

WELCOME TO METROPOLITAN UNITED CHURCH



FOURTH SUNDAY AFTER EPIPHANY

January 29, 2023

We are an Affirming Congregation, offering welcome and companionship to all, inclusive of age, ethnicity, gender identity, differing abilities, and sexual orientation.

For thousands of years, this land has been the traditional home of the Huron-Wendat, the Seneca, and the Mississaugas of the Credit, covered by Treaty 13. It is still home to Indigenous people from across Turtle Island.

We are grateful to work, live and worship on this land.

NOTES FOR IN-PERSON WORSHIP

Masks are recommended when in the church building. ♪ indicates “please stand as you are able.”

ORDER OF SERVICE

CARILLON PRELUDE (outside, ending with:)

The Bells of Saint Joseph

Henrique Coe, b. 1986

ORGAN PRELUDE (featuring music by Jewish composers)

Prelude and Fugue upon Synagogue Melodies

Ernst August Beyer, 1868-1943

Vier Präludien, op. 10

Joseph Sulzer, 1850-1926

Andante maestoso - Larghetto - Lento e lugubre - Andante religioso

WORDS OF WELCOME

♪PROCESSIONAL HYMN: 240 *Praise, my soul, the King of Heaven*

LAUDA ANIMA
descant by Derek Holman

♪INVITATION TO WORSHIP

One: Let Christ's love for all of God's community fill the earth.

All: God calls us to show loving kindness.

One: Let Christ's light shine in the places of our brokenness,
in the places that we seek renewal and connection.

All: God's grace calls us to walk humbly and joyfully in the Spirit,

One: Let us join together as a community with humility and hope.

All: Called, blessed and inspired, let us worship God together.

One: The Lord be with you.

All: And also with you.

One: Let us pray. *(please be seated)*

PRAYER OF APPROACH AND CONFESSION

SILENCE FOR PRIVATE PRAYER

KYRIE (Congregation and choir) **Voices United 747**

Paul Merritt

ASSURANCE OF PARDON

♪ACT OF PRAISE (All) **Voices United 81, v.5**

DIX

In the heavenly country bright none shall need created light,
You, its light, its joy, its crown, you its sun which goes not down,
There forever may we sing hallelujah to our King.

READINGS

Responsive Psalm 149: *Voices United 873, Refrain I*

Sing to God a New Song

Micah 6:1-8

What God Requires

ANTHEM *Ubi caritas*

Ola Gjeilo, b. 1978

Where charity and love are, God is there. Christ's love has gathered us into one. Let us rejoice and be pleased in Him. Let us fear, and let us love the living God. And may we love each other with a sincere heart.

-Antiphon for the washing of the feet on Maundy Thursday

GOSPEL READING **Matthew 5:1-12**

The Beatitudes

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

All: Thanks be to God.

LIGHTING THE SUNDAY SCHOOL LANTERN

HYMN: 375 *Spirit of Gentleness*

SPIRIT OF GENTLENESS

trumpet descant by Jonathan Oldengarm

SERMON ***"The First Imperative"***

The Rev. Jason Meyers

ANTHEM *Mr. Blue Sky*

Jeff Lynn, arr. Roger Emerson

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. *(please greet each other with a bow)*

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. *(please be seated)*

ANNOUNCEMENTS AND OFFERING

OFFERTORY *Pie Jesu, from Requiem*
Sarah Hemeon, trumpeter

Andrew Lloyd Webber, b. 1948

OFFERTORY HYMN 93, v.4 *When Heaven's Bright with Mystery*

SUSSEX CAROL

When heaven's bright with mystery and stars still lead an unknown way,
When love still lights a gentle path where courts of power can hold no sway,
There with the Magi, let us kneel, our gifts to share, God's world to heal.

♪DEDICATION OF OFFERING

♪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. (*please be seated*)

PRAYERS OF THE PEOPLE

LORD'S PRAYER

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: 633 *Bless Now, O God, the Journey*

THORNBURY

♪COMMISSIONING AND BENEDICTION

♪BLESSING *Voices United 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

Finale, from *Symphonie no. 1*, op. 14

Louis Vierne, 1870-1937



Leading in worship are **The Rev. Jason Meyers, Jim Harbell, and Ael Spence**. Reading the lessons is **Susan Girvan**. The ministry of music is offered by Minister of Music **Dr. Jonathan Oldengarm**, Wayne C. Vance Organ Scholar **Joshua Duncan Lee**, trumpeter **Sarah Hemeon** (**Metropolitan Silver Band** member), and the **Metropolitan Choir**. Our sound and livestream technicians are **Paya Dehghani, Nishaanth Siva** and **Alastair McDonald**. Metropolitan's livestreaming equipment was made possible thanks to the generosity of **Wayne C. Vance**.

MUSIC NOTES

This morning's musical programme is a snapshot of what happens here at each Met each week. From the 54-bell Massey-Drury carillon to ancient chant sung by the choir to the majesty of Canada's largest pipe organ to pop music to the exuberance of a brass band, we explore a broad range of the sacred and secular in worship services and in concerts. While the core of our repertoire is the Western classical canon, we step outside of it creatively on a regular basis to celebrate the richness of many traditions. Music in our services amplifies the spoken Word, and the hymns and responses are an opportunity for you, the congregation, to give voice to your praise. We also speak to important cultural or historical moments in joy or sorrow—for example, this morning's prelude of works by Jewish composers marks this past Friday's International Holocaust Remembrance Day.

This morning's carillon prelude is written by Dr. Henrique Coe, a Brazilian-Canadian music educator and composer of sacred music. While studying at the Université de Montréal, he heard the carillon at the Oratoire Saint-Joseph du Mont-Royal, and was inspired to write "The Bells of Saint Joseph". The 3-note main motive of the piece sounds like "Saint Joseph" pronounced in French.

UPCOMING PROGRAMS AND EVENTS

**Zoom links in Met Connect and at metunited.ca*

MONDAY, JANUARY 30 - MET OFFICES WORKING REMOTELY

8:00 p.m. Centring Prayer*

TUESDAY, JANUARY 31

7:00 p.m. Metropolitan Silver Band

WEDNESDAY, FEBRUARY 1

8:45 a.m. Celtic Morning Prayer*

12:00 p.m. Zoom Bible Study*

7:00 p.m. Congregational Care

THURSDAY, FEBRUARY 2

- 8:00 a.m. Chop Chop
- 8:30 a.m. Breakfast Bible Study*
- 12:00 p.m. Footcare Clinic
- 12:00 p.m. Noon at Met: soprano Hannah Crawford, pianist Spencer Kryzanowski
- 6:30 p.m. Handbell Choir
- 7:30 p.m. Metropolitan Choir

FRIDAY, FEBRUARY 3

- 9:00 a.m. Footcare Clinic
- 9:30 a.m. Winter Breakfast Program
- 12:30 p.m. Art and Computer Lab

SATURDAY, FEBRUARY 4

- 8:30 a.m. Saturday Bible Study*

NEXT SUNDAY, FEBRUARY 5: Fifth Sunday after Epiphany - Black History Month

- 9:30 a.m. Choristers
- 10:00 a.m. Library Open (re-opens 12:15 p.m.)
- 10:30 a.m. Nursery
- 11:00 a.m. Worship - The Rev. Jason Meyers preaching
Readings: Isaiah 58:1-12; 1 Corinthians 2:1-12; Matthew 5:13-20
- 11:15 a.m. Sunday School
- 12:30 p.m. Sunday Lunch at the Imperial Pub

ONGOING PROGRAMS

Centring Prayer (Zoom): Mondays at 8:00 p.m.

A gentle time of silent prayer to become aware of God's presence in our lives.

Zoom Bible Study: Wednesdays at Noon

A weekly consideration of the scripture passages and attending commentary.

Breakfast Bible Study (Zoom)

Thursdays at 8:30 a.m.

Saturday Bible Study (Zoom)

Saturdays at 8:30 a.m.

COMMUNITY NEWS

NEW SERVICES - CELTIC MORNING PRAYER & MONTHLY TAIZÉ

Celtic Morning Prayer (in person in the chapel, and on Zoom) starts this Thursday at 8:45 a.m. - a 15 minute service of scripture, song, silence and prayer. Then on Tuesday, Feb. 7 at 5:15 p.m. we hold our first monthly Taizé service (livestream and in person). Zoom link for Celtic Morning Prayer is in this week's Met Connect and on the site.

THE "BIG QUESTION" COURSE - ONLINE OR IN PERSON

Who is God? Who are we? What is the work of the Spirit? Who is Jesus? What is the church? What does it all mean to me? Designed for "seekers and dreamers", we are offering the Big Questions Course over the six weeks of Lent. If you are new to church/fait h or just looking to think deeply about what is truly important to you, this course is for you. Please register through the link on our site. Contact Rev. Meyers if you have questions, or for more information.

NOON AT MET RETURNS THURSDAY

Our midday concert series returns, this time in partnership with the Glenn Gould School of Music, and the Laureat and Musical Oasis series of the University of Toronto's Faculty of Music. February's artists include February 2: soprano Hannah Crawford, (prizewinner at the COC Centre Stage competition) with pianist Spencer Kryzanowski; February 9: organist Jonathan Oldengarm (works by Black composers, celebrating Black History Month); February 16: organist Joshua Duncan Lee; February 23: trumpeter Silas Friesen; organist and pianist Jonathan Oldengarm.

FEBRUARY CONCERT: TRINITY BACH PROJECT

On Sunday, February 19 at 3:00 p.m. in our first Spring 2023 Music at Met performance, we will be partnering with the singers and instrumentalists of the Trinity Bach Project to present Bach's *Cantata 23* and motet *Singet dem Herren*, BWV 225, as well as Brahms' *Geistliches Lied* and other masterworks. Your freewill donations will help offset the costs of the performance, and will allow us to continue this partnership—which seeks to make great sacred choral music accessible to everyone, regardless of creed or income.



CONTINUED GIVING

Scan the code to the left to be directed to our giving page. You can continue to mail in envelopes and/or cheques to the church, or arrange a pre-authorized remittance for regular giving (PAR) from your bank account, or credit card - forms at metunited.ca/donate. Please contact Elena Pejcinovska, Financial Manager at elenap@metunited.ca or 416-363-0331 ext. 229 with any questions.

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