

WELCOME TO METROPOLITAN UNITED CHURCH



HOMECOMING SUNDAY

September 7, 2025

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.

ORDER OF SERVICE

♪ indicates “please stand as you are able.” Our services are livestreamed so please be aware that you may appear on camera. If you have children with you, there is Sunday School and a quiet play area at the back of the sanctuary.

CARILLON PRELUDE

BAND PRELUDE

Blacow

Fred W. Blacow, arr. Lloyd Scott

Adoration

Florence Price, transc. Andrew Wainwright

Cornet soloist - Rosalie O'Brien

To Ask the Lord's Blessing

Simon Morton

~ We are gathered in Christ ~

WORDS OF WELCOME

♪ PROCESSIONAL HYMN 217 *All Creatures of Our God and King*

LASST UNS ERFREUEN

INVITATION TO WORSHIP

One: Joy comes to those who follow God's ways.

All: We will follow the Lord with joyful hearts!

One: Those who follow the Lord are like trees planted by the river,
bearing fruit each season.

All: May our lives be fruitful and blessed by God!

One: Worship the Lord who leads us to joy and abundance.

All: Let us worship God now and throughout all our days.

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 (All)

Jacques Berthier

Ky-ri-e, Ky-ri-e, e-le-i-son. Ky-ri-e, Ky-ri-e, e-le-i-son.

ASSURANCE OF PARDON

ACT OF PRAISE (All) More Voices 59 Alleluia, Praise to God

trad. Yoruba Song

Alleluia, praise to God. Praises, high praises, we bring you, O God. Alleluia, praise to God.
Songs of joy sing out to God. Dancing and singing, we praise you, O God. Songs of joy...
Beat the drums, sing out to God. Praises, high praises, we bring you, O God. Beat the drums...

~ We encounter the Word ~

READINGS

Deuteronomy 30:15-20

“I have set before you today life and prosperity, death and adversity.”

Psalms 139:1-6, 13-18

“O LORD, you have searched me and known me.”

ANTHEM *Cantate Domino*

Giuseppe Ottavio Pitoni, 1657-1745

Text and translation at Psalm 149:1-2.

GOSPEL

Luke 14:25-33

The cost of discipleship.

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

All: Thanks be to God.

A TIME WITH YOUNG PEOPLE (*Children are invited forward to go to Sunday School*)

HYMN 202 *O Breath of Life, Come Sweeping Through Us*

SPIRITUS VITAE

SERMON *“Spiritual AND Religious”*

The Rev. Jason Meyers

ANTHEM *Magnificat in B flat*

Charles Villiers Stanford, 1852-1924

Text at Luke 1:46-55.

~ We respond with love ~

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. *(please be seated)*



ANNOUNCEMENTS AND OFFERING *(To make a donation, you can use the envelopes in the pews or scan the QR code to the right with your phone.)*

OFFERTORY *Reflections in Nature*

Metropolitan Silver Band, directed by Fran Harvey

Robert Readhead

DOXOLOGY 541

Praise God from whom all blessings flow;

Praise God, all creatures high and low.

Give thanks to God in love made known:

Creator, Word and Spirit, One. Amen.

OLD 100TH

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.

~ We are sent to offer hope, healing and beauty in Jesus' name ~

RECESSIONAL HYMN 660 *How Firm a Foundation*

ST DENIO

COMMISSIONING AND BENEDICTION

BLESSING 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.

BAND POSTLUDE *Stand Up for Jesus!*

George James Webb, arr. Erik Silfverberg

After the service, you are invited into Founders' Chapel for a "Chapel Chat" on our hopes for the new church year.



Leading in worship are **The Rev. Jason Meyers**, **The Rev. Mark Aitchison**, and **Ael Spence**. Reading the lessons is **Rita Arendz**. The ministry of music is offered by Wayne C. Vance Carillonneur **Dr. Elisa Tersigni**, the **Metropolitan Silver Band** directed by **Fran Harvey**, Minister of Music **Dr. Jonathan Oldengarm**, Wayne C. Vance Organ Scholar **Ethan Duan**, and the **Metropolitan Choir**. Members of our Care Staff are **Siva Selva** and **Gerold Mayer**. Our sound and livestream technicians are **Paya Dehghani** and **Nishaanth Siva**. Metropolitan's livestreaming equipment was made possible thanks to the generosity of **Wayne C. Vance**. Music reprinted with permission under One Licence #707-069. All rights reserved.

MUSIC NOTES

The Silver Band is delighted to be sharing our music in our 92nd Gathering Sunday at Metropolitan today. The music for today's service is music that we hope will inspire and uplift you as we gather together to begin another year. The Prelude will start with a beautiful hymn tune, **Blacow**, that may be familiar to some from their youth group or Sunday school days. The lyrics written by Anna B. Warner (best known for writing **Jesus Loves Me**) sometime around 1865, remind us to look at the world with joy. "The world looks very beautiful, And full of joy to me; The sun shines out in glory on everything I see. I know I shall be happy while in the world I stay. For I will follow Jesus all the way." The second selection, **Adoration**, was written by American classical composer, pianist, organist and music teacher, Florence Price (1887-1953). The first African-American woman to be recognised as a symphonic composer, she created a broad body of music with over 300 works ranging from symphonies to art songs and solo works. In 2009 a collection of works and papers were found in her abandoned summer home and the arranger, Andrew Wainwright, chose **Adoration** from these to create this wonderful cornet solo. Originally an organ piece from the 1950s, the lovely, flowing melody and lush harmonies create a beautiful, reverent homage to the many blessings we share as a faith community. The last selection in the Prelude is a special work written for the New York Staff Band of the Salvation Army in 2019 called **To Ask the Lord's Blessing**. Written in turbulent times in the 16th Century, the hymn tune **Kremser**, or **We Gather Together**, reflected the joy in gathering as a community of faith when the Protestant people had been long fighting oppression. Simon Morton uses **Kremser** and it's history to begin this modern work with an ominous portrayal of an oppressive world - one in which we sometimes find ourselves even today - of clashing ideals and overwhelming negativity. As the music progresses, the glorious hymn tune emerges from the turmoil, bringing us together, rejoicing in the beauty of the world, and in the strength of unity that surrounds us as we heal our

spirits in our gathering. With the final, glorious notes, he leads us back out into that clashing chaotic world, but refreshed, strong, and ready for what comes next. The Offertory and Postludes today are more traditional pieces with which many of the congregation will be familiar. Robert Redhead's glorious work *Reflections in Nature* is based on the hymn tune *Fewster*, or *When Jesus Looked O'er Galilee*. It is a thoughtful work that reminds us to look around us and to see with clarity as we work together as a community. The Postlude is a rousing, fun rendition of Stand Up for Jesus! The lyrics, written by George Duffield in 1858, include some that are a reminder to all of us to go back out into the world refreshed and ready to join back into the fray. "Stand up, stand up for Jesus, the trumpet call obey; forth to the mighty conflict, in this His glorious day."

Fran Harvey, B.Mus, B.Ed, MDE, OCT

UPCOMING PROGRAMS AND EVENTS

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

MONDAY, SEPTEMBER 8

8:00 p.m. Centring Prayer*

TUESDAY, SEPTEMBER 9

12:30 p.m. Celtic Communion*

6:00 p.m. Trustees

7:00 p.m. Metropolitan Silver Band

WEDNESDAY, SEPTEMBER 10

12:00 p.m. Wednesday Bible Study*

4:00 p.m. Worship Committee

THURSDAY, SEPTEMBER 11

8:45 a.m. Thursday Morning Bible Study*

10:45 a.m. Rimbala*

1:00 p.m. Knitting Group*

1:15 p.m. Rimbala*

6:30 p.m. Handbell Choir

6:30 p.m. Stewardship Committee

7:30 p.m. Metropolitan Choir

FRIDAY, SEPTEMBER 12

10:30 a.m. Summer Community Meal Program

NEXT SUNDAY: SEPTEMBER 14 - The First Sunday of Creation Time

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: Psalm 14; 1 Timothy 1:12-17, Luke 15:1-10

11:15 a.m. Sunday School

12:15 p.m. Congregational Meeting - Election of Board and Trustees*

COMMUNITY NEWS

SIGN UP FOR THE MET CONNECT EMAIL

Are you signed up for Met Connect? Every Friday the Met Connect email update lands in your inbox with important news from the Met community. If you haven't signed up, please visit our website at metunited.ca or email communications@metunited.ca.

RETURNING PROGRAMS AT MET

Centring Prayer: Mondays at 8:00 p.m. on Zoom

Centring Prayer is a method of Christian meditation that places a strong emphasis on interior silence and the centring of oneself on the presence of God.

Celtic Communion: Tuesdays at 12:30pm in the Chapel and on Zoom

Under candlelight, we sing, pray, and take the sacred elements together in supportive community.

Wednesday @ Noon Bible Study on Zoom

A mid-week opportunity for reflection and discussion of scripture with a focus on the main preaching text for the upcoming Sunday. Led by Rev. Jason Meyers.

Thursday Morning Bible Study: 8:45 a.m. on Zoom

Led by Rev. Cora Krommenhoek, the Thursday Morning Bible Study is an open and informative consideration of one or two of the Scriptures for the following Sunday.

Rimbala: Thursdays at 10:45 a.m. and 1.15 p.m. in the Chancel Room and on Zoom

Led by Dr. Daniel Rubinoff, Rimbala combines live, improvised music with simple and fun movement activities to help seniors improve balance, mobility and memory.

Hybrid Knitting: Thursdays at 1:00 p.m. in the Learning Room and on Zoom

A ministry of yarn and conversation. All knitters, stitchers, and crocheters of all skill levels are most welcome to join.

VOLUNTEERS FOR MET COMMUNITY MEAL PROGRAM

The Met meal program, currently serving meals outside, is moving indoors in October. From October 17th through May 2026, hot meals will be served in the warmth of the community hall by caring volunteers. The program welcomes new volunteers available on Fridays from 10 AM to 1 PM. If interested, please contact Julian Kitchen at juliandkitchen@gmail.com.

MET HOSTS DOWNTOWN CORE TEAM ON SEPTEMBER 10th

Metropolitan's grounds will play host to the CORE Team's BBQ. The Downtown Community Outreach Response and Engagement (CORE) Team is comprised of Toronto Public Health Nurses and Toronto Police Service officers. We hope this BBQ will provide meaningful community connection, opportunities to link people with resources, and a chance for everyone attending to feel supported and included.

CONTINUED GIVING

Scan the QR code to be directed to our online giving page. You can also send an e-transfer to donations@metunited.ca, or mail in envelopes and/or cheques to the church. If you would like to arrange a pre-authorized remittance for regular giving (PAR) from your bank account or credit card, please contact Elena Pejcinovska at elenap@metunited.ca or 416-363-0331 ext. 229.



DIRECTORY

Chair of the Official Board: Joseph Curry (boardchair@metunited.ca)
Minister of Worship & Faith Formation: The Rev. Jason Meyers, ext 224. (jasonm@metunited.ca)
Minister of Pastoral Care: The Rev. Mark Aitchison, ext. 254 (marka@metunited.ca)
Minister of Music: Dr. Jonathan Oldengarm, ext. 226 (jonathano@metunited.ca)
Minister Emeritus: The Rev. Dr. G. Malcolm Sinclair
Minister of Music Emerita: Dr. Patricia Wright
Voluntary Associate Minister: The Rev. Alana Martin (officiant@metunited.ca)
Voluntary Associate Minister: The Rev. Warren McDougall (officiant2@metunited.ca)
Children & Youth Coordinator: Ael Spence (ael@metunited.ca)
Nursery Attendant: Johnavac Abraham
Library: Marion Lick and Maureen Maguire (library@metunited.ca)
Seniors Support Worker: Allen Mathewkutty (allenm@metunited.ca)



Ministry of Music

Minister of Music: Dr. Jonathan Oldengarm, ext. 226 (jonathano@metunited.ca)
Wayne C. Vance Organ Scholar: Ethan Duan
Metropolitan Choir Lead Singers: Noelle Slaney, Gisele Kulak, Valeria Kondrashov, Michelle Simmons, Alexander Cappellazzo, Alain Paquette, Ian Speck, Matheus Coelho, Parker Clements
Director, Great Heart Youth Ensemble: Dr. Benjamin Stein
Conductor, Metropolitan Choristers: Alessia Signorella
Wayne C. Vance Carillonist: Dr. Elisa Tersigni
Director, Metropolitan Silver Band: Fran Harvey



Administrative Ministry

Executive Director: Dr. David Harrison, ext. 222 (davidh@metunited.ca)
Office & Communications Administrator: Elisabeth Beattie, ext. 210 (elisabethb@metunited.ca)
Financial Manager: Elena Pejcinovska, ext. 229 (elenap@metunited.ca)
Property Manager: Frank Cormier, ext. 231 (frankc@metunited.ca)
Custodians: Puvi Kanagalingam, Siva Selva, Mohammad Wahedi, Gerold Mayer, Austin Tran, ext. 320

56 Queen Street East, Toronto, ON M5C 2Z3

Tel. 416.363.0331 | Email: office@metunited.ca



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