

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, May 5, 2019
Third Sunday of Easter

*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)

Music for an Early Spring Morning

Koen Cosaert

ORGAN PRELUDE *Easter Chorale Preludes*

The Peace May Be Exchanged from Rubrics
Andantino

Johann Sebastian Bach

Dan Locklair

Denis Bédard

♪PROCESSIONAL HYMN #151 *Lift High the Cross*

Crucifer

♪INVITATION TO WORSHIP

One: We are Easter people! We come as those who belong to a living God!

All: We cried to God for help, and we have been healed.

One: We are Easter people! We come as those who believe in a living Christ!

All: God has turned our mourning into dancing and has wrapped us in joy.

One: We are Easter people! We come to be blown into the world by the power of the Holy Spirit. Christ is risen!

All: Christ is risen indeed! Hallelujah!

One: God be with you.

All: And with your spirit.

One: Let us pray. (all seated)

PRAYER OF APPROACH AND CONFESSION

SILENCE FOR PRIVATE PRAYER

KYRIE ELEISON (ALL) #68 *More Voices*

Guarani song, arr. Sosa

O God have mercy, O God have mercy, O God have mercy, have mercy on us.

ASSURANCE OF PARDON

One: In the life, death, and resurrection of Jesus, we are assured that there is no sin so terrible that God cannot forgive, no hurt so terrible that God cannot heal. God accepts, God forgives, and God sets free. Receive and give thanks for the forgiving love of God.

♪ACT OF PRAISE (All) #59 *More Voices*

Yoruba song (Nigeria)

Alleluia, praise to God (twice); Praises, high praises we bring you, O God.

Alleluia praise to God.

Songs of joy sing out to God (twice); Dancing and singing, we praise you, O God.

Songs of joy sing out to God.

Beat the drums, sing out to God (twice); Praises, high praises, we bring you, O God.

Beat the drums sing out to God.

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

READINGS

Acts 9:1-20

We hear the dramatic story of Saul's experience on the road to Damascus and its consequences for the fledgling Christian movement.

ANTHEM *Worthy To Be Praised*

Byron J. Smith

Holy, holy, holy, Praise our God almighty, worthy and holy, Lord eternally. Praise the Lord in the highest. Praise His holy name. Let all things that haveth a breath just praise the Lord. I believe in the Father, the son and the Holy Ghost. I will sing, I will shout, He's worthy to be praised!

Soloists: Alice Sellwood, Ian Mahaffy

GOSPEL READING John 21:1-19

The disciples gather to fish and encounter Jesus on the shores of the Sea of Tiberias.

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

CONGREGATIONAL RESPONSE: Thanks be to God.

ENCOUNTERING THE CHILD WITHIN

All children and youth are invited to make their way to Sunday School in the Flanders Library.
Please follow the teachers.

♪**HYMN #371** *Open My Eyes*

Open My Eyes

SERMON "Metanoia"
The Rev. Karen Bowles**ANTHEM** *Peter*

Ken Whiteley

♪**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 *The Trumpet Shall Sound* from *Messiah*
Nicholas Higgs, baritone

G. F. Handel

♪FESTIVAL DOXOLOGY (“*Lasst uns erfreuen*”, Hymn #217)

Praise God from whom all blessings flow;
Praise God, all creatures high and low. Alleluia Alleluia
Give thanks to God in love made known:
Creator, Word and Spirit, One. Alleluia ...

♪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)

PRAYERS OF THE PEOPLE

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.

♪RECESSIONAL HYMN #210 *You, Lord, Are Both Lamb and Shepherd*

Paradox

♪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

Variations on ‘Victimae Paschali’ (Christians, to the Paschal victim)

Denis Bédard



LEADING IN WORSHIP this morning are **The Rev. Karen Bowles** and **The Rev. Dr. Nancy Hardy**. Reading the lessons is **Terry Kelly**. 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 Junior Organ Scholar **Timothy Wisnicki**.

CARRYING THE BANNER is **Ian Mahaffy**.

GREETERS are **Leesa Kopansky** and **Chris Hoover**.

USHERS are **Eva Breeze, Greg McMaster, Shari McMaster, and Ed Oikawa**.

All are welcome to share in coffee and conversation after the service.

TODAY'S MUSIC includes four short Easter chorale preludes from J. S. Bach's collection known as the "Orgelbüchlein" or "Little Organ Book." Dan Locklair is Composer in Residence at Wake Forest University in Winston-Salem, North Carolina. Denis Bédard is one of Canada's best known composers for organ and serves as organist of Holy Rosary Cathedral in Vancouver. Both anthems this morning will be featured in our next concert, "Praise and Protest: Jazz, Blues, and Gospel Challenges and Affirmations", on May 25.

CALENDAR OF UPCOMING EVENTS

Monday, May 6

10:00 a.m. Art Program Met Centre

Tuesday, May 7

6:30 p.m. Open Art Studio Met Centre

7:00 p.m. Silver Band rehearsal Sanctuary

Wednesday, May 8

5:00 p.m. Worship Committee meeting Sanctuary

Thursday, May 9

7:30 a.m. Prayer Breakfast Fran's Restaurant

6:30 p.m. Metropolitan Handbells Sanctuary

7:30 p.m. Metropolitan Choir Sanctuary

Friday, May 10

10:00 a.m. Art Program Met Centre

Saturday, May 11

8:30 a.m. Breakfast Bible Study Flanders Library

NEXT SUNDAY: May 12 *Fourth Sunday of Easter*

9:30 a.m. Communion Service in the Founders' Chapel

“Hand of the Helper”

The Rev. Dr. Kari Tolppanen

9:45 a.m. Metropolitan Sparklers and Choristers Met Centre

10:00 a.m. Library Open (re-opens 12:15 p.m.)

10:00 a.m. Refugee Committee meeting Heritage Room

11:00 a.m. Morning Service and Church School

“Proper Place for Hyperbole”

The Rev. Karen Bowles

Acts 9:36-43, Psalm 23 and John 10:22-30.

12:15 p.m. *Great Heart* Sanctuary

12:30 p.m. Book Launch Met Centre

MINISTRY OF INTEGRATED ARTS

ANNUAL MOTHER'S DAY CHOIR – all women who wish to join the Mother's Day Choir on **Sunday, May 12** should speak with Patricia Wright following the service. We will rehearse on **Thursday May 9** from 7:30 – 8 p.m. in the Sanctuary.

THIS IS US DOING CHURCH: *Stories from Toronto's Metropolitan United.* We did it! The eagerly awaited stories collection will be available on **Sunday, May 12**, and we hope you'll join the celebration. Over 50 people contributed stories and pictures that were deftly sculpted into a wonderful book by the intrepid Carole Payne and her trio of editors. This perfect Mother's Day (or any day) gift can be yours for only \$20. (We need to recoup the production costs, but it would be a BARGAIN!!! at twice the price.)

DOORS OPEN AMBASSADOR: Mark the date and join the team for Doors Open Toronto 2019 on **Saturday, May 25** and **Sunday, May 26 from 9:30 a.m. to 5:00 p.m.** There will be three shifts available to help out: Mornings 9:30 a.m. to noon; Early Afternoon noon to 3:00 p.m.; Late Afternoon 3:00 p.m. to 5:00 p.m. Doors Open Toronto will shine the spotlight on the First Nations, Next Gen and the Arts. Metropolitan has been the site of Arts, hosted the Toronto Urban Native ministry for over 10 years, while welcoming Next Gen people over the years. **RSVP Lisa Hems**, Chairperson of the Doors Open Steering Team at hemsalisa@gmail.com. There is also a sign-up sheet at the MetConnect Table.

DOORS OPEN CONCERTS: Our final Music at Metropolitan concert will be on **Saturday, May 25** at **7:30 p.m.** Benjamin Stein and guests, including members of the Metropolitan Choir, present **Praise and Protest: Jazz, Blues, and Gospel Challenges and Affirmations.** Admission is \$20/10 ages 18 and under.

Sunday, May 26 at **1:30 p.m.** the **Metropolitan Silver Band** presents a free concert for Doors Open.

CONGREGATIONAL CARE

NEW DIRECTORY: There will be a new directory coming out in September 2019. Someone 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 send your information by email to: murielcairns39@gmail.com.

MET CARE: We are a group of 8 people who meet regularly to keep in touch with those in our congregation who may need special care. We would be pleased if someone else wished to join this committee. We meet on the third Wednesday afternoon of each month, September – June. Contact William Wright (wrightmcawley@gmail.com).

SPIRITUAL LEARNING FOR LIFE

FLANDERS LIBRARY: The book “Embers: One Ojibway's Meditations” by Richard Wagamese became available in our library last year. Wagamese wrote 15 books, ranging from poetry to fiction to memoir. The Library is open 10:00-11:00 a.m. and 12:15-1:00 p.m. every Sunday.

COMMUNICATIONS

Met 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 United page and Met United Music on Facebook, in addition to our website. Have a photo from an event, meeting or service perfect for Instagram? Email it to (communications@metunited.ca).

FAITH THROUGH ACTION

A NEW NAME. A NEW FUTURE: “**Broadview**” is the new name for our United Church Observer magazine. Focusing on faith, ethics and social justice issues, and matters related to the United Church, the magazine hopes to reach more readers beyond the United Church. Metropolitan’s group subscription plan for “Broadview” comes up for renewal soon. Is it time for you to try something different and yet the same? A subscription to Broadview may be just right for you.

OUR THIRD CENTURY CAMPAIGN: Thank you for returning your campaign commitment forms as soon as possible. Your church remains deeply grateful for your support. Thanks to our gifts, work to repair and restore our magnificent carillon should begin this fall.

GIFTS OF SECURITIES: A gift of securities — stocks, bonds, mutual funds — is an easy and effective way to support *Our Third Century* campaign. You receive a tax receipt for the full value of the securities and you pay no capital gains on the securities given. Please call Doug Flanders at (416) 769-2746; dougflanders@sympatico.ca. ***A legacy — It’s ours to leave.***

*A generous heart, kind speech, and a life of service and compassion
are the things which renew humanity. — Buddha*

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

Intentional Interim Lead Minister: The Rev. Karen Bowles, ext. 27 (karenb@metunited.ca)

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

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

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

Library: Marion Lick (library@metunited.ca) and Maureen Maguire (vigraas78@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

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Cover Photo: Stained glass window showing the sheep, taken by Paul Kropp.