

# PARKMINSTER UNITED CHURCH

October 7, 2018  
Thanksgiving

Reflection:  
“Having Enough—Gratitude”



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



**PARKMINSTER UNITED CHURCH**  
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**October 7, 2018**  
**World Communion Sunday**  
**Thanksgiving**

**Reflection: “Having Enough—Gratitude”**

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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:**

“Here I Am Lord”

*arr. by Joel Raney*

**Welcome**

**Passing of the Peace**



One: God is the source of peace within us.

**All: In humility and surrender let us claim it.**

One: Jesus is the way of peace among us.

**All: With courage and faith let us live it.**

One: The Holy Spirit is the unity of peace between us.

**All: With generosity and joy let us share it.**

One: May the peace of Jesus, the Christ be with you...

**All: And also with you.**

Adapted—Rex A. Hunt Adapted—Rex A. Hunt

[www.rexaehuntprogressive.com/liturgy\\_collection/year\\_b\\_liturgy\\_collection/year\\_b\\_pentecostafter/pentecostb2452015.html](http://www.rexaehuntprogressive.com/liturgy_collection/year_b_liturgy_collection/year_b_pentecostafter/pentecostb2452015.html)One:

## 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

### Call into Community—Reflection and Video

★ **Introit:** “Grateful” 🎵 MV #182

*Following the opening hymn children will leave for Sunday Morning Activities. They will join us again later in the service for Communion. Happy Learning!*

*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.*

## EXPLORING

### Prayer of Preparation

**All:** Holy One,  
in the reading of our faith stories, may Wisdom be heard;  
in the stirrings of our hearts, may Wisdom be known;  
in the faithfulness of our lives, may Wisdom be shown. Amen.

 **Scripture— 1 Thessalonians 5: 1-2, 11-18**

### Acclamation

**One:** Hear what the Spirit is saying to the church.

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

**Gratitude**—“The chains that hold us captive are not visible but they are real. It would be easy to sound off about economics but our particular form of captivity is not just about money—that would be to remove it somewhat from ourselves and leave it to the responsibility of bankers and economists. The culture of money is a culture with its own set of values, its own spirit, symbols, and codes of communication. We are held captive when our deep spiritual desires are transformed into cravings for more. These cravings are induced within us through the business of advertising. It is advertising that simultaneously communicates the message that we have to want more and this means being dissatisfied with what we have. This dissatisfaction may take on many and various and more subtle forms. It may be a craving for more experiences, even more religious experiences, or a craving for more and better relationships. The craving for more is inversely experienced as the sense that what we have is never enough...In the culture of money, we begin to believe that if we just had a little bit more of whatever we would be happy but that what we have now is not enough. The objects of our craving may change, but the dissatisfaction will remain. This dissatisfaction will never be alleviated, because if it were, we would not go shopping.”

“When we become more aware of how consumed we are in the process of consuming then a genuine religious desire for liberation begins to be felt. Who or what will set us free? We will be liberated, I believe, by living in radical gratitude. This is a foundational religious attitude that is far deeper than being grateful for this or that thing. All too often we have a ledger view of life, adding up the pluses and minuses in the account book of our lives. In the process, we miss the amazing fact that we even have a life to add up. We take being alive for granted and move on to a cost benefit analysis. Lost in the process is the incalculable mystery of simply being alive. The liberation of gratitude begins when we stop taking life for granted. It

involves saying who I am is enough. Who I am is good enough. This is a fundamentally religious attitude that the wise ones sometimes called poverty of spirit. It is the spiritual insight that our lives are given, not manufactured or made up by us. Our given lives are not perfect but they are good enough. Such as we are is good enough to go on. There is an immense liberation from a sense of powerlessness and vague guilt that follows upon such a realization. Such gratitude is not only spiritual but because it is also spiritual in the widest and deepest sense, it carries with it the promise of spiritual, psychological, political, and economic liberation.”

Mary Jo Leddy “Where Deep Joy Meets the Deep Suffering of the World”, file:///C:/Users/User/Downloads/838-Article%20Text-3530-1-10-20130429.pdf

## Questions for Reflection

- Do you have a story about a painful or unpleasant experience that later turned into a blessing?
- Are there events or circumstances in your life for which you are surprisingly grateful?

**Ministry of Music:** “Rejoice! Give Thanks! Celebrate!”

*by Joseph Martin*

## Reflection—“*Having Enough—Gratitude*”

*(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:** “Let All Things Now Living”      🎵 VU #242

## RESPONDING

### Offering – invitation

*If you are visiting with us or are new to Parkminster please do not feel obligated to participate in the offering, your presence is your gift to us.*

**Offertory:** “Give Thanks”      *arr. by Joel Raney*

★ **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**

★ **Hymn:** “Bread of Life, Feed My Soul”      🎵 MV #194

**Celebrating—Sacrament of Communion**

**Video Reflection—*At the Table***

**Communion Liturgy**



One: Welcome to Creator's feast of the in-gathering.  
 Welcome to God's table of abundant blessing.  
 All are welcome here. No one will be turned away.  
 For it is God who gathers us safely in.  
 As we give thanks for God's bountiful harvest,  
 let us join with Christians throughout the world  
 to celebrate this World Communion Sunday.

One: God is with us and within us.

**All: God is around us and before us.  
 We are not alone.**

One: Open your hearts to Holy Mystery who is Holy Love.

**All: We open our hearts to love.**

One: Let us give thanks to the One from whom all  
 blessings flow.

**All: It is good and right to give thanks in all  
 circumstances.**

One: We thank you for all that your love has made: the bounty and beauty of creation, the plants and the animals that feed our bodies, the families and the friends that who walk with us through life, the daily glimpse of wonder that you offer in the midst of the mundane.

**All: We thank you Creator God.**

One: We thank you for Jesus. Who came among us as one of us. He rejoiced with those who were rejoicing and wept with those who mourned. To the rejected and despised he was a friend. He gave healing to the broken and broken-hearted. And yet for all these gifts of love he was rejected and reviled and killed. But you did reject or abandon him or us. You raised him to new life that he might be you and we with him alive forever more. And so our hearts beat with happiness and we sing:

**“Santo, Santo, Santo”**

♪ VU #951

***Santo, santo, santo. Mi corazón teadora!  
Mi corazón tesabedecir: Santo eres Dios!***

***Holy, holy, holy, my heart, my heart adores you!  
My heart is glad to say the words: You are holy, God!***

One: Prayers of the People...

**All: Amen**

One: On the night before Jesus was killed, he gathered his friends at table and in the tradition of his faith he took a loaf of bread, gave thanks to you, broke the bread and offered it to his friends saying, “This is my body given for you. As often as you eat this bread remember me.”



After supper he took a cup, gave thanks, and gave it to all to drink saying, “This cup is the new covenant in my blood. Do this and whenever you drink it remember me.”

**All:** Remembering the death and celebrating the resurrection, we await with hope the coming again of compassion and justice to the earth. Come then, life-giving Spirit of love, bless us and these gifts that we might be your body in the world today, signs of life and love in all your creation. Amen.

**“The Lord’s Prayer”**—(*sung together*)                       VU #959

**All:** Our Father in heaven, hallowed be your name,  
 your kingdom come, your will be done on earth  
 as is in heaven.  
 Give us today our daily bread.  
 Forgive us our sins as we forgive those who sin  
 against us.  
 Save us from the time of trial and deliver us  
 from evil for the kingdom, the power and the  
 glory are yours,  
 now and forever.

## **Breaking the Bread and Pouring the Wine**

### **Sharing in the Feast**

*The serving of the bread and the juice today emphasizes the need for us to respond to God’s grace and so you are invited to come forward.*

*(As you are given the bread and the juice you may respond with “Amen” or “Thanks be to God”. If you are unable to come forward please remain seated, an usher will watch for you and approach you about being served in the pew).*

## Prayer after Communion

**All:** Gracious One, we give you thanks that in this feast we have been remembered and renewed. Send us from this table united in love to love and serve one another and all those you set before us. In Jesus' name. Amen.

## RETURNING

★ **Hymn:** "God of the Sparrow"      🎵 VU #229

### ★ Commissioning and Blessing

★ **Sung Alleluia** "Alleluia"      🎵 MV #52

**Alle, alle, alleluia!**

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

**Postlude:** "Allegretto"      *by William Boyce*

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

**Greeters:**..... Sheila Rule  
**Ushers:** ..... Doris Heselwood, Brian Harper, and  
 ..... Marilyn Hill & Bud Adams  
**Lay Reader:** ..... Linda Bird  
**Communion Helpers:** ..... Mary & Ken Willsie, Marjorie Eveleigh & Ushers  
**Counters:**..... Marilyn Hill and Bud Adams  
**A/V Coordinator:**..... Sandy Quehl  
**A/V Operators:** ..... Heather Watts and Sandy Quehl  
**Chancel Arrangement:** ..... Pat Harris  
**Coffee Hour Host:**..... Norma Hutton  
**Coffee Hour Dessert:** ..... Sandy & Bethany McMullen

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**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)

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**This Week Let Us Pray For**  
**Hamilton Conference Monthly Prayer Cycle:**  
 Bridgeport United Church, Kitchener  
**World Council of Churches Focus:**  
 Costa Rica, El Salvador, Nicaragua, Panama

### PLEASE NOTE

***Rev. Gaspar will be on a study week from Monday October 22<sup>nd</sup> to Sunday October 28<sup>th</sup>. In his absence, please contact Rev. Fred Monteith at 519-885-0935 ext. 22.***

### 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.