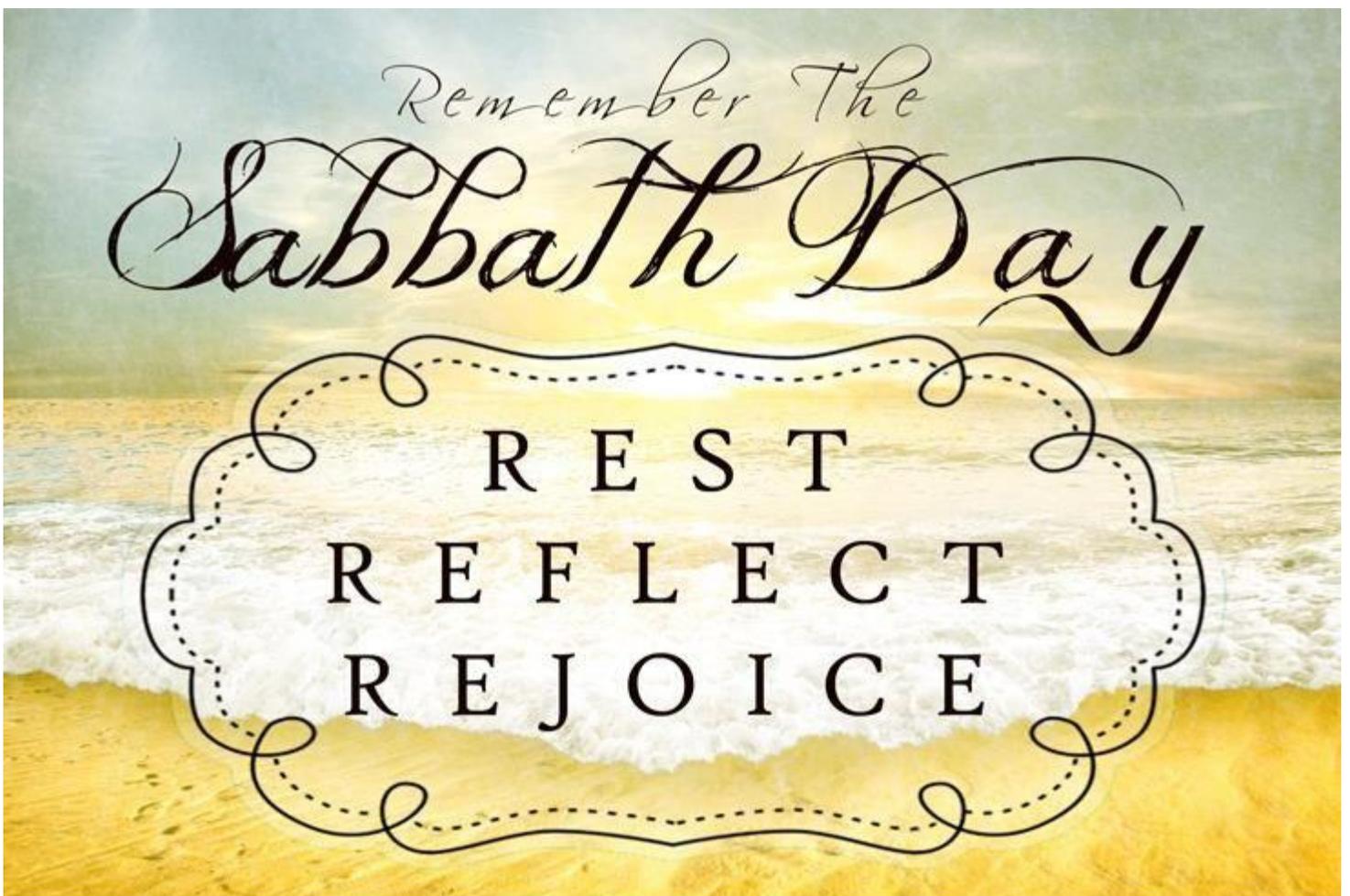


PARKMINSTER UNITED CHURCH

September 23, 2018

Reflection: “Healing Busyness—Keeping Sabbath”



Rev. Joe Gaspar, Rev. Heather Power, Rev. Fred Monteith



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LARGE PRINT Bulletins, Voices United Hymn Books and Bibles are available from the ushers.

BULLETIN NOTATIONS:

★ Signal to stand, for those who are able.

VU~Voices United Hymn book **MV**~More Voices Hymn book

Welcome Visitors! We're glad to have you worshipping with us at Parkminster and would like to make sure you feel connected. Please take a few minutes to fill out one of the white information envelopes found in the pews and place it on the offering plate, or put it in the mail slot outside the office. Whether you'd like more information about Parkminster's programs, want to request offering envelopes, or have a question about becoming a member – or whatever else is important to you, we'd love to hear from you! Welcome!

GATHERING

Prelude: “Every Time I Feel the Spirit” *arr. by Mark Hayes*

Welcome

Statement of Welcome

One: In gratitude and with respect we begin by recognizing the First Nations on whose traditional land we make our spiritual home, the Anishnawbe (A-nish-NA-bay) the Haudenosaunee (Ho-di-no-SHOW-nay), and the Neutral. We acknowledge, with regret, that this history has rarely been respectful. We commit to just relationship in the present.

All: Seeking true community, we welcome all who have no church home, need strength, and are seeking deep meaning. Welcome to those who have doubts or who do not believe. Welcome to those whose faith is sure, and to those who believe, but who are asking large questions.

One: Welcome to visitors and to familiar friends. Welcome to grandparents, to mothers, fathers, youth and children, couples, and single people.

All: Welcome to people of all colours, gender identities, abilities, and sexual orientations.

One: Welcome to each who is searching for meaning, who is seeking an understanding of community and what it means to accompany one another.

All: As we come together as church, we turn to one another with gratitude and pray that we will be strong together, faithful together, and loving together. We seek blessing as we welcome the great gift of spirit in us, through us, and among us.

Joys and Concerns

Video Reflection—Sabbath: A Practice in Death,
Barbara Brown-Taylor

Call into Community

One: Why are you here? The question lingers In the spaces between all the doing...Soon the void fills with doubt and messages gleaned from encounters with purveyors of fear...Stay there...Call on your faith...You are not alone, stay in that void...You will hear an invitation...rest here...rest your movement, your mind, your daily grind...rest here and sing...sing the praise of our Creator...rest here, undefended, open to the Spirit of God.

**All: On this Sabbath Morning
In this Holy Moment
We come to simply be,
knowing that is enough,
we are enough for God.**

One: That is the call this Sabbath morning...rest...worship.
You are here for this.

**Adapted from two prayers found at http://www.practicingourfaith.org/prct_keeping_ways_worship.html by Lani Wright and www.ucc.org/worship/worship.../Here-I-Am-February-7-2010.doc by Susan Blain*

★ **Introit:** “The Lone Wild Bird” ♪ VU #384

Passing of the Peace



One: The peace of Jesus is more than a greeting,

All: it is more than the wish for a life free of conflict.

One: It is the peace that Jesus came to proclaim—

All: the harmony of a life of inclusion, justice and acceptance.

One: To pass the peace of Jesus is to wish upon your neighbour a life of right relationship with God, with others and with all of creation.

All: In this exchange we invite one another into the community of God proclaimed by Jesus,

One: and to which the Spirit calls and points.
In that Spirit I invite you to share the peace of Jesus with your neighbour...May the peace of Jesus, the Christ be with you...

All: And also with you.

EXPLORING

Prayer of Preparation

All: Holy Wisdom, your Word
guides our way and lights our path.
Free us from the ravages of ego and fear,
humble us to receive your truth in trust and love.
Stir up our courage to follow
the path you set before us.
In the Spirit's power we pray, amen.

★ **Children's Song:** "Praise the Lord with the Sound of Trumpet"
🎵 VU #245, vs.1

Story Time

Following the story time, children will leave for Sunday School activities!

*****Youth Gr. 7 and up** there is no Sunday School today.
Please remain upstairs for worship.***

For babies and toddlers, there is the Family Worship Space at the back of the sanctuary. Each week, there will be an adult present so that the children can play and be cared for while parents worship. Parents are free to come and go from that space, according to the needs of their children.

★ **Children's Song:** "Praise the Lord with the Sound of Trumpet"
🎵 VU #245, vs.2

📖 **Scripture—Genesis 2: 1-3 and Exodus 20: 8-11**

Acclamation

One: This is the witness of Israel.

All: Thanks be for this testimony of faith.

Ministry of Music: "Like a River in My Soul" *by Tim Osiek*

Scripture—Mark 2: 23-28

Acclamation

One: This is the good news of Jesus.

All: **Thanks be for this grace.**

Sabbath—“That divine rest on the seventh day of creation has made clear (a) that YHWH is not a workaholic, (b) that YHWH is not anxious about the full functioning of creation, and (c) that the well-being of creation does not depend on endless work.”

“Thus I have come to think that the fourth commandment on Sabbath is the most difficult and most urgent of the commandments in our society, because it summons us to intent and conduct that defies the most elemental requirements of a commodity-propelled society that specializes in control and entertainment, bread and circuses ... along with anxiety and violence.”

“The conclusion affirmed by the narrative is that wherever YHWH governs as an alternative to Pharaoh, there the restfulness of YHWH effectively counters the restless anxiety of Pharaoh.”

“In our own contemporary context of the rat race of anxiety, the celebration of Sabbath is an act of both resistance and alternative. It is resistance because it is a visible insistence that our lives are not defined by the production and consumption of commodity goods.”

“The Sabbath rest of God is the acknowledgment that God and God’s people in the world are not commodities to be dispatched for endless production and so dispatched, as we used to say, as “hands” in the service of a command economy. Rather they are subjects situated in an economy of neighborliness. All of that is implicit in the reality and exhibit of divine rest.”

Walter Brueggemann, excerpts from “Sabbath as Resistance”
<https://www.goodreads.com/work/quotes/25947656-sabbath-as-resistance-saying-no-to-the-culture-of-now>

Questions for Reflection

- What does Sabbath mean to you?
- What do you need to start or stop doing in order to make room for Sabbath in your life?
- What reminds you that life doesn't all depend on you, that there is grace in the world?

Reflection—“*Healing Busyness—Keeping Sabbath*”

(My reflections often contain material from other sources that are awkward to acknowledge when speaking. Please pick up a copy of the sermon or check the website if you would like more information.)

★ **Hymn:** “I am the Dream” 🎵 MV #106

RESPONDING

Offering – invitation

Offertory: “All Through the Night” *arr. by Larry Shackley*

★ **Dedication:** “What Can I Do?” 🎵 MV #191

**What can I do? What can I bring?
 What can I say? What can I sing?
 I'll sing with joy. (I'll sing with joy.) I'll say a prayer.
 I'll bring my love. I'll do my share.**

★ Offering Prayer

Prayers of the People

The Lord's Prayer *(from our faith tradition)*

**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.

RETURNING

★ Hymn: "God Says" ♪ MV #172

★ Commissioning and Blessing

★ Sung Alleluia "Alleluia" ♪ MV #52

Alle, alle, alleluia!
 Alle, alle, allelu, alle, alleluia!

Postlude: "Moderato in D" *by J.M. Leclair*

* * * * *

Thank you to everyone who has offered their gift of time to volunteer
 in various ways this Sunday:

Greeters:.....Jamie Hofman, Adrienne Barrett Hofman
and family

Ushers:John Watson, Allen Switzer,
John & Wilma Bakelaar

Lay Reader:Wendy Watson

Candle Lighters:Sadie & Theo Barrett Hofman

Counters:.....John & Susan Bain

A/V Coordinator:.....Sandy Quehl

A/V Operators:Heather Watts & Sandy Quehl

Chancel Arrangement:Cindy Demsey

Coffee Hour Hosts:.....Mary & Jack Reynolds

Coffee Hour Dessert:.....Maedith Radlein

The Ministry of Parkminster: All of us
Ministers:..... Rev. Joe Gaspar (ext. 23)
 Rev. Fred Monteith (ext. 22)
 Rev. Heather Power (on leave)
Music Director: Neil Murray (ext. 25)
Office Administrator:..... Melanie Chisholm (ext. 21)
Custodian:..... Allen Switzer (ext. 26)



This Week Let Us Pray For
Hamilton Conference Monthly Prayer Cycle:
 Arthur United Church, Bruce Presbytery
World Council of Churches Focus:
 Bolivia, Brazil, Chile, Peru

**TAKE TIME FOR
 SABBATH AND
 FIND REST FOR
 YOUR SOUL.**

HELPFUL INFORMATION . . .

“What’s UP at Parkminster!”:

For a detailed listing of events, activities & notices, please refer to the “What’s UP” email sent out every Friday.

If you have an announcement you’d like to include, please email the office with a brief message. Deadline is Thursday at 10:00am.

To receive “What’s UP” please contact the office. A limited number of hardcopies are also available in the Upper Hall.

Community Events: Local events are posted on the bulletin board beside the Family Room.

Posters: To maintain a clear sight line for the office administrator and to keep our glass clean, please refrain from taping posters to the main entry doors. Bulletin boards &/or “What’s UP” are great ways to advertise!

Defibrillator: A defibrillator is located on the wall at the top of the basement stairs.

Wheelchair: A wheelchair is stored in the custodian’s storage room (aka the penthouse). Please return it after each use.

First Aid Supplies: A container of supplies is located on the top of the coat rack across from the office.