

Welcome to Metropolitan United Church

the downtown church for a diverse city



Sunday, March 1, 2020

First Sunday in Lent/Sacrament of Communion

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.

ORDER OF SERVICE

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

CARILLON PRELUDE (outside)

ORGAN PRELUDE	<i>Kyrie, God, Holy Spirit</i>	J. S. Bach
	<i>Prelude on Jesus Walked This Lonesome Valley</i>	Spiritual, arr. Wood
	Rehearsal of sung "Lord's Prayer"	
	<i>Prelude on "Beach Spring"</i>	Wilbur Held

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

INVITATION TO WORSHIP

One: Let us begin our Lenten pilgrimage with open hearts.

All: We offer them to the One who walks with us.

One: Let us be nourished by the simple gifts of creation.

All: We journey with the one who sets aside glory.

One: Let us join our voices with the Spirit of love and hope.

All: We rejoice in God's faithful care.

One: God be with you.

All: And also with you.

One: Let us pray. (all seated)

PRAYER OF APPROACH

CONFESSION (LENT IS A SEASON OF LAMENT WHICH PREPARES THE HEART FOR NEW GROWTH. EACH WEEK WE WILL SHARE IN THIS PRAYER OF CONFESSION.)

One: Before God, with the people of God, I confess to my brokenness, to the ways I wound my life, the lives of others, the life of the world.

All: May God forgive you, Christ renew you and the Spirit enable you to grow in love.

One: Amen.

All: Before God, with the people of God, I confess to my brokenness, to the ways I wound my life, the lives of others, the life of the world.

One: May God forgive you, Christ renew you and the Spirit enable you to grow in love.

All: Amen.

SILENCE FOR PRIVATE PRAYER

TENEBRAE WORDS OF LAMENT

We put out the sixth candle. We grieve the darkness of broken relationships and extinguish in ourselves the pride that leads to hard-heartedness.

RESPONSE **More Voices #85** *Take, O Take Me As I Am* John Bell, Iona Community

READINGS Genesis 2:15-17, 3:1-7; Psalm 32

ANTHEM *Ave Verum Corpus*

Wolfgang Amadeus Mozart

Hail, true body, born of the Virgin Mary; who has truly suffered, died on the cross for humanity, whose side was pierced, pouring out water and blood. Be a foretaste for us during our ordeal of death.

GOSPEL READING Matthew 4:1-11

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

Beach Spring

SERMON **SACRIFICE AND A DORMOUSE**

REV. KAREN BOWLES

ANTHEM *O Sacrum Convivium*

Stephanie Martin

O sacred feast, in which Christ is partaken: recalling the memory of his suffering, our minds are filled with gratitude and a pledge of future glory to us is given. Text by Thomas Aquinas

♪**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 *I Want Jesus to Walk with Me*

Spiritual, arr. Kulak/Stein

Gisele Kulak and Benjamin Stein

♪**COMMUNION HYMN #461** ***Bread of the World***

Rendez à Dieu

♪**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)


P. Wright

Choir and Congregation



Ho - ly, Ho - ly, Ho - ly, Lord God of pow - er and might,
 Bles - sed is - the one - who comes in - the name of the Lord.

Choir only *Choir and Congregation*



Heaven and earth are full of your glo - ry, Ho - sann - na in the high - est.
 Ho - san - na in the high - est, Ho - sann - na in the high - est.

LORD'S PRAYER (all) Sung - please see insert.

AGNUS DEI (Congregation and Choir)

Choir and Congregation *Choir alone*



Je - sus Lamb of God, have mer - cy up - on us. Je - sus bear - er of our sins, have

Choir and Congregation



mer - cy up - on us. Je - sus Re - deem - er of the world, give us your peace.

INVITATION AND 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. A minister will place the bread into your hand.

MUSIC DURING COMMUNION: Hymns #119, 480, 116

POST COMMUNION PRAYER

♪ **RECESSIONAL HYMN #117** *Jesus Christ Is Waiting*

Noel Nouvelet

♪ **COMMISSIONING AND BENEDICTION**

JBLESSING #572 *Send me, Lord* (please turn to the centre) **Trad. South African**
Send me, Jesus, send me, Jesus, send me, Jesus, send me, Lord.
Lead me, Jesus, lead me, Jesus, lead me, Jesus, lead me, Lord.
I will go, Lord, I will go, Lord, in your name, Lord, I will go.

ORGAN POSTLUDE AND CANDLE EXTINGUISHING *Fugue in G Minor*

J. S. Bach

Offering of the Imposition of Ashes

LEADING IN WORSHIP this morning are **The Rev. Karen Bowles** and **The Rev. Jason Meyers**. Reading the lessons is **Timothy Wisnicki**. The ministry of music is offered by the **Metropolitan Choir** conducted by Minister of Music **Dr. Patricia Wright** and by the Wayne C. Vance Organ Scholar **Timothy Wisnicki**.

CARRYING THE CROSS is **Heather Walsh**.

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

USHERS are **Eva Breeze, Jane Litherland, Jennifer McDonald, and Ed Oikawa**.

TODAY'S MUSIC includes organ music appropriate to the Lenten season. Mozart's famous 'Ave Verum Corpus' will be included in our annual Good Friday concert on April 10. Renowned Canadian conductor and composer Stephanie Martin teaches at York University in Toronto.

Today is the first of the six Sundays in Lent, the period for the church leading up to the death and the resurrection of Jesus, at Easter, this year on April 12. It has been a tradition in the Church to observe this as a time of reflection, lament and preparation. Each week we will extinguish one of the six candles you see at the front of the Sanctuary - a ritual called 'Tenebrae,' latin for darkness. This tradition is a reminder that the Christian story moves to a place of darkness and loss before settling on a story of hope and resurrection.

PROGRAMS AND EVENTS THIS WEEK

Tuesday, March 3

12:10 – 12:30 p.m.	Midday Prayer Service	Sanctuary
6:30 p.m.	Open Art Studio and Knitting Circle	MET Centre
7:30 p.m.	Metropolitan Silver Band Rehearsal	Sanctuary

Wednesday, March 4

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

Thursday, March 5

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, March 6

10:30 a.m.	Open Art Studio	MET Centre
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Saturday, March 7

9:00 a.m.	Breakfast Bible Study	Flanders Library
10:00 a.m.	Big Questions	MET Centre

7:30 p.m.

Music at Metropolitan Concert

Sanctuary

NEXT SUNDAY: March 8 Second Sunday in Lent

9:00 a.m.	Early Communion Service	Founders' Chapel
9:45 a.m.	Choristers and Sparklers	MET Centre
10:00 a.m.	Library Open (re-opens 12:15 p.m.)	
11:00 a.m.	Worship and Church School	Sanctuary
	Rev. Jason Meyers <i>"Nicodemus by Night"</i> Genesis 12:1-4; Romans 4:1-5, 13-17; John 3:1-17	
12:15 p.m.	Great Heart	Sanctuary
12:15 p.m.	Pillar Talk	MET Centre
1:30 p.m.	Festival Choir Rehearsal	Sanctuary

DAYLIGHT SAVING TIME returns on Sunday, March 8. Please remember to turn your clocks ahead one hour.

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.

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, soprano Emily Klassen, Rezonance Baroque Ensemble and Musicians on the Edge. Tickets are \$20/10 (students) - available after the service, or 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. Continuing **Tuesday, March 10 at 1:00 p.m.** in the Flanders Library, Beyond Loneliness meets 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 is **today, March 1 at 1:00 p.m.** in the Flanders Library.

OUTREACH

DISH WASHER: From now until the end of March, Out of the Cold requires a pots and pans dishwasher on **Thursdays between 12:00 p.m. and 3:00 p.m.** If you are interested, please phone/text Barbara McLardy at 416-807-2681 or email fjmbam@sympatico.ca.

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

WORLD DAY OF PRAYER SERVICE: will take place on **Friday, March 6** at **2:00 p.m.** in St. James Cathedral, 106 King Street East (corner of Church & King). This year the prayer is for Zimbabwe. We look forward to seeing those who can attend.

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: You can find several books by Bart D. Ehrman in our library. One of them is “Truth and Fiction in The Da Vinci Code: A Historian Reveals What We Really Know About Jesus, Mary Magdalene, and Constantine”. Ehrman is the author of 30 books. His books have been translated into 27 languages. The Library is open 10:00-11:00 a.m. and 12:15-1:00 p.m. every Sunday.

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

OUR FARMERS’ MARKET: Metropolitan is planning to launch a Farmers’ Market in McGill Square to be open from June through October! We'll bring together people from all walks of life and provide access to sustainably grown, fresh, nutritious food, while showcasing our church at the heart of the neighbourhood. A generous donor has offered to match contributions on a \$4 to \$1 ratio as we invest during the startup of the market. To support this innovative outreach project, please donate online or place your gift on the offering plate, clearly marked “Farmers’ Market”. Questions? Contact Rev. Jason Meyers or Outreach Chair Dorcas Beaton at dorcas.beaton@gmail.com.

WAYS TO GIVE: Financial gifts enable our many ministries to grow and thrive. Weekly offering envelopes. Monthly bank or credit card deductions. Post-dated cheques. Gifts of securities. We are happy to enable a way of giving that suits your needs. Contact Elena in our church office at (416) 363-0331, ext. 229 or email elenap@metunited.org. Thank you for your support.

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

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Minister of Congregational Care: The Rev. Jason Meyers, ext. 224 (jasonm@metunited.ca)
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Minister Emeritus: The Rev. Dr. G. Malcolm Sinclair
Chair of the Official Board: Kenneth Younie (chair@metunited.ca)
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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 (csww@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

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