



SYDENHAM STREET AND CHALMERS  
UNITED CHURCHES OF CANADA  
SHARING WORSHIP



“SOUL WORK – KNOW THYSELF”

10:30 am MARCH 1, 2020

**The Rev. Barry King** INTENTIONAL INTERIM MINISTER

**Email:** [barry.king@chalmers-sydenhamstreet.com](mailto:barry.king@chalmers-sydenhamstreet.com)

**Minister at Sydenham Street:** 613-542-9616 ext. 203

**Hours:** SSUC Wednesdays & Thursdays 9:30 am - 1:30 pm

**Minister at Chalmers:** 613-546-3263 ext. 226

**Hours:** CUC Mondays & Tuesdays 9:30 am - 1:30 pm

**Church Office:** 613-546-3263 ext.222

**Open:** 9:30 am - 4:30 pm, Mon. - Thurs.

Since time immemorial, Indigenous peoples have occupied and cared for this land. In acknowledging this land, the traditional home of the Anishinaabe and Haudenosaunee, we seek to rebuild right relations with First Nations, Metis and Inuit peoples, to learn from them, and to live on this land with respect and gratitude for its bounty.

## FOR YOUR INFORMATION

**March Services** are at Sydenham St United Church, 82 Sydenham St.

**April Services** are at Chalmers United Church, 212 Barrie St.

**Assists** Hearing Devices and Large Print Bulletins, available from Greeters

**Growing Spirits** Children are invited to meet with Hope Yen and Lynn Freeman in the Conference Room, First Floor, when prompted.

**Washrooms** are in the office foyer area through the right front doors of the Sanctuary.

**Song Books** *VU Voices United* *MV More Voices*

**Ringers Off** on electronic devices, please. Thank you.

**Prayers of the People** Prayer requests for persons ill (with permission) and for global, national and local concerns may be given to a Greeter at the front door.

## CHURCHES

**Sydenham Street United Church** as an Affirming Congregation seeks to be a vital faith community within The United Church of Canada engaged in spirituality, justice and creativity, informed by Jesus Christ and the Bible, and discerning the call of the Trinity as we celebrate diversity, inclusivity and abundant life.

82 Sydenham St. Kingston ON K7L 3H4

**p** 613-546-3263 x 221 **Rentals/room bookings** 613-542-9616 x 201

**e** sydenham@kos.net **f** 613-542-8784 **Web** www.sydenhamstreet.ca

Live Online when at 82 Sydenham St. [www.youtube.com/user/SydenhamStreet](http://www.youtube.com/user/SydenhamStreet)

[Facebook.com/Sydenham-Street-United-Church](https://Facebook.com/Sydenham-Street-United-Church)

**Chalmers United Church** is a community of God's people who embrace Christian tradition and encourage new ideas. We gather to: Celebrate God's love; Search and be challenged; Nurture and be nurtured. We seek to: Welcome all who come; engage all ages in Ministry; be guided by faith in daily life; and be a compassionate, hopeful presence in the world. We are not alone. Thanks be to God. (1997)

212 Barrie St. Kingston ON K7L 3K3

**p** 613-546-3263 **f** 613-546-3340 **Rentals/room bookings** 613-546-3263 x 222

**e** office@chalmersunitedchurch.com **Web** www.chalmersunitedchurch.com

**Live Online** when at the 212 Barrie St. Chalmers location. 10:30 am Sundays

[www.chalmersunitedchurch.com](http://www.chalmersunitedchurch.com)

[Facebook.com/chalmersunited](https://Facebook.com/chalmersunited)

## OFFICE HOURS

**Chalmers and Sydenham St Church House Office:** Mon to Thurs 9:30am-4:30pm

**The Spire/SSUC Office:** Tuesday to Thursday 9 am to noon

**For bulletin materials please use: [bulletin@chalmers-sydenhamstreet.com](mailto:bulletin@chalmers-sydenhamstreet.com)**

Please send announcements by end of day Monday, or late editions by end of day Tuesday for inclusion the following Sunday.

"Those doing soul work, who want the searing truth  
more than solace or applause, know each other right away.  
Those who want something else turn and take a seat in another room.  
Soul-makers find each other's company" - Rumi

## 1<sup>ST</sup> SUNDAY IN LENT

☞ indicates you are invited to rise in body and spirit as you are able  
**Bold Text** indicates the parts that everyone reads together

### WE GATHER TO WORSHIP

#### PRELUDE

*Te Splendor et Virus* – Marcel Dupre

#### WELCOME AND ANNOUNCEMENTS

#### ACKNOWLEDGEMENT OF THE LAND

#### GATHERING IN COMMUNITY

Blessed are they who have a vision and wonder enough  
to behold a guiding star

**in the dark mystery which girdles the earth.**

Blessed are they who have imagination enough to detect  
the music of celestial voices

**in the midnight hours of life.**

Blessed are they who have faith enough to contemplate  
a world of peace and justice

**in the midst of present wrongs and strife.**

Blessed are they who have wisdom enough to know that  
**The kin-dom of heaven is very close at hand.**

☞ **VU 115** *Jesus, Tempted in the Desert*

#### SPACE FOR THE SPIRIT

*When you hear the sound of the Tibetan singing bowl being struck,  
you are invited to enter into a time of silence (2 minutes), to make space for the Spirit  
in your life. Taking deep breaths "in and out" – you open all of your senses to the  
Spirit of life that pulses throughout the cosmic universe.*

☞ **MV 85** *Take, O Take Me as I Am (x2)*

**Take, O take me as I am; summon up what I shall be;  
set your seal up-on my heart and live in me.**

Words: John L. Bell and Graham Maule, Music: John L. Bell © 1995 WGRG, GIA Publications  
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*Children may leave for their programs.*

# WORLD ENGAGED WITH GOD

## A PRAYER FOR ILLUMINATION

**We open now to Sacred Mystery, to the Holy One,  
infinitely greater than words can express,  
whose love for us and all creation  
exceeds our capacity to imagine. Amen.**

Matthew 4:1-11

Mary Ev Wyatt

Hear what the Spirit is saying to the Church.

**Thanks be to God**

## ANTHEM

*O Pray for the Peace of Jerusalem* – Herbert Howells

## SERMON

**“SOUL WORK – KNOW THYSELF”**

Rev. Barry King

☞ MV 65 *When We Are Tested*

# CELEBRATING COMMUNITY SACRAMENT OF HOLY COMMUNION

## OFFERTORY

*Iste Confessor* – Marcel Dupre

## PRESENTATION OF OUR GIFTS

☞ VU 632 *O Blessed Spring*

verse 1

**O blessed spring, where Word and sign  
embrace us into Christ the Vine,  
here Christ enjoins each one to be  
a branch of this life giving tree.**

Words: Susan Palo Cherwien © 1993 Susan Palo Cherwien  
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## WELCOME

And so we gather at the table.

We come from many places, differing in age, differing in race,  
differing in orientation, politics and even religion.

**As we come together around the table  
we discover that our differences are not something we tolerate  
but that our differences are indeed a blessing,  
the more difference we bring, the more fully we experience  
the presence of the sacred in our midst. So come, just as you are.**

Wherever you are on this journey of life, you are welcome here,  
here in this place, here in this community, here at this table.

Come, come and remember with us.

## REMEMBRANCE

We remember the stories that Jesus' friends tell,  
stories of bread broken and shared, feeding a multitude,  
stories of being gathered together, enemy and friend, around tables,  
stories of unlikely guests revealing the face of the sacred.  
They say that it was on a night of both celebration and betrayal  
that he took the bread leftover on the table, blessed it and broke it;  
reminding them that it is in the breaking that we become whole,  
in losing our lives that we find them, in serving that we are served.  
As the grain scattered becomes one in the loaf,  
when we eat this bread, we become one with one another.  
They say that he took the cup also leftover on the table,  
poured out and sharing, remembering with them, the life-giving breath  
even now pounding a rhythm through our veins,  
the breath of life from whence we come, the breath that precedes and  
follows all that we can see as the grapes find life in the vine, when we drink  
this cup, we become at one with the source of life itself.  
So, with all the saints in heaven and on earth,  
we join our hearts in prayer for your church and our world.  
We pray for the church of Jesus Christ.  
We pray for the healing of creation and the healing of nations.  
We pray for those who are in sorrow or in pain. (*silence*)  
We pray for all who live with violence or injustice. (*silence*)  
Gather the cries of our hearts for your world,  
bringing hope and faith and love into being.

## BLESSING

**And so we pray: Come, holy Spirit, come.  
Bless this bread and bless this fruit of the vine.  
Bless all of us in our eating and drinking that our eyes might be open,  
that we might recognize the risen Christ in our midst,  
indeed in one another. Come, holy Spirit, come.**

## PRAYER OF JESUS

**Our Father-Mother, who is in the heavens,  
may your name be made holy, may your dominion come,  
may your will be done, on earth as it is in heaven.  
Give us today the bread we need; and forgive us our debts,  
as we have forgiven our debtors; and do not put us to the test,  
but rescue us from evil. For yours is the dominion,  
and the power, and the glory forever.**

(United Church of Christ-U.S.A. 1995)

## COMMUNION

One: Let us break bread together.

All: **Together, we celebrate the festival of our liberation.**

**BREAKING OF BREAD** (Jesus the Bread of Life)

**POURING OF WINE** (Jesus the True Vine)

**SHARING THE BREAD AND CUP**

*Please gather at the back of the Sanctuary and come forward down the centre aisle to receive the elements. Communion is received by bread, as well as gluten-free wafers. Please return to your seat by the side aisles. To receive Communion in your pew, please indicate this when the usher arrives at your row.*

## PRAYER AFTER COMMUNION

All: **Filled with a Spirit that calls us to dwell in possibility,  
we leave this table strengthened with food for our journey  
and a vision of life as it can be: one diverse family,  
living in justice and peace. Amen.**

 *God Who Sets Us on A Journey*

Tune: Hyfrydol, Words: Joy Dine

- |   |  |
|---|--|
| <p>1. God who sets us on a journey<br/>to discover, dream and grow,<br/>lead us as you led your people<br/>in the desert long ago;<br/>journey inward, journey outward,<br/>stir the spirit, stretch the mind,<br/>love for God and self and neighbour<br/>marks the way that Christ defined.</p> <p>2. End our longing for the old days,<br/>grant the vision that we lack –<br/>once we've started on this journey<br/>there can be no turning back;<br/>let us travel light, discarding<br/>excess baggage from our past,<br/>cherish only what's essential,<br/>choosing treasure that will last.</p> | <p>2. Exploration brings new insights,<br/>changes, choices we must face;<br/>give us wisdom in deciding,<br/>mindful always of your grace;<br/>should we stumble, lose our bearings,<br/>find it hard to know what's right,<br/>we regain our true direction<br/>focused on the Jesus light.</p> <p>4. When we set up camp and settle<br/>to avoid love's risk and pain,<br/>you disturb complacent comfort,<br/>pull the tent pegs up again;<br/>keep us travelling in the knowledge<br/>you are always at our side;<br/>give us courage for the journey,<br/>Christ our goal and Christ our guide</p> |
|---|--|

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## BLESSING AND SENDING FORTH

### POSTLUDE

*On Hyfrydol – Healey Willan*

## TALENTS SHARED, THANK YOU

**Greeters:** Mary Ev Wyatt, Michael Purcell

**Hospitality:** Vicki Ruthven, Pete Goheen

**Counters:** Barb & Al Fletcher

## TODAY

### Sunday, Mar. 1

- **12 pm: Chalmers' General Budget Meeting** following worship in MacCallum Hall. Lunch will be served. Following the formal meeting, there will be a chance to informally meet as a congregation to discuss issues from the Bill Shields workshops and the results of the latest vote.
- **5 pm: Chalmers/Queen's Good Times Diner Student Supper** will be held in MacCallum Hall. Please get in touch with Mary Davis Little (davislittlem@gmail.com) for details on volunteering in this innovative outreach initiative.

## COMING UP

### Mar. 2 - 8

- **Rev. Barry King will be away on Study Leave.**
- **During this time, those with Pastoral Care concerns** for both Chalmers and Sydenham St. churches, please contact Marylil Megginson 613-544-9420, <marylil@kos.net> for assistance.

### Wednesday, Mar. 4

- **Joint Lenten Bible Series – Is the Gospel in Genesis?**  
**Topic: *Was There an Original Sin?* (Gen. 3) at St. James Anglican Church, 10 Union St.** The Chalmers and Sydenham Street congregations are invited to join with other nearby churches (St. James Anglican, St. Mark's Lutheran, and St. Andrew's Presbyterian) in a jointly-sponsored Lenten Bible Study. The study will take place on Wednesdays from Mar 4–Apr 1 from 7-9 pm. It will be led by The Rev. Dr. William Morrow. It will rotate through the various congregations, with each evening including a short vesper service in the tradition of the host church followed by discussion. If you have any questions, please speak with Rev. Barry King.

### Thursday, Mar. 5

- **12 pm: Weekly catered lunch** in MacCallum Hall. We are now enjoying ethnic food from various Kingston restaurants and on occasion meals prepared by some of our participants. Music is provided by our own DJ Malcolm MacPherson! All are welcome! Please call Jane at 546-3905 if you would like to join us.

**Saturday, Mar. 7**

- **10 am: Flute Choir practice** will take place in the Chalmers Sanctuary.
- **7:30 pm: The Cantabile Choirs** are thrilled to host world-renowned countertenor, Daniel Taylor as guest conductor of "Spirit and Soul" at The Spire. Mr. Taylor is one of the most recorded singers of Baroque repertoire and has appeared on the world's most important opera and concert stages. He will also bring his professional ensemble, the choir of the Theatre of Early Music. Highlights of the concert include sacred repertoire by Victoria, Byrd, Purcell and Handel as well as the contemporary choral luminary, Arvo Pärt. Tickets are available from Novel Idea, Arden's Music and [www.cantabilechoirs.ca](http://www.cantabilechoirs.ca).

**Tuesday, Mar. 10**

- **11:30 am: Two Church Lunch and Learn Group will meet** at the Best Western Bistro Stefan Restaurant, 1217 Princess St. Our speaker will be **Detective** Sergeant Carla Stacey from the Kingston Police Department on senior's fraud called, *Stay on the Safe Side*. Everyone from Sydenham St. and Chalmers and your friends are invited to attend. If you wish to attend, please contact Meikle Turner at 613-542-7744 or [meikle\\_irish@yahoo.com](mailto:meikle_irish@yahoo.com). Meal reservations must be made by 5 pm on Sun. March 8. Cost for the luncheon is \$22 per person... a twenty and a tooney. Our April 14<sup>th</sup> meeting will feature Ruth Gruer who will tell us about developments at Providence Village.
- **4 pm: CCE** will meet in MacCallum Hall.
- **Chalmers Benevolent Program: The Blessing Box** is in need of donations of toothbrushes, toothpaste and Kraft dinner boxes. These donations would be very welcomed at church house. A toaster is also needed for someone who just experienced a fire.

Worshipping Sundays Together  
at Sydenham Street United in March  
and Chalmers United in April