


# Welcome to First-St Andrew's UNITED CHURCH

Where liberal theology meets the best of tradition



## 40 Things to Give up for Lent

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1. Fear of Failure
  2. Your Comfort Zone
  3. Feelings of Unworthiness
  4. Impatience
  5. Retirement
  6. People Pleasing
  7. Comparison
  8. Blame
  9. Guilt
  10. Overcommitment
  11. Lack of Counsel
  12. Impurity
  13. Entitlement
  14. Apathy
  15. Hatred
  16. Negativity
  17. The Spirit of Poverty
  18. Going Through the Motions
  19. Complaint
  20. The Pursuit of Happiness
  21. Bitterness
  22. Distraction
  23. Giving up
  24. Mediocrity
  25. Destructive Speech
  26. Busyness
  27. Loneliness
  28. Disunity
  29. the Quick Fix
  30. Worry
  31. Idolizing
  32. Resistance to Change
  33. Pride
  34. A Small View of God
  35. Envy
  36. Ungratefulness
  37. Selfish Ambition
  38. Self-Sufficiency
  39. Sorrow
  40. My Life

**April 7, 2019 - Lent 5**  
**10:30 am**



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Office Hours: Tuesday to Friday 9 a.m. - 2 p.m.



### **First-St. Andrew's United Church Staff**

**Rev. Michelle Down** Minister of Worship and Congregational Life

**Rev. Dr. David McKane** Visitation Minister, Minister Emeritus

**Terry Head** Director of Music

**Jane Dockrill** Youth & Young Families

**Tim Miedema** Facilities Manager

**Kathryn Skelly** Administrative Assistant

**Dr. Jo Ann Silcox** Designated Pastoral Care Volunteer

**Riley Langley** Nursery Care

**George Jolink** Chair of Council

**Heather Vouvalidis** Church Administrator

**Paul Merritt** Organist Emeritus



# Welcome



Together we all make up the family of First-St. Andrew's. If you are new to the family, please know that you are always welcome here. It would be our blessing to meet you after worship for Coffee and Conversation, and to share with you some of the many exciting things that are happening here at FSA. Rev. Michelle Down wants to hear from you! Please contact her at [revmichelledown@fsaunited.com](mailto:revmichelledown@fsaunited.com) or on her cell at 519-709-9554 anytime.

**Bold type** indicates congregational response. \* indicates to stand, if able.

## **Acknowledging the Traditional Territory**

*"We acknowledge that we are situated on the traditional territories of the Anishinaabe, Haudenosaunee, Lunaapeewak and Attawandaron Nations. We convey that we value and have deep appreciation for the significant historical and contemporary contributions of local and regional First Nations and all of the Original peoples of Turtle Island (North America)."*

## **Music to Enter into God's Presence:**

Méditation  
So Now as We Journey, Aid Our Weak Endeavour

Maurice Duruflé  
Marcel Dupré

\***Hymn:** VU#120 O Jesus, I Have Promised DAY OF REST  
*(Children leave for Sunday School - Forming Young Faith is happening downstairs for Lent as the children work on their theological presentation for Palm Sunday entitled 'Untie the Donkey', and their Mother's Day Spring Musical called 'Imagine God!')*



## **Diminishing the Light - Embracing the Darkness**

**Music:** Walk Softly - choir Bob Chilcott

**Call to Worship:** Anne Cunningham

One: God says to us, "I am about to do a new thing; now it springs forth; do you see it?"

**ALL: Can we see it? Are we ready?**

One: God says to us, "I am making my way through the wilderness and rivers in the desert to give drink to my chosen people."

**ALL: Can we taste it? Are we ready?**

One: God says to us, "If you are my people, now is the time to declare your praise."

**ALL: Who are we? Will we follow God?**

One: The time is now; God is making a new thing now.

**ALL: Let us look for God, thirst for God, follow God and worship God.**

**Opening Prayer and Lord's Prayer:**

Anne Cunningham 2

\***Hymn:** VU#113 To the Desert, Jesus Came

TOGETHER THROUGH THE VALLEY

**Scripture:** Isaiah 43:15-21

Catherine Charlton

**Anthem:** Come to Me

Dan Forrest

Chris Wood – tenor, Bruce Richardson – cello

Come to me, all you who labour, come to me, and I will give you rest.  
Come to me, all who are weary and burdened, and you will find rest for your souls.  
Come, my child, learn my heart, for I am gentle and lowly.  
See how great my love for you, that I have called you my child.

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**Sharing Our Community Story:** Dr. Theresa Stock, Vanier Children's Services.



**Message:** Our Lenten Journey of Busyness, Comfort, Pride, Worry and Sin!

\***Hymn:** VU#713 I See a New Heaven

I SEE A NEW HEAVEN

**Prayers of Gratitude, Confession and Intercession:**

*Based on the poem "Mindful" by Mary Oliver.*

One: "Every day, I see, or I hear, something that more or less  
kills me with delight,  
that leaves me like a needle, in the haystack of light.

**ALL: It is what I was born for — to look, to listen,  
to lose myself inside this soft world — of gratitude and Grace.**

One: I instruct myself, over and over, in JOY, and acclamation.

**ALL: No, I am not talking about the exceptional,  
the fearful, the dreadful, or the very extravagant ...  
but instead, the ordinary, the common."**

One: Holy Divine Love, hear the gratitudes of our hearts. *(silent prayer)*

One: Holy Divine Love, hear our prayers for those in our hearts, who need your  
intercession. *(silent prayer)*

One: Holy Divine Love, hear the confessions of our hearts.  
The places where we have sinned, and seek your forgiveness. *(silent prayer)*

One: "Oh, Good scholar, I say to myself and to you;

**ALL: how can we help but grow wise with such teachings as these:  
the untrimmable light of the world;  
the ocean's shine;  
and the prayers that are made out of Grace.  
Amen.**

## Announcements and Mission & Outreach Message:

Barbara Plante

### Offering

**Offertory Music:** The Lone Wild Bird  
Ana Persijn – mezzo soprano

arr. William Cutter

The lone, wild bird in lofty flight is still with Thee,  
nor leaves Thy sight. And I am Thine! I rest in Thee.  
Great Spirit, come and rest in me.

The ends of the earth are in Thy hand, the sea's dark deep and far-off land.  
And I am Thine! I rest in Thee. Great Spirit, come, and rest in me.

Text: Henry Richard McFadyen. Music arrangement: William Cutter  
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**Offertory Response:** VU#107 Sunday's Palms are Wednesday's Ashes

SUNDAY'S PALMS

2. We have failed to love our neighbours, their offences to forgive,  
have not listened to their troubles, nor have cared just how they live;  
we are jealous, proud, impatient, loving over-much our things;  
may the yielding of our failings be our Lenten offering.

Words: Rae E Whitney, Music: Wilbur Held  
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**\*Hymn:** VU#660 How Firm A Foundation

ST. DENIO

**\*Blessing and Benediction**

**\*Benediction Response:** MV#216 Wherever You May Go - refrain

RENAUD


Wherever you may go, I will follow, and your people shall be my people too.  
Wherever you may go, I will follow, for I would be faithful, loyal and true.

First Line: Wherever you may go, I will follow, Whither You Will Go  
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**Music to Commission Us Into Service and Witness:**

Marche-Sortie

Théodore Dubois



**Apr 14** – Now this is not to be missed! It is **Palm Sunday** ... and there is going to be a Donkey or two at church!

**Apr 19** – **Good Friday** – We will join with Metropolitan United Church this year for the Good Friday Service with a joint choir. Please join us at MET at **10:00am**

**Apr 21** – **Come and celebrate the Risen Christ on Easter Morning.**  
**We will have a Brass quintet and Communion.**

### The Leadership in Today's Service Includes:

Welcoming Ushers: Regina Moorcroft, Liz Galbraith, Jack Lewis and Judith Walker  
Narthex Co-ordinator: Charlotte Oldham  
Coffee & Conversation: Howard and Isabel Moffatt, John & Fran Eberhard  
Service Support: George Jolink  
Gift Card Sales: Linda Badke and David Wake  
We thank God for all those who share their gifts and talents.