



Palm Sunday
March 29, 2026 + 4pm



Image: Detail of stained glass window: The life of Jesus - Chartres Cathedral - public domain



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.

Gathering Words

Rejoice greatly, O daughter of Zion! Shout, daughter of Jerusalem! See, your king comes to you; righteous and having salvation, gentle and riding on a donkey, on a colt, the foal of a donkey. (Zech 9:9)

As the people spread their coats and palm branches on the ground to welcome Jesus into Jerusalem, so we welcome him today.

Sovereign of Glory, Christ of Peace, Servant of the Poor, reign in our hearts and lives this day and everyday, that we might praise your holy name.

Blessing of the Palms

Bless these parade palms, O God of Celebration.
May they remind us of the simple joys of living.
May we remember the excitement that comes with following Christ.

Bless these protest palms, O God of Justice.
May they remind us that Empire is not a thing of the past.
May they make us bold and brave to stand up against injustice.

Bless these funeral palms, O God of Comfort.
May they remind us of the road that lies ahead.
May they encourage us in times of grief and pain.

We give you thanks for the parade, the protest, the processional.
Guide our steps through this holiest of weeks
as we cry out together:

Hosanna to the Son of David!

Hosanna in the highest!

Blessed is the One who comes in the name of the Lord.

Hosanna in the highest!

Rev. Caela Simmons Wood, re-worship

*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.*

Gathering Song: When They Heard That Jesus Was Coming

When they heard that Jesus was coming, Sing hosanna to the chosen one!
All the people went out to meet him. Sing hosanna to the chosen one!
Sing hosanna, sing hosanna, sing hosanna to the chosen one!

Spread their cloaks and branches before him, (Sing...!)
Children sang with palm branches waving, (Sing...!)
(Sing hosanna...!)

Blest is he, like David before him, (Sing...!)
Blest is he, God's blessing upon him, (Sing...!)
(Sing hosanna...!)

Guiding cloud and pillar of fire, (Sing...!)
Satan's foe and friend of the sinner, (Sing...!)
(Sing hosanna...!)

Eye of God, who see to the heart of us, (Sing...!)
Healing touch, the sight of our blindness, (Sing...!)
(Sing hosanna...!)

Rory Cooney, 1999, GIA publications, One License.

The Collect

On the road to Jerusalem, Jesus, you have spoken again and again of your end and new beginning to disciples who do not or will not understand. Now you have entered the city and you summon all who would follow you to wait and watch with you. Help us to enter into the intensity of the week ahead of us that we may truly wait and watch with you as all is revealed, all is changed. Before the revealing of love's way, love's cost, love's victory and love's glory may our lives be changed and reborn also. **Amen**

The Poem

Chosen by Molly LeBlanc - Poet-in-Residence

We Proclaim

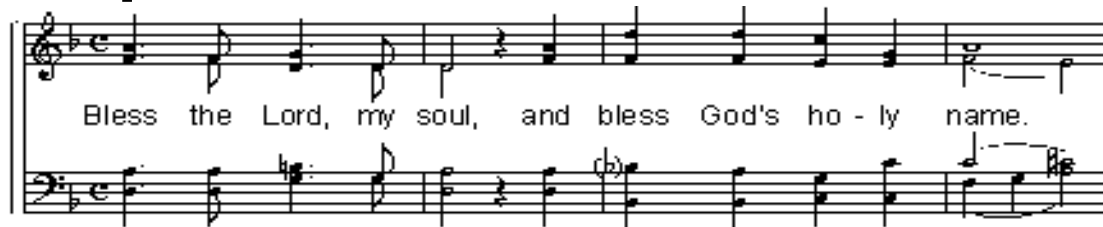
The Psalm (118: 1-2, 19-29) *Confitemini Domino*

Give thanks to the Lord who is good; *
the mercy of the Lord endures for ever.
Let Israel now proclaim, *
"The mercy of the Lord endures for ever."
Open for me the gates of righteousness; *
I will enter them; I will offer thanks to the Lord.
"This is the gate of the Lord; *
those who are righteous may enter."
I will give thanks to the Lord who answered me *
and has become my salvation.
The same stone which the builders rejected *
has become the chief cornerstone.
This is the Lord's doing, *
and it is marvellous in our eyes.

On this day the Lord has acted; *
 we will rejoice and be glad in it.
 Hosannah, Lord, hosannah! *
 Lord, send us now success.
 Blessed is the one who comes in the name of the Lord; *
 we bless you from the house of the Lord.
 God is the Lord and has shined upon us; *
 form a procession with branches up to the horns of the altar.
 "You are my God, and I will thank you; *
 you are my God, and I will exalt you."
 Give thanks to the Lord who is good; *
 the mercy of the Lord endures for ever.

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.



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

Ateliers et Presses de Taize / J. Berthier / OneLicense

The Gospel

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

A reading from the gospel of Matthew (21:1-11):

When they had come near Jerusalem and had reached Bethphage, at the Mount of Olives, Jesus sent two disciples, saying to them, "Go into the village ahead of you, and immediately you will find a donkey tied, and a colt with her; untie them and bring them to me. If anyone says anything to you, just say this, 'The Lord needs them.' And he will send them immediately." This took place to fulfil what had been spoken through the prophet, saying, "Tell the daughter of Zion, Look, your king is coming to you, humble, and mounted on a donkey, and on a colt, the foal of a donkey." The disciples went and did as Jesus had directed them; they brought the donkey and the colt, and put their cloaks on them, and he sat on them. A very large crowd spread their cloaks on the road, and others cut branches from the trees and spread them on the road. The crowds that went ahead of him and that followed were shouting, "Hosanna to the Son of David! Blessed is the one who comes in the name of the Lord! Hosanna in the highest heaven!" When he entered Jerusalem, the whole city was in turmoil, asking, "Who is this?" The crowds were saying, "This is the prophet Jesus from Nazareth in Galilee."

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

The Gospel Acclamation (repeated)

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 Confession

Sustainer of the weary,
we know how we sang for joy when Christ came into our lives,
and how we have not followed him when he leads us on this journey.
We have hidden our faces from the pain and suffering of our world.
We have turned a deaf ear to the cries of the poor, the hungry, the oppressed.
We trust in the slick promotions of the world,
and not in your words that can transform our lives.

Silence is kept for personal confession.

Forgive us, Steadfast God, and shine your face upon us.
Help us to have the same mind as Christ,
so we would know your promises;
help us to have the same heart as Christ,
so we might serve your children;
help us to have the same Spirit as Christ,
so we might go wherever you lead us.
We pray in Jesus' name, amen.

Thom M. Shuman

Assurance of Grace / Absolution

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: My Song is Love Unknown

My song is love unknown—
my Savior's love to me;
love to the loveless shown,
that they might lovely be.
Oh, who am I, that for my sake
my Lord should take frail flesh and die?

Sometimes they strew His way,
and His sweet praises sing;
resounding all the day
hosannas to their King.
Then "Crucify!" is all their breath,
and for His death they thirst and cry.

He came from His blest throne
salvation to bestow;
but men made strange, and none
the longed for Christ would know.
But oh, my Friend, my Friend indeed,
who at my need His life did spend!

Here might I stay and sing—
no story so divine!
Never was love, dear King,
never was grief like Thine.
This is my Friend, in whose sweet praise
I all my days could gladly spend.
Samuel Crossman, 1664, Voices United

We Celebrate

*As we prepare for this holy feast, we are reminded that all are welcome at Jesus' table,
wherever they find themselves in their spiritual journey.
If you wish to come forward to receive a blessing rather than bread and wine/juice,
simply place your hands across your chest.*

Prayer Over The Gifts

Receive our gifts, O God, as you have received our hosannas and praise. Bless both what is given and those who give it. Bless most deeply of all those whose lives will be touched by what we offer here. Amen.

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): Oh God will you restore us?

Bifrost Arts c 2016 Bifrost Arts (Lamentations), CCLI.

Communion Song: Eat this Bread, Drink this Cup

Eat this bread, drink this cup, come to me and never be hungry.

Eat this bread, drink this cup, trust in me and you will not thirst.

Taize Community, 1984, GIA Publications, OneLicense.

Communion Song: Ride On, Ride On, the Time is Right

Ride on, ride on, the time is right:
the roadside crowds scream with delight;
Palm branches mark the pilgrim way
Where beggars squat and children play.

Ride on, ride on, your critics wait,
intrigue and rumour circulate;
New lies abound in word and jest,
And trust becomes a suspect guest.

Ride on, ride on, while well aware
that those who shout and wave and stare,

Are mortals who, with common breath,
Can crave for life and lust for death

Ride on, ride on, though blind with tears,
though dumb to speak and deaf to jeers.
Your path is clear, though few can tell
Their garments pave the road to hell.

Ride on, ride on, God's love demands.
Justice and peace lie in your hands.

Evil and angels' voices rhyme:
This is the man and this the time.

John Bell, 1988. Iona Community, GIA, OneLicense

The Prayer After Communion

[we pray together] **Holy God, you have fed us all out of your own generous and gracious hands. From them, we have received welcome, nourishment, hope, and consolation. May these things grow in us, alongside the gift of faith, so that we may plant their seeds in the world around us. Through the Holy Spirit, guide us in the week ahead to re-member our place in your great and on-going story of resurrection, redemption, and restoration through Jesus Christ our Lord. Amen.**

Rev. Julian Seymour, re-worship

We Are Sent

The Blessing

Closing Song: Into Jerusalem Jesus Rode

Into Jerusalem Jesus rode, triumphant King acclaimed;
palm branches spread to honor his way, garments laid down as tokens of praise;
shouts of "Hosanna" surged through the throng into Jerusalem.

Within Jerusalem Jesus stood masquerade King reviled:
thorns made a crown (grim satire of truth), robe like a wound thrown over his back:
echoes of "Crucify" filled the air within Jerusalem.

Outside Jerusalem Jesus hung, crucified King despised;
wood formed a cross suspending his life, soldiers cast lots to deal out his clothes;
his lonely cries: "My God"; "It is done" outside Jerusalem.

Carl P. Daw, Jr, 1990, Hope Publishing, CCLI.

The Sending

Go in peace to walk the way of the cross.

Thanks be to God. Amen.

*As best as possible, we depart in silence / quiet as we enter Holy Week.
Please feel free to have conversations and mingle and grab a tea in the Quadra narthex (lobby)*

Please see the schedule of Holy Week worship opportunities, beginning Monday evening at 7:30 pm for evening prayer, and ending with Easter worship next Sunday at 4pm.



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/)
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!*

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>

Fairfield United's
EASTER
EGG HUNT

Saturday April 4
 11:00 am – 1:00 pm

United Commons Church
 932 Balmoral Rd, Victoria

Register online or at the door. Link in description!

Logos at the bottom: UNITED COMMONS, Fairfield United, a crest, a rainbow heart, north park, and a leaf logo.

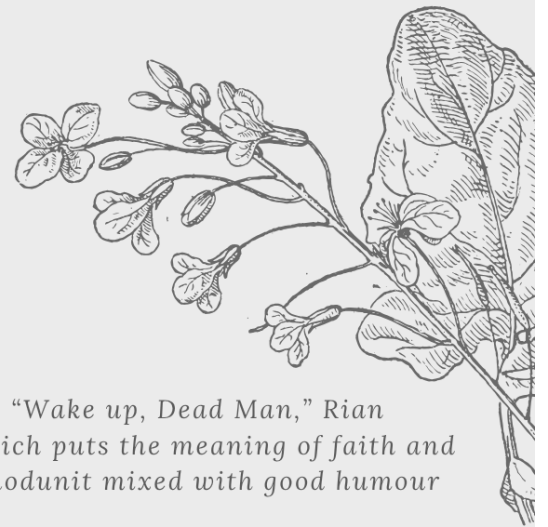
admin@abbeychurch.ca + www.abbeychurch.ca

778.557.4166 we would love to connect.

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



Death & Rebirth



Holy Week Itinerary

FRIDAY, MARCH 27

7:00PM - MOVIE SCREENING

Join us in the Upper Room as we screen "Wake up, Dead Man," Rian Johnson's latest Knives Out mystery which puts the meaning of faith and the Church at the centre of a classic whodunit mixed with good humour and grace.

PALM SUNDAY, MARCH 29

4:00PM - WORSHIP SERVICE

bring local "palms" to herald the coming King! (ferns, branches, palms if you have)

MONDAY, MARCH 30

7:30PM- EVENING PRAYER

Please join us in the Upper Room for evening prayer, led by our three confirmands.

TUESDAY, MARCH 31

7:30PM- EVENING PRAYER

Please join us in the Upper Room for evening prayer, led by our three confirmands.

WEDNESDAY, APRIL 1

7:30PM- EVENING PRAYER

Please join us in the Upper Room for evening prayer, led by our three confirmands.

MAUNDY THURSDAY, APRIL 2

6:30PM - POTLUCK AND PRAYER

RSVP to Matt please so we can confirm numbers and location!

matt@abbeychurch.ca

GOOD FRIDAY, APRIL 3

3:00PM - WORSHIP SERVICE

We begin with contemplative worship, followed by reflections on the diverse ways the Church has understood the Cross, Good Friday and Holy Saturday. Matt leads us on a meandering look through our Scriptures, hymnody, and theology on how we might make sense of what was happening in those mysterious events.

EASTER SUNDAY, APRIL 5

6:30AM - SUNRISE WORSHIP

Meet near the Willows Beach teahouse to welcome the Rising Sun and the Risen One! Bring warm clothes, chairs, and any food/drink for a light breakfast potluck after.

EASTER SUNDAY, APRIL 5

4:00PM- WORSHIP SERVICE

We join our voices to the heavenly chorus and all Creation - He Has Risen!



abbeychurch
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