



LEADING IN WORSHIP this morning are **The Rev. Jason Meyers** and **The Rev. Dr. Nancy Hardy**. The ministry of music is offered by the Wayne C. Vance Organ Scholar **Michael Oldaker** and soloist **Gisele Kulak**. Summer soloists are available thanks to the Wayne C. Vance Music Fund.

For pastoral care, please contact The Rev. Jason Meyers, ext. 24 (jasonm@metunited.ca)

To see our church directory, please visit: <https://www.metunited.org/staff>

CALENDAR OF UPCOMING EVENTS

Monday, July 22

10:00 a.m. Art Program

Metropolitan Centre

Friday, July 26

10:00 a.m. Art Program

Metropolitan Centre

NEXT SUNDAY: July 28 - Prayer

11:00 a.m. Morning Service in the Sanctuary
"The Spiritual Practice of Prayer" The Rev. Jason Meyers
Michael Oldaker, Wayne C. Vance Organ Scholar



Metropolitan United Church

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NEW: Get our podcast in iTunes, Spotify and Google

We are an Affirming Congregation, offering welcome and companionship to all, regardless of orientation or designation.



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.

NOTICE OF FILMING Please note that services are considered to be public events, and you are choosing to enter a space where your image may be captured as part of event proceedings that may be made public as part of our website or social media. We make every effort to ensure your personal information is kept and used in compliance with the Freedom of Information and Protection of Privacy Act (FIPPA). If you have any questions please contact janelt@metunited.ca.

A Summer of Spiritual Practices



Sunday, July 21, 2019 - Attention

CARILLON PRELUDE (10:30 a.m. outside, ending with)

Prelude from Violin Partita No. 3 (BWV 1006), by J.S. Bach, arranged by R. Barnes
Guest Carillonneur: Alex Johnson (USA)

ORGAN PRELUDE AND CANDLE LIGHTING

Selected movements (Suite du deuxième ton)

Louis-Nicolas Clérambault

♪ **OPENING HYMN: #409** *Morning Has Broken*

Bunessan

♪ INVITATION TO WORSHIP

One: God be with you.

All: And also with you.

One: Let us pray. (all seated)

PRAYER OF APPROACH AND CONFESSION

SILENCE FOR PRIVATE PRAYER

KYRIE ELEISON (All) #69 *More Voices* *Kyrie eleison (God have mercy)*

Kervin

ASSURANCE OF PARDON

♪ (indicates a congregational response- please stand in spirit or in fact)

♪**ACT OF PRAISE (All) #104 *More Voices***

Trad., Congo

Mungu, ni mwema, mungu ni mwema, mungu ni mwema, ni mwema, ni mwema.
Know that God is good, Know that God is good,
Know that God is good, God is good, God is good.

READINGS

Amos 8:1-12, Colossians 1:15-28

RESPONSE

#381 *Spirit of Life* (please remain seated)

Spirit of Life

GOSPEL READING

Luke 10:38-42

One:

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

CONGREGATIONAL RESPONSE:

Thanks be to God.

♪HYMN #371

Open My Eyes, That I May See

Open My Eyes

SERMON

“The Spiritual Practice of Attention”
The Rev. Jason Meyers

♪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 MUSIC

Arioso (100th Psalm)
Gisele Kulak, soprano

Salomon Jadassohn

♪THE OFFERTORY HYMN #518, verse 3

Forest Green

With gratitude and humble trust we bring our best to you,
Not just to serve your cause, but share your love with neighbours too.
O God, who gave yourself to us in Jesus Christ, your son,

Help us to give ourselves each day until life’s work is done.

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.

♪CLOSING HYMN #506

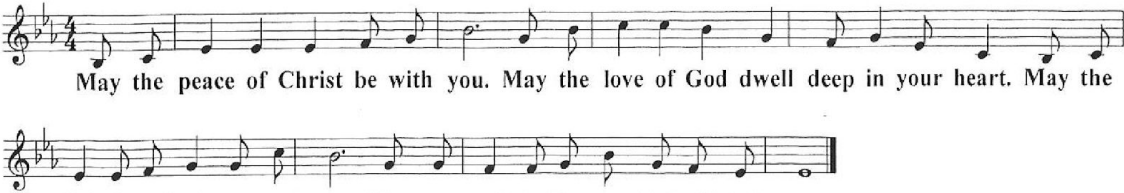
Take My Life and Let It Be

Mozart

COMMISSIONING

♪BLESSING (All-please sing twice and please turn toward the centre)

Izumi Shiota



ORGAN POSTLUDE AND CANDLE EXTINGUISHING

Caprice sur les grands jeux (Suite du deuxième ton)
Louis-Nicolas Clérambault

Taking the practice home

- Walk, ride or even drive around your neighbourhood; but do it slowly and intentionally. Make a list of things you haven’t noticed before
- Consider those things you find distracting and what you are missing out on because of distraction
- Pick something you have been putting off and commit your full attention to it for one hour

For anyone wishing to discuss these practices, we will gather in the Founders’ Chapel next Sunday at 10:00 a.m.