

WELCOME TO METROPOLITAN UNITED CHURCH



Did you know that the chancel of Metropolitan is home to over 20 church mice? The preacher mouse addressing her congregation was donated by our former Intentional Interim Lead Minister, Rev. Karen Bowles.

TWENTIETH SUNDAY AFTER PENTECOST **October 26, 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

GREAT HEART PRELUDE

Tangled Web

Stay Alive

Visions

See the Light

Matt Hires

Jose Gonzales

Stevie Wonder

Green Day

~ 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: From the routines of work and school, home and play,

All: we have come to worship God.

One: With the weight of the world heavy on our hearts,

All: we have come to worship God.

One: Even in the midst of our fears and our hopes,

All: we offer our prayer and praise in Jesus' name.

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 *(Sung by All)* **More Voices 67**

John Bell

Lord, have mercy. Christ, have mercy. Lord, have mercy.

ASSURANCE OF PARDON

♪ **ACT OF PRAISE** *(All, sung 2x)* **Voices United 37** *Gloria*

Jacques Berthier

Gloria, gloria, in excelsis Deo. Gloria, gloria, alleluia, alleluia.

~ *We encounter the Word* ~

READING

Joel 2:23-32

The promise to restore Israel

ANTHEM *Fight the Good Fight*

John Gardner, 1917-2011

READINGS

2 Thessalonians 1:11-12

Being worthy of God's call

Matthew 4:18-22

Jesus Calls the First Disciples

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 242 *Let All Things Now Living*

THE ASHGROVE

SERMON **"Pray. Work. Rest. Repeat."**

Lester Randall guest preacher: The Rev. Susan Sparks

ANTHEM *How Can I Keep from Singing*

Sarah Quartel

The text at Voices United 716.

~ *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 *Jesus Children Of America*

Stevie Wonder

Great Heart Youth Ensemble, directed by Dr. Benjamin

Musicians: Khashi Bahrami, Lexie Landerkin, Leo Landon, Charlotte Mallia

OFFERTORY HYMN 227

AR HYD Y NOS

For the fruit of all creation, thanks be to God.

For the gifts to every nation, thanks be to God.

For the ploughing, sowing, reaping, silent growth while we are sleeping,
future needs in earth's safekeeping, thanks be to God.

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 509 *I, the Lord of Sea and Sky*

HERE I AM, LORD

COMMISSIONING AND BENEDICTION

BLESSING 423 *(All - please turn toward the centre)*

RANDOLPH

God be with you till we meet again; Loving counsels guide, uphold you,
With a shepherd's care enfold you; God be with you till we meet again.



About 15 minutes after the service, you are invited for a tour of the chancel where our Minister of Music Emerita, Dr. Patricia Wright, will point out some of the church mice and other hidden gems of Metropolitan.

Leading in worship are **The Rev. Susan Sparks, The Rev. Jason Meyers, and Ael Spence**. Reading the lessons is **Heather Walsh**. The ministry of music is offered by Wayne C. Vance Carillonneur **Dr. Elisa Tersigni**, Minister of Music **Dr. Jonathan Oldengarm**, Wayne C. Vance Organ Scholars **Ethan Duan** and **Edward Xu**, and the **Metropolitan Choir**. Members of our Care Staff are **Siva Selva, Mohammad Wahedi**. 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

This morning, the Great Heart Youth Ensemble presents songs that express the desire for connection, in the midst of intimidating locales and confusing times. Matt Hire's *Tangled Web* and José González's *Stay Alive* both respond to urban alienation, fighting bleakness with hope and resolve. Stevie Wonder's *Visions* expresses the blind composer's resilience and faith, locating spirituality in the tactile. His *Jesus Children Of America*, composed in 1972, anticipates by decades the turbulence of an era in which faith has been weaponized for a savage politics. Green Day's *See the Light*, from their rock opera *21st Century Breakdown*, looks beyond political tribalism to more profound connections.

UPCOMING PROGRAMS AND EVENTS

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

MONDAY, OCTOBER 27

8:00 p.m. Centring Prayer*

TUESDAY, OCTOBER 28

No Celtic Communion this week

7:00 p.m. Metropolitan Silver Band

WEDNESDAY, OCTOBER 29

12:00 p.m. Wednesday Bible Study*

6:30 p.m. Let's Talk About Death!*

THURSDAY, OCTOBER 30

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

10:45 a.m. Rimbala*

12:00 p.m. Noon at Met*

1:00 p.m. Knitting Group*

4:30 p.m. Chop Chop
6:30 p.m. Handbell Choir
7:30 p.m. Metropolitan Choir

FRIDAY, OCTOBER 31

10:30 a.m. Community Meal Program

NEXT SUNDAY: NOVEMBER 2 - Anniversary Sunday

10:00 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 Reverend Jason Meyers preaching
 Habakkuk 1:1-4; 2:1-4; Psalm 32; Luke 19:1-10
11:15 a.m. Sunday School
12:30 p.m. Lunch & Learn - Met's Stained Glass*

COMMUNITY NEWS

TODAY! NEW MEMBERS LUNCH

New member? Join us for lunch in the Chancel Room after the service!

LET'S TALK ABOUT DEATH! - October 29

On October 29, at 6.30 pm, just in time for Halloween, we will gather amidst the spirits of the church to talk about the thing that we often fear to speak of, but comes for us all nonetheless. What does scripture say? What do our heart know to be true? Let's take a peek behind the veil. Join us in person or on Zoom!

NOON AT MET

Noon at Met this week features Daniel Hamin Go on violoncello.

LUNCH AND LEARN

Join us in the sanctuary after the service on November 2 to learn things you didn't know about Met's beautiful stained glass windows.

UPCOMING SERVICES AT MET

- November 2 - *Anniversary Sunday*
In our Anniversary Service we will welcome new members into our community and enjoy the music ministry of the Metropolitan Silver Band - the only brass band connected to a United Church in Canada! We will also be leaning on the wisdom of our ancestors at Met, specifically the work and witness of The Very Rev. Peter Bryce, as we wrestle with the beautiful and sometimes hard realities of ministry in Toronto's downtown core. It will be a special service - please invite your friends and family members.
- November 9 - *Remembrance Sunday* - Major Joseph Curry preaching
- November 16 - *Emmanuel College Phd student and 2025 Tow Scholarship winner Ruth Kause preaching*
- November 23 - *Reign of Christ – Stewardship Sunday*

ADVENT STARTS ON NOV 30

In days of division and disinformation, it can be hard to discern what the truth is. Advent is a season of intentional waiting and questioning that prepares our hearts to encounter the deepest truth: that God is with us. O Come, O Come Emmanuel!

ADVENT AT METROPOLITAN UNITED CHURCH

How can this be?

Luke 1:34



ASKING BETTER QUESTIONS IN AN AGE OF DISINFORMATION

MARK YOUR CALENDARS FOR CHRISTMAS

- Dec 7 at 12:30pm: Christmas Lunch
- Dec 7 at 2:00pm: 'Deck the Halls' concert with the Metropolitan Silver Band
- Dec 14 at 11:00am: Christmas Pageant
- Dec 14 at 7:30pm: Candlelight Carol Service
- Blue Christmas - date and time to be confirmed
- Dec 24 at 4:00pm - Christmas Eve - "A new Christmas Tradition"
- Dec 24 at 11:00pm - Candlelight Christmas Eve with Holy Communion
- Dec 25 at 11:00am - Christmas Day

COFFEE MUGS NEEDED

Do you have extra coffee mugs cluttering your kitchen cupboards? If so, please consider donating them to Met for use in hospitality after services and the Met Community Meal Programs. Mugs may be left in the pantry near the entrance of the church.

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.



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