

# WELCOME TO METROPOLITAN UNITED CHURCH

*Hope, Healing and Beauty in Jesus' name*



Artemis II mission specialist Christina Koch looking back at Earth as the crew travels towards the Moon. Image Credit: NASA

## THE THIRD SUNDAY OF EASTER | EARTH DAY

**April 19, 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

**CHORAL PRELUDE** *I Sing Because I'm Happy* Martin / Gabriel / Paden / Dilworth  
*And So it Goes* Joel / Chilcott  
*Kaleidoscope Heart* Bareilles / Girvan  
North Toronto Songbirds, directed by Linda Song

*~ We are gathered in Christ ~*

## WORDS OF WELCOME

## ♪ACKNOWLEDGING THE LAND

♪PROCESSIONAL HYMN 220 *Praise to the Lord, the Almighty*

LOBE DEN HERREN

## ♪INVITATION TO WORSHIP

One: As children of God's creation, we have come from many places,  
following different roads.

**All: We come seeking companions in the faith.**

One: We come hungering for greater understanding.

**All: We have come to encounter God's wisdom in nature and scripture.**

One: We have come to discover the One revealed in the breaking of the bread.

**All: We come to grow as disciples of Christ.**

One: Come, let us worship God, made known in Christ Jesus.  
The Lord be with you.

**All: And also with you.**

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

**PRAYER OF APPROACH AND CONFESSION** *(adapted from a prayer by Annie Heppenstall)*

## SILENCE FOR PRIVATE PRAYER

**KYRIE** *(All) More Voices 69*

William S. Kervin

Kyrie eleison (God, have mercy)

## ASSURANCE OF PARDON

♪ACT OF PRAISE *(All) 169 v1 Good Christians All, Rejoice and Sing*

VULPIUS



**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** *Here Comes the Sun*

Harrison / Podd

North Toronto Songbirds, directed by Linda Song

**OFFERTORY HYMN 541**

OLD 100TH

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.

**DEDICATION OF OFFERING**

## **SACRAMENT OF COMMUNION**

**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)*

**EUCCHARISTIC PRAYER**

**SANCTUS AND BENEDICTUS** *(choir only)* from *Communion Service in F*

Harold Darke

**AGNUS DEI** *(choir only)* from *Communion Service in F*

Harold Darke

**DISTRIBUTION**

*The elements are communion wafers and grape juice. Please follow the usher's lead and come forward by rows. We will be taking communion by intinction, meaning you will receive a wafer, which you will then dip in the cup. Gluten-free elements are available at the left-hand station with Rev. Jason. If you wish to remain in your pew, a server will bring the elements to you.*

**PRAYER AFTER COMMUNION**

**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 312** *Praise With Joy the World's Creator*

LAUDA ANIMA

## ♪ **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.

♪ **ORGAN POSTLUDE** *Toccata in G major*

Théodore Dubois, 1837-1924



Leading in worship are **The Rev. Jason Meyers, Eliza Meggs** and **members of Met's Peace and Social Justice committee**. Reading the lessons is **Dorcas Beaton**. The ministry of music is offered by Wayne C. Vance Carillonnist **Dr. Elisa Tersigni**, Minister of Music **Dr. Jonathan Oldengarm**, Wayne C. Vance Organ Scholar **Edward Xu**, the **Metropolitan Choir**, and the **North Toronto Songbirds** directed by **Linda Song**. 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 reprinted with permission under One Licence #707-069. All rights reserved.

## MUSIC NOTES

The **North Toronto Songbirds** are our guest choral singers this morning. Under the direction of super-educators Linda Song and Louise Lui, young singers aged 4-18 engage in music classes that mindfully partner Orff music pedagogy and choral singing, training confident, versatile musicians.

**William Billings** was one of the earliest American composers of note. Though he was largely self-taught, his music reflects a solid awareness of the European classical canon, but also the rustic folk- and psalm-singing traditions of his native New England. One of the pre-eminent figures in today's choral realm, **John Rutter's** compositions are efficient, attractive, and always idiomatic to sing and play. *Look at the World* has one foot firmly planted in the pop music world, while the piece's form and execution shows Rutter's complete mastery of the classical choral medium. **Théodore Dubois** was a student of César Franck's teacher François Benoist, and from 1858 was appointed Franck's choir organist at the Parisian Basilica of Ste-Clothilde. Dubois fit the conventional, conservative mould of his day very well, winning the coveted Prix de Rome in 1861. His compositions are mainly elegant if not inspired; however, the *Toccata in G major* is a notably sparkly exception.

## UPCOMING PROGRAMS AND EVENTS

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

### MONDAY, APRIL 20

7:00 p.m. Steps on the Initiatic Journey (*Chancel*)

8:00 p.m. Centring Prayer (*Zoom*)

### TUESDAY, APRIL 21

12:30 p.m. Celtic Communion (*Founders Chapel and Zoom*)

6:00 p.m. Official Board Meeting

7:00 p.m. Metropolitan Silver Band

### WEDNESDAY, APRIL 22

12:00 p.m. Wednesday Bible Study (*Zoom*)

### THURSDAY, APRIL 23

8:45 a.m. Thursday Morning Bible Study (*Zoom*)

10:45 a.m. Rimbala (*Chancel Room and Zoom*)

12:00 p.m. Noon at Met (*Sanctuary and Livestream*)

1:00 p.m. Hybrid Knitting Group (*Learning Room and Zoom*)

4:00 p.m. Chop Chop

6:00 p.m. Young Adult Christian Disciples

7:30 p.m. Metropolitan Choir

### FRIDAY, APRIL 24

10:30 a.m. Community Meal Program

### NEXT SUNDAY: APRIL 26 - The Fourth Sunday of Easter

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 Service - The Rev. Jason Meyers preaching (*Sanctuary and Livestream*)

Psalm 23, John 10:1-10

12:30 p.m. Met Book Club (*Met Learning Room and Zoom*)

## COMMUNITY NEWS

### TODAY: CONGREGATIONAL MEETING ON MET'S VALUES

Please join us for lunch after church, in person in the Met Centre and on Zoom, to start our Met Values Refresh. We'll be led through a quick review of our values history and context, and then through rich conversations as you identify what you see as Met's core values now. Our values lay a foundation for our programs and decisions, and they are the glue that binds all that we do at Met. We're aiming for input from all our members and adherents, and every voice counts.

## EARTH DAY DISPLAY IN THE MET CENTRE

When you go down to the Met Centre for the Congregational Meeting, please stop by the Earth Day display with tips on how we can live more sustainably, and pick up some wildflower seed cards to plant in your garden. You will also find some tasty Earth Day themed treats!

## FIRE DRILL

As part of our health and safety protocols, the time has come to conduct a fire drill on a Sunday morning during worship. The ushers were recently trained on how to provide leadership in the case of a fire emergency. There will be a fire drill held on one of the upcoming Sundays. Stay tuned!

## FOUR SEASONS OF HUNGER

In Toronto, hunger and housing insecurity are year-round challenges. In 2024, the Met Community Meal Program expanded into the summer months to serve our urban neighbours in need. In 2025 we distributed our 100 summer meals by noon each week leaving many still hungry. This year, we want to provide at least 20 more guests with lunch. Your gift will enable our summer meal program to bloom! Please give generously. Donations can be made by cheque or e-transfer to [donations@metunited.ca](mailto:donations@metunited.ca). (Please clearly mark "Community Meal"). They can also be made online using this QR code.



## NOON AT MET

This Thursday, April 23, the Noon at Met recitalist is Met's own soprano lead, Noelle Slaney.

## PLAN AHEAD:

- May 3 - Music Sunday (Bach's *Cantata 12*) and World Labyrinth Day
- May 10 - Guest preacher: Mona LaFosse, Professor of New Testament at Emmanuel College. New Member Class after worship
- May 24 - Pentecost, Doors Open Toronto and Welcoming New Members. Affirm Brunch at the Firkin on Yonge pub. Silver band concert at 1:00pm.
- May 31 - Annual General Meeting after worship
- June 7 - Visual Arts themed service followed by a Lunch and Learn on Met's approach to Visual Arts
- June 14 - Outdoor service with the Metropolitan Silver Band and a blessing of the pets. BBQ to follow.

## 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](https://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**

Chair of the Official Board: Peter Johnston ([boardchair@metunited.ca](mailto:boardchair@metunited.ca))  
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Minister of Pastoral Care: The Rev. Mark Aitchison, ext. 254 ([marka@metunited.ca](mailto:marka@metunited.ca))  
Minister of Music: Dr. Jonathan Oldengarm, ext. 226 ([jonathano@metunited.ca](mailto: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](mailto:officiant@metunited.ca))  
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Children & Youth Coordinator: Ael Spence ([ael@metunited.ca](mailto:ael@metunited.ca))  
Nursery Attendant: Johnavac Abraham  
Library: Marion Lick and Maureen Maguire ([library@metunited.ca](mailto:library@metunited.ca))



## **Ministry of Music**

Minister of Music: Dr. Jonathan Oldengarm, ext. 226 ([jonathano@metunited.ca](mailto:jonathano@metunited.ca))  
Wayne C. Vance Organ Scholars: Ethan Duan & Edward Xu  
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](mailto:davidh@metunited.ca))  
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