

Welcome to Metropolitan United Church

The downtown church for a diverse city

For thousands of years this land has been the traditional home of the Huron-Wendat, the Seneca, and most recently, the Mississaugas of the Credit River. It is still home to Indigenous people from across Turtle Island. We are grateful to work, live and worship on this land.



Sunday, March 10, 2019

First Sunday in Lent/Sacrament of Communion

*We hope that you will find in the Worship Service food for faith and a doorway to God. Metropolitan is an **Affirming Congregation**. We welcome people of all sexual orientations to worship and minister among us.*

ORDER OF SERVICE

CARILLON PRELUDE (10:30 a.m. outside, ending with): *Heinlein* arr. Roy Hamlin Johnson
and Beverly Buchanan

ORGAN PRELUDE *Kyrie, God, Holy Spirit* J. S. Bach
Jesus, Priceless Treasure J. S. Bach
Jesus Walked This Lonesome Valley Spiritual, arr. Wood
Prelude on 'Beach Spring' Wilbur Held

♪ **PROCESSIONAL HYMN #114** *Forty Days and Forty Nights* Heinlein

♪ **INVITATION TO WORSHIP** (Opening liturgy is adapted from Deut. 26 and Psalm 91)

One: The God of our ancestors heard our cries and saw our oppression when we were slaves in Egypt. God brought us out with a mighty hand and an outstretched arm, with signs and wonders God brought us through the wilderness.

All: **The Lord, our shelter, our refuge, our dwelling place, says, "When my people call to me, I will answer them; I will be with them in trouble; I will show them my salvation."**

One: The Lord be with you.

All: And with your spirit.

One: Let us pray. (all seated)

PRAYER OF APPROACH AND CONFESSION

One: God Most High, thank you for signs of your power and grace shown to us even in the wilderness.

All: **Give us courage to stand firm in your Word in every time of trial and testing, that we may enter the land of your freedom and receive the salvation you so generously give.**

One: O God, our refuge and fortress, forgive us when we fail to trust in you. We fall to temptation; we are swayed by false words; we speak false words of our own. We choose our ease and comfort over your demanding claims upon us and upon the world.

All: **In turning from you, we settle for less than the abundant generosity you intend. Forgive us, we pray. Do not let us be put to shame, O God. Hear us as we call to you and show us your salvation.**

SILENCE FOR PRIVATE PRAYER

LENTEN LITURGY (In a liturgical season of increasing darkness, we extinguish a candle each week.)

One: On these very special Sundays we think more deeply about Jesus. Sometimes it is hard to know what to do to be a loving person. As we tell the story of Jesus, we learn how to be guided and kept safe in God's care.

Family: We extinguish the first candle. We remember how hard it is to keep faith strong in a troubled world. (Extinguishing of one Lenten candle)

All: **As we watch the smoke rise, we remember that God is with us, all the way.**
(The candle is extinguished by Li Koo, Mary Moynihan, and Meijun Koo-Moynihan.)

♪ (indicates a congregational response- please stand as you are able)

RESPONSE *More Voices #85* *Take, O take me as I am*

John Bell, Iona Community

READINGS Deuteronomy 26:1-11; Romans 10:8b-13

ANTHEM *Agnus Dei*

Mark Ruhnke

Lamb of God, who takes away the sins of the world, have mercy on us. Hatred paralyzes life, love releases it. Hatred confuses life, love harmonizes it. Hatred darkens life, love illumines it. (Martin Luther King, Jr.)

GOSPEL READING Luke 4:1-13

One: Bring your word near to us, O God. May it rest not only on our lips, but also reside in our hearts.

CONGREGATIONAL RESPONSE: Thanks be to God.

ENCOUNTERING THE CHILD WITHIN

During the hymn, all children and youth are invited to make their way to Sunday School, in the Flanders Library. Please follow the teachers.

♪**HYMN #115** *Jesus, Tempted in the Desert*

Beach Spring

SERMON "A WANDERING ARIMEAN"
The Rev. Dr. John Joseph Mastandrea

♪**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.

ANNOUNCEMENTS OF OUR COMMON LIFE

OFFERING OF OUR LIFE AND WORK

OFFERTORY SOLO *Domine, Adjutor Meus*

Camille Saint-Saëns

Thou, O Lord, art my helper and my Redeemer. Gisele Kulak, soprano

COMMUNION HYMN #459, vs. 1,2 *Here, O My Lord*

St. Agnes

♩ 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. (all seated)

SANCTUS AND BENEDICTUS QUI VENIT (Congregation and choir)



Ho - ly, Ho - ly, Ho - ly, Lord God of power and might!
Heaven and earth are full of your glo-ry, Ho-san -na, ho - san -na, ho-san-na in the high-est!
Bles-sed is the one, the one who comes in the name of the Lord. Ho - san-na in the high-est, ho-
- san-na in the high-est!

LORD'S PRAYER (all) (*Voices United*, p. 921)

Our Father, who art in heaven, hallowed be thy name,

Thy kingdom come, thy will be done, on earth, as it is in heaven.

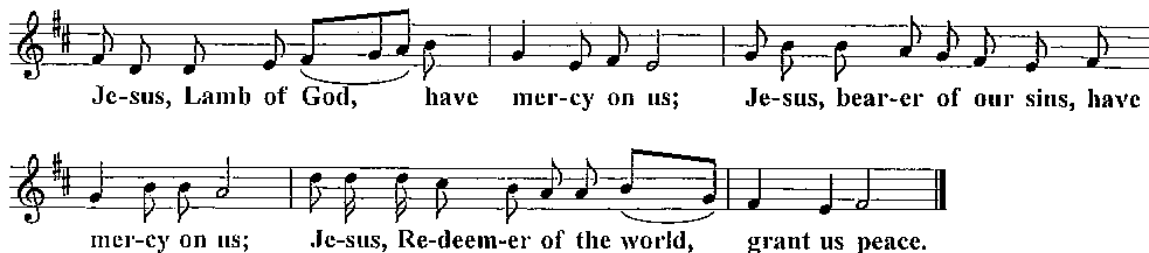
Give us this day our daily bread,

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.

AGNUS DEI (Congregation and choir)



Je-sus, Lamb of God, have mer-cy on us; Je-sus, bear-er of our sins, have
mer-cy on us; Je-sus, Re-deem-er of the world, grant us peace.

DISTRIBUTION

All are welcome to receive the sacrament of Communion at Metropolitan United Church. Communion will be offered at the front rails. Follow the usher's lead, come to the front of the church and kneel (or stand) to receive. If you wish to remain in your pew, a server will bring the elements to you.

MUSIC DURING COMMUNION: Hymns 119, 480, 116

POST COMMUNION PRAYER

COMMISSIONING

BLESSING (All) #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 AND CANDLE EXTINGUISHING *Fugue in G minor*

J. S. Bach



LEADING IN WORSHIP this morning are **The Rev. Dr. John Joseph Mastandrea** and **The Rev. Anne Hepburn**. Reading the lessons is **Grant Campbell**. The ministry of music is offered by the **Metropolitan Choir** conducted by Minister of Music **Dr. Patricia Wright**, the Wayne C. Vance Organ Scholar **Michael Oldaker** and by Junior Organ Scholar **Timothy Wisnicki**.

CARRYING THE CROSS is **Marc Tremblay**.GREETERS are **Muriel Griffith** and **Andrew McGee**.USHERS are **Wilbert Ward**, **Jennifer McDonald**, **Joseph Curry**, and **Gunn Wongsuwan****CALENDAR OF UPCOMING EVENTS****Monday, March 11**

10:00 a.m.	Art Program	Met Centre
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Tuesday, March 12

5:30 p.m.	Trustees meeting	Flanders Library
6:30 p.m.	Open Art Studio	Met Centre
7:00 p.m.	Silver Band rehearsal	Sanctuary
7:00 p.m.	Congregational Care Meeting	Heritage Room

Wednesday, March 13

7:00 a.m.	OOTC Chop Chop Group	Met Kitchen
9:30 a.m.	OOTC Steering Committee	Flanders Library
10:30 a.m.	Lenten Series Part 1	Narthex
5:00 p.m.	Worship Committee	Sanctuary

Thursday, March 14

7:30 a.m.	Prayer Breakfast	Fran's Restaurant
11:00 a.m.	OOTC Met Luncheon	Met Centre
6:30 p.m.	Metropolitan Handbells	Sanctuary
7:30 p.m.	Metropolitan Choir	Sanctuary

Friday, March 15

10:00 a.m.	Art Program	Met Centre
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Saturday, March 16

8:30 a.m.	Breakfast Bible Study	Flanders Library
10:00 a.m.	Membership Inquiry	Met Centre

NEXT SUNDAY: March 17 *Second Sunday in Lent*

- 9:30 a.m.** Communion Service in the Founders' Chapel
"I Am Your Shield"
The Rev. Dr. John Joseph Mastandrea
- 9:45 a.m.** Metropolitan Sparklers and Choristers Met Centre
- 10:00 a.m.** Library Open (re-opens 12:15 p.m.)
- 11:00 a.m.** Morning Service and Church School
"In the Cloud of Unknowing"
The Rev. Alan Hall
Genesis 15:1-12, 17-18; Psalm 27; Luke 13:31-35
- 12:15 p.m.** *Great Heart* Sanctuary
- 1:30 p.m.** Festival Choir Rehearsal Sanctuary

MINISTRY OF INTEGRATED ARTS

Music at Metropolitan presents its next concert on **Saturday, April 6 at 7:30 p.m.** *The Bach Family and the Improvising Tradition* will feature the Rezonance Baroque Ensemble and Musicians on the Edge. Admission is \$20, and tickets are on sale from Muriel Cairns after the service.

Concert date change: Please note that our May 5 concert ("Barbara") with Charles Davidson has been changed to **Saturday, April 27 at 7:30 p.m.**

CONGREGATIONAL CARE

NEXTGEN: Come enjoy some fellowship and Irish Stew at a Saint Patrick's Day dinner on Sunday, March 17th at 5:30 p.m., at 168 Simcoe Street. RSVP with **Rebecca** (schoenhardtrebecca@gmail.com)

LENTEN SERIES: March 13 Part 1, **March 20** Part 2, **March 27** Part 3 from 10:30 a.m. to noon in the Narthex. "The story of the twelve apostles - What happened to Jesus' inner circle of Followers?" This is a 3 part mini series 30 minute episodes, Q & A with The Rev. Dr. John Joseph Mastandrea.

WHAT DOES MEMBERSHIP IN METROPOLITAN MEAN? For anyone interested in joining the church and for members who would like to deepen their understanding of membership in the Christian church, four sessions are being offered on Saturdays from 10:00 a.m. to noon in the Met Centre (March 16, 23 and March 30 and April 6). It is expected that those taking the course will complete all four sessions. RSVP **The Rev. Dr. John Joseph Mastandrea.**

BEREAVEMENT CIRCLE: Sunday, March 17 at 12:30 p.m. in the Founders' Chapel.

METROPOLITAN ANNUAL GENERAL MEETING: Mark the date, **March 31 at 12:00 p.m.** in the Met Centre. A light lunch will be served. Please RSVP Sheela Taylor (sheelat@metunited.ca).

MET CARE is in need of younger members. We are changing our meeting time to the third Wednesday evening of each month. If you would like to be part of this caring community please speak to William Wright or email him wrightmcawley@gmail.com.

NEW DIRECTORY: There will be a new directory coming out in September 2019 and we want to make sure your information is correct. Muriel Cairns or Hazel Gorley will be in the Narthex for the next few weeks with a draft copy. Please stop by to ensure your address and telephone number are up to date. Or you could send your information by email to: murielcairns39@gmail.com and she will check to make sure it is correct in the directory.

OUTREACH

YOUR HOMEMADE COOKIES ARE NEEDED FOR OOTC - Cookie Bakers make possible a much-loved addition to the Thursday meals. Tins are available in the Narthex and your cookie donations can be returned there. Thank you!

The Faith-Hub - Second phase Circle of Support Pilot Project training scheduled for March 9, 2019, has been rescheduled to **May 4, 2019, at The Cathedral Church of St. James from 9 am to 4 pm**. The change was due to a few factors: largely conflicts for some volunteers, and then Holy Week and Easter pushed the training beyond that busy time for churches. If this date does not work for individuals interested in the program, alternative dates will be provided to allow all interested persons to attend. There is still time to volunteer. Please contact Laura Awosanya (lauraa@metunited.ca), or outreach co-chairs Dorcas Beaton and Jennifer MacDonald. A description of this volunteer opportunity can be found on the Met Connect table today.

SPIRITUAL LEARNING FOR LIFE

FLANDERS LIBRARY: Frederick Buechner is the author of more than thirty works of fiction and nonfiction. He is a recipient of the Pulitzer Prize, the National Book Award and was honoured by the American Academy of Arts and Letters. One of his books in our library is "The Alphabet of Grace". The Library is open 10:00-11:00 a.m. and 12:15-1:00 p.m. every Sunday.

THE FILM "INDIAN HORSE": moved to **Sunday, March 24, at 12:15 p.m.** in the Met Centre. The film centres on Saul Indian Horse, a young Canadian First Nations boy who survives the Indian residential school system to become a star ice hockey player. One of the film stars, Edna Maniwabi, was a guest speaker last October at Metropolitan. **RSVP The Rev. Dr. John Joseph Mastandrea.**

WEEK OF GUIDED PRAYER: Join us on **Sunday, March 24 at 12:15 p.m.** in the Heritage Room. We will gather daily in pairs at a predetermined time, beginning on Sunday, March 24 to Saturday, March 30 12:15 p.m. for our week of guided prayer, a retreat in everyday life. This year's theme is "Abundant Life". **RSVP The Rev. Dr. John Joseph Mastandrea.**

COMMUNICATIONS

Metropolitan has new social accounts: Vimeo (Metropolitan United) and Instagram ([@metropolitanunitedto](https://www.instagram.com/metropolitanunitedto)). Please follow, and of course stay up to date through the main Metropolitan website and Met United Music on Facebook. Do you have a photo from an event, meeting, or service perfect for Instagram? Email it to communications@metunited.ca.

FAITH THROUGH ACTION

HOME AND HEALTH SUPPORT: The focus of this fund is to support members of our congregation who need emergency or temporary financial support, with specific support for: 1) the working poor; 2) seniors. As is our tradition, the special offering at our Communion Service today will be directed to this very important fund. Please be generous with your donation.

OUR THIRD CENTURY CAMPAIGN: For information on our capital fundraising campaign, please check at the Met Connect table at the back of the church. There will be people there to answer any questions you may have. Thank you sincerely for your ongoing, prayerful support.

I cannot think of a better definition of Christianity than this: give, give, give.

— James I. McCord

Scented Products can aggravate health problems for some people. Please avoid the use of perfume or other scented products. Thank you for your cooperation.

DIRECTORY

Minister of Congregational Care and Development: The Rev. Dr. John Joseph Mastandrea, ext. 24

Voluntary Associate Minister: The Rev. Bruce Misener (officiant@metunited.ca)

Minister Emeritus: The Rev. Dr. G. Malcolm Sinclair

Teachers: Karlos Griffith (karlosgriffith@rogers.com), Johnvac Abraham

Library: Marion Lick (library@metunited.ca) and Maureen Maguire (vigrass78@gmail.com)

Community Outreach Ministry

Manager of Community Services: Laura Awosanya, ext. 43 (lauraa@metunited.ca)

Outreach and Housing Worker: Megan Carver, ext. 21 (housingworker@metunited.ca)

Ministry of Music

Minister of Music: Dr. Patricia Wright, ext. 26 (patw@metunited.ca)

Wayne C. Vance Organ Scholar: Michael Oldaker

Junior Organ Scholar: Timothy Wisnicki

Metropolitan Choir Lead Singers: Gisele Kulak, Chelsea Van Pelt, Valeria Kondrashov, Chris Taeyoung Kim,

Charles Davidson, Benjamin Stein, Nicholas Higgs, John Schneider

Director, *Great Heart* Youth Ensemble: Benjamin Stein

Conductor, *Metropolitan Sparklers*: Dr. Jennifer Martyn

Carillonneur: Roy Lee

Director, Metropolitan Silver Band: Fran Harvey

Administrative Ministry

Director of Administration: Jane Tuomi, ext. 35 (janelt@metunited.ca)

Administrative Assistant: Sheela Taylor, ext. 10 (sheelat@metunited.ca)

Financial Manager: Elena Pejcinovska, ext. 29 (elenap@metunited.ca)

Property Manager: Frank Cairns, ext. 31

Custodians: Nadan Kandiah, Puvi Kanagalingam, ext. 39/40

Metropolitan United Church

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To hear the sermon: www.metsermons.com

www.metunited.ca



Cover photo taken by Paul Kropp.