

Christ Church Gabriola
A Collaborative Anglican – United Church
Open to All



The Food we Eat

Hybrid Worship
July 28, 2024
Summer Worship Series
The Healing Earth

Rev. Suzanna Bates
Music Director: Dorothy Dittrich

We acknowledge these lands upon which we worship are the traditional, ancestral, and unceded territory of the Snuneymuxw First Nation.

*Whoever you are and wherever you are on life's journey,
you are welcome here!*

Words For Worship

Words in bold italics, please say together

Gathering

Eternal God, life whirls around us. Life demands so much of us.
So we turn to you, calm and generous.

Your grace flows freely.

We open ourselves in word and silence, in prayer and song,
in meal and companionship, to the overflowing abundance of your
presence and your grace.

Hungry and trusting, we open ourselves to you.

Speak to us in this time of worship, O God, that we might recognize the
abundance of your goodness, and find in your presence the things that
sustain us.

Amen.

Singing Bowl

Prelude: Where Two or More are Gathered

Bruce Harding, 2022

Psalm 145:16-17

The eyes of all look to you, O God, in hope;
you give them their food as they need it.
When you open your hand, you satisfy the hunger and thirst
of every living thing.

God is righteous in everything God does;
and is filled with kindness.

Hymn: God Of Still Waiting

MV #20

¹God of still waiting, God of deep longing,
God of the heart's true rest:
hold us in fathomless peace,
guard us with unwaning love.

²Spirit of promise, Spirit of purpose,
Spirit of ceaseless prayer:
bathe us in life full and free,
kindle our wonder and hope.

³Word who comes to us, Word who lives with us,
Word who disturbs and heals:
silence our chattering fears,
waken our unconscious faith.

⁴Word true and faithful, hope-bringing Spirit,
God of enfolding love:
come in your fullness and grace;
work through our lives for your praise

Call to Worship & Prayer

We gather to celebrate God's world.

We gather to rejoice in this abundant love.

We gather to eat and remember.

Come let us worship.

God, we give thanks for the beauty that surrounds us.

We sense the smell of the food that sustains us.

We feel hugs and greetings that nurture us.

We hear laughter and song that nourish us.

Remind us to listen to your world,

the groans and the joys.

Teach us to care for and treasure your body,

your world, as we do our own.

We pray in Jesus' name, who offers us the bread of life, Amen.

Land Acknowledgment

Lighting the Peace Candle

We are here. God is here

This place is sacred ground.

Hymn: Live A River Of Tears

¹Like a river of tears your love pours upon us;
like a sunshine of blessing your grace will sustain us;
like a star-studded sky your spirit shines o'er us,
renewing our spirits with courage and faith.

²Like a bird in free flight by windows around us;
like a wind in the forest that breathes life among us;
like a phoenix that's rising from ashes around us,
renewing our spirits with vision and grace.

³Like a pillar of cloud you promise to guide us;
like a bright fiery bush you come to speak to us;
like a calm cooling breeze your spirit breathes in us,
renewing our spirits with loving embrace.

⁴Like a lover's caress your spirit revives us;
like a song of the soul you come to be with us;
like a prayer of the heart you heal and restore us,
renewing our spirits, the future to face.

Scripture: Deuteronomy 8:6-18 (The Message)

Reader: Angela Nutter

Eat and be satisfied

God is about to bring you into a good land, a land with brooks and rivers, springs and lakes, streams out of the hills and through the valleys. It's a land of wheat and barley, of vines and figs and pomegranates, of olives, oil, and honey. It's land where you'll never go hungry—always food on the table and a roof over your head. It's a land where you'll get iron out of rocks and mine copper from the hills.

After a meal, satisfied, bless God, your God, for the good land he has given you.

Make sure you don't forget God, your God, by not keeping his commandments, his rules and regulations that I command you today. Make sure that when you eat and are satisfied, build pleasant houses and settle in, see your herds and flocks flourish and more and more money come in, watch your standard of living going up and up—make sure you don't become so full of yourself and your things that you forget God, your God, the God who delivered you from slavery; the God who led you through that huge and fearsome wilderness, those desolate, arid badlands crawling with fiery snakes and scorpions; the God who gave you water gushing from hard rock; the God who gave you manna to eat in the wilderness, something your ancestors had never heard of, in order to give you a taste of the hard life, to test you so that you would be prepared to live well in the days ahead of you.

This is the Word of God

We give thanks for this Word today.

Gospel Reading

Reader: Pat Armstrong

As is your custom, please stand or sit for the reading of the gospel.

God be with you.

And also with you

The Good News of Jesus the Christ according to John.

Glory to you, Christ Jesus.

John 6:1-14 (NRSV)

Reader: Pat Armstrong

Jesus feeds the multitude

After this Jesus went to the other side of the Sea of Galilee, also called the Sea of Tiberias. A large crowd kept following him because they saw the signs that he was doing for the sick. Jesus went up the mountain and sat down there with his disciples. Now the Passover, the festival of the Jews, was near. When he looked up and saw a large crowd coming

MV #98

toward him, Jesus said to Philip, "Where are we to buy bread for these people to eat?" He said this to test him, for he himself knew what he was going to do. Philip answered him, "Two hundred denarii would not buy enough bread for each of them to get a little." One of his disciples, Andrew, Simon Peter's brother, said to him, "There is a boy here who has five barley loaves and two fish. But what are they among so many people?" Jesus said, "Make the people sit down." Now there was a great deal of grass in the place, so they sat down, about five thousand in all. Then Jesus took the loaves, and when he had given thanks he distributed them to those who were seated; so also the fish, as much as they wanted. When they were satisfied, he told his disciples, "Gather up the fragments left over, so that nothing may be lost." So they gathered them up, and from the fragments of the five barley loaves, left by those who had eaten, they filled twelve baskets. When the people saw the sign that he had done, they began to say, "This is indeed the prophet who is to come into the world."

This is the Gospel of Christ.

We give thanks for Good News today!

Word: *The Food We Eat*

Hymn: Put Peace Into Each Other's Hands

MV #173

¹Put peace into each other's hands
and like a treasure hold it,
protect it like a candle flame,
with tenderness enfold it.

²Put peace into each other's hands
with loving expectation;
be gentle in your words and ways,
in touch with God's creation.

³Put peace into each other's hands
like bread we break for sharing;
look people warmly in the eye:
our life is meant for caring.

⁴Give thanks for strong yet tender hands,
held out in trust and blessing.
Where words fall short, let hands speak out,
the heights of love expressing.

⁵Reach out in friendship,
stay with faith in touch with those around you.
Put peace into each other's hands;
the Peace that sought and found you

Life & Work of the Church

Offering

Offertory Hymn: For the Beauty of the Earth (vs 1 & chorus) **VU #226**

For the beauty of the earth,
for the glory of the skies,
for the love which from our birth
over and around us lies,

[Refrain]

God of all, to you we raise
this our hymn of grateful praise.

Holy Communion

Hymn: Bread For The Journey

MV #202

Bread for the journey,
food for the way.
Cup of God's blessing,
tomorrow, today.

Invitation

Setting the Table, Anita Monro

Grain is gathered from the field; threshed and milled for flour.
We are formed from the grain of God's harvest. Flour is mixed with water
to produce basic dough. The water of baptism unites us.
Yeast is added to transform the mixture.
The vision of God's realm draws us onwards.

Oil softens the dough and makes a new texture.
The Holy Spirit anoints us as the body of Christ.
A little salt improves the taste.
Jesus calls us to be the salt of the earth.

The bread is kneaded and shaped, molded and baked.
It is God who makes us a holy communion.

Grapes are harvested and crushed for juice.
You are the vine, we are the branches, O Christ.
Juice and skins are mixed with yeast for fermentation.
God's reign is coming. God's hope is here.

There is a time of waiting; then a time of pressing.
God's new life presses forth through the sediment of our lives.
And finally, the feast is here!
Let us celebrate the feast of our life in God.

Great Prayer of Thanksgiving

God be with you all.

And also with you.

Lift up your hearts;

We lift them up to God.

Let us give thanks to God!

It is right to give God our thanks and praise!

You invite us to this table, Holy God, out of our places of want and hunger. In our wandering, we long for the possibility of new rebirth. For the sake of our yearnings for life-giving waters and bread enough for all, into new ways and hopes of seeing, may we open ourselves to you. We give thanks to you, O God, for your steady presence all through our journeys. Whether in wilderness or community, whether in word or sacrament, you come to us: seeking our wholeness, binding our wounds, challenging our presumptions, restoring our life. And so we join the song of witness long past and yet to come:

Sing: Holy, Holy, Holy

O holy, holy, holy God,

O God of time and space

All earth and sea and sky above

bear witness to your grace.

Hosanna in the highest heav'n,

creation sings your praise.

***And blessed is the One who comes
and bears your name always!***

MV #203

In Jesus, love incarnate, you provide what we need for each day:
his words comfort the weary; his actions challenge the contented;
his touch heals the sick;
his presence feeds the deepest hunger in our souls.
In Jesus and in this feast you provide for us the sustenance
we need to respond to the cries of creation.

The bread of life

nourishes our hungry bodies.

The cup of blessings

revives our thirsty souls.

The gathered community

strengthens our growing faith.

Sing: Memorial Acclamation

***Sing Christ has died and Christ is risen,
Christ will come again!***

MV #204

Prayers of the People

You are our light,

Hear Our Prayers

Paddy Waymark

The Prayer of Jesus

Eternal Spirit, Earth-maker, Pain-bearer, Life-giver,

Source of all that is and that shall be,

Father and Mother of us all, Loving God, in whom is heaven:

The hallowing of your name echo through the universe!

The way of your justice be followed by the peoples of the world!

Your heavenly will be done by all created beings!

***Your commonwealth of peace and freedom
sustain our hope and come on earth.***

With the bread we need for today, feed us.

In the hurts we absorb from one another, forgive us.

In times of temptation and test, strengthen us.

From trials too great to endure, spare us.

From the grip of all that is evil, free us.

***For you reign in the glory of the power that is love,
now and for ever. Amen.***

Breaking the Bread

We remember that Jesus blessed and broke bread,
offered thanks and shared a cup.

As we now bless these gifts on your table again, O God,
bless us as we share in your death and in your life.

The bread of life to feed and nourish

The wine of life to quench our thirst

Sing: Amen, Amen

Amen, amen, O Holy One!

Hosanna and Amen!

MV #205

Sharing the Bread and Cup

Prayer after Communion

Holy One, may we, who have been fed

***at this table remember that we are the
body of Christ in the world today.***

***May our hearts be open, our words
grace-filled, and our actions life-giving.***

***May all that we do and
all that we say reveal the presence of Christ,
who has met us at this table. Amen.***

Closing Words

Hymn: Bread Of Live, Feed My Soul

¹Bread of life, feed my soul,
as the presence of the Spirit makes me whole.
Bread of life, fill my heart
with the grace and mercy you impart.

²I have heard your voice calling,
“Come, my friend, and share in the feast
that is laid out for you
to show how much I care.”

³Bread of life, help me live
a life as pure and true as Jesus did.
Bread of life, help me see
the boundless love of Christ for you and me.

⁴I have heard your voice calling,
“Come, my friend, and share in the feast
that is laid out for you
to show how much I care.”

⁵Bread of life, feed my soul,
as the presence of the Spirit makes me whole.
Bread of life, fill my heart
with the grace and mercy you impart.

Blessing

We have seen, smelled, and tasted
the grace God offers to all peoples!
Go into the world knowing your faith of ordinary acts works
to transform God’s extraordinary world.

Go into the world waiting longingly
to see God moving and growing.
Go into the world ready to be
sustained and eager to offer the treasure within you.

May the grace of God’s abundance surround you,
the gift of Jesus’ service inspire you,
and the movement of the Spirit stir within you.
Amen.

The peace of Christ be always with you.
And also with you.

Postlude: Peace Be With You

Alison Wesley, 2000

MV #194



The Healing Earth

Summer Worship Series

3. The Food we Eat - 28 July
4. Sounds of Creation - 4 August
5. Walking the Earth - 11 August
6. Outdoor Worship & Picnic Lunch - 18 August