

Welcome to Metropolitan United Church

the downtown church for a diverse city



Sunday, September 29, 2019
Cosmos Sunday

We are an Affirming Congregation, offering welcome and companionship to all, regardless of orientation or designation.

For thousands of years, this land has been the traditional home of the Huron-Wendat, the Seneca, and most recently, the Mississaugas of the Credit River. It is still home to Indigenous people from across Turtle Island. We are grateful to work, live and worship on this land.

ORDER OF SERVICE

CARILLON PRELUDE (outside)

ORGAN PRELUDE *Praeludium in E minor*
Toccata in E Major
Michael Oldaker, organist

Nicolaus Bruhns
G. Frescobaldi

♪ **PROCESSIONAL HYMN #304** *O God, Beyond All Face and Form*

St. Petersburg

♪ INVITATION TO WORSHIP

One: A love that never ceases,

All: A creativity that designed the universe,

One: A hope that cannot be quenched,

All: A pursuit of reconciliation no matter the cost:

One: These are the things that are of God,

All: Then let us worship God.

One: God be with you.

All: And with your Spirit.

One: Let us pray. (all seated)

PRAYER OF APPROACH AND CONFESSION

SILENCE FOR PRIVATE PRAYER

KYRIE ELEISON (ALL) #69 MORE VOICES *Kyrie eleison (God have mercy)*

Kervin

ASSURANCE OF PARDON

♪ **ACT OF PRAISE (All) #42 More Voices Verses 1 and 3**

John Bell

Praise God for this holy ground, place and people, sight and sound.

Hallelujah! Hallelujah! Hallelujah! God's goodness is eternal.

Praise God who through Christ makes known all are loved and called God's own.

Hallelujah! Hallelujah! Hallelujah! God's goodness is eternal.

READINGS Proverbs 8:22-31, Colossians 1:15-20

ANTHEM *Ego Sum Panis Vivus*

William Byrd

I am the living bread which came down from heaven. Anyone who eats of this bread shall live forever. Alleluia. (John 6:51a)

GOSPEL READING John 6:41-51

One: This is the witness of the good news of Jesus Christ.

CONGREGATIONAL RESPONSE: Thanks be to God.

♪ (indicates a congregational response - please stand in spirit or in fact)

All children and youth are invited to make their way to Sunday School in the Met Centre.

♪HYMN *MORE VOICES #27 Creator God You Gave Us Life*

Claire

SERMON “How Then Shall We Live?”
The Rev. Jason Meyers

ANTHEM “The Heavens are Telling” from *Creation*

F. J. Haydn

The heavens are telling the glory of God, the wonder of his works displays the firmament. To day that is coming speaks it the day, the night that is gone to following night. In all the lands resounds the word, never unperceived, ever understood.

Soloists: Gisele Kulak, Charles Davidson, Nicholas Higgs

♪PEACE GREETING

One: The peace of Christ be with you always.

All: And also with you.

One: Let us greet one another with the peace of Christ.

♪AFFIRMATION OF FAITH

We are not alone, we live in God’s world.

We believe in God:

**who has created and is creating, who has come in Jesus, the Word made flesh,
to reconcile and make new, who works in us and others by the Spirit.**

We trust in God.

We are called to be the Church:

**to celebrate God’s presence, to live with respect in Creation,
to love and serve others, to seek justice and resist evil,
to proclaim Jesus, crucified and risen, our judge and our hope.**

In life, in death, in life beyond death, God is with us.

We are not alone. Thanks be to God.

ANNOUNCEMENTS OF OUR COMMON LIFE

OFFERING OF OUR LIFE AND WORK

OFFERTORY SOLO *Teach us to Love*

Andrew Donaldson

Benjamin Stein and Jennifer Martyn

♪OFFERTORY HYMN #540 (All)

Stuttgart

**Grant us, God, the grace of giving, with a spirit large and free,
that ourselves and all our living we may offer faithfully.**

**Grant us time and inspiration, with a vision old and new,
that our goal in all our loving may be reached in loving you.**

♪GREAT THANKSGIVING

One: Lift up your hearts.

All: We lift them up to the Lord.

One: Let us give thanks to the Lord God.

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

One: Let us pray. (all seated)

PRAYERS OF THE PEOPLE

LORD'S PRAYER (all) (*Voices United*, p. 921)

Our Father, 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 forever and ever. Amen.

♪RECESSIONAL HYMN #258 *O World of God*

Jerusalem

♪COMMISSIONING

♪BLESSING (All) #429 (All-please turn toward the centre)

William Wright

May the blessing of God be upon you. May God's love light all your way. May the grace of Christ enfold you and peace around you stay. May the Spirit of God dwell within you. May you live in joy each day.

ORGAN POSTLUDE AND CANDLE EXTINGUISHING

Masque

Denis Bédard

LEADING IN WORSHIP this morning are **The Rev. Karen Bowles** and **The Rev. Jason Meyers**. Reading the lessons is **Doug Flanders**. The ministry of music is offered by the **Metropolitan Choir** conducted by Minister of Music **Dr. Patricia Wright**, and by the Wayne C. Vance Organ Scholar **Timothy Wisnicki**.

CARRYING THE BANNER IS **Marc Tremblay**.

GREETERS are **Chris Hoover** and **Leesa Kopansky**.

USHERS are **Eva Breeze**, **Jennifer McDonald**, **Denise Moore**, and **Karen Scott**.

TODAY - The MET Care team invites you to a Lunch and Learn after the service in the MET Centre to receive the healing gift of music with Debbie Danbrook. Back by popular demand!

PROGRAMS AND EVENTS THIS WEEK

Monday, September 30

10:30 a.m. Open Art Studio MET Centre

Tuesday, October 1

8:30 a.m. Bible Study Flanders Library
12:10 – 12:30 p.m. Midday Service of Prayer and Healing Sanctuary
6:00 p.m. Contemplation Circle Heritage Room
6:30 p.m. Open Art Studio and Knitting Circle MET Centre
7:30 p.m. Silver Band rehearsal Sanctuary

Wednesday, October 2

8:30 a.m. Prayer Breakfast 200 Victoria Street

Thursday, October 3

7:30 a.m. Contemplation Circle Heritage Room
12:10 – 1:00 p.m. Yoga Church Sanctuary
6:30 p.m. Metropolitan Handbells Sanctuary
7:30 p.m. Metropolitan Choir Sanctuary

Friday, October 4

10:30 a.m. Open Art Studio MET Centre

Saturday, October 5

9:00 a.m. Breakfast Bible Study Flanders Library

NEXT SUNDAY: October 6 - Covenanting Service and World Communion Sunday

9:00 a.m. Communion Service Founders' Chapel
9:45 a.m. Metropolitan Sparklers and Choristers MET Centre
10:00 a.m. Library Open (re-opens 12:15 p.m.)
11:00 a.m. Morning Service and Church School
The Rev. Dr. Michelle Voss Roberts
Principal and Professor of Theology, Emmanuel College
"Communion with the World"
12:15 p.m. Great Heart Sanctuary
12:30 p.m. Outreach Volunteer Fair Sanctuary
12:30 p.m. Usher and Greeter Training MET Centre

MET CONNECT: Don't miss our weekly e-blast featuring latest worship, community, and program news - sign up through FB or the website (sign up form is at the bottom of each page).

AMONG OUR PEOPLE:

Have a milestone, special event or some exciting news to share? We'd like to share our community's highlights through the MET Connect. Email communications@metunited.ca.

Scented Products can aggravate health problems for some people. Please avoid the use of perfume or other scented products. Thank you for your cooperation.

INTEGRATED ARTS

OPEN STUDIO ARTS: (drawing, painting with acrylics, pencil, pastel - some supplies provided)
Mondays and Fridays - 10:30 a.m. to 12:30 p.m. in MET Centre
Tuesdays - 6:30 p.m. to 8:30 p.m. in MET Centre – *All are Welcome!*

KNITTING CIRCLE: (basic supplies provided) A novice or seasoned pro - you are welcome. Ideas for the inaugural fall session include knitting teddy bears, prayer shawls and perhaps even a yarn bomb... and of course, you can knit a scarf as well! Tuesdays at 6:30 p.m. to 8:30 p.m. in MET Centre.

OUTREACH

OCTOBER 6 IS VOLUNTEER FAIR DAY: Ever wondered what you could do in outreach – even if you don't have time to lead a whole initiative or be on a committee? MET is introducing an expansion to the MET Connect table to allow us to highlight volunteer opportunities – be it a task you can do at home for a few hours, or a committee membership, out of the cold volunteer, being around a couple of hours a week to introduce people to our building, or taking a role with our refugee families. Come back and learn from our community services workers what opportunities are available.

COMMUNICATING WITH VULNERABLE PERSONS TRAINING:

Target audience: This training is specifically for the Narthex Greeters, Church Greeters, Ushers
Date: October 6th and 20th, 2019
Time: 12:30pm-3:30pm
Location: MET Centre
Light refreshment will be served
Please contact Laura at lauraa@metunited.ca to register.

CONGREGATIONAL CARE

AFFIRMING LIFE: The Affirming Life Committee is looking for new ways to be involved in LGBTQ related issues and projects in the coming year. If you would like to join in this vital work, please email jasonm@metunited.ca.

SPIRITUAL LEARNING FOR LIFE

WORSHIP HOSTS AND CANDLELIGHTERS WANTED:

Commitment: One Sunday per month (same Sunday each month) from September to June. Must be in the Sanctuary by 10:30 a.m.

Worship Host will set up the worship space for the Sunday 11:00 a.m. service ensuring that items required for the service are in place and will mark the Bible readings for the service. They will fine tune the details that enable worship services to appear seamless.

Candle Lighters (in pairs) will light and extinguish candles for the 11:00 a.m. worship service. The Worship Host is often one of this pair. These functions can be done by a couple or individual. Please contact Dennis Donovan at ddonovan1@rogers.com.

MET PODCASTS: Find expanded podcast versions of the sermon, including meditative music, the weekly Gospel reading, and take-home exercises, on our website. You can also subscribe through iTunes, Spotify, or Google Play.

NEW SPIRITUAL OFFERINGS

SUNDAY MORNING COMMUNION SERVICE will continue this fall at 9:00 a.m. Bread and Cup will be offered and prayer shared.

HIT THE RESET BUTTON!: On Tuesdays from 12:10-12:30 p.m. there will be a **Midday Prayer** service in the Sanctuary. An opportunity for contemplation and quiet community in the middle of the day. On Thursdays from 12:10-1:00 p.m. there will be **Yoga Church** in the Sanctuary. A time of movement and meditation. No previous experience necessary. Mats can be provided.

DEEPEN YOUR SPIRITUAL PRACTICE: Circles of Contemplation continue Tuesday evenings from 6:00-7:00 p.m. and Thursday mornings from 7:30-8:30 a.m. A time of silent meditation, intentional reading and contemplative dialogue.

SCRIPTURE CONSIDERED AND DISCUSSED WEEKLY! Saturday mornings (9:00–10:00 a.m.) **Breakfast Bible study** will continue under the leadership of Christopher Hoover in the MET Centre. And Tuesday mornings (8:30-9:30 a.m.) there will be a **Bible Study** led by the coming Sunday preacher in the Library.

FLANDERS LIBRARY: 'Brand Luther:1517, Printing and the Making of the Reformation' by Andrew Pettegree was recently added to our books collection. Andrew Pettegree is a British historian and one of the leading experts on Europe during the Reformation. The Washington Post described this book as "a remarkable story, thoroughly researched and clearly told." Library is open 10:00-11:00 a.m. and 12:15-1:00 p.m. every Sunday. The catalogue is available online.

THE SHARING OF OUR ABUNDANCE

OUR THIRD CENTURY CAMPAIGN: We still need your support! Work on the carillon has begun and we hope to restore our sanctuary next — but we must have the money in first. Still not made your commitment? Thanks for doing so soon. To God be the Glory.

METROPOLITAN'S MEMORIAL FUND: Thank you for remembering your loved ones with a gift to our Memorial Fund. Gifts are used to enhance our sanctuary and to build the church's endowment fund.

NEEDLEWORKERS UNITE! Each Christmas, our Out of the Cold program gives gifts of toques, scarves or mitts to our guests. OOTC would deeply appreciate any donation of knitted or crocheted items, especially men's sizes and solid colours. It is miserable to be cold. Your handiwork would change that for someone who is. Thanks for bringing your donations to our church office.

METROPOLITAN LEGACY CIRCLE: This honorary circle includes those who have remembered Metropolitan Church in their estate plans with a bequest, gift of insurance, annuity or some other type of legacy gift. We have over 60 Circle members; more would be warmly welcomed. Legacy gifts can make a lasting difference. For information, please contact Doug Flanders (416) 769-2746; email dougflanders@sympatico.ca. *A legacy — It's ours to leave.*

The Gospel alone liberates us to a life of scandalous generosity, unrestrained sacrifice, uncommon valour, and unbounded courage. — Tullian Tchividjian



DIRECTORY

Intentional Interim Lead Minister: The Rev. Karen Bowles, ext. 27 (karenb@metunited.ca)
Minister of Congregational Care: The Rev. Jason Meyers, ext. 24 (jasonm@metunited.ca)
Voluntary Associate Minister: The Rev. Bruce Misener (officiant@metunited.ca)
Minister Emeritus: The Rev. Dr. G. Malcolm Sinclair
Teachers: Karlos Griffith (karlosgriffith@rogers.com), Johnavac Abraham
Library: Marion Lick (library@metunited.ca) and Maureen Maguire (vigrass78@gmail.com)

Community Outreach Ministry

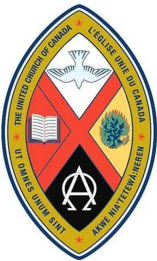
Manager of Community Services: Laura Awosanya ext. 43 (lauraa@metunited.ca)
Outreach and Housing Worker: Megan Carver, ext. 21 (housingworker@metunited.ca)
Community Service Worker: Stephanie Cunti (csw@metunited.ca)

Ministry of Music

Minister of Music: Dr. Patricia Wright, ext. 26 (patw@metunited.ca)
Wayne C. Vance Organ Scholar: Timothy Wisnicki
Metropolitan Choir Lead Singers: Gisele Kulak, Chelsea Van Pelt, Valeria Kondrashov,
Chris Taeyoung Kim, Charles Davidson, Benjamin Stein, Nicholas Higgs, John Schneider
Director, *Great Heart* Youth Ensemble: Benjamin Stein
Conductor, *Metropolitan Sparklers*: Dr. Jennifer Martyn
Carillonneur: Roy Lee
Director, Metropolitan Silver Band: Fran Harvey

Administrative Ministry

Director of Administration: Jane Tuomi, ext. 35 (janelt@metunited.ca)
Office Administrator: Sheela Taylor, ext. 10 (sheelat@metunited.ca)
Financial Manager: Elena Pejcinovska, ext. 29 (elenap@metunited.ca)
Technical Administrator: Vinoth Thanganadan(vinotht@metunited.ca)
Communications: communications@metunited.ca
Property Manager: Frank Cairns, ext. 31
Custodians: Nadan Kandiah, Puvi Kanagalingam, ext. 39/40



Metropolitan United Church

56 Queen Street East, Toronto, ON M5C 2Z3
Tel. 416.363.0331 Fax. 416.363.7586
Email: metunited@metunited.ca
To hear the sermon: www.metsermons.com
www.metunited.ca



NOTICE OF FILMING Please note that services are considered to be public events, and you are choosing to enter a space where your image may be captured as part of event proceedings that may be made public as part of our website or social media. We make every effort to ensure your personal information is kept and used in compliance with the Freedom of Information and Protection of Privacy Act (FIPPA). If you have any questions please contact janelt@metunited.ca.