

# WELCOME TO METROPOLITAN UNITED CHURCH

*Hope, Healing and Beauty in Jesus' name*



"Touching the Hem of His Robe" from the Marjorie Wood memorial banners at the front of the church.

## THE THIRD SUNDAY AFTER THE EPIPHANY

**January 25, 2026**

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** *Sometimes I Feel Like a Motherless Child* trad., arr. William Gordon  
*Morning Light (Stand Up for Jesus)* G.J. Webb, arr. Rieks van der Velde  
*Gospels and Spirituals* trad., arr. Ray Woodfield

~ *We are gathered in Christ* ~

## WORDS OF WELCOME

♪ **PROCESSIONAL HYMN 313** *God, Whose Almighty Word* MOSCOW

## ♪ INVITATION TO WORSHIP

One: The Lord is our light and salvation.

**All: We will not be afraid.**

One: Behold the beauty of the Lord!

**All: God will shelter us on any day of trouble and set us high upon a rock.**

One: Let God's people shout for joy!

**All: For Christ calls us and claims us as his own.**

One: Come and worship in unity and love.

**All: Let us rejoice 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*) **946**  
*Lord, have mercy.*

from the Russian Orthodox Liturgy

## ASSURANCE OF PARDON

♪ **ACT OF PRAISE** (*All*) **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.

~ *We encounter the Word* ~

**READINGS**

**Isaiah 9:1-4**

Light shines for those in darkness

**1 Corinthians 1:10-18**

An appeal for unity in the gospel

**ANTHEM** *Brightest and Best*, from Five Hymns in Popular Style

John Gardner, 1917-2011

**GOSPEL**

**Matthew 4:12-23**

Jesus calls, teaches and heals

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

**All: Thanks be to God.**

**HYMN 266** *Amazing Grace*

AMAZING GRACE

*During the hymn children are invited to meet Ael at the front to go down to Sunday School.*

**SERMON** *“Healing”*

The Rev. Jason Meyers

**ANTHEM** *I Thank Thee, God*

Sarah Quartel, b. 1982

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



**BAND OFFERTORY** *Nobody Knows* trad., arr. William Gordon  
Metropolitan Silver Band, directed by Fran Harvey

**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.

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

**RECESSIONAL HYMN 651** *Guide Me, O Thou Great Jehovah*

CWM RHONDDA

## COMMISSIONING AND BLESSING

**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** *I Wish I Knew How It Would Feel to Be Free*

trad., arr. Alan Fernie



Leading in worship are **The Rev. Jason Meyers** and **The Rev. Warren McDougall**. Reading the lessons is **Graeme Jannaway**. 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**, and the **Metropolitan Silver Band** directed by **Fran Harvey**. Members of our Care Staff are **Siva Selva** and **Austin Tran**. 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 NOTES

**John Gardner's** *Five Hymns in Popular Style* are a staple of mid-century "light" English church music, a movement that sought to marry pop music idioms and more traditional choral writing. A traditional hymn text, spicy harmonies, vital and playful rhythms, and close-knit, pop-like choral textures make *Brightest and Best* one of the brightest and best of the set. Canadian **Sarah Quartel** is one of the most in-demand choral composers writing today. *I Thank Thee, God* has all of the warmth and freshness we expect from her language, and sets a touching poem by Elizabeth Craven (1750-1828). The work was commissioned in 2024 by the Church of St John the Evangelist in Elora, ON, and our Minister of Music Jonathan Oldengarm was privileged to play in the first performance.

This morning's Silver Band music celebrates upcoming Black History Month by drawing upon the great legacy of gospel spirituals. It honours the season of Epiphany, and tells our story of caring and healing as a community of faith. Born out of the suffering of enslaved African-American peoples, these biblically-based songs held multiple meanings ranging from spiritual comfort to instructions for navigating the Underground Railroad's pathways to freedom. Our prelude, *Sometimes I Feel Like a Motherless Child*, contains both present despair and hope for the future - "Sometimes I feel like a motherless child...Den I gi'down on my knees and pray." The second selection is an arrangement of *Stand Up for Jesus*, an American Presbyterian hymn, was inspired by the words of Dudley Atkins Tyng, who had been removed from his local Episcopalian community for speaking out against slavery by telling his followers to "stand up for Jesus". The final selection, *Gospels and Spirituals*, is a joyful piece by *Ray Woodfield* that includes the top Spiritual and gospel favourites.. Feel free to dance!

The Offertory features another classic, *Nobody Knows*. While it has much older origins in the African-American tradition, it was first published in 1867 and has been performed and recorded countless times. The lyric "Nobody knows the trouble I've seen..." reflects challenges and injustices but the response of "Glory halleluja" calls out the pathway of healing and redemption that lies ahead. Our postlude, *I Wish I Knew How It Would Feel to Be Free*, is a more modern piece written by American jazz musician **Billy Taylor** in 1963 with words later added by **Dick Dallas**. It became an anthem for the Civil Rights Movement in the 1960's, which has made it a traditional piece in the culture, and its message remains incredibly relevant in our modern times. "I wish I knew how it would feel to be free. I wish I could break all the chains holding me. I wish I could say all the things that I should say. Say 'em loud, say 'em clear. For the whole world to hear." As we go forth today may we listen to the voices calling out, and move forward with them arm in arm.

## UPCOMING PROGRAMS AND EVENTS

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

*Please note that the midweek Nartbex Greeting program will be suspended while construction is being done in the sanctuary.*

### **MONDAY, JANUARY 26**

8:00 p.m. Centring Prayer\*

### **TUESDAY, JANUARY 27**

12:30 p.m. Celtic Communion\*

7:00 p.m. Metropolitan Silver Band

7:00 p.m. Member Engagement

### **WEDNESDAY, JANUARY 28**

12:00 p.m. Wednesday @ Noon Bible Study\*

### **THURSDAY, JANUARY 29**

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

10:45 a.m. Rimbala\*

1:00 p.m. Hybrid Knitting Group\*

4:00 p.m. Chop Chop

6:30 p.m. Handbell Choir

7:30 p.m. Metropolitan Choir

### **FRIDAY, JANUARY 30**

10:30 a.m. Community Meal Program

### **NEXT SUNDAY: FEBRUARY 1 - The Fourth Sunday after Epiphany**

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 on "Beauty"\*

Micah 6:1-8; Psalm 15; 1 Corinthians 1:18-31; Matthew 5:1-12

12:30 p.m. Affirm\*

12:30 p.m. Sunday Lunch at McVeigh's

## COMMUNITY NEWS

### **TODAY: POTLUCK AND CONGREGATIONAL MEETING**

A congregational meeting will be held in person and on Zoom on today after worship. The topics for discussion will be the 2026 operating and capital budgets, and the job description and Living Faith Story for the new minister search process. But before that, we are going to have a good old fashioned church potluck! After the service all are invited to the Chancel Room (the big room directly behind the Chancel) where the food will be on offer. Please then come back into the sanctuary to eat. Coffee, cake and other sweet treats will be served in the back of the sanctuary.

## THANK YOU FOR YOUR GENEROSITY!

Over the Christmas season, you were again generous in your financial support of Metropolitan. Gifts for our:

- Christmas Thank Offering: \$11,803.
- Christmas Community Meal and Stockings: \$5,145.
- Christmas Luncheon: \$1,899.

Total Christmas related donations to Metropolitan for 2025: \$18,846. On behalf of your Official Board and Stewardship Committee, *THANK YOU!*

## PLAN AHEAD

- Sunday, February 15 - Affirm Brunch at the Firkin at Yonge and Shuter after worship
- Wednesday, February 18 at Noon - Ash Wednesday service
- Sunday, February 22 - First Sunday in Lent

## LOOKING TOWARDS LENT

We will be taking the season of Lent back to its 4th century roots this year as we walk the old pilgrim paths of the initiate. Through our worship services, gatherings each Monday evening, and other special programming, we will prepare our souls for a renewal of baptismal energy for ourselves and for the whole body of Christ. Adult baptisms and the reaffirmation of baptism will be offered at the Easter Vigil on the evening of April 4th. If you have not previously been baptized, and would like to take this important step in your spiritual journey, please speak to Rev. Jason.

## SAVE THE DATE! MARCH 1 CONCERT IN HONOUR OF BILL MARTYN

Bill Martyn is Turning 90! Let's Celebrate! Join us for a birthday bash concert featuring the Metropolitan Silver Band and Oshawa Civic Band. A musical celebration is in order - and yes, cake too! Sunday, March 1, 2026 at 2:00 pm, Metropolitan United Church, Cost: free! Please bring a non-perishable food item for Met's Community Meal Program.

## OPPORTUNITIES FOR SPIRITUAL EXPLORATION

Met is a sanctuary for the soul. Each week we host two online Bible studies: Wednesdays at noon and Thursday mornings at 8:45 am. A group meets on Zoom every Monday evening at 8:00 pm for Centring Prayer. Each Tuesday at 12:30pm a Celtic Communion Service is offered in the chapel and on Zoom. For more information, please visit our website: [metunited.ca](http://metunited.ca). Newcomers are always welcome.

## STANDING ON THE SHOULDERS

We stand on the shoulders of those who have gone before us. We too can make strong for the generations to come by remembering Metropolitan with a gift of any amount in our estate plans. For information or to explore ideas, call Doug Flanders at (416) 769-2746; email [dougflanders@sympatico.ca](mailto:dougflanders@sympatico.ca) A legacy — It's ours to leave.

## CONTINUED GIVING

Scan the QR code 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](http://metunited.ca/donate). Please contact Elena Pejcinovska, Financial Manager at [elenap@metunited.ca](mailto:elenap@metunited.ca) or 416-363-0331 ext. 229 with any questions.



## DIRECTORY

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## Ministry of Music

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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

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