



Kensington Presbyterian Church

A psalm way to pray

June 14, 2020

WELCOME, during these times of physical isolation we are putting out these worship services that you can do at home.¹ This doesn't mean you have to do them alone. You can invite those who live with you, or connect with others through the phone or computer, or even in small groups outside.

If you have any prayer requests, ideas, or just want to talk, please reach out to your elder or Rev. Peter. Peter@Kensingtonchurch.ca



eastern star 1 - Kraybill

Contacts

Church Office: 514-486-4559.....info@Kensingtonchurch.ca
 Rev. Peter Rombeek (pastor).....Peter@Kensingtonchurch.ca
 Antoinette (families).....Antoinette@Kensingtonchurch.ca
 Kris Epps (music).....Kris@Kensingtonchurch.ca

¹ note: that the footnotes are not as thorough as an academic paper.

Announcements

Re-opening the Church: Session is working out the details for our safe reopening of the building. We will continue to worship online & these paper versions - and expect to also be in the building in July. (Yes, we're going to try and do it all.)

In the mean time, if you would like to talk or have a physical distance visit (we can stand at the end of the sidewalk or outside your window), please contact Rev Peter or your elder.

Free airconditioners for seniors and those with pre-existing conditions
www.acforseniors.ca
<http://ndgsc.ca/> or call: (514) 487-1311

Talk, Walk and Pray with the Moderator: The Moderator of the Presbyterian Church in Canada is inviting you to join her for talks with people across the country, walking, and in prayer. See her invitation the talks, and prayer list here: <https://presbyterian.ca/gao/moderator/>

Mental Health: If you are experiencing anxiety, please contact us. You may also be interested the mental health 1st Aid Kit on our [COVID opportunities](#) web-page. It was written by a registered counsellor who has a Christian perspective.

Free Workshops: from Fuller Theological Seminary (until July 1)
<http://formation.fuller.edu/>

Each of these **events** will happen through Zoom. Email Rev Peter for the log-in details: Peter@Kensingtonchurch.ca

- **Prayer Time:** Tuesday morning prayer at 9 a.m.
- **Youth Class (12+):** Tuesday at 6:30 p.m.
- **Zoom Café:** Thursday at 3 p.m.

Join Rev. Peter for coffee (not included):

- **Friday Fun:** with Antoinette@Kensingtonchurch.ca
- **Worship:** Sunday at 10:30 a.m. [and the text version]

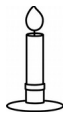
If you are interested, but these times don't work, please contact Peter

Please continue to check out the website <https://kensingtonchurch.ca/> or facebook <https://www.facebook.com/KensingtonChurchNDG/>

Approaching God

Prelude: There is a Balm in Gilead.....K. Battle & J. Norman

<https://www.youtube.com/watch?v=UqIDbqKaFks>



lighting the candle

Jésus Chris est la lumière du monde.

Jesus Christ is the light of the world.



Call to worship (Psalm 86:8-10)

There is none like you, O Lord,
nor are there any works like yours.

**All the nations you have made shall come
and bow down before you, O Lord,
and shall glorify your name.**

**For you are great and do wondrous things,
you alone are God.**



Prayer of approach, confession, & pardon

God, how can we describe you?

You are gracious and you listen to us;

You are good and are generous with your strength;

You are slow to anger and forgiving;

You are abounding in steadfast love and faithfulness.

Yet, you are hard to see,

until we look for you around us

in the beauty & joys of creation

from flowers, to cities, to other people.

Sometimes we see ourselves more clearly when we look elsewhere.

We thank you for how the Bible reveals truth about you,
and truth about us.

We thank you for how creation reveals truth about you,
and truth about us.

and we are sorry LORD that to often we take advantage of natural
resources without considering the cost,
and even more that we take advantage of your other
children, who may look or live differently, without considering
the cost.

Merciful Jesus, please forgive us. . .

...and may your Spirit help us to see more clearly,
so that we may challenge the pain in the world,
so that your healing may come.

To others,
and to ourselves.

Help us to realize your steadfast love the endures forever,
to realize your forgiveness,
and to live in your way.

Amen.



Lord's Prayer (feel free to use another version/translation)

As a part of turning God's way, we pray the prayer Jesus gave us.

Our Father in heaven,

hallowed be your name,

your kingdom come,

your will be done, on earth as it 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. Amen.

♪ Hymn: There is a balm.....pg. 8
https://www.youtube.com/watch?v=8fcMxl_6xsk
<https://www.youtube.com/watch?v=okl2XbTM7xM> (low voices)

Listening to God



Prayer

Lord,
open our hearts and minds
by the power of your Spirit,
that as the Scriptures are read
and your Word is explored,
we may hear with joy
what you say to us today.
Amen.

Intro to the readings

- Reading from Genesis continues right after last week's passage. There Sarah's jealousy of her husband's first son, born through her slave Hagar, grows and she has Hagar & Ishmael kicked out. Now we find out what happened to them²
- Today's psalm can be thought of as a prayer, and it's where we'll be spending most of our attention. Would you pray this prayer?



📖 Reading: Please look up the passages in your own Bible,³ or click on the name to be taken to an online version (NRSV).

[Genesis 21](#): 8-21

[Psalm 86](#)

² painting of Hagar & Ishmael by Jean-Charles Cazin

³ If you'd like a new Bible with helpful notes, I recommend the 'Life with God Bible' NRSV from Renovaré. ISBN 0061834963 or for the more academically inclined, The New Oxford Study Bible NRSV

Message: A psalms way to pray

Dear Lord, please bless these words
and the meditations of our hearts. Amen.

Assuming you were able to focus with the heat, what did you think of the psalm as a prayer?

Is it how you pray?

Telling God to listen to you?

Telling God to make you happy?

complaining about people in your life?

asking for a sign?

It reminds me of my kids recent way of asking for things. "I want ___, I want ___, I want ___" They just demand it.

Is that how you pray?

I know some people who do pray that bluntly, and others who would find it very uncomfortable.

There are several things that influence this.

One is that our society encourages us not to complain. Part of this is because it's nice for us. It can be a real drag when somebody complains all the time - although somebody who is always cheerful can feel fake... and may also be annoying when you don't feel the cheer.

A friend of my sisters experienced this from the other side. They met when my sister studied in the Maritimes. When Sarah moved to Ottawa she started going to my sisters church. She also wrestled with a lot of health issues and adapting to the new city. When people asked how she was doing, she told them with all honesty how she was struggling. She soon felt unwelcome. She felt that she was disturbing the image the congregation had that

Christians must be happy. After all, God would look after everything.

It was like her suffering was shaking their faith.

Another impact of our society that makes this sort of prayer awkward is that we are given the dream to be self-reliant; to pull ourselves up by our bootstraps. Going to somebody for help is a sign of weakness. A variation on this that I've heard a lot, is that you don't want to be a bother or a burden on somebody else.

I suppose it shows great faith in yourself that you'll be able to handle anything and do everything, but not much faith in the idea of community or others.

This psalm encourages a different sort of relationship; one that is direct and honest. But is it faithful?

Yes - and not just because it's in the Bible.

When my kids turn to me and say, "I want __," they're not just being impolite. They are showing their belief that I can take their request and do something about it. They have faith in me. It can come across as rude or disrespectful, but it is also faith.

It's the same with this type of prayer. Being direct and honest with God in prayer shows that you have faith that God can both handle your feelings & thoughts, and do something about it.

Expressing these feelings of frustration, resentment and anger can be an important step. Some people aren't bothered by much. They encounter somebody mean or selfish and they just let it role off. For others it eats away at them. They need to let it go - to give it up to somebody else, and God can always take it.

Now, God may not respond the way the person demands. With the boys, I (usually) insist that they say 'please' and 'thank you'. Even then, I don't always do what they ask. I can see the world differently than they can: like how a sweet snack will affect their dinner, or how if we don't stop reading books and sleep we'll not be able to enjoy tomorrow. Things they'll learn at some point.

The scholars, the learned ones, all note that this is a psalm of lament, and that it includes lines from all over the Hebrew Bible. The person writing it knew their stuff... and still they pray:

"Teach me your way, O LORD, that I may walk in your truth"

It's a good reminder that we all have more to learn - and to have faith that the LORD is the one who with the best way.

It's something I pray for.

Do you pray to learn more?

One thing I think the writer struggles with is that we are all God's children. And while the psalmist is right, that God is "merciful and gracious, slow to anger and abounding in steadfast love and faithfulness" with the psalmist - God is also that way with others... even those we might want to curse. Like the writer of this, and many other psalms, we should still take it all to the LORD in prayer. Telling God will help you, especially with prayer. And God will work in the situation to bring about justice - though likely not as you imagine.

4

Something the psalmist knows is important is focusing on God. The insolent are criticized for 'not setting you before them.' Not putting God first and 'walking in God's truth,' leads to



4 Yield painted by Haynes

a divided heart and life out of sync with the deep wholeness found with God. It's something the writer prays about, "give me an undivided heart to revere your name." It's something I pray about too. The world is full of distractions. We can be full of distractions - to the point where we can't see our own faults. Something I think the psalmist still needs to learn.

There's one more thing we need to be reminded of by this prayer in the psalms. That as much as it includes blunt demands of God, and ignores that the enemy is being criticized for things the psalmist does as well, and that it starts with several 'God you should help me because I deserve it' statements... the tone shifts. It goes from self praise to God praise. It attempts to describe God. Do you do that?

The experience of God here is personal - "you are my God" and gracious and merciful and doing wondrous things and showing a love that never fades and is always faithful.

I like the psalms. There's variety, honesty, and they're full of good reminders.

Often I think we feel faith is quietly accepting God and lead us. That's not wrong... but it's not the only expression of faith. This psalm is one that shows a faith that isn't quiet. It actively takes specific issues up with God in an 'open and honest' way. We can say to God, "I want ____," while also recognizing the awesome qualities of God and our need for help to walk in The Way.

*In the name of God the Creator,
God the Son & God the Holy Spirit - three in One.
Amen.*



The Angelus - Millet

♪ musical moment: Of strange lands and people.....R Schumann
<https://www.youtube.com/watch?v=peWyQi9zThs>

Responding to God

FaithTalk

These are some questions for you to discuss with somebody... or many somebodies.

Values: What aspect of today's psalm do you value/appreciate?

Actions: The psalmist includes all sorts of words describing God.

How would you describe God in words? or express God with your body? or with paint? or baking? Is there a piece of music that expresses God to you?

Etching: How would you describe your relationship/faith with God at the moment? Is it more quiet acceptance, blunt questions, ...?

Wonder: Thinking of Sarah & Hagar, and the writer of Psalm 86 and their opponents, wonder together how we could change ourselves to understand the perspective of somebody different. Share a specific example that you struggle with. How could society get better at this?

Offering

Financially, we have set up a donation option on **our website**. Just click the '[Donate Now](#)' button, and then the pretty button. It gives you various options that are easy to follow.

You can now donate through **interac e-transfer**. Our name is Kensington Presbyterian Church and the e-mail address is info@kensingtonchurch.ca.

Mailing a cheque or signing up for Pre-Authorized Remittance (PAR) are also good options.

♪ **Anthem:** VOCES8: Lux Aeterna.....E. Elgar
<https://www.youtube.com/watch?v=lwdeqVmXlHk>



Prayers of the people

Note: if you would like specific prayers included here (like with our prayer book), please send an email to: prayer@Kensingtonchurch.ca

Dear LORD, we come to you in prayer not because we are deserving, but because you are faithful to us. We have seen your steadfast love in the past and so we come.

Incline your ear, O LORD, and answer us.

Health is still an big issue on our minds.

While we thank you for the health we have,
we also ask for your healing of our mental health,
and physical health where that is needed.

Specifically we pray for

- that Heather's knee surgery be rescheduled
- Jerry health (nothing dramatic has happened) & his family
- somebody I know having a COVID test
- some people who are experiencing growing dementia
- somebody who has back pain that is affecting their life
- somebody who is experiencing anger: not at anything specific, but just in the effects of the Coronavirus
- for care teams and government officials

Merciful God, be known in these situations,
and others that we know. . .

This week was the UN reminder of refugees, and we pray for these people who have had to leave their homes and flee on the prayer that their family will keep living. We remember that this is not just a problem around Syria, but all over the world.

Gracious God, help us to be grateful for our homes,
and to be gracious to those in need. . .

Jesus, you know suffering. You know that the world has not changed much in the last few weeks to stop racism. Today is National Indigenous Peoples Day, and today we ask you to help us to listen, be respectful, and to help make the world a better place for our Indigenous sisters and brothers. . .

We also pray for others who have been brought to our attention through a meeting or conversation. . .

We say these prayers,
confident that you are protecting us from the worst,
that you will be faithful to your promise to answer us,
and are guiding us along the path to your kingdom.

in Jesus' name.
Amen.

♪ Hymn: Lord of all hopefulness.....pg. 9
<https://www.youtube.com/watch?v=--Kh9ACX7BE>

Sending & Benediction

Go from this time in faith,
remembering God's presence in the midst of life.

Ephesians 3:20-21, NRSV

*Now to him who by the power at work within us
is able to accomplish abundantly far more
than all we can ask or imagine,
to him be glory in the church and in Christ Jesus
to all generations, forever and ever. Amen.*



Postlude: The Creation: Credo.....Haydn
<https://www.youtube.com/watch?v=B3PXk4P4KHk>

Sunday, June 21

MISSION MOMENT

World Refugee Day (June 20)

No one chooses to be a refugee. Inspired by God's promise of abundant life, Presbyterian World Service & Development (PWS&D) envisions a world where no human has to fear for their life or liberty. Refugee sponsorship has enabled refugees from all over the world to find peace, encouragement and stability in a new home. This World Refugee Day, we are thankful for the congregations and groups across Canada who, with support from PWS&D, make refugee sponsorship possible. Together, in 2019, we were able to welcome 77 people. Hand-in-hand we will continue to welcome those in need who are trying to find security and safety.

PWS&D welcomes the stranger

DAILY PRAYERS

Monday, June 22 We pray for families of those suffering from dementia, that they might find the strength to support their loved one.

Tuesday, June 23 We pray for Pauline Brown, former mission staff to India from 1951 to 2007. May she continue to enjoy good health and the company of good friends.

Wednesday, June 24 God of joy and laughter, give us hearts full of delight at the beauty and surprise of this wonderful world that you have made.

Thursday, June 25 We pray for ministers who are seeking to discern God's call. May they have a clear sense of God's leading and a willingness to be open to where God will lead.

Friday, June 26 We pray for Presbyterian church camps that had to close for the summer season due to concerns around the coronavirus (COVID-19).

Saturday, June 27 We pray for the safety and well-being of agricultural workers and all who process, transport, distribute and sell our food.



THERE IS A BALM IN GILEAD

Refrain

There is a balm in Gil-e-ad to make the wound-ed

whole, there is a balm in Gil-e-ad to heal the sin-sick soul.

Fine

Verses

1. Some - times I feel dis - cour-aged, And — think my work's in vain,
 2. If you can - not preach like Pe - ter, If you can - not pray like Paul,
 3. Don't — ev - er feel dis - cour-aged, For — Je - sus is your friend;

1. But — then the Ho - ly Spir - it Re - vives my soul a - gain.
 2. You can tell the love of Je - sus, And say, "He died for all."
 3. And — if you lack for knowl-edge He'll ne'er re - fuse to lend.

D.C.

Lord Of All Hopefulness

Unison

1. Lord of all hope-ful-ness, Lord of all joy, Whose trust, ev-er
 2. Lord of all ea-ger-ness, Lord of all faith, Whose strong hands were
 3. Lord of all kind-li-ness, Lord of all grace, Your hands swift to
 4. Lord of all gen-tle-ness, Lord of all calm, Whose voice is con-

child-like, no cares could des-troy. Be there at our wak-ing, and
 skilled at the plane and the lathe, Be there at our la-bors, and
 wel-come, your arms to em-brace, Be there at our hom-ing, and
 tent-ment, whose pre-sence is balm, Be there at our sleep-ing, and

give us, we pray, Your bliss in our hearts, Lord, at the break of the day.
 give us, we pray, Your strength in our hearts, Lord, at the noon of the day.
 give us, we pray, Your love in our hearts, Lord, at the eve of the day.
 give us, we pray, Your peace in our hearts, Lord, at the end of the day.