

Welcome to Metropolitan United Church

the downtown church for a diverse city



Sunday, February 21, 2021

**First Sunday in Lent/
Sacrament of Communion**

*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 | <i>Take, O Take Me As I Am</i> | arr. Lee |
| ORGAN PRELUDE | <i>Kyrie, God, Holy Spirit</i> <i>Prelude on Jesus Walked This Lonesome Valley</i> <i>Let Us Break Bread Together</i> <i>O Lamb of God</i> | J. S. Bach Spiritual, arr. Wood Spiritual, arr. Billingham J. S. Bach |

WELCOME, CANDLE EXTINGUISHING

- One: Today is the first Sunday in the Season of Lent. This season offers us opportunity for reflection as we journey together with Jesus through the wilderness and beyond.
- Two: As followers of Jesus, we have all experienced times of testing and temptation – times we have felt that we were travelling in the wilderness.
- One: As people of faith we confess that in the face of difficult decisions we are sometimes drawn to easy answers and actions that do not demand much of us.
- Two: As we extinguish the first Lenten candle we recall the ways in which we struggle to embody our faith in the actions of our lives.

OPENING HYMN #397 *O Praise the Gracious Power vs 1,2,3.4.6* Christpraise Ray

O praise the gracious power that tumbles walls of fear
and gathers in one house of faith all strangers far and near.
We praise you, Christ! Your cross has made us one!

O praise persistent truth that opens fistful minds
and eases from their anxious clutch the prejudice that blinds:
We praise you, Christ! Your cross has made us one!

O praise inclusive love, encircling every race,
oblivious to gender, wealth, to social rank or place:
We praise you, Christ! Your cross has made us one!

O praise the word of faith that claims us as God's own,
a living temple built on Christ, our rock and cornerstone:
We praise you, Christ! Your cross has made us one!

O praise the power, the truth, the love, the word, the tide.
Yet more than these, O praise their source, praise Christ the crucified:
We praise you, Christ! Your cross has made us one!

INVITATION TO WORSHIP AND PRAYER OF APPROACH

One: From water to wilderness:

**All: God's covenant endures;
God's kingdom comes near.**

One: On stone and in hearts:

**All: God's covenant endures;
God's kingdom comes near.**

One: From the ancestor of nations to the child of Spirit:

**All: God's covenant endures;
God's kingdom comes near.**

One: We follow Jesus on the Lenten path,

All: for where he is, we would be also.

One: The Lord be with you.

All: And also with you.

One: Let us pray. (please be seated)

PRAYER OF CONFESSION

SILENCE FOR PRIVATE PRAYER

KYRIE (based on *Pange Lingua* plainsong) P. Wright

God, have mercy upon us. Christ, have mercy upon us. God, have mercy upon us.

ASSURANCE OF PARDON

RESPONSE *Shepherd Me, O God* Martyr Haugen

Shepherd me, O God, beyond my wants, beyond my fears, from death into life.

READINGS

Genesis 9:8-17

Sign of God's covenant

Psalms 25:1-10

"Show us your ways. Teach us your paths."

ANTHEM *I Saw the Spirit*

Carmine Lappano

GOSPEL READING

Mark 1:9-15

Temptation in the wilderness

ONE: This is the witness of the gospel of Jesus.

CONGREGATIONAL RESPONSE: Thanks be to God.

CHILDREN'S TIME

HYMN #114 *Forty Days and Forty Nights*

Heinlein

- 1 Forty days and forty nights you were fasting in the wild;
forty days and forty nights tempted, and yet undefiled.
- 2 Sunbeams scorching all the day, chilly dewdrops nightly shed;
prowling beasts about your way; stones your pillow, earth your bed.
- 3 Shall not we your trial share, and from earthly joys abstain,
fasting with unceasing prayer, strong with you to suffer pain?
- 4 If temptations, vexing sore, flesh or spirit should assail,
you their vanquisher before, grant we may not faint nor fail.
- 5 Keep, oh keep us, Saviour dear, ever constant by your side;
that with you we may appear at the eternal Eastertide.

SERMON "THE COMFORTABLE PEW"

THE REV. KAREN BOWLES

SOLO "Fac ut Portem" from *Stabat Mater*

G. Pergolesi

Grant that I may bear the death of Christ, share His Passion, and commemorate His wounds

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

ANNOUNCEMENTS

OFFERING

COMMUNION HYMN #480 *Let us Break Bread Together*

Let us Break Bread

- 1 Let us break bread together on our knees,
when I fall down on my knees with my face to the rising sun,
Oh, Lord, have mercy on me.
- 2 Let us drink wine together on our knees,
- 3 Let us praise God together on our knees.

EUCCHARISTIC PRAYER

SANCTUS AND BENEDICTUS QUI VENIT (Based on *Adoro Te* plainsong)

P. Wright

CONSECRATION

AGNUS DEI (Based on *O Lamb of God* chorale)

P. Wright

INVITATION

POST COMMUNION PRAYER

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.

CLOSING HYMN #417 *God, as We Rise to Leave*

Lobet den Herren

1 God, as we rise to leave this shell of worship, called to the risk of unprotected living,
willing to be at one with all your people, we call for courage.

2 For all the strain with living interwoven, for the demands each day will make upon us,
and for the love we owe the modern city, God, make us cheerful.

3 Give us an eye for openings to serve you; make us alert when calm is interrupted,
ready and wise to use the unexpected, sharpen our insight.

4 Lift from our life the blanket of convention; give us the nerve to lose our life to others,
be with your church in death and resurrection, God of all ages.

COMMISSIONING AND BENEDICTION

ORGAN POSTLUDE *My Lord, What a Morning*

Spiritual, arr. Raymond T. Haan

LEADING IN WORSHIP are **The Rev. Karen Bowles** and **the Rev. Jason Meyers**. Reading the lessons are **Shawn Winsor** and **Sara Cohen**, and delivering the Children's Message is **Alana Martin**, Children and Youth Animator. The ministry of music is offered by Minister of Music **Dr. Patricia Wright**, Carillonneur **Roy Lee**, Wayne C. Vance Organ Scholar **Timothy Wisnicki**, Wayne C. Vance Junior Organ Scholar **Matthew Fraser**, mezzo-soprano **Valeria Kondrashov**, and lead singers of **The Metropolitan Choir**.

PROGRAMS AND EVENTS THIS WEEK

Zoom links can be found in MET Connect and at metunited.ca

Monday, February 22

8:00 a.m. Daily Lenten Office (Zoom)
8:00 p.m. Centring Prayer (Zoom)

Tuesday, February 22

8:00 a.m. Daily Lenten Office (Zoom)

Wednesday, February 24

8:00 a.m. Daily Lenten Office (Zoom)
8:30 a.m. Breakfast Bible Study (Zoom)
11:30 a.m. Hospitality Tent
12:00 p.m. Zoom Bible Study
6:00 p.m. Official Board Meeting

Thursday, February 25

8:00 a.m. Daily Lenten Office (Zoom)
12:00 p.m. Community Meal Program Narthex
6:30 p.m. Green Team (Zoom)
8:00 p.m. Evening Communion (Zoom)

Friday, February 26

8:00 a.m. Daily Lenten Office (Zoom)

Saturday, February 27

8:00 a.m. Lenten Bible Study (Zoom)

NEXT SUNDAY: February 28 - Second Sunday in Lent

The Rev. Jason Meyers preaching, Black History Celebration

1:00 p.m. Big Questions Course (Zoom) - *Who are we?*
3:00 p.m. Affirm Committee (Zoom)

**Sign up for the MET Connect weekly newsletter at metunited.ca
Follow us on Facebook, Instagram (@metropolitanunitedto) & YouTube**

BIG QUESTIONS COURSE STARTS TODAY!

The Big Questions course is a six-week Lenten exploration of Christian discipleship in the modern world. Using the United Church of Canada's faith document, A Song of Faith, we will delve into the big questions of the life of faith and discern what following Jesus means for our daily living. For current Metropolitan members and adherents wishing to deepen into their faith, or any spiritual seeker looking to explore the Christian way of life from an open and inclusive perspective. **Sundays, Feb 21-Mar 28 1:00-2:30 p.m. on Zoom.** Email jasonm@metunited.ca to sign up.

LENTEN DAILY OFFICE

An invitation to begin the days of Lent with a time of scripture and prayer. **February 18 to April 1 at 8:00 a.m** via Zoom (link available on the website).

LENTEN MET MUSINGS

A reflection for each day of the Lenten season written by ministers and members of our community, delivered to your inbox. Sign up at communications@metunited.ca.

PASTORAL CARE

Our ministers are connecting with members and determining the needs of our community during this challenging time. If you would like a pastoral phone call, you can contact Rev. Jason Meyers at jasonm@metunited.ca (416-363-0331 ext. 224) or Rev. Karen Bowles at karenb@metunited.ca (416) 670-1902.

WOULD YOU CONSIDER?

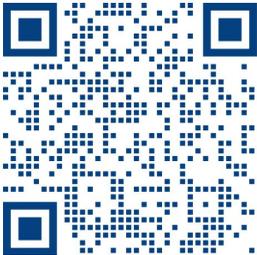
Would you consider joining the many in our congregation who donate by pre-authorized bank deduction or PAR? You set the amount and once a month, it's deducted from your bank account. PAR is easy to arrange and makes things simpler for you, while ensuring your vital support of our church continues during this time of pandemic disruption. It also enables our church to have a steady stream of income on a monthly basis. Please contact Elena in the church office at (416) 363-0331, ext. 229 or elenap@metunited.ca. You can also fill out a form at metunited.ca/donate.

OUR LEGACY. OUR FUTURE:

“Congregations and Christians everywhere are discovering that the best giving flows not from heads informed about the budget, but from hearts that are tuned to the will of God.” (Thomas C. Reike)
Thank you for remembering Metropolitan Church with a gift in your estate plans. For help, please contact Doug Flanders at (416) 769-2746; email dougflanders@sympatico.ca A legacy — It's ours to leave. **Generosity is the most natural outward expression of an inner attitude of compassion.** — Anonymous.

CONTINUED GIVING

A new, easy way to donate! Focus your smartphone's camera on the QR code to the left and you'll be directed to our giving page.





DIRECTORY

Chair of the Official Board: Kenneth Younie (boardchair@metunited.ca)
Intentional Interim Lead Minister: The Rev. Karen Bowles, ext. 227 (karenb@metunited.ca)
Minister of Congregational Care: The Rev. Jason Meyers, ext. 224 (jasonm@metunited.ca)
Minister of Music: Dr. Patricia Wright, ext. 226 (patw@metunited.ca)
Minister Emeritus: The Rev. Dr. G. Malcolm Sinclair (malcolms@metunited.ca)
Context in Ministry Student: Timothy Wisnicki
Children & Youth Ministries Animator: Alana Martin (alana@thegoproject.ca)
Teachers: Karlos Griffith (karlosgriffith@rogers.com)
Library: Marion Lick (library@metunited.ca) and Maureen Maguire (vigrass78@gmail.com)



Community Outreach Ministry

Outreach and Housing Worker: Megan Carver, ext. 221 (housingworker@metunited.ca)
Outreach and Community Service Coordinator: Stephanie Cunti, ext. 241 (csw@metunited.ca)

Ministry of Music

Minister of Music: Dr. Patricia Wright, ext. 226 (patw@metunited.ca)
Wayne C. Vance Organ Scholar: Timothy Wisnicki
Wayne C. Vance Junior Organ Scholar: Matthew Fraser
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. 222 (janelt@metunited.ca)
Office Administrator: Sheela Taylor, ext. 210 (sheelat@metunited.ca)
Financial Manager: Elena Pejcinovska, ext. 229 (elenap@metunited.ca)
Technical Administrator: Vinoth Thanganadan, ext. 223 (vinotht@metunited.ca)
Communications Specialist: Charles Davidson, ext. 228 (charlesd@metunited.ca)
Property Manager: Frank Cormier, ext. 231 (property@metunited.ca)
Custodian: Puvi Kanagalingam, ext. 305

56 Queen Street East, Toronto, ON M5C 2Z3

Tel. 416.363.0331 Fax. 416.363.7586

Email: metunited@metunited.ca