

**Trinity United Church**  
**June 19, 2022**  
**Happy Fathers' Day**  
**Proper 7**  
**Worship**

June 19, 2022

Pentecost Sunday

Worship Leader: Rev David Cathcart

Music Leader: David Rogers

Scripture Reader: Harvey Loucks

Zoom Hosts: Josee and Brian Wheatley, and Ross Shearer

Prelude:

Call to Worship and Opening Prayer:

Hymn: "Come and Find the Quiet Centre" VU 374

Reconciliation and Assurance:

Story: "My Soul Is Overwhelmed"

Psalm 42 VU 768-9

Reading Luke 8:26-39

Hymn: "If You Will Trust in God to Guide You" VU 286

Message:

Anthem:

"Your Generosity Matters 2021 – Every Person Is a Superhero:  
Esbikenh's Story

The Great Thanksgiving

Hymn: "Guide Me, O Though Great Jehovah" VU 651

Closing Blessing/Postlude:

**Call 9:45 for hosts, reader and choir**

**Run sound checks**

**Run psalm and reading cues**

**Welcome 10:15**

**10:30 Go live to YouTube**

- Spotlight Rev David

May the Peace of Christ be with you. **And also with you.**

Welcome to Trinity United Church in Port Coquitlam. We are grateful you have joined us for worship this morning.

Trinity United Church in Port Coquitlam resides on the unceded traditional territory of the Coast Salish People the Kwikwetlem First Nations. Our acknowledgement of uncaded traditional territory is a first step in reconciliation between settler cultures and indigenous peoples and the decolonization of western systems that continue to oppress and exploit indigenous peoples and land.

If you are joining us on YouTube, please check out our website at [ucpoco.ca](http://ucpoco.ca). We would also appreciate it if you would subscribe to our channel and like and share our services, those buttons are just below the video. It does help our reach when you do so.

I invite you to take a deep breath, and let it go. I invite you to take another breath, and let it go. And one more time, take a deep breath and let it go. Let us prepare our hearts and minds for worship.

**Prelude**

- Spotlight Kandle Kam

[light the Christ Candle]

**Sung Introit:** "Christ Is Risen from the Dead" VU 167

**Call to Worship and Opening Prayer:**

Be still and know that God is.

**Before creation began, the Ground of Being was.**

And when all human striving has ceased, God will still be.

**From everlasting to everlasting,**

**God is God, worthy to be worshiped.**

Let us sing praise to our God.

Almighty God,  
ruler of all things seen and unseen,  
through your Son, Jesus Christ  
and the Holy Spirit,  
you show your power and mercy.  
You cast out evil,  
tear down walls of division,  
comfort and challenge your people,  
and show signs of your kingdom  
coming into the world.  
Grant that we  
may lift up the discouraged,  
strengthen the doubting,  
and join with all who seek  
to thank you for your goodness.  
Glory be to you, O God,  
who, with the Holy Spirit and the Holy Word,  
together is worshiped and praised;  
One God forever. Amen.\*

\*Feasting on the Word liturgies for Year C, vol 2, p48 ff

**Hymn:** "Come and Find the Quiet Centre"

VU 374

## **Reconciliation and Assurance:**

God loves us unconditionally and we are called to proclaim that love through our words and actions to all our neighbours. But we cannot share that love, we can't be examples of God's love, if we have not, ourselves received that love.

We spent a great deal of time in conversation about how we receive God's love at last week's Pacific Mountain Regional Council Annual Meeting: "Rooted and Grounded in God's Love." The end result is that we need to slow down, we need to be absolutely present, and we need to listen quietly.

So I invite you to make yourselves as comfortable as you can on the pew or the chair where you are sitting, maybe let your eyes close or rest half lidded as we sit quietly in God's Reconciling Love.

Become aware of your breathing. You don't need to control it, just be aware of the air entering your lungs and then relaxing as you exhale.

Despite what we say about multitasking, the human mind finds it very hard to focus on more than one thing at a time. If you are focusing on your breathing it is very hard to also be anxious your budget, or your impending move, or the war in the Ukraine, or injustices of the past or even present. Focus on your inhalation... and your exhalation.

The simple fact that air, an essential component of life, is so abundant to us that we receive it and release it constantly all day,

every day from the time we are born to the time we die is a perfect example of God's abundant steadfast love for us.

We will sit for 90 seconds, silently focusing on our breath and expressing gratitude in our thoughts for the gift of that breath.

*[time 90 seconds]*

God gives us breath.

God hears our prayers.

We are not alone.

Thanks be to God.

**Story:** "My Soul Is Overwhelmed"

**Wind:** Howl like the wind

**Earthquake:** stomp your feet

**Fire:** snap fingers

**My soul is overwhelmed and longs for you O God,**

**like a thirsty dear pants for water;**

**I am pursued by my enemies to the ends of the earth,**

**send your light and truth to guide me.**

Ahab was a bad king and Jezebel was his wife. Elijah, God's prophet, had spoken out against Ahab, pointing out his wicked ways and calling him to change his path. Ahab told Jezebel all that Elijah had done. This angered Jezebel and she sent a messenger to Elijah saying, "By tomorrow I will have you killed!"

This made Elijah afraid so he got up and fled for his life. As he fled, he prayed:

**"My soul is overwhelmed and longs for you O God,  
Like a thirsty dear pants for water;  
I am pursued by my enemies to the ends of the earth,  
Send your light and truth to guide me."**

He fled to the land of Beersheba and then went a day's journey into the wilderness. He came to a solitary broom tree where he again prayed:

**"My soul is overwhelmed and longs for you O God,  
Like a thirsty dear pants for water;  
I am pursued by my enemies to the ends of the earth,  
Send your light and truth to guide me."**

He lay down under the broom tree, thinking that he would die of thirst and hunger in the wilderness and he slept. But an angel came, touched him and said, "Get up and eat." He looked and there was a cake and a jar of water. So he ate and drank and again he prayed:

**"My soul is overwhelmed and longs for you O God,  
Like a thirsty dear pants for water;  
I am pursued by my enemies to the ends of the earth,  
Send your light and truth to guide me."**

He lay down again thinking this time he might die of thirst and hunger in the wilderness as he slept. But again, a second time, an angel came, touched him and said, "Get up and eat." This food and drink gave him strength for forty days and forty nights while he traveled through the wilderness to Horeb, the mountain of God. Where once again he prayed:

**"My soul is overwhelmed and longs for you O God,  
Like a thirsty dear pants for water;**

**I am pursued by my enemies to the ends of the earth,  
Send your light and truth to guide me."**

He went into a cave on the mountain and he rested. The word of the Lord came to him, saying, "What are you doing here Elijah?" Elijah replied, "I have served the Lord with all my being; The Israelites have abandoned the covenant, thrown down the altars and killed all God's prophets with the sword. Only I remain and they are seeking my life." The Word of the Lord said, "Go out and stand on the mountain before the Lord, for the Lord is about to pass by."

Now there was a great **wind**. It was a great and powerful wind. The wind split mountains. The wind broke rocks to pieces. But the Lord was not in the wind.

Then there was an **earthquake**. The earthquake shook the mountain and made boulders fall. But God was not in the earthquake.

Then there was a **fire**. The fire flamed and grew and consumed the forests. But God was not in the fire.

After the fire, there was a **silence**.

Elijah wrapped himself in his mantle, went out and stood before the entrance of the cave. Once again he prayed:

**"My soul is overwhelmed and longs for you O God,  
Like a thirsty dear pants for water;  
I am pursued by my enemies to the ends of the earth,  
Send your light and truth to guide me."**

And in the stillness, Elijah heard a still, small voice and knew that God had heard his prayer.

**Explore Recognition:** Megan Rankin and Peggy Horvath

**Psalms 42** (sung)

VU 768-9

**Reading:**

The Reading today is from Chief R. Stacy Laforme's Poem,  
"Reconciliation."

I sit there crying  
I don't know why

I didn't know the children  
I didn't know the parents

But I knew their spirit  
I knew their love

I know their loss  
I know their potential

And I am overwhelmed  
By the pain and the hurt

The pain of the families and friends  
The pain of an entire people

Unable to protect them, to help them  
To comfort them, to love them

I did not know them  
But the pain is so real, so personal

I feel it in my core, my heart, my spirit

I sit here crying and I am not ashamed

I will cry for them, and the many others like them  
I will cry for you, I will cry for me

I'll cry for the what could have been  
Then I will calm myself, smudge myself, offer prayers

And know they are no longer in pain  
No longer do they hurt, they are at peace

In time I will tell their story, I will educate society  
So their memory is not lost to this world

And when I am asked  
What does reconciliation mean to me

I will say I want their lives back  
I want them to live, to soar

I want to hear their laughter  
See their smiles

Give me that  
And ill grant you reconciliation

R Stacy Laforme

[https://goodneighborscanada.ca/national-indigenous-peoples-day-2021?gclid=CjwKCAjw46CVBhB1EiwAgy6M4lVNsuC\\_lfTpRWRCpK9n7tmEv9ibJD4pb1QEanfR-sJcmWhXIGbldBoCcgsQAvD\\_BwE](https://goodneighborscanada.ca/national-indigenous-peoples-day-2021?gclid=CjwKCAjw46CVBhB1EiwAgy6M4lVNsuC_lfTpRWRCpK9n7tmEv9ibJD4pb1QEanfR-sJcmWhXIGbldBoCcgsQAvD_BwE)

Hear what the spirit is saying to the church. **Thanks be to God.**

**Message:**

The images you’ve been seeing on the screen today are from one of my journals. When I was doing the Pacific Jubilee Spiritual Direction Program, I studied Coast Salish Art. My journal is full of visual and written notes of one of the books I read, some articles I found online and a walking tour I did of public works of art in North Van.

*Let us pray,  
As we reflect on your sacred story,  
As we live in a time of reckoning,  
As we feel the anxiety as the consequences of our past actions  
threaten our wellbeing, and the wellbeing of future generations,  
As we seek reconciliation in the midst of that threat,  
As we long to know your reconciling and steadfast love,  
May our ears be opened,  
May our hearts be softened,  
May we receive and respond in love.  
Amen.*

This morning we hear the story of Elijah as he flees from an unjust tyrant who wants him dead. Elijah complains that he has been zealous for God, but the Israelites have forsaken the covenant and killed all of God's true prophets and only he is left. In the story as I told it, I had Elijah assert that he was overwhelmed, but in the scripture Elijah is more than overwhelmed.

The passage says "He asked that he might die: "It is enough; now, O Lord, take away my life, for I am no better than my ancestors."

If that isn't overwhelmed, I don't know what is.

I wonder how your soul is doing as we emerge from two long years of pandemic? I wonder how your soul is as we remember "Every Child Matters," knowing the complicit-ness of the church in the cultural genocide of Indigenous Peoples of Turtle Island? How is your soul doing as we experience another atmospheric river, and look forward to more heat domes and the fire season, mounting evidence of the climate crisis we've created? How is your soul doing as the cost of food, the cost of fuel continue to rise? How is your soul knowing that as our cost of living skyrockets, corporation's profits are also skyrocketing? while the rest of us are struggling to make ends meet, the ultra-rich are getting ultra richer? How is your soul as we hear about more and more violence in Ukraine and other parts of the world? How is your souls as the summer begins and we as a congregation are exactly where we thought we would be financially, anticipating a \$68,000 deficit in this year's budget?

How is your soul doing?

Most days, I'm not overwhelmed. certainly not to the point that I wish I was dead like Elijah. But I do run, all the time somewhere between "Whelmed" and "Overwhelmed" and it is only with a conscious effort that I ever get to a space that is "less than whelmed."

I think that the only people who can really live in a constant state of "less than whelmed" in the world today, are either deeply, deeply ignorant, or in profound denial.

In dealing with his state of overwhelm, a number of things happen for Elijah. He flees the situation that is assailing him. Then Angels provide him with shelter, rest, and food. He comes to a sacred place, Mount Horeb, where the tablets of the covenant were given to Moses and he prays. A messenger comes to him and he witnesses a wind storm, an earthquake and fires, and then silence. And in the silence, he hears God.

When we encounter our overwhelm, when, where and how do we hear God?

Last weekend was the Annual Meeting of the Pacific Mountain Regional Council. Our guest speaker was Jeff Chu. The theme of the meeting was "Rooted and Grounded in God's Love," and one of the questions raised to the speaker was, "How do we know we are loved by God?"

The Bible tells us we are love by God. We hear it in Sunday School and in church all the time. But how do we really know God's love? How do we feel God's love? What is the felt sense of God loving us? Is God's love just a bunch of wordy words, or is there an actual experience that goes with it?

Jeff pointed out that he lives with some chronic pain and at times he has to just feel the warmth of the sun on his skin and receive that as God's love. He spoke at length, numerous times, about the preparation of food, and his joy in digging around in the garden. Sun on his skin, food and gardening are pretty common things in his world, but he needs to take the time to receive these things as the love of God for him to know that God loves him.

He needs to slow down. He needs to breathe into the experience. He needs to consciously receive the gift of love being offered.

We cannot face the world and the overwhelm it throws at us if we do not have an experience of God's love. We cannot proclaim God's love if we haven't experienced God's love. We cannot share God's love in the world, if we ourselves have not experienced God's love.

If we are to accomplish anything that Christ calls us to do, we must do it from a space, rooted and grounded in God's love.

How do you experience being grounded and rooted in God's love? When do you stop to receive God's love? When do you know, without a shadow of a doubt that God is loving you here and now?

National Indigenous Peoples Day is this week, June 21. In our readings we heard the poem by R Stacey Laforme:

"And when I am asked  
what does reconciliation mean to me

I will say I want their lives back  
I want them to live, to soar

I want to hear their laughter  
See their smiles

Give me that  
And ill grant you reconciliation."

The author has set us an impossible task.

The more I learn about reconciliation, the need for reconciliation and what genuine reconciliation will need of us, the more difficult reconciliation becomes. It's overwhelming. It's so overwhelming

that I can imagine succumbing like Elijah and saying, Lord, just take our life because we can't do this!

And yet.

If we are truly grounded and rooted in God's love, we will manage.

God's love reconciles.

We will... eventually... do what we need to do to be reconciled. Because we must.

My favourite Jeff Chu quote from last weekend was, "In my mother's kitchen, nothing happens quickly, things marinade, things stew, things take a lot of time. Eventually, you feast."

May we be rooted and grounded in God's love.

May we bare witness to God's love in all our words and actions.

May we remain open to reconciliation and all that is required of us for reconciliation.

And may we, one day, feast.

Amen.

**Anthem:**

**Minute for Mission:** "Your Generosity Matters 2021 – Every Person Is a Superhero: Esbikenh's Story

<https://youtu.be/FUGn8HlqDMs>

The texts and downloadables are here:

<https://united-church.ca/stories/every-person-superhero-esbikenhs-story>

### **Offering:**

We are grateful for the many ways people choose to serve and give at Trinity United Church. Our ministry is only possible thanks to your gifts of money, time and service. If you would like to make a financial contribution, please send a check to the church office, or click on the “Donate Now” button on our website.

Let us pray:

Ground of all Being,

We present our offering of money, time,  
praise, and skill,  
that they may be used to extend  
your liberating presence.

With them,  
we offer our various ministries,  
that each of us may be part of your answer  
to the crisis of the world. Amen.

### **The Great Thanksgiving**

#### **O God, We Remember**

We remember in the beginning, you created everything that is: the smallest grain of sand, the largest ocean, the most distant star and the air we breathe. You made us and placed us in the midst of that creation. You looked at it and saw that it was good. O God,  
**We remember!**

We remember that you made a promise to Abraham and Sarah, Isaac and Rebecca, Jacob and Rachel; you made a promise to all the children of Israel, to all those who would seek to follow your way in the world. You gave us a law and scripture to know how you want us to live in the world. O God, **we remember!**

Sometimes we forget to follow the way you lead. We hurt ourselves and each other. We get lost, we get scared, we get confused. So you sent us prophets, wise men and women to call us back to following you. O God, **We remember!**

We remember that you sent your child, Jesus into the world to remind us who we are and whose we are. O God, **we remember!**

As we remember we sing with all the Saints and angels:

**Sanctus:** “Holy, Holy, Holy...”

VU 932

**Words of Institution:**

We remember that on the night before he died, Jesus sat at table with his friends. He took a loaf of bread, gave thanks for it, broke it, shared it with his friends and said, “Take, eat, this is the bread of new life, broken for you. Whenever you do this, remember me.” O God, **We remember!**

We remember on that same night he took a cup of wine, gave thanks for it, shared it with his friends and said, “Share this cup, this is God’s promise poured out for you. Whenever you do this, remember me.” O God, **We remember!**

We remember the mystery of our faith:

**Memorial Acclamation:** “Christ has died...”

VU 933

**Prayer for Transformation:**

Loving God, Send your Spirit among us. Fill us, these gifts and what we do with your presence so we might be nourished in this meal to follow your call. Amen.

**Doxology:**

All Glory is your, One God, now and forever, amen.

**Amen:**

VU 933

**A Paraphrase of The Disciples' Prayer:**

VU 916

The Bread of New Life, broken for you.  
The Cup of Promise, poured out for you.

**Prayer after Communion:**

**Call us, O God,  
and we will follow.**

**We give you thanks  
for these gifts of bread and juice,  
for your presence among us  
and for the gift of this community.**

**May these gifts transform our hearts,  
that we might set down  
the comfortable daily routines of our lives,  
and follow you without fear into the unknown.**

**In the name of the One we may trust  
to the end of time, we pray. Amen.**

**Hymn: "Guide Me, O Though Great Jehovah"**

VU 651

**Blessing:**

**Postlude:**

- Stop live to YouTube
- In “security” check “unmute self”