



Image: Bowyer Bible print 3635 Christ sends out the twelve apostles

The 3rd Sunday after Pentecost

June 14, 2026 + 4pm



Welcome to the AbbeyChurch!

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

*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: Come Thou Fount

Come, thou Fount of every blessing;
tune my heart to sing thy grace;
streams of mercy, never ceasing,
call for songs of loudest praise.
Teach me some melodious sonnet,
sung by flaming tongues above;
praise the mount! I'm fixed upon it,
mount of God's unchanging love!

Here I raise my Ebenezer;
hither by thy help I'm come;
and I hope, by thy good pleasure,
safely to arrive at home.

Jesus sought me when a stranger
wandering from the fold of God;
he, to rescue me from danger,
interposed his precious blood.

O to grace how great a debtor daily I'm
constrained to be!
Let that grace now, like a fetter
bind my wandering heart to thee.
Prone to wander, Lord, I feel it, prone to
leave the God I love;
here's my heart; O take and seal it; seal it
for thy courts above.

Text: Robert Robinson; tune: NETTLETON / Public Domain

Opening Words

God's Spirit calls to our spirits,
inviting us to worship.

God's Spirit calls to our spirits,
inviting us by love.

God's Spirit calls to our spirits,
**calling us by name,
calling us to grow in faith,
calling us to be made new.**

We come to worship in this season of the Spirit.

Amen.

Let us pray: God, you touch our lives with mystery and hope. We come to worship today, ready to see your power working through us. Help us to be open to your Word, and to answer your call among us. In the name of Jesus. **Amen.**

The Poem

Chosen by Molly LeBlanc - Poet-in-Residence

We Proclaim

The Hebrew Scripture

A Reading from Exodus (19:2-8)

They journeyed from Rephidim, entered the wilderness of Sinai, and camped in the wilderness; Israel camped there in front of the mountain. Then Moses went up to God; the LORD called to him from the mountain, "Thus you shall say to the house of Jacob and tell the Israelites: 'You have seen what I did to the Egyptians and how I bore you on eagles' wings and brought you to myself. Now, therefore, if you obey my voice and keep my covenant, you shall be my treasured possession out of all the peoples. Indeed, the whole earth is mine, but you shall be for me a

priestly kingdom and a holy nation.’ These are the words that you shall speak to the Israelites.” So Moses went, summoned the elders of the people, and set before them all these words that the LORD had commanded him. The people all answered as one, “Everything that the LORD has spoken we will do.” Moses reported the words of the people to the LORD.
The word of the Lord... **Thanks be to God.**

The Psalm 100

¹ Be joyful in the Lord, all you lands;
² serve the Lord with gladness and come into the divine presence with a song.
³ Know this: the Lord, the Lord, is God; the One made us and to whom we belong; we are God’s people, the sheep of God’s pasture.
⁴ Enter the gates of the Lord with thanksgiving; go into these courts with praise; give thanks to God and call upon the name of the Lord.
⁵ For the Lord is good, whose steadfast love is everlasting; and whose faithfulness endures from age to age.

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

Gospel Acclamation: Come Holy Spirit Come

Come, Holy Spirit, come;
Let thy bright beams arise;
Dispel the darkness from our minds,
And open all our eyes.

Tis thine to cleanse the heart,
to sanctify the soul,
to pour fresh life in every part,
the new create the whole.

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 (9:9-13, 18-26)

Then Jesus went about all the cities and villages, teaching in their synagogues and proclaiming the good news of the kingdom and curing every disease and every sickness. When he saw the crowds, he had compassion for them because they were harassed and helpless, like sheep without a shepherd. Then he said to his disciples, “The harvest is plentiful, but the laborers are few; therefore ask the Lord of the harvest to send out laborers into his harvest.” Then Jesus summoned his twelve disciples and gave them authority over unclean spirits, to cast them out, and to cure every disease and every sickness. These are the names of the twelve apostles: first, Simon, also known as Peter, and his brother Andrew; James son of Zebedee and his brother John; Philip and Bartholomew; Thomas and Matthew the tax collector; James son of Alphaeus and Thaddaeus; Simon the Cananaean and Judas Iscariot, the one who betrayed him.

These twelve Jesus sent out with the following instructions: “Do not take a road leading to gentiles, and do not enter a Samaritan town, but go rather to the lost sheep of the house of Israel. As you go, proclaim the good news, ‘The kingdom of heaven has come near.’ Cure the sick; raise the dead; cleanse those with a skin disease; cast out demons. You received without payment; give without payment. Take no gold, or silver, or copper in your belts, no bag for your journey, or two tunics, or sandals, or a staff, for laborers deserve their food. Whatever town or village you enter, find out who in it is worthy, and stay there until you leave. As you enter the house, greet it. If the house is worthy, let your peace come upon it, but if it is not worthy, let your peace return to you. If anyone will not welcome you or listen to your words, shake off the dust from your feet as you leave that house or town. Truly I tell you, it will be more tolerable for the land of Sodom and Gomorrah on the day of judgment than for that town.

“I am sending you out like sheep into the midst of wolves, so be wise as serpents and innocent as doves. Beware of them, for they will hand you over to councils and flog you in their synagogues, and you will be dragged before governors and kings because of me, as a testimony

to them and the gentiles. When they hand you over, do not worry about how you are to speak or what you are to say, for what you are to say will be given to you at that time, for it is not you who speak, but the Spirit of your Father speaking through you. Sibling will betray sibling to death and a father his child, and children will rise against parents and have them put to death, and you will be hated by all because of my name. But the one who endures to the end will be saved. When they persecute you in this town, flee to the next, for truly I tell you, you will not have finished going through all the towns of Israel before the Son of Man comes.

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

Gospel Acclamation: Come Holy Spirit Come

Come, Holy Spirit, come;
Let thy bright beams arise;
Dispel the darkness from our minds,
And open all our eyes.

from Pentecost Songs, 2011 (c) Hiram Ring, Pageant Music / CCLI

Dwell, therefore, in our hearts;
Our minds from bondage free;
Then we shall know, and praise, and love
The Holy Trinity. (x2)

The Sermon

Michelle Slater

Bell. Silence for reflection. Bell.

We rise in body or in spirit as we affirm our faith:

The Creed

[saying together] Hear, O Israel, the Lord our God, the Lord is one. Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. This is the first and the great commandment. The second is like it: Love your neighbour as yourself. There is no commandment greater than these.

Our Prayers

Confession

(sung) Lord, have mercy (x4)
Holy Spirit rest upon us - Lead us in the way of your justice
Holy Spirit rest upon us - teach us how to serve in our weakness

Siblings in Christ, let us confess our sin in the presence of God and of one another: *Silence*
Most merciful God, **we confess that we are captive to sin and cannot free ourselves. We have sinned against you in thought, word, and deed, by what we have done and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. For the sake of your Son, Jesus Christ, have mercy on us. Forgive us, renew us, and lead us, so that we may delight in your will and walk in your ways, to the glory of your holy name. Amen.**

Lord, have mercy (x4)
Holy Spirit rest upon us teach us how to tend to creation
Holy Spirit rest upon us guide us from our path of destruction
Integrity's Alleluia! Music, Paul Zach Publishing, CCLI

Absolution / Assurance

God, who is rich in mercy, loved us even when we were dead in sin, and made us alive together with Christ. By grace you have been saved. In the name of + Jesus Christ, your sins are forgiven. May Almighty God strengthen you with power through the Holy Spirit, that Christ may live in your hearts through faith. **Amen.**

2023, alt.

ELCIC, Augsburg Fortress,

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: On Eagle's Wings

You who dwell in the shelter of the Lord
Who abide in His shadow for life
Say to the Lord, "My refuge, my rock in whom I trust!"

R: And He will raise you up on eagles' wings
Bear you on the breath of dawn
Make you to shine like the sun
And hold you in the palm of His hand

The snare of the fowler will never capture you
And famine will bring you no fear
Under His wings your refuge, His faithfulness your shield *R*

You need not fear the terror of the night
Nor the arrow that flies by day
Though thousands fall about you, near you shall not come *R*

For to His angels He's given a command
To guard you in all of your ways
Upon their hands they will bear you up
Lest you dash your foot against a stone *R*
Michael Joncas, OCP 1979, based on psalm 90, OneLicense

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

Let us Pray: God of reconciliation and forgiveness, the saving work of Christ has made our peace with you. May that work grow toward its perfection in all we offer you this day. We ask this in his name. **Amen.**

Communion / The Holy Eucharist

May God be with us.

God is here among us.

Let us open our hearts to God.

We open them to God and to one another.

Let us give thanks to God.

It is right to give our thanks and praise.

Loving God, you made this wonderful world for us to enjoy. You showed our ancestors how to care for one another. You gave us Jesus to be our friend and to bring us closer to you. Though he died on a cross, you made him alive again, to live with us forever, and to show us that death can never conquer love. You send us your Spirit and bring us to this table so that we can share your love. For all your goodness we give you thanks; and together we give you praise.

Source and Sustainer of life, we gather at this table to offer thanks, and to taste afresh the wonder of a holy love. In companionship with all creatures, we are one in gratitude for the gift and mystery of life, and one in longing for a world reborn. And so we sing together:

O- Holy - Holy Holy Lord - O God of power and Might. All
 C Am7 G D G C Em
 Heaven and earth of-your glory are full Ho - sanna in the high - est. O
 Bm Em D G G Dsus4
 Blessed is the one who comes in the name-of-the Lord! Ho-
 C Am G D G C Em
 -sanna in the high - est. Ho - sanna in the high - est.

As we gather at this table, we remember that on the night before he died, Jesus had supper with his friends. He took a loaf of bread, thanked you as we have thanked you, broke the bread, and gave it to them, saying: “Take, eat. This is my body, given for you. Each time you do this, remember me.”

Then, he took a cup, and after giving thanks, passed it to his friends, saying: “Drink. This cup is the promise of God, made in my blood. Each time you drink from this cup, remember me.” With thanksgiving we take this bread and this cup and proclaim Jesus’ death and resurrection, and Christ’s coming again to renew the whole creation:

♩ = 100 Em C G D G Am Dsus4
 Sing Christ has died and Christ is ri - sen, Christ will come a - gain! Sing
 C Am7 G D G C Em
 Christ has died and Christ is ri - sen, Christ will come a - gain!

Send your Holy Spirit upon us and upon this offering of your church,
that we who eat and drink at Christ's table may share in his life.
 Pour out your Spirit upon the whole earth, **and make it your new creation.**
 Gather your church together from the ends of the earth
 into your realm where peace and justice are revealed—
**that we, with all your people, of every language, race, and nation,
 may share the banquet you have promised. Amen.**

As beloved children of a loving parent we pray as Jesus taught:
[said in a language, translation or paraphrase of your choice]
Our *Father (*or Parent, or Source) **in heaven,**
hallowed be your name, your kingdom come, your will be done, on earth as in heaven.
Give us today our daily bread. Forgive us our debts as we forgive our debtors.
Lead us not into temptation but deliver us from evil.
For the kingdom, the power, and the glory are yours now and forever. Amen.

Silence.

These are the gifts of God for the people of God given for the life of the world.
Thanks be to God!

*All are welcome (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

(from Songs of Liturgy, Pillar Church, 2015.)

Song: I will Bow

I will bow and be simple,
 I will bow and be free,
 I will bow and be humble,
 Yea, bow like the willow tree.

I will bow, this is the token,
 I will wear the easy yoke,
 I will bow and will be broken,
 Yea, I'll fall upon the rock.

(Mary Hazard, Mt. Lebanon, NY, Shaker Community, ca. 1840)

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.

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 R

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

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 R
*Sandra McCracken and Thad Cockrell © 2015 Drink
 Your Tea Music, CCLI*

We Are Sent

Prayer After Communion:

Let us Pray: **Giver of life, for this taste of your kingdom of abundance, we give you thanks. We bless you for making us, though many, one; though broken, whole; though dead, alive. Send us out into your world, to live your peace and your compassion. We pray in Jesus' name. Amen.**

The Blessing:

Closing Song: Send Us Out

Send us out to proclaim the reign of your kingdom.
Send us out to proclaim and to heal
Send us out with your power and your authority.
To reconcile and to heal the world

Taking nothing for your journey
For God will give you your bread
And for every house that you enter
Pray the peace of God descend

By John Michael Talbot, © 1990 Sparrow Records, OneLicense.

The Sending:

Go forth to serve God and love the world, Alleluia!
Thanks be to God! Alleluia!!!

We'll be back here in two weeks - Sunday, June 28th at 4pm!

Summer Weekday Prayer with the Emmaus Community

Mondays 9 am - Morning Prayer w/ Centering Prayer - approx 45 mins. In-person only in the Upper Room. Enter off of the parking lot up the metal stairs.

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!



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/emmasabbeychurch/)
<https://www.canadahelps.org/en/charities/emmasabbeychurch/>
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.

admin@abbeychurch.ca + www.abbeychurch.ca

778.557.4166 we would love to connect.

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