

# Welcome to Metropolitan United Church

the downtown church for a diverse city



*Jacob wrestling with God, Jack Baumgartner*

## **Ninth Sunday After Pentecost** **The Keys to the Kingdom: 'Sufficiency'** **August 2, 2020**

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

**PRELUDE** *German Dance in B-flat Major* Franz Joseph Haydn  
played by Madeleine Gilady  
*Fluttering Leaves* Stephen Heller  
played by Eve Gilady

### WELCOME

**OPENING HYMN #222** *Come, Let Us Sing* Forney

### INVITATION TO WORSHIP AND PRAYER OF APPROACH

**All:** To know the warmth of love,  
To have the assurance that someone cares,  
To be confident of our worth,  
To be bold to love in return,  
To be washed over with grace,  
To be accepted as we are:  
This is to know something of God.  
Let us worship God together.

One: God be with you.

**All:** And also with you.

One: Let us pray.

### PRAYER OF CONFESSION

### SILENCE FOR PRIVATE PRAYER

**KYRIE (ALL) #69 *More Voices Kyrie eleison*** *(God have mercy)* Kervin

### ASSURANCE OF PARDON

**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.

**READING** Genesis 32:22-31

### CHILDREN'S TIME

**READING** Matthew 14:13-21

**SERMON**

**'SUFFICIENT UNTO ALL DAYS'**  
The Rev. Karen Bowles

**SOLO**

*Viola and Dr. King*  
with Suzy Wilde, guitar/vocals

Charlotte Mallia

**ANNOUNCEMENTS AND OFFERING**

**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.**

**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 #256** *O God Beyond All Praising*

Thaxted

**COMMISSIONING AND BLESSING**

**BLESSING**

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.

POSTLUDE

*Glory to God in the Highest*

Max Reger

**LEADING IN WORSHIP** this morning is **The Rev. Karen Bowles**. The Children's Time is led by **Bailey Fleming** and reading the lesson is **Michael Connolly**. The ministry of music is offered by the Wayne C. Vance Organ Scholar **Timothy Wisnicki**, Choristers **Eve** and **Madeleine Gilady**, Minister of Music **Dr. Patricia Wright**, soloist and drummer **Benjamin Stein**, sopranos **Chelsea Van Pelt** and **Gisele Kulak**, alto **Chris Taeyoung Kim**, tenor **Charles Davidson**, and **John Schneider**, bass.

## PROGRAMS AND EVENTS THIS WEEK

The church remains closed to the public, but virtual Worship and some programming are taking place.

### Wednesday, August 5

**12:00 p.m.** Zoom Bible Study [link here](#)

### Thursday, August 6

**6:30 p.m.** Family Drop In: Cooking Show ([email Bailey](#) for link)

### NEXT SUNDAY: August 9, Tenth Sunday after Pentecost

**11:00 a.m.** Virtual Worship via Facebook and YouTube  
Genesis 37: 1-4, 12-28, Matthew 14:22-33  
The Rev. Jason Meyers preaches

## STAY CONNECTED

Full updates around Covid-19 can be found on the homepage at [metunited.ca](#). Past sermons and livestreams are also available under the Worship menu. Sign up for the MET Connect weekly e-newsletter via our homepage for up-to-date news. We're also on [Facebook](#), [Instagram](#), [YouTube](#), and [Vimeo](#).

## MET CHILDREN & YOUTH

**Thursday Family Drop-in** Each Thursday at 6:30-7:30pm in July and August, Bailey hosts an evening drop-in for families of all ages. Activities range from escape rooms, spiritual practices, game nights, baking parties, and more! Next up: on August 6!

More info: email Bailey ([bailey@thegoproject.ca](mailto:bailey@thegoproject.ca)) or call her directly at (506) 227-4548.

## PASTORAL CARE

The ministers are connecting with many members and we are responding to the needs of our community in this challenging time. For pastoral matters in August, please contact Jason at [jasonm@metunited.ca](mailto:jasonm@metunited.ca) (416-363-0331 ext. 224).

## COMMUNITY SERVICES MINISTRY

The Outreach team continues to respond to the needs of our community physically and spiritually. Local businesses in the downtown core are being supported while community needs are met, via **take-out meals** accessible by funded chits from three local restaurants, and a similar chit system at a **local laundromat**. Megan and Stephanie are also buying and delivering groceries, providing grocery cards and meeting with folks, taking appropriate precautions. A **Hospitality Tent** is also up and running on Wednesdays in McGill Square to help provide relief during the summer months.

## CONGREGATIONAL CARE

A group of dedicated folks is keeping in touch with all those in our community and are continuing to reach out offering help where needed. Tech help is being provided.

## CONTINUED GIVING

The work of Metropolitan continues. While we cannot collect offerings in person, there are still easy ways to contribute - through our [Canada Helps page](#), or by mailing in envelopes and/or cheques to the church.

You can also arrange for pre-authorized remittance for regular giving (PAR) from your bank account, or credit card - just [download and fill out a form](#) via the website. If you have any questions, please contact Elena Pejcinovska, Financial Manager at [elenap@metunited.ca](mailto:elenap@metunited.ca) or 416-363-0331 ext. 229.

*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](mailto:karenb@metunited.ca))  
Minister of Congregational Care: The Rev. Jason Meyers, ext. 224 ([jasonm@metunited.ca](mailto:jasonm@metunited.ca))  
Minister of Music: Dr. Patricia Wright, ext. 226 ([patw@metunited.ca](mailto:patw@metunited.ca))  
Voluntary Associate Minister: The Rev. Bruce Misener, ext. 255 ([officialant@metunited.ca](mailto:officialant@metunited.ca))  
Minister Emeritus: The Rev. Dr. G. Malcolm Sinclair  
Chair of the Official Board: Kenneth Younie ([boardchair@metunited.ca](mailto:boardchair@metunited.ca))  
Children & Youth Ministries Animator: Bailey Fleming ([bailey@thegoproject.ca](mailto:bailey@thegoproject.ca))  
Teachers: Karlos Griffith ([karlosgriffith@rogers.com](mailto:karlosgriffith@rogers.com)), Johnavac Abraham  
Library: Marion Lick ([library@metunited.ca](mailto:library@metunited.ca)) and Maureen Maguire ([vigrass78@gmail.com](mailto:vigrass78@gmail.com))

### Community Outreach Ministry

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

### Ministry of Music

Minister of Music: Dr. Patricia Wright, ext. 226 ([patw@metunited.ca](mailto: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](mailto:janelt@metunited.ca))  
Office Administrator: Sheela Taylor, ext. 210 ([sheelat@metunited.ca](mailto:sheelat@metunited.ca))  
Financial Manager: Elena Pejcinovska, ext. 229 ([elenap@metunited.ca](mailto:elenap@metunited.ca))  
Technical Administrator: Vinoth Thanganadan, ext. 223 ([vinotht@metunited.ca](mailto:vinotht@metunited.ca))  
Communications Specialist: Charles Davidson ([communications@metunited.ca](mailto:communications@metunited.ca))  
Property Manager: Frank Cairns, ext. 231 ([frankc@metunited.ca](mailto:frankc@metunited.ca))  
Custodians: Nadan Kandiah, Puvi Kanagalingam ext. 232

56 Queen Street East, Toronto, ON M5C 2Z3

Tel. 416.363.0331 Fax. 416.363.7586

Email: [metunited@metunited.ca](mailto:metunited@metunited.ca)

