



The Sixth Sunday of Easter

May 10, 2026 + 4pm



Image: [George E. Koronaios CC BY-SA 4.0](#) On the Areopagus (Mars Hill), 22 September 2020.jpg via WikiCommons



Welcome to the AbbeyChurch!

Christ Is Risen! Christ is Risen Indeed!

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

Tolling of the Bells

Welcome - Announcements - Land Acknowledgment

Bell x 3

Opening Words:

+ The grace of our Lord Jesus Christ,
the love of God
and the communion of the Holy Spirit
be with you!

And also with you!

We come, O Mothering God, we come from all the directions

We gather as Your fragile, Beloved Community

In these times of rising facism, uncertainty and war

We come in unity and in diversity, blessed and broken

Some of us overflowing with luminous resurrection hope

Others who have lost faith, clinging, seeking an unknown god

In it all - this is ok. With you, all is grace.

And so it is we come to seek rest in the very Heart of Love.

Creator, You have given calmed and quieted our souls,

Like a child at sweet rest on our Divine Mothers' knee

Stilling us completely into this deeply breathing peace.

We give thanks for the wonder of life, for protection and renewal

Thank you sweet Jesus, for this place of sanctuary and even still, we are bold to pray

Come, Holy Spirit, Come. Amen. RJS

*Please rise in body or in spirit as we sing our opening hymn.
Folks of all ages are welcomed to set the table in front of the altar / table.*

Gathering Song: This Joyful Eastertide

This joyful Eastertide,
away with sin and sorrow!
My Love, the Crucified,
has sprung to life this morrow:

[Refrain]Had Christ, who once was slain,
not burst His three-day prison,
our faith had been in vain;
but now has Christ arisen,
arisen, arisen;
but now has Christ arisen!

Death's flood has lost its chill
since Jesus crossed the river;
Lover of souls, from ill
my passing soul deliver [R]

My flesh in hope shall rest
and for a season slumber
till trump from east to west
shall wake the dead in number [R]
George Ratcliffe Woodward (1894), Pub. Domain.

The Poem

Chosen by Molly LeBlanc - Poet-in-Residence

We Proclaim

The Reading: A reading from the Acts of the Apostles (17:22-31)

Then Paul stood in front of the Areopagus and said, "Athenians, I see how extremely spiritual you are in every way. For as I went through the city and looked carefully at the objects of your worship, I found among them an altar with the inscription, 'To an unknown god.' What therefore you worship as unknown, this I proclaim to you. The God who made the world and everything in it, God who is Lord of heaven and earth, does not live in shrines made by human hands, nor is he served by human hands, as though God needed anything, since God gives to all mortals life and breath and all things. From one ancestor God made all peoples to inhabit the whole earth, and God allotted the times of their existence and the boundaries of the places where they would live, so that they would search for God and perhaps fumble about for God and find God — though indeed God is not far from each one of us. For 'In God we live and move and have our being'; as even some of your own poets have said, 'For we, too, are God's offspring.' "Since we are God's offspring, we ought not to think that the deity is like gold or silver or stone, an image formed by the art and imagination of mortals. While God has overlooked the times of human ignorance, now God commands all people everywhere to repent, because God has fixed a day on which God will have the world judged in righteousness by a person whom he has appointed, and of this God has given assurance to all by raising him from the dead."

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

Please feel free to chant along with the Psalm, or let these ancient words wash over you.

Psalm: Psalm 66, select verses - *Jubilate Deo*

Bless our God, you peoples; *

make the voice of God's praise to be heard;

who holds our souls in life, *

and will not allow our feet to slip.

For you, O God, have proved us; *

you have tried us just as silver is tried.

You brought us in-to the snare; *

you laid heavy burdens up-on our backs.

You let enemies ride over our heads; we went through fire and water; *

but you brought us out into a place of refreshment.

I will enter your house with burnt-offerings *

and will pay you my vows,

which I promised with my lips *

and spoke with my mouth when I was in trouble.

I will offer you sacrifices of fat beasts with the smoke of rams; *

I will give you ox-en and goats.

Come and listen, all you who fear God, *

and I will tell you what the Lord has done for me,

The One to whom I called out with my mouth *

and whose praise was on my tongue.

If I had found evil in my heart, *

the Lord would not have heard me;

But in truth God has heard me *

and has attended to the voice of my prayer.

Blessed be God, who has not reject-ed my prayer, *

nor withheld steadfast love from me.

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

Gospel Acclamation: Glory, Glory, Hallelujah!

Glory, glory, Hallelujah, Jesus rose up from the ground! x2

African- American traditional, Public Domain.

The Gospel:

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

A reading from the Gospel according to John (14:15-21)

If you love me, you will keep my commandments. And I will ask the Father, and he will give you another Advocate, to be with you forever. This is the Spirit of truth, whom the world cannot receive because it neither sees him nor knows him. You know him because he abides with you, and he will be in you. I will not leave you orphaned; I am coming to you. In a little while the world will no longer see me, but you will see me; because I live, you also will live. On that day you will know that I am in my Father, and you in me, and I in you. They who have my commandments and keep them are those who love me, and those who love me will be loved by my Father, and I will love them and reveal myself to them.”

Christ is risen! Alleluia! **Alleluia, Christ is risen indeed!**

Gospel Acclamation:

Glory, glory, Hallelujah, Jesus rose up from the ground! x2

African- American traditional, Public Domain.

The Sermon

Michelle Slater

Bell. Silence for reflection. Bell.

The Creed

I believe in God, the Maker Almighty,
Creator of heaven and earth;
I believe in Jesus Christ, God’s only Son, our Lord.
He was conceived by the power of the Holy Spirit
and born of the Virgin Mary

He suffered under Pontius Pilate,
was crucified, died, and was buried.
He descended to the dead. On the third day he rose again.
He ascended into heav’n,
and is seated at the right hand of the Maker.
He will come again to judge the living and the dead.

I believe in the Holy Spirit, the holy *cath’lic church,
The communion of saints, the forgiveness of sins,
The resurrection of the body, and the life everlasting! A-----men.

*Ryan Flanigan/ Liturgical folk/ CCLI * universal*

Our Prayers

Confession

God who walks with us, sometimes we are so busy talking with each other that we fail to see you beside us. Walking on, so busy talking, we avoid the silent spaces in which you come and speak. We confess our need for you and our failures to heed your call...

Silence

Stay with us, Jesus Christ. Reach out towards us and invite us to pause and meet with you, we pray. As we look at our lives and that of the world around us, we are sometimes too anxious to share our real questions or our doubts and fears. They live within us in troubled silence....

Silence

Saying together, **Stay with us, Jesus Christ. Reach out towards us and invite us to pause and meet with you, we pray. We call your name, O Christ, and hope to discover you here in our community of vulnerable faith. Amen.**

Absolution / Assurance

Beloved friends, Jesus Christ never leaves us nor forsakes us. Let us open our hearts to receive the grace which Christ brings to us in faithfulness. You are forgiven and free! Thanks be to God.

Amen. *Words for Worship. <http://pilgrimwr.unitingchurch.org.au>, (Alt.)*

The Peace

The peace of the Lord be always with you. **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: Every Grain of Sand

In the time of my confession, in the hour of my deepest need
When the pool of tears beneath my feet floods every newborn seed
There's a dying voice within me reaching out somewhere
Toiling in the danger and the morals of despair

Don't have the inclination to look back on any mistake
Like Cain, I now behold this chain of events that I must break
In the fury of the moment I can see the master's hand
In every leaf that trembles, in every grain of sand

Oh, the flowers of indulgence and the weeds of yesteryear
Like criminals, they have choked the breath of conscience and good cheer
The sun beams down upon the steps of time to light the way
To ease the pain of idleness and the memory of decay

I gaze into the doorway of temptation's angry flame
And every time I pass that way I'll always hear my name
Then onward in my journey I come to understand
That every hair is numbered like every grain of sand

I have gone from rags to riches in the sorrow of the night
In the violence of a summer's dream, in the chill of a wintry light
In the bitter dance of loneliness fading into space
In the broken mirror of innocence on each forgotten face

I hear the ancient footsteps like the motion of the sea
Sometimes I turn, there's someone there, other times it's only me
I am hanging in the balance of the reality of man
Like every sparrow falling, like every grain of sand

Bob Dylan, 1981, Special Rider Music

We Celebrate

*As we prepare for this holy feast, we are reminded that all are welcome at Jesus's table,
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

Abandoned by hope, forsaken by others, left behind by those who said they loved them - there are orphans all around us, Holy God. May the gifts we offer be a home, a beloved community, a rest, your presence, a respite for all. This we ask in the name of Jesus. **Amen.** Lectionary Liturgies, alt..

The Holy Eucharist

The Living God is with you! **And also with you**

Lift up your hearts! **We lift them to the Lord**

Let us give thanks to the Risen One.

It is right to give God thanks and praise...

Thanks and praise fill our hearts, for you are the God of creation and new Creation, of covenant and new Covenant. You brought your people out of slavery to freedom and you have walked the path from the depths of death to the glory of Resurrection Life. And so we gladly praise you, joining with all the company of Heaven and your creation, as we sing the hymn of your unending praise.

The Sanctus:

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

Heaven and earth of your glory are full

Hosanna Hosanna Hosanna 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. repeat

Steve Bell / © 1991 Signpost Music / CCLI

Joy and gladness are our song, redeeming God, for Christ is risen! And around the table once more we proclaim that Jesus, at supper with his disciples, took bread, gave you thanks, broke it and gave it to them saying Take and 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 companions, saying drink this all of you, this is my blood of the new Covenant, which is shed for you and for many for the Forgiveness of sins 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!

Hope and joy are our breath, merciful God, for in a garden of life, you have rolled away the stone of fear and despair, the stone of oppression, the stone of sin, the stone of death.

As you did in creation, so too in the wonder of resurrection - send your Holy Spirit upon us and upon these gifts of bread and wine that they may be for us the body and blood of the risen Christ. Come and stand among us and breathe on us your peace, breathe on us your power, breathe on us your life, that all who labour, all who weep, all who hunger, all who rejoice shall meet you in the breaking of the bread. Shape your church to be your risen body, a diverse and beautiful garden of your Spirit, until you come again and we feast together in your kingdom and all are made one in your love. **Amen. Alleluia!**

The Prayer of Jesus:

As beloved children of a loving parent let us pray:

Our Father (Mother/Source/Parent)

who art in heaven, hallowed be thy name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil, for thine is the kingdom, the power, and the glory, for ever 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! Alleluia!

*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): Father Let your Kingdom Come

Porter's Gate Worship Project, Mason Jar Music, 2017, CCLI

Song: Healer of Our Every Ill

[R] Healer of our every ill,
light of each tomorrow,
give us peace beyond our fear,
and hope beyond our sorrow.

You who know our fears and sadness,
grace us with your peace and gladness;
Spirit of all comfort, fill our hearts. [R]

In the pain and joy beholding
how your grace is still unfolding,

give us all your vision, God of love. [R]

Give us strength to love each other,
every sister, every brother;
Spirit of all kindness, be our guide. [[R]

You who know each thought and feeling,
teach us all your way of healing;
Spirit of compassion, fill each heart. [R]
Marty Haugen, 1987, GIA Publications, OneLicense.

Song: My Soul Finds Rest

Oh my God hear my cry
From the depths I call out to You
You give Your mercy and light
In the dark, in the wilderness

[Refrain] My soul finds rest in God alone
My salvation comes from You
My soul finds rest, God is my home
I will not be shaken, I will not be shaken

You are my shield and my strength
Train my feet for this battle
Our God is mighty to save
I will wait, I will wait for You [R]

O my strength, I sing praise to you (repeat)
Sandra McCracken, 2015, CCLI.

The Prayer After Communion:

[together we pray] **We thank you, God, for your presence; for breaking into the world and pouring into our lives and our experiences. We thank you, God, for this meal of thanksgiving and the stories of love, grace, and hope that it tells. Amen.**

The Blessing

We Are Sent

Closing Song: Your Peace Will Make us One

Mine eyes have seen the glory of the coming of the Lord
You are speaking truth to power, you are laying down our swords
Replanting every vineyard til a brand new wine is poured
Your peace will make us one

I've seen you in our home fires burning with a quiet light
You are mothering and feeding in the wee hours of the night
Your gentle love is patient, you will never fade or tire
Your peace will make us one

[Refrain] Glory! Glory! Hallelujah!
Glory! Glory! Hallelujah!
Glory! Glory! Hallelujah!
Your peace will make us one

In the beauty of the lilies you were born across the sea
With a glory in your bosom that is still transfiguring
Dismantling our empires til each one of us is free
Your peace will make us one [R]

Audrey Assad - words based on the Battle Hymn by Julia Ward Howe / CCLI (Music Public Domain)

The Sending:

Go in peace to love and serve the Risen Lord! Alleluia!

Thanks be to God. Amen. Alleluia!

Postlude: You Shall Go Out With Joy

You shall go out with joy and be let forth with peace -
The mountains and the hills will break forth before you
There'll be shouts of joy And all the trees of the fields - will clap, will clap their hands.
And all the trees of the fields will clap their hands (x x)
And all the trees of the fields will clap their hands (x x)
The trees of the fields will clap their hands (x x)... While you go out with joy
Stuart Daeuermann / OneLicense / Hope Publishing / Voices United

Next Sunday at 4pm - POTLUCK at 4027 Quadra (near McKenzie St)
Bring a chair and a dish to share!

*Quadra St bus stops 50m away, lots of parking in Saanich municipal lot
next door. Call Matt with questions: 250-208-7296*

We will be back worshipping in this space May 24!

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-progress - 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>



Donations to our Common Life and Ministry

A huge thank you to all who have supported our ministry as we've moved into 2026, making it possible for us to continue thriving! With deep gratitude, we continue to receive your offerings. If you wish to give a financial gift to support what you have encountered here, there are a few ways you can do so:

1. **E-transfers.** This method is preferred, as we receive the full amount with no fees assessed. You can use your online banking to send an 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. We encourage you to double check your name and contact details are accurate when making a donation via Square or using one of the slips on the back table.

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



CHRISTIAN ANARCHISM: A Roundtable and Discussion Thursday June 11 at 7pm in the Upper Room

aka the Emmaus/Abbey Prayer space, library, office.

Enter off of the parking lot up the stairs. Text 7789777562 for barrier free.

With Denise Nadeau of The AbbeyChurch and author of *Unsettling Spirit: A Journey into Decolonization* & Rob Shearer - clergy & former Catholic Worker

admin@abbeychurch.ca + www.abbeychurch.ca

778.557.4166 we would love to connect.

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