

Welcome to Metropolitan United Church

the downtown church for a diverse city



Sunday, February 9, 2020

Fifth Sunday after Epiphany - Black History Sunday

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.

GOSPEL READING Matthew 5:13-20

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

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

CHILDREN AND YOUTH TIME

All children and youth are invited to follow their teachers to Sunday School in the MET Centre.

♪HYMN #670

Precious Lord, Take My Hand

Precious Lord

SERMON SAFE HARBOUR

REV. KAREN BOWLES

GREAT HEART ANTHEM

Viola and Doctor King

Charlotte Mallia (member of *Great Heart*)

Based on the words of Viola Desmond and Dr. Martin Luther King, Jr.

♪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

HANDBELL OFFERTORY *Do Lord*

arr. Valerie W. Stephenson

♪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.**

PRAYER OF DEDICATION

♪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 #651**

Guide Me, O Thou Great Jehovah

Cwm Rhondda

♪ **COMMISSIONING AND BENEDICTION**

♪ **BLESSING (All-please turn toward the centre)**

Izumi Shiota



May the peace of Christ be with you, may the love of God dwell deep in your heart, may the
Spi-rit en-light-en your way, may you walk in the com-fort of God's care.

ORGAN POSTLUDE AND CANDLE EXTINGUISHING

Every Time I Feel the Spirit

Spiritual, arr. Judith Maggs

LEADING IN WORSHIP this morning are **The Rev. Karen Bowles** and **The Rev. Jason Meyers**. Reading the lessons are **Dennis Donovan** and **Gunn Wongsuwan**. The ministry of music is offered by the **Metropolitan Choir** and **Choristers** conducted by Minister of Music **Dr. Patricia Wright**, the **Metropolitan Sparklers** conducted by **Dr. Jennifer Martyn**, Great Heart conducted by **Benjamin Stein**, and by the Wayne C. Vance Organ Scholar **Timothy Wisnicki**.

CARRYING THE BANNER is **Ian Mahaffy**.

GREETERS are **Andrew McGee** and **Muriel Griffith**.

USHERS are **Alan Cotterill**, **Chris Hoover**, **Wilbert Ward**, and **Gunn Wongsuwan**.

PROGRAMS AND EVENTS THIS WEEK

Tuesday, February 11

12:10 – 12:30 p.m.	Midday Prayer Service	Sanctuary
1:00 p.m.	Beyond Loneliness	Flanders Library
5:30 p.m.	Trustees Meeting	MET Centre
6:30 p.m.	Open Art Studio and Knitting Circle	MET Centre
7:00 p.m.	Congregational Care Committee	Flanders Library
7:30 p.m.	Metropolitan Silver Band Rehearsal	Sanctuary

Wednesday, February 12

7:00 a.m.	Out of the Cold Chop Chop	MET Kitchen
8:30 a.m.	Prayer Breakfast at Fran's	200 Victoria Street
12:00 p.m.	Zoom Bible Study	Online
5:00 p.m.	Worship Committee	Sanctuary

Thursday, February 13

11:00 a.m.	Out of the Cold Luncheon	MET Centre
12:10 – 1:00 p.m.	Yoga Church	Sanctuary
6:30 p.m.	Metropolitan Handbells Rehearsal	Sanctuary
7:30 p.m.	Metropolitan Choir Rehearsal	Sanctuary

Friday, February 14

10:30 a.m.	Open Art Studio	MET Centre
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Saturday, February 15

9:00 a.m.	Breakfast Bible Study	Flanders Library
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NEXT SUNDAY: February 16 Sixth Sunday After Epiphany

9:00 a.m.	Early Communion Service	Founders' Chapel
10:00 a.m.	Library Open (re-opens 12:15 p.m.)	
11:00 a.m.	Worship and Church School Rev. Jason Meyers Deuteronomy 30:15-20; 1 Corinthians 3:1-9; Matthew 5:21-37	Sanctuary
12:15 p.m.	Great Heart	Sanctuary

STAY CONNECTED: Sign up for the MET Connect weekly e-newsletter for up-to-date worship, event and programming news. Fill out a form at the MET Connect table, or just visit metunited.ca. We're also on Facebook, Instagram (@metropolitanunitedto) and Vimeo.

TRANSITION

PILLAR TALK: TODAY FOLLOWING THE SERVICE beginning at 12:30 p.m. in the MET Centre is the first of our Pillar Talks to inform the ministry position descriptions going forward. All are invited. We will consider the activities under the Spiritual Learning for Life and the Congregational Care Pillars. Soup lunch will be served. Contact any member of the Transition team or Rev. Karen Bowles with questions.

PILLAR TALK: February 23 at 12:30 p.m. in the MET Centre is the second of our Pillar Talks. All are invited. We will consider the activities under the Integrated Arts and the Outreach Pillars. Soup lunch will be served.

MINISTRY OF INTEGRATED ARTS

MUSIC AT METROPOLITAN presents *Sprezzatura! Music of the Forgotten Galant* on **Saturday, March 7 at 7:30 p.m.** Join Benjamin Stein, the Rezonance Baroque Ensemble and Musicians on the Edge. Tickets are \$20/10 for students and are available after the service and at metunited.ca.

K@MP- Kids at MET Performing: Our arts day camp for ages 4-teens will be held August 31-September 4. We have a limit of 30 children total in three age groups, corresponding to Sparklers, Choristers, and Great Heart, and our own children have priority. Please contact Dr. Patricia Wright to register (exact information regarding fees, subsidies, etc. will be available soon).

OPEN STUDIO ARTS: (drawing, painting with acrylics, pencil, pastel - some supplies provided)
Tuesdays from 6:30 p.m. to 8:30 p.m. in the MET Centre (knitting also offered, basic supplies provided)
Fridays from 10:30 a.m. to 12:30 p.m. in the MET Centre - *All Are Welcome!*

CONGREGATIONAL CARE

BEYOND LONELINESS: We've all been there and none of us want to stay. We arrive, unwillingly, at any age or stage of life and sometimes we feel hopelessly stuck. If you or someone you know is in a place of loneliness, come talk to us about it. Rev. Jason Meyers and Patti Orr will be hosting an informal group to explore the challenges of loneliness and provide support along the way. Beginning on Tuesday, February 11 at 1:00 p.m. in the Flanders Library, Beyond Loneliness will meet every two weeks. All are welcome.

THE BEREAVEMENT CIRCLE at Metropolitan United Church is led by Sarah Cotterill and Rev. Jason Meyers and it is a safe space for all those who are grieving. Its aim is to provide mutual support through sharing your story and personal journey. It is an informal circle that allows and respects each person's right to grieve in his/her own way. The next meeting will be Sunday, March 1 at 1:00 p.m. in the Flanders Library.

SHROVE TUESDAY COMMUNITY MEAL: As we approach the Lenten season, this will be a "Mardi Gras" celebration with pancakes, sausages and ice cream. The meal is free and all are welcome to attend. February 25 from 5:00-6:30 p.m.

OUTREACH

A CALL TO COOKIE BAKERS: If you provide homemade cookies you will be an important part of the love that we try to extend to our guests in our Out of the Cold lunch program. Tins are in the Narthex this morning. Next Sunday, leave your cookies there. Many thanks.

THE COMMUNITY SERVICES PROGRAM: is looking for a one-time donation of electronics in good working condition to assist a community member stabilize in their new home. Please contact our Community Service Worker, Stephanie Cunti prior to donation at csw@metunited.ca or 416-363-0331 ext. 241. Community Services is also in need of unused deodorant, razors and shaving cream. Please contact our Housing Worker, Megan Carver at housingworker@metunited.ca or 416-363-0331 ext. 221.

SPIRITUAL LEARNING FOR LIFE

THE BIG QUESTIONS COURSE is a six-week Lenten exploration of Christian discipleship in the modern world. Using the United Church of Canada's faith document, *A Song of Faith*, we will delve into the big questions of the life of faith and discern what following Jesus means for our daily living. This course is for current Metropolitan members wishing to deepen into their faith, people wishing to join the MET community, or any seeker looking for a spiritual path on which to walk. Saturdays, February 29 - April 4, from 10:00-11:30 a.m. Sign up at the MET Connect Table or contact Rev. Jason Meyers for more information.

YOUTH CANOE TRIP: Gibimishakaadimin (“we paddle forward together”) is a project of reconciliation launched as a direct outcome of the recommendations of the TRC Report. **From August 21 - 29, a total of 20 youth ages 14 - 18 will embark on nine days of learning about each other and the richness of Indigenous cultural and community histories.** This all-expenses-paid journey of paddling together and fostering relationships through a canoe trip and experiential learning on both land and water will take place deep in the heart of the Canadian Shield. Contact Rev. Karen Bowles for more information.

FLANDERS LIBRARY: Karen Armstrong is a British author and commentator. Her work focuses on commonalities of the major religions, such as the importance of compassion and the Golden Rule. She has received numerous awards for her work. Her book “The Lost Art of Scripture: Rescuing the Sacred Texts” was recently added to our library’s collection. The Library is open 10:00-11:00 a.m. and 12:15-1:00 p.m. every Sunday.

FAITH FORMATION: MET is looking for a Children & Youth Animator to lead the Sunday school and youth program. If you know of anyone who is excited about Christian leadership and working with this age group, please contact Rev. Karen Bowles or download the position description from the website.

CALM COMMUNITY FOR A BUSY CITY

Midday Service of Prayer and Healing - Tuesdays 12:10 to 12:30 p.m.

Yoga Church - Thursdays 12:10 to 1:00 p.m.

SCRIPTURE READINGS AND HYMNS: Large-print copies of today’s scriptures and hymns are available at the back of the sanctuary.

THE SHARING OF OUR ABUNDANCE

THANK YOU! On behalf of Metropolitan’s Official Board, thank you for your generous and ongoing gifts to our many ministries in 2019. Your gifts help to transform lives. Receipts for income tax purposes will be mailed in February. Your church remains grateful for your support.

BROADVIEW MAGAZINE: *Broadview* connects us as a church family, sharing United Church news and exploring topics of interest and relevance to the spiritual lives of Canadians today. For a subscription to this hope-filled magazine, please contact our congregation’s *Broadview* representative, Doug Flanders at dougflanders@sympatico.ca or (416) 769-2746. It’s a bargain for \$25 - and a very good read.

THERE IS SOMEONE IN NEED: You may help our congregation and someone in future need by remembering Metropolitan with a gift in your estate plans. Whether through a bequest, a gift of insurance, an annuity or some other type of legacy, a future gift to our church will make a difference. For information on opportunities, contact Doug Flanders at dougflanders@sympatico.ca or (416) 769-2746. *A legacy - It’s ours to leave.*

Every man must decide whether he will walk in the light of creative altruism or in the darkness of destructive selfishness. - Martin Luther King, Jr.

The Official Board of Metropolitan United Church deeply appreciates your financial gifts. We strive to honour our donors’ wishes at all times. When gifts are designated for a specific purpose and the need for that purpose has been fulfilled, your Board will redirect surplus gifts to the closest alternative or the area of greatest need. Thank you again for supporting Metropolitan.

DIRECTORY

Intentional Interim Lead Minister: The Rev. Karen Bowles, ext. 227 (karenb@metunited.ca)
Minister of Congregational Care: The Rev. Jason Meyers, ext. 224 (jasonm@metunited.ca)
Minister of Music: Dr. Patricia Wright, ext. 226 (patw@metunited.ca)
Voluntary Associate Minister: The Rev. Bruce Misener, ext. 255 (officiant@metunited.ca)
Minister Emeritus: The Rev. Dr. G. Malcolm Sinclair
Chair of the Official Board: Kenneth Younie (chair@metunited.ca)
Teachers: Karlos Griffith (karlosgriffith@rogers.com), Johnavac Abraham
Library: Marion Lick (library@metunited.ca) and Maureen Maguire (vigrass78@gmail.com)

Community Outreach Ministry

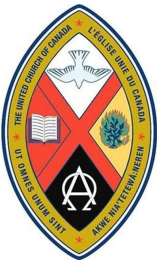
Outreach and Housing Worker: Megan Carver, ext. 221 (housingworker@metunited.ca)
Community Service Worker: Stephanie Cunti, ext. 241 (csw@metunited.ca)

Ministry of Music

Minister of Music: Dr. Patricia Wright, ext. 226 (patw@metunited.ca)
Wayne C. Vance 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. 222 (janelt@metunited.ca)
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