



LEADING IN WORSHIP this morning are **The Rev. Jason Meyers** and **Dennis Donovan**. The ministry of music is offered by Minister of Music **Dr. Patricia Wright** and soloist **Benjamin Stein**. Summer soloists are available thanks to the Wayne C. Vance Music Fund.

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

CALENDAR OF UPCOMING EVENTS

Monday, September 2

Labour Day Church closed

Tuesday, September 3

7:30 p.m. Metropolitan Silver Band Sanctuary

Thursday, September 5

6:30 p.m. Metropolitan Handbells Sanctuary

7:30 p.m. Metropolitan Choir Sanctuary

Saturday, September 7

9:00 a.m. Breakfast Bible Study Flanders Library

NEXT SUNDAY: September 8 - Season of Creation/Gathering Sunday

9:00 a.m. Communion Service in the Founders' Chapel

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

11:00 a.m. Morning Service and Church School
"Ocean Sunday"

The Rev. Karen Bowles

The Metropolitan Choir and Silver Band



Metropolitan United Church

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To hear the sermon: www.metsermons.com

www.metunited.ca



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.



Sunday, September 1, 2019 - Humility

CARILLON PRELUDE (10:30 a.m. outside, ending with) Pastoral
Guest Carillonneur: Dr Minako Uchino (Ottawa)

Charles Wesley

ORGAN PRELUDE AND CANDLE LIGHTING

Fantasie in C Major

Antiphons

Chorale Prelude on 'Ar Hyd Y Nos'

J. S. Bach

Marcel Dupré

Wilbur Held

♪ **OPENING HYMN #227 For the Fruit of All Creation**

Ar Hyd Y Nos

♪ 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 Jeremiah 2:4-13, Hebrews 13:1-8, 15-16

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

Spirit of Life

GOSPEL READING Luke 14:1, 7-14

One: This is the witness of the early church.

CONGREGATIONAL RESPONSE: **Thanks be to God.**

♪HYMN #696 *Homeless People, Will You Listen*

To Beach Spring, #374

SERMON "The Spiritual Practice of Humility"
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 Benjamin Stein

♪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)

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.

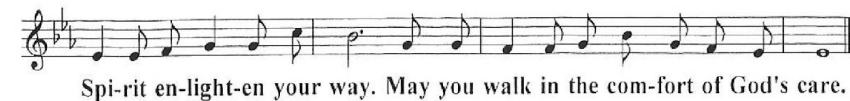
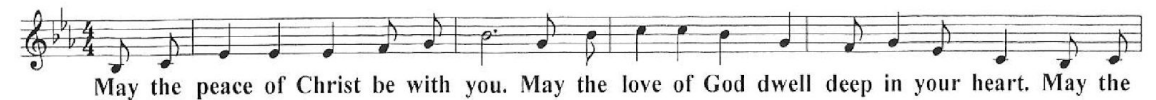
♪CLOSING HYMN #More Voices 136 *When Hands Reach Out*

O Waly Waly

♪COMMISSIONING

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

Izumi Shiota



ORGAN POSTLUDE AND CANDLE EXTINGUISHING

Gloria

Marcel Dupré

Taking the practice home

Over the past 10 weeks, we have been exploring spiritual practices in our Sunday worship services. Some of these practices have been specific activities such as prayer, reading scripture or how we spend money. Others have looked at fostering qualities such as patience, attention or discernment. An overarching theme we have seen is that each moment, each activity, each intention presents an opportunity to come closer to God. As we begin a new season here at Metropolitan, take some time this week to make a 'spiritual practices plan' for yourself. What choices can you make in the coming months to bring you closer to God and God's people? And remember, the spiritual journey is a shared journey. Consider meeting a friend from church for coffee to share your plan and to occasionally check in with each other.

