

St. Hilda's By the Sea Anglican Church

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 for regular updates

Week At-a-Glance at St. Hilda's			
Sun 20	8:30 am 10:00 am 4:00 pm 7:00 pm	Traditional Eucharist Family Eucharist & Sunday School Communion Service Taizé Service	Sanctuary Sanctuary Christensen Village Sanctuary
Mon 21	7:00 pm	Advent Movie	Sanctuary
Tues 22	9:30-11:30 2:00 pm 3:00 pm	Library Hours Communion Service Advent Bible Study	Gathering Rm Totem Lodge Gathering Rm
Wed 23		Wisdom Meditation & Eucharist is	cancelled.
Thurs 24	7:00 pm 10:00 pm	Office CLOSED Christmas Eve Services Family Pageant Candlelight Eucharist	Sanctuary
Fri 25	10:00 am	Christmas Day Service	Sanctuary
Sun 27	8:30 am 10:00 am 4:00 pm	Traditional Eucharist Family Eucharist Drumming Circle	Sanctuary Sanctuary Sanctuary

The Annunciation



PARISH PRAYER FOR THE WEEK	
Anglican Communion	Yewa Diocese, The Church of Nigeria: The Rt Revd Michael Adebayo Oluwarohunbi
Ecumenical Partners	BC Synod of the ELCIC, Bishop Gregory Mohr
Local Agencies	School District #46: Students, Staff, Faculty
Parish Ministries	Building & Grounds Committee
UN MDG Project	(Ndandini, Kenya) The Well Management Committee
Acute	Kathy Archibald: healing during cancer treatment Dennis Grove: healing/recovery from lung surgery for cancer Gloria Keene: healing & recovery from heart attack Ron Pepper: healing from bypass surgery Cam Reid: healing & recovery from stroke Eileen Rolston: healing & grace in transitioning into care Gary Stevens: healing from addiction safety & release of hostages in Philippines Brendan (grandson of Irene Jones): healing from car accident R.I.P. Irene Jones
Ongoing Need	Zachara Beemer, Gail Coleman, Gerald & Magda Cupido, Annabelle Dick, Bob & Jane Hammersma, Hank & Gail Jerzy, Juliet McClatchy, Bill Mitravitz, Vernon Paul, Howard Peet & Maureen Shobe, R.J. Poland, Fran & Ken Redmond, Frank Schmitt, Carran Taylor, Angie Towner, Family of Frank Walsh, Kate Webb



St Hilda's By the Sea Anglican Church

Open Doors · Open Hearts · Open Minds

December 20, 2015 † 10:00 am Family Eucharist

FOURTH SUNDAY OF ADVENT

A Contemplative Eucharist



WHO IS WHO IN OUR WORSHIP THIS SUNDAY

Celebrant & Preacher: The Rev. Clarence Li
Music: Karen Weatherington & St. Hilda's Choir
Readers: Beth Lamb, Elizabeth Brown
Prayers: Bonnie Paetkau
Lay Assistant: Robert Watson
Sacristan: Taras Pakholchuk
Crucifer: Carol Eades

Greeters/Usher: Joan & Margaret Brock
Coffee: Amelia Foster, Roslyn Mundy
Altar Guild: Muriel Prior, Donna Walsh Wheeldon
Altar Flowers: Given by Jacqueline Allan to the glory of God and with thankfulness for the many Ministries of St. Hilda's by the Sea that deliver necessities of life, light, and love to so many in our community and well beyond.

Some helpful entry points to a Contemplative Service:

- Suspend your need to **figure out** what is happening.
- Invite yourself to simply **be in the presence of the Loving God**.
- Allow yourself to remember how to **wonder the mystery of God's love**.

You may be **seated throughout the chants**. The only times you are invited to pray with your body by standing are during the exchange of the Peace, the Prayers of the People, and when you come up to receive Holy Communion.

About Chanting: the goal is to *lose ourselves* as our voices blend in with each other in harmony. Chanting is a way to experience unity in its diversity.

✧ The Gathering of Community ✧

Prelude

Welcome & Introduction to the Service *All stand as able at the sound of the singing bowl.*

Processional HymnAwake, Awake, and Greet the New Morn



1. A - wake! a - wake, and greet the new morn, For
 2. To us, to all in sor - row and fear, Em -
 3. In dark - est night his com - ing shall be, When
 4. Re - joice, re - joice, take heart in the night, Though



an - gels her - ald its dawn - ing, Sing out your joy, for
 man - u - el comes a - sing - ing, His hum - ble song is
 all the world is de - pair - ing, As morn - ing light so
 dark the win - ter and cheer - less, The ris - ing sun shall



now he is born, Be - hold! the Child of our long - ing.
 qui - et and near, Yet fills the earth with its ring - ing;
 qui - et and free, So warm and gen - tle and car - ing.
 crown you with light, Be strong and lov - ing and fear - less;



Come as a ba - by weak and poor, To bring all hearts to -
 Mu - sic to heal the bro - ken soul And hymns of lov - ing
 Then shall the mute break forth in song, The lame shall leap in
 Love be our song and love our prayer, And love, our end - less



geth - er, He o - pens wide the heav'n - ly door And
 kind - ness, The thun - der of his an - thems roll To
 won - der, The weak be raised a - bove the strong, And
 sto - ry, May God fill ev - 'ry day we share, And



lives now in - side us for ev - er.
 shat - ter all ha - tred and blind - ness.
 weap - ons be bro - ken a - sun - der.
 bring us at last in - to glo - ry.

Parish Events and Notices

Rest In Peace: With deep sadness, I share with you the news of the death of one of our beloved ones, Irene Jones. Irene was involved in a vehicle accident on this past Wednesday evening near Trout Lake on her way home from the ferry. Her grandson Brandon, who was travelling with her, was also injured and was airlifted to Children's Hospital in Vancouver. I ask for your prayers for Brandon for healing of body, mind and spirit, and for Garth and his family at this difficult time. May Irene rest in peace and rise in glory.

Sunday School: There will be no Sunday School December 27. It will resume on January 3, 2016.

Films for Advent Monday December 21 at 7:00 pm. **Theme of Love:** *Babette's Feast* Academy Award for Best Foreign Language Film and based on a short story by Isak Dinesen, this film compels us to meditate upon the needs of the flesh and the needs of the spirit. It is also about choices, talent, gratitude, friendship, grace and hope.

Advent Weekly Bible Study: Tuesday Dec 22 from 3:00 - 4:30 in the Gathering Room

Ndandini Scholarship Fundraising: You may contribute by making a personal donation via your offering envelope, and/or giving a 'gift of education' donation as a Christmas gift to family and friends. In both cases please mark your envelope donation 'Ndandini'. For those donating as a Christmas gift, Ndnadini Scholarship Christmas Gift Cards are available in the narthex to let your recipient know about the gift you have given on their behalf. May you be blessed in your support of our Ndandini friends.

Twelve Days of Christmas Concert: Saturday, January 2 at 2:30 pm. Come experience the fullness of Christmas with a concert of beautiful choral & organ music. From Tomkins to Howells, Willan to Willcocks, join MOTET Chamber Choir as we celebrate this most wonderful time of the year & take you on a musical journey to Epiphany. Admission by donation.

A Sunshine Coast Anglican/Lutheran Epiphany Gathering: Members of St. Hilda's have been invited to

a special Epiphany Celebration on Sunday January 10 at Faith Lutheran Church in Powell River. For the past years, Anglican and Lutheran parishes on Sunshine Coast and in Powell River has been exploring becoming one sub deanery (or sub conference in Lutheran's equivalent) to strengthen mutual support in our ministries. There will be a joint worship, lunch, and special presentation on "Welcoming the Stranger", a very relevant topic as both communities are exploring welcoming refugees to resettle in our midst. Parishioner of Faith Lutheran Church are offering to pick up foot-passengers at Saltery Bay Terminal to help us reduce cost. The Rector is hoping that St. Hilda's could send a dozen of parishioners to this event to experience our joint fellowship and mission together. Please sign up for car pool in the Narthex if your are interested.

Community Announcements

Salal & Cedar's Sacred Earth Camp: Announcing a fund raising campaign for Sacred Earth Camp, a 2 week environmental justice leadership program for youth lead by Salal & Cedar Watershed Discipleship Community and hosted at Brooksdale Farm, A Rocha, in Surrey.

Sacred Earth Camp will ground indigenous, settler and immigrant youth and young adults in the eco-justice issues of our bio-region, equip them will practical skills for effective change, and nurture spiritual practices for the long haul. All with generous helpings of community, music, laughter, and fun.

The goal is to raise \$10,000 for scholarships, program and staff. To donate, go to the Indiegogo website, and find Salal and Cedar in the Environment category. Watch our amazing video at: <https://www.indiegogo.com/projects/salal-cedar-growing-climate-leaders/x/12916491#/>

Call the Boys! Doug is extending the same special offer to St. Hilda's this year. He will donate 25% of every job he does for a St. Hilda's member between December 1, 2015 - February 28, 2016 when you, the member, present a special coupon. Call 604-740-0004. The link for the coupon is: <http://www.calltheboys.ca/coprint.html>. You can also pick one up from the table in the Narthex.

This Sunday's liturgy has been compiled from various sources, including:

- Advent liturgy: *Where the Promise Shines* Music by Bob Moore © 2003, arr by Joel Raney © 2014 GIA Publications, Inc. Words by Sylvia G. Dunstan © 1995 GIA Publications, Inc. All rights reserved. Used by permission. Advents texts by Rev. Rich Davis, Senior Pastor, First Presbyterian Church, River Forest, IL.
- Collect and Prayer Over the Gifts from *Book of Alternative Services*, p. 272.
- Prayer after Communion Alcuin of York, *Mass of Wisdom*.
- *I Am Here* by Lynn Bauman from *Holy Week Liturgies* from The Episcopal House of Prayer 2010.
- *Sanctus* Picardy French carol (17th cent.) arr. Patrick Wedd from *Common Praise*, #722, 723, 725.
- *Bind My Head and My Heart* by David Kelly from CD recording *Songs of Presence 2*, PRAXIS.
- *O Come, O come Emmanuel* Adapted by Susan Jones December 2014 with acknowledgement to Isaiah 61:1- 3 and Julian of Norwich Reprinted under OneLicense.net A-721903:
- *Awake, Awake, and Greet the New Morn* by Marty Haugen © 1993 GIA Publications, Inc. All rights reserved.
- *Come and Fill Our Hearts, Nothing Can Trouble, and Magnificat* from *Songs and Prayers from Taizé* © 1991 Ateliers et Presses de Taize. Published in the USA by GIA Publications, Inc. All rights reserved.
- *Our Darkness, Lord Jesus Christ, With You, O Lord, Lamb of God, and Eat This Bread* from *Taizé Songs for Prayer* © 1998 Ateliers et Presses de Taize. Published in the USA by GIA Publications, Inc. All rights reserved.
- *Prayer of Peace* text based on Navajo Prayer & music by David Haas © 1987, GIA Publications, Inc. All rights reserved.

Nothing Can Trouble

1,2,...

Noth - ing can trou - ble, noth - ing can fright - en. Those who seek God shall

nev - er go want - ing. God a - lone fills us.

final repeat.

Prayer After Communion

ALL **Holy Wisdom,**
in your loving kindness you created and restored us when we were lost;
inspire us with your truth,
that we may love you with our whole minds and run to you with open hearts,
through Christ our Saviour. Amen.

Closing Chant: Magnificat

Canon

(A) G C D7 G (B)

Ma - gni - fi - cat. Ma - gni - fi - cat. Ma - gni - fi - cat a - ni - ma me - a Do - mi - num.
 Sing out, my soul. Sing out, my soul. Sing out and glo - ri - fy the Lord who sets us free.

(C) (D)

Ma - gni - fi - cat. Ma - gni - fi - cat. Ma - gni - fi - cat a - ni - ma me - a!
 Sing out, my soul. Sing out, my soul. Sing out and glo - ri - fy the Lord God!

Closing Hymn.....O Come, O Come Emmanuel

- | | |
|---|---|
| 1. O come, O come Emmanuel
And help us to love truly and love well;
so every one and couple are blessed
with faithfulness and courage and with zest.
Rejoice! Rejoice! Emmanuel
Shall unite you and all things shall be well. | 3. O come, O come, O God of light
lift our depression, bring us to delight;
though grief and loss both threaten to bend
the staunchest spirit, bring pain to an end.
Rejoice! Rejoice! Emmanuel
Shall lighten loads, and all things shall be well. |
| 2. O come, our Day-Spring, come and cheer
Our spirits by your advent here;
Dissolve addiction's dark prison cell
and of release from bondage tell.
Rejoice! Rejoice! Emmanuel
Shall set you free, and all things shall be well | 4. O come, the Key of David, come,
and show us how to journey on to home;
make plain your protest to which we're led
the bruised to heal, the hungry to be fed.
Rejoice! Rejoice! Emmanuel
Shall walk with you, and all things shall be well |

Please depart in SILENCE.

The Celebrant will greet everyone in the Parish Hall at the Coffee Hour.

Greeting

Celebrant My soul proclaims the greatness of the Lord.
 PEOPLE **My spirit rejoices in God my Saviour.**
 Celebrant From this day all generations will call me blessed:
 PEOPLE **For God has done great things for me. Holy is his name!**

Children are invited to gather around the Advent Wreath for a conversation with the Priest.

Lighting of Advent Candle: The Promise of Love

Choir Sings: *Lead us on, O Daystar, in the quiet night;
 guide us through the shadow with your gentle light;
 when the night is waiting and the old hopes rise,
 then the time has ripened and the heart grows wise.*

Congregation:

Lead us on, lead us on to a morn - ing where the

prom - ise shines. Lead us on, lead us on

to a morn - ing where the prom - ise shines.

Celebrant Advent is a time for God's people to reawaken their longings.
 PEOPLE **God so loved the world that he gave his one and only son.**
 Celebrant When we longed for the silence to be broken,
 PEOPLE **God so loved the world that he gave his one and only son.**
 Celebrant When we longed for the light that shines in the darkness,
 PEOPLE **God so loved the world that he gave his one and only son.**
 Celebrant When we longed for the peace that surpasses understanding,
 PEOPLE **God so loved the world that he gave his one and only son.**

Candle Lighting

This morning we light four candles. The first candle is the light of hope granting strength to the weary. The second candle is the light of peace that surpasses our understanding. The third candle is the light of joy that touches the depths of our soul. The fourth candle reminds us of the light of God's love poured out in the person and work of Jesus Christ.

Refrain is sung twice more.

Children head off to Sunday School during the refrain. Those sitting on the aisle are invited to form an arch for the children to walk through as we sing.

The Collect of the Day

Celebrant May God be with you.
 PEOPLE **And also with you.**
 Celebrant Holy One,
 ALL **who chose the Virgin Mary, full of grace,
 to be the mother of our Lord and Saviour,
 now fill us with your grace,
 that we in all things may embrace your will
 and with her rejoice in your salvation;
 through Jesus Christ our Lord,
 who lives and reigns with you and the Holy Spirit,
 one God, now and for ever. Amen.**

All are seated

Chant: Be Still and Know that I am God repeat after the cantor

Chant: Our Darkness is Never Darkness In Your Sight

Our dark - ness is nev - er dark - ness in your sight: the
deep - est night is clear as the day light. Our

Last time

Prayer: YOU BREATHE US

Chant: Come and Fill

English: Come and fill our hearts with your peace. You a-lone, O Lord, are ho - ly.

Come and fill our hearts with your peace, al - le - lu - ia!

Prayer: KINDLE A LIGHT IN US

Chant: Lord Jesus Christ Your Light

Lord Je - sus Christ, your light shines with - in us. Let not my
doubts nor my dark - ness speak to me. Lord Je - sus Christ, your

Agnus Dei
(Lamb of God)

Celebrant
Lamb of God you take a-way the sins of the world.

All **Celebrant**
Lord have mer - cy up - on us. Lamb of God you take a-way the
O

1. All
sins of the world. Lord have mer - cy up - on us.

2. All
Grant us peace, Lord, grant us peace.

The Invitation & Receiving Communion

If you know the brokenness of life, its fractures within and its division without, then you have participated in the broken body of Christ and you are invited to share in the breaking of bread.

If you desire to know the love of God that overcomes indifference and despair, if you desire the reconciliation that overcomes estrangement and alienation, then you are invited to share the cup of the new covenant.

The bread is received in the open palm. It is usual Anglican practice to drink the wine from the common cup. Wine and unfermented grape juice are served. If you would prefer to receive a gluten-free wafer or grape juice, please inform the person administering the bread or wine when they approach you. If you would prefer to receive a blessing instead of Communion, you are welcome to come forward and place your hands across your chest.

Chants During Communion

Chant: Eat this Bread

Eat this bread, drink this cup, come to him and nev - er be hun - gry.

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

Sanctus
Our hearts filled with thanksgiving,
we raise our voices as one to proclaim your glory:

Ho - ly, ho - ly, ho - ly Lord, Lord God of power and might,
heav'n and earth are full, full of your glo -
ry. Ho - san - na, ho - san - na, ho - san - na, ho - san - na in the
high - est. Bless - ed is the one who comes, who
comes in the name of the Lord. Ho - san - na, ho - san - na, ho -
san - na, ho - san - na in the high - est.

Celebrant Loving God, we remember
that Jesus spent the last night before his death with his followers.
He took bread, gave you thanks, and said:
“Take, eat: this is my body which is given for you.
Do this in remembrance of me.”
After supper, he took the cup of wine and said:
“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.
Whenever you drink it, do this in remembrance of me.”

Silence

Of your grace, O God,
send your Holy Spirit upon these gifts, and upon us your children.
May they be for us the body and blood of Christ.
All glory and honour are yours, eternal and living Trinity,
now and for ever.

ALL Amen.

The Lord's Prayer

Celebrant Joining our prayers into one, let us pray as our Saviour taught us saying:

**Our Father 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 for ever. Amen.**

light shines with - in us. Let my heart al - ways wel - come your love.

Chant: Bind My Head and My Heart

Descant (save for 2nd or 3rd time)
Melody (ALL)
Bind my head and my heart in You, all in
one, all in one, all in one

Lectio Divina: Luke 1:46b-55

The Congregation is invited to explore together its responses to the reading that has been shared in Lectio Divina style (read 3 times, 3 different voices). A question will be asked after each reading and you are invited to ponder your response in a brief time of silence, marked by the sound of the singing bowl.

**And Mary said, “My soul magnifies the Lord, and my spirit rejoices in God my Saviour,
for he has looked with favour on the lowliness of his servant.**

**Surely, from now on all generations will call me blessed;
for the Mighty One has done great things for me, and holy is his name.
His mercy is for those who fear him from generation to generation.**

**He has shown strength with his arm;
he has scattered the proud in the thoughts of their hearts.
He has brought down the powerful from their thrones, and lifted up the lowly;
he has filled the hungry with good things, and sent the rich away empty.
He has helped his servant Israel, in remembrance of his mercy,
according to the promise he made to our ancestors,
to Abraham and to his descendants for ever.”**

After 1st reading: “I wonder what word or image speaks to you, ... nudges you, ...
holds you, ... reaches out to you, from the reading.”

After 2nd reading: “I wonder where you are in this story, or what part of the story is about you.”

After 3rd reading: “I wonder what God’s Spirit is saying to us today.”

Wonder Sermon: Facilitated by The Rev. Clarence Li

You are invited to share what you are wondering.

You are encouraged to begin your sharing with the words “I wonder...”

*At the end of our wondering, we sing again the chant, **Bind My Head and My Heart***

Silence (5 minutes)

Chant: With You, O Lord

With you, O Lord, is life in all its full-ness, and
in your light we shall see true light. With you, O Lord, is
life in all its full-ness, and in your light we shall see true light.

Prayers of the People

Please stand, sit or kneel according to your praying custom. Names upheld in the prayers can be found on the Parish List on the back page. You are also welcome to name your loved one(s) aloud or silently in your heart.

The following chant (Kyrie) is sung three times to introduce the Intercessions, then once following each petition. At the conclusion of the Intercessions, Kyrie is sung repeatedly.

Ky - ri - e, Ky - ri - e, e - le - i - son. (hum) D.C.

The Peace

Celebrant The peace of the Lord be always with you.

PEOPLE And also with you.

All are invited to exchange peace while singing the following chant:

Chant: Prayer of Peace

1. Peace be - fore us, peace be - hind us, peace
2. Love be - fore us, love be - hind us, love
3. Light be - fore us, light be - hind us, light
4. Christ be - fore us, Christ be - hind us, Christ
5. Al - le - lu - ia, al - le - lu - ia, al - le -
6. Peace be - fore us, peace be - hind us, peace

un - der our feet. Peace with - in us, peace
un - der our feet. Love with - in us, love
un - der our feet. Light with - in us, light
un - der our feet. Christ with - in us, Christ
lu - ia, Al - le - lu - ia, al - le -
un - der our feet. Peace with - in us, peace
o - ver us, let all a - round us be peace.
o - ver us, let all a - round us be love.
o - ver us, let all a - round us be light.
o - ver us, let all a - round us be Christ.
lu - ia, al - le - lu - ia.
o - ver us, let all a - round us be peace.

✠ The Holy Communion ✠

Offertory

All remain seated as the collection is taken during the Choir Anthem.

The bread and wine for the Lord's Supper are presented alongside with the offering of money to symbolize the offering of ourselves and of the whole creation to God in thanksgiving for the many blessings we have experienced.

Choir Anthem: The Annunciation from Holden Evening Prayer by Marty Haugen

Prayer over the Gifts

Celebrant Gracious God,

ALL by the power of the Spirit who sanctified the mother of your Son,
make holy all we offer you this day.

We ask this in the name of Jesus Christ the Lord. Amen.

Eucharistic Preface

"Eucharist" means "thanksgiving". This is a ritual meal to re-enact the Last Supper that Jesus shared with his friends to remind them of his sacrificial love for humanity and the whole creation. All stand as able.

The Prayer of Great Thanksgiving

Celebrant The Lord is here.

PEOPLE God's Spirit is with us.

Celebrant Lift up your hearts.

PEOPLE We lift them to the Lord.

Celebrant Let us give thanks to the Lord our God.

PEOPLE It is right to offer thanks and praise.

Chant: I Am Here

Celebrant Jesus said, "What are you looking for?"

The kingdom of God is within you and outside you.

I am here, I am with you, we are one, I am here, I am with you, we are one.

Celebrant It is indeed right to offer you thanks and praise, O God.

Throughout the history of the world,
and throughout the history of our lives,
you have offered promises, signs and mighty acts of saving love.
In the silence of our hearts, we recall them.

Silence