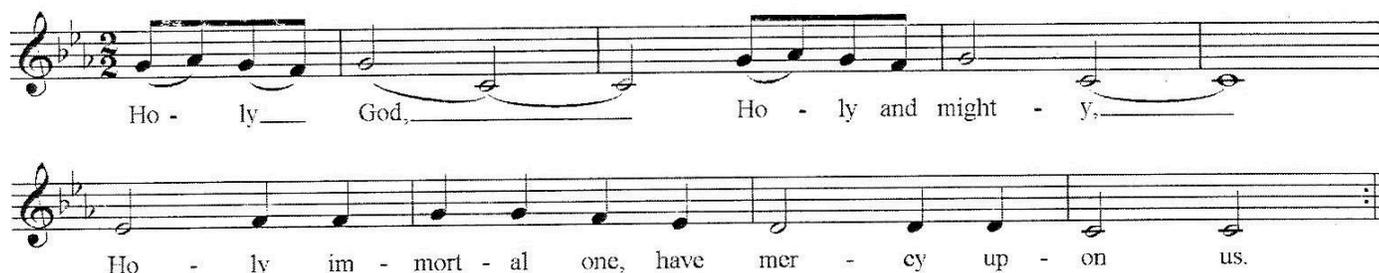
Holy One, although we renew our commitments to love and liberation again and again, we stumble and fall more often than we would like.

We judge when compassion is needed,
sympathize when action is needed,
and speak when we are called to listen.

In our fear, we have remained silent in the face of oppression,
armoured our hearts against the suffering of the world and
created walls when what we need are bridges.

We reach for you from within our woundedness, from inside the places where our faith wavers and discouragement has taken hold of our hearts. Forgive us our failings and help us to forgive ourselves and one another. Strengthen our discernment and renew our trust in you.

The Trisagion (sung)



Ho - ly God, Ho - ly and might - y,
Ho - ly im - mort - al one, have mer - cy up - on us.

Traditional Eastern Orthodox

Assurance of Grace / Absolution

Loving God, fountain of mercy and grace, +pour your pardon over the weary hearts of your people. By your love, redeem our shortcomings and transform us into a source of living waters to restore your people to wholeness. **Amen** Fireseed Communion Confession and Absolution (via Niall Barnard)

*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 our praises to God.*

Opening 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, (it is well), With my soul, (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 trumpet shall sound, and the Lord shall descend, even so, it is well, with my soul! *Refrain*

Source: Horatio Spafford/Philip Bliss / CCLI or Public Domain.

The Poem

Chosen by Molly LeBlanc - Poet-in-Residence

We Proclaim

The Hebrew Scripture Reading:

A reading from the book of Genesis (3:1-13, 21)

Now the serpent was more crafty than any other wild animal that the LORD God had made. He said to the woman, "Did God say, 'You shall not eat from any tree in the garden?'" The woman said to the serpent, "We may eat of the fruit of the trees in the garden, but God said, 'You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die.'" But the serpent said to the woman, "You will not die, for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." So when the woman saw that the tree was good for food and that it was a delight to the eyes and that the tree was to be desired to make one wise, she took of its fruit and ate, and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked, and they sewed fig leaves together and made loincloths for themselves. They heard the sound of the LORD God walking in the garden at the time of the evening breeze, and the man and his wife hid themselves from the presence of the LORD God among the trees of the garden. But the LORD God called to the man and said to him, "Where are you?" He said, "I heard the sound of you in the garden, and I was afraid, because I was naked, and I hid myself." He said, "Who told you that you were naked? Have you eaten from the tree of which I commanded you not to eat?" The man said, "The woman whom you gave to be with me, she gave me fruit from the tree, and I ate." Then the LORD God said to the woman, "What is this that you have done?" The woman said, "The serpent tricked me, and I ate." ...And the LORD God made garments of skins for the man and for his wife and clothed them.

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

Please join in chanting this psalm, or let these ancient words flow over you.

The Psalm: Psalm 32 *Beati quorum*

- 1 Happy are they whose transgressions are forgiven, *
and whose sin is put away!
- 2 Happy are they to whom the Lord imputes no guilt, *
and in whose spirit there is no guile!
- 3 While I held my tongue, my bones withered away, *
because of my groaning all day long.
- 4 For your hand was heavy upon me day and night; *
my moisture was dried up as in the heat of summer.
- 5 Then I acknowledged my sin to you, *
and did not conceal my guilt.
- I said, "I will confess my transgressions to the Lord." *
Then you forgave me the guilt of my sin.
- 6 Therefore all the faithful *
will make their prayers to you in time of trouble;
when the great waters overflow, *
they shall not reach them. 7 You are my hiding-place;
you preserve me from trouble; *
you surround me with shouts of deliverance.
- 8 "I will instruct you and teach you in the way that you should go; *
I will guide you with my eye.
- 9 Do not be like horse or mule, which have no understanding; *
who must be fitted with bit and bridle,
or else they will not stay near you."
- 10 Great are the tribulations of the wicked; *
but mercy embraces those who trust in the Lord.
- 11 Be glad, you righteous, and rejoice in the Lord; *
shout for joy, all who are true of heart.

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

The Gospel Acclamation

Bless the Lord, my soul, and bless God's ho - ly name.

The first line of musical notation consists of a treble and bass staff in C major and 4/4 time. The melody is written in the treble clef, and the bass line is in the bass clef. The lyrics are written below the notes.

Bless the Lord, my soul, who leads me in - to life.

The second line of musical notation continues the melody from the first line. It also consists of a treble and bass staff in C major and 4/4 time. The lyrics are written below the notes.

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 (4:1-11)

Then Jesus was led up by the Spirit into the wilderness to be tested by the devil. He fasted forty days and forty nights, and afterward he was famished. The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written: 'One does not live by bread alone, but by every word that comes from the mouth of God.'"

Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down, for it is written: 'He will command his angels concerning you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'"

Jesus said to him, "Again it is written, 'Do not put the Lord your God to the test.'"

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their glory, and he said to him, "All these I will give you, if you will fall down and worship me." Then Jesus said to him, "Away with you, Satan! for it is written: 'Worship the Lord your God, and serve only God.'"

Then the devil left him, and suddenly angels came and waited on him.

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

With our words and with our lives!

Gospel Acclamation *Repeated*

Bless the Lord my soul - and bless God's holy name.

Bless the Lord, my soul - who leads me into life.

Ateliers et Presses de Taize /OneLicense

The Sermon

Mitch Coggin

Bell. Silence for reflection. Bell.

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

Credo

We believe in God Almighty, Maker of all heav'n and earth;
And in Jesus Christ, our Saviour: God's own Son of matchless worth;
By the Spirit was conceived of the virgin Mary born,
God in whom we have believed: God Almighty Three-in-One.

Suffered under Pontius Pilate, on the cross, he bled and died;
Placed within the grave so silent, where for three days he did lie;
Then the stone-sealed tomb was empty; we believe he did arise;
Triumphed o'er the grave forever, over death he is the Christ.

Into heaven he ascended - seated at God's own right hand
'Til he comes again in glory, gracious judge o'er every land;
We confess the Holy Spirit who was sent through Christ the Son
Who is Lord and giver of life - God, the Spirit, Three-in-One.

We believe the Church of Jesus, *catholic it 'ere remains;
We are one through all the ages, the communion of the saints.
We believe sins are forgiven, our bodies shall be raised
Everlasting life the promise may God's holy name be praised.
**or, universal Mindy Deckard; arr. Bruce Benedict / Rob S verses © 2006 Cardiphonia Music / CCLI*

Our Prayers

Josh Ruberg

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: I Want Jesus To Walk With Me

I want Jesus to walk with me. I want Jesus to walk with me.
All along my pilgrim journey, Lord, I want Jesus to walk with me.

In my trials, Lord, walk with me. In my trials, Lord, walk with me.
When the shades of life are falling, Lord, I want Jesus to walk with me.

In my sorrows, Lord, walk with me. In my sorrows, Lord, walk with me.
When my heart within is aching, Lord, I want Jesus to walk with me.

I want Jesus to walk with me. I want Jesus to walk with me.
All along my pilgrim journey, Lord, I want Jesus to walk with me.
African-American Spiritual 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

Let us pray: Holy God, with the birds of the air, the beasts of the field, and the tiny ones who burrow in the ground, we offer you thanks and praise: for your unending goodness; for the beauty of the earth; receive all we offer you today so may we colour the earth with the ways of peace until all creation rests with you in completeness. In Jesus's name we pray. **Amen.**

Feasting on the Word

A brief silence is kept.

The Great Thanksgiving

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 our thanks and praise!

Holy God, How wonderful is the work of your hands! All of creation echoes the silent music of your praise. When sin had scarred the world, You made a covenant to renew the whole of creation. You embraced a people as your own and filled them with longing for a peace that would last and a justice that would never fail.

Glory to you forever and ever.

Through countless generations your people hungered for the bread of freedom. From them you raised up Jesus, the living bread, in whom all our hungers are filled. You have sent your Holy Spirit as a mighty stream to refresh and renew the face of the earth. 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, eat, 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.
Christ has died, Christ is risen, Christ will come again.**

Send your Holy Spirit upon us and upon these gifts of bread and wine that they may be to us the Body and Blood of your Christ. As grain was scattered across this land then gathered and made one in this bread, so may your church, scattered to the ends of the earth, be gathered and made one in your love. Amen. *St. Lydia's Table, alt.*

The Prayer of Jesus

As beloved children of a loving parent let us pray:

Our Father (Mother/Source/Parent) 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 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 forever. 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! Amen.

*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

Communion Song: Come Healing

O gather up the brokenness and bring it to me now
The fragrance of those promises you never dared to vow
The splinters that you carry, the cross you left behind
Come healing of the body, Come healing of the mind
And let the heavens hear it, the penitential hymn
Come healing of the spirit, Come healing of the limb

Behold the gates of mercy in arbitrary space
And none of us deserving The cruelty or the grace
O solitude of longing where love has been confined
Come healing of the body, Come healing of the mind
O see the darkness yielding That tore the light apart
Come healing of the reason Come healing of the heart

O troubled dust concealing an undivided love
The heart beneath is teaching to the broken heart above
Let the heavens falter, let the earth proclaim
Come healing of the altar Come healing of the name

O longing of the branches to lift the little bud
O longing of the arteries To purify the blood
And let the heavens hear it the penitential hymn
Come healing of the spirit, Come healing of the limb
O let the heavens hear it, the penitential hymn
Come healing of the spirit, Come healing of the limb

Leonard Cohen. Sony Music

Communion Song: God's Highway

My feet are strong, my eyes are clear
I cannot see the way from here
But on we go, He knows the way
And in His arms, He keeps me safe.

Refrain: Fear not, keep on, watch and pray
Walk in the light of God's highway

The shadows flee, The valley is deep
But evil cannot conquer me
Your rod and staff, They protect me
You give me rest, You give me peace (*Refrain*)

I see the shore, from troubled seas
This tiny ship that carries me
It is not yet, But it will be
So heaven come, It's you we need (*Refrain*)

I'm holding onto you, Lord
You're holding onto me... (*Refrain*)

Sandra McCracken / Drink Your Tea Music / CCLI

The Prayer After Communion

[we pray together] God of compassion, through your Son Jesus Christ you reconciled your people to yourself. Following his example of prayer and fasting, may we follow you with willing hearts and serve one another in holy love; through Jesus Christ our Sibling and our Lord. Amen.

We Are Sent

The Blessing

The Sending

Go in peace to love and serve the Lord
Thanks be to God. Amen.

Sending Song: Ubi Caritas

The image shows a musical score for the song 'Ubi Caritas'. It consists of two staves: a treble clef staff for the melody and a bass clef staff for the accompaniment. The key signature is one sharp (F#) and the time signature is 3/4. The lyrics are written below the treble staff: 'U - bi ca - ri - tas et a - mor, u - bi ca - ri - tas De - us i - bi est.'

♪ Where there is char-i-ty, self-less love, Where there is char-i-ty, God— is tru-ly there. / Ten, kur gai-les-tis ir mei-lè, ten, kur gai-les-tis, Die-vasten y-ra. /

Ateliers et Presses de Taizé / J. Gelineau / OneLicense

*As best as possible, we depart in silence for this Lenten Season.
Please feel free to have conversations and mingle and grab a tea in the Quadra narthex (lobby)*

*We will be back here to worship next Sunday at 4pm
as we continue our Lenten wilderness journey*



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](https://www.canadahelps.org/en/charities/emmausabbeychurch/) - follow the link below or click the QR code -> here: <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.

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. Open to any and all!

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 by donating or joining the AbbeyChurch Amblers to walk!

victoria pandora
Our Place Society

266 Walkers | 55 Teams | 25 Volunteers | 15 Days Left

The Coldest Night of the Year is a winterrific family-friendly fundraising walk in support of local charities serving people experiencing hurt, hunger, and homelessness... because it's cold out there. Join us on **February 28, 2026** - across the country, close to home!

52% \$73,603
Goal: \$140,000

register
Fundraise and join us!

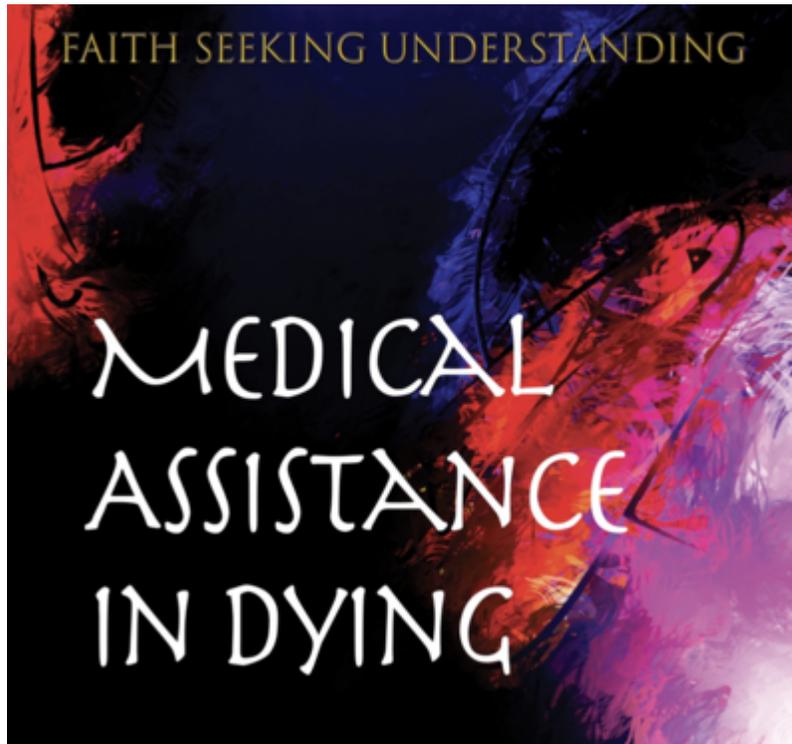
donate direct
Give to our official Team

volunteer
Help out on CNOY Day

Lenten Study on MAID (Assisted Dying)

A Lenten Conversation about MAID (assisted dying) - Wed March 4 and 25th at 3pm
Join Rev. Lynn as well as informed voices from both the Anglican and United Churches for these two sessions to talk about Medical Assistance in Dying (MAID).

We'll use some chapters from the book *Faith Seeking Understanding* and have an open handed, open hearted conversation. Please be in touch with Lynn or email admin@abbeychurch.ca if you'd like to participate.



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!