



Kensington Presbyterian Church

Looking down or up?

September 27, 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).



Shine - M Moyers

Contacts

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

Announcements

Communion: We will be celebrating the Lord's Supper on **October 3rd** as a part of our zoom worship. This has been done by a number of congregations, and many find it meaningful. Everyone who longs to know our LORD better are invited to participate... *but* you'll have to provide your own bread and juice/wine.

Re-opening the Church: Session met, prayed & reflected this week on re-opening the building for worship. We are pleased that there has not been a strong resurgence, but we are still cautious. We have plans to improve the ventilation in the building to reduce the risks, and improving the Audio/Visual equipment so that we can include people at home in our on site worship. Our current reopening date is November 1st.

Prayer Group: meeting in the courtyard of the Benny Farm apartments. Wed. at 11:30 a.m. If you have questions, please contact Rev. Peter.

Visiting: In the mean time, if you would like to talk or have a physical distance visit (we can bring a chair and sit at the end of the sidewalk or outside your window), please contact your elder or your elder.

Youth Night: 6pm on the 2nd and last Fridays of the month.

Movie/Book night: more details to come.

Presbyterian Connections: The Fall issue is available. Peter has some copies he can drop off, or you can order here:

<https://presbyterian.ca/presbyterian-connection/>

Tech Help? For those needing help using their computer or something, you can contact New Hope through newhopetechaid@gmail.com or 1-800-295-0428

local shops: There are various programs where the city is helping support local shops when you buy gift certificates. The offer expires on Wednesday (Sept 30). Here's a link to the NDG one:

<https://laruquebec.com/en/projet/jachete-ndg-1>

Please continue to check out the website <https://kensingtonchurch.ca/>



or facebook <https://www.facebook.com/KensingtonChurchNDG/>

Approaching God

Prelude: "La fille aux cheveux de lin".....Debussy
<https://www.youtube.com/watch?v=crDkJkT-sE>



lighting the candle

Jésus Chris est la lumière du monde.

Jesus Christ is the light of the world.

Call to worship

We gather in your presence, God,

in our need,

and bringing with us the needs of the world.

We come to you, for you come to us in Jesus,

and you know by experience what human life is like.

We come with our faith and with our doubts;

we come with our hopes and with our fears.

We come as we are, because you have invited us;

and you have promised never to turn us away.

Prayer of approach²

The day demands that we begin in praise of you,

for the day is yours and we are yours;

we could not live the day without reference to you,

without your gifts,

without your commands.

We begin with praise,

for the gift of life,

for the gift of our life together,

for the gift of life in your world

with all your beloved creatures,

for the gift of life in your church

with your steady recital of wonders.

You, you alone, only you,

you who made and makes and remakes heaven and earth,

you who executes justice and gives food we know not how,

you who sets prisoners free and sights the blind,

you who lifts up and watches and upholds,

you who reigns forever,

you... and therefore us.

You, except we turn to lesser trusts,

all of us with our trust in the powers,

You, except we turn to ignoble aims,

all of us preoccupied with ourselves.

You, except we invest in our little controls and our larger fears,

all of us marked by anxiety.

And then we watch as you ease us out of anxiety,

as you heal our selves turned new,

as you topple powers and bring new chances

for truthful public life.

You... except... but then finally, always, everywhere you...

and us on the receiving end.

And we are grateful.

Amen.

Assurance of Pardon

Know that while we all wonder off
the path,

Jesus is the Good Shepherd,


and comes looking for us,

welcoming everyone who turns back.

Amen.



² by Walter Brueggemann in *Awed to Heaven, Rooted to Earth*


 Lord's Prayer (feel free to use another version/translation)
As we turn towards God, 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: Saviour, like a shepherd lead us.....pg 8
<https://www.youtube.com/watch?v=5d6XN-2NIRI>




Listening to God

 Prayer³
Lord God,
help us turn our hearts to you
and hear what you will speak,
for you speak peace to your people
through Christ, our Lord.
Amen.

3 based on Psalm 85:8

Intro to the readings

- Much of the Newer Testament is letters that travelled around the churches. People found them so helpful that God was obviously involved - and they were included in the Bible. Many were written by Paul. The one we are going to hear from today was written to the church in Philippi - a well off and fairly new city settled mostly by Roman soldiers. We know from Acts, and from here, that women were important leaders in this church.
- You can read the psalm, or sing it.

 Reading: Please look up the passages in your own Bible,⁴ or click on the name to be taken to an online version (NRSV).

[Philippians 4: 1-14](#)

[Psalm 23](#).....pg 9



Rejoice shop logo in Třebíč Czech Republic

4 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

Sermon: Looking down or up?

Dear Lord, please bless these words
and the meditations of our hearts.⁵ Amen.

Paul's letter to the Philippians contains some famous passages. Such as, "Rejoice in the Lord always; again I say, Rejoice."

Wouldn't that be wonderful. To be always rejoicing - to be always full of joy?

But is that realistic?

My mind starts to conjure a world full of Barney the dinosaur, the Care Bears, and the Smurfs. Imaginary worlds made of cotton candy. A little is okay, but always?

How can this idea of always having joy be believable? I know people suffering from poverty, family strife, addictions & disorders, decreasing physical abilities, memory loss, etc... and now there's the likelihood of another lock-down. How can we rejoice in more isolation? How about parents who may have to both work and supervise their children from home... or those who are out of work?

How can Paul asks us to rejoice always?

Is he completely out of touch?



eastern star 1
Kraybill

No. Paul knows there's troubles. Health wise, he suffers from 'a thorn in the flesh'.⁶ He's not very specific, but he does know physical suffering. And then there's all the times he's thrown into prison. Sometimes it's just a night or two, but near the end it's long... until his end on earth. This letter was written during one of Paul's extended stays, possibly his last one. Paul, as we heard, knows what it's like have plenty, and little, to being well-fed and to go hungry.

and more than personal suffering, Paul knows that there is suffering in communities. His letters are full of thoughts on getting along. In this passage we have a reference to two women who worked along-side him in sharing the good news of Jesus - important leaders in the community. Apparently they now have a disagreement. Paul knows that life is not always 'happy happy'.

and Paul has advice.

One piece of advice is another famous passage, "Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God."

'Don't worry about anything' - which is hard. I don't know about you, but sometimes I worry. Sometimes it sucks me in. Apparently this is called 'The Backfire Effect'. When something isn't going well you hold it close and apply that feeling to everything in your life.

But Paul is realistic enough not to stop there. He tells us to take everything to God. To give thanks for the good things (because there's always good things), and to give over the hard things.

For me this week that has included thanks for continued good health in my family, a really nice prayer group meeting in the

Benny Farm Courtyard, and time to connect with several people. There weren't many hard things for me this week. Zander didn't sleeping well (all week), and Ines leading extensive training in Germany... but from here. And somewhere in between good and hard was sharing with people the hard things in their lives. Without Paul's advice to take real world problems to the LORD, I would find it hard. Instead, to borrow from Paul's language here, Jesus is guarding my heart and mind.

I also think I had some divine help getting the boys dressed, fed & where they needed to go.

Still, it is hard to rejoice in all things.

Especially if you think of rejoicing, or joy, as an emotion. Some of writers I read this week talked about joy, as Paul is writing about it, not as an emotion, but as a perspective - as a way of looking at things. An analogy is the royal flag. It flies outside the where the Queen is staying. When you see it, you that is were the Queen is.⁷

This makes sense with what Paul says. He tells us what the flag looks like. "Whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things."

Think about these things.

This is where it's easy to see Jesus: in what is true and honourable and just and pleasing.

It's why Paul doesn't tell Euodia & Syntyche to compromise or make up. He tells them to focus on the LORD. This is our source,



⁷ I remember in the movie The Queen they talked about the desire of the people to have the flag of Buckingham Palace fly at half mast after the death of Diana, but that was against policy as the Queen wasn't there.

our vision, our goal, our strength. Jesus is our guide through the darkest valley - the Good Shepherd.

Paul rejoices in all things, not because life is always great, but because God is at work in all things. Paul's not happy to be in jail, but it is giving him time to write. He's not happy that the church in Philippi is having issues, but he sees God at work in them. He rejoices.

and perhaps that is what we can take from this letter. Everyone is being affected by the pandemic. All of us in different ways. Many people have other issues on top of that. The uncertainty of all this is hard. Society as a whole is stressed.

We can look down and let the hard things overshadow us, or we can turn together to our LORD and saviour, who is here to nourish us.

*To God be all
the glory
Amen.*



*The Lord Is My
Light - M Moyers*

♪ musical moment: Psalm 23.....B. McFerrin
<https://www.youtube.com/watch?v=t5WadVmFe0o&feature=related>



Responding to God

FaithTalk

These are some questions for you to discuss with somebody... or many somebodies. Do what you feel safe with (and practice stretching a little).

Memories: Do you have any memories linked to Psalm 23?

Values: What helps you to look to God for help?

Actions: "everything by prayer and supplication with thanksgiving let your requests be made known to God." Philippians 4:6

Actions: Pick a time, and every day this week (or for 66 days to form a habit) write a list of 10 examples of something just, or pure, or pleasing, or commendable... things that were touched by the character of God - then thank God.

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:** I Found The Answer.....Nat King Cole
<https://www.youtube.com/watch?v=G6kHxWqMTwk>

Prayers of the people

Dear God, Paul reminds us to bring everything to you, and so we do...

We thank you for this breath of summer sun and warmth. We appreciate the chance to go outside and meet with others in the open air where we pray our precautions will keep us safe.

Because the shadow of COVID is everywhere. We are grateful that there haven't been any cases in Kensington, and pray that this will continue.

We also pray for all those who have been impacted indirectly;

- those who are waiting for medical appointments, or services and programs, or court cases...
- those who have reduced or no work, business who have lost customers, or lost everything...

We also celebrate that the business association successfully reached it's goal to support local businesses. May this be a blessing.

We also pray for other aspects of our community;

- with gratitude for our families that support and love us - sharing your Spirit whether they know it or not...
 - and for families that are struggling and hurting each other...
- We pray for those who are struggling with stress and/or isolation...
- We give thanks for the opportunity we had to pray this week outside and distant, yet closer than we is too long.
- We pray for the community here at Kensington, asking your blessing on the volunteers and staff that help this community function...

There are those in our community who are facing changing

circumstances. We pray for them is they consider new situations, and even new homes...

And LORD, we know through the works of Jesus that you can bring healing to all sorts of situations. We ask that you be with those who are struggling with physical, mental or spiritual health....

We pray especially for Peter that his chimo treatment will continue to go well and that his body will heal. and with their families... and their care teams...

We bring all these thanks and concerns to you Jesus. Help us to leave them with you in confidence.
Amen.

♪ Hymn: He leadeth me.....pg 9
<https://www.youtube.com/watch?v=kW31BZ2MBEw> (a capella)
<https://www.youtube.com/watch?v=UCQ4Mnd6xio> (trad)

Benediction

*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.*⁸

postlude: Whispering Hope.....Firm Faith Zimbabwe
<https://www.youtube.com/watch?v=Y9ey1mXIMqA>



*there is joy in the
presence of Jesus*

Sunday, September 27

MISSION MOMENT

(Presbyterians Sharing Sunday)

Presbyterians Sharing: Together we are making a difference!

New church development. Partnership.
International mission staff. Theological
colleges. Healing and reconciliation.
Leadership development. Congregational
support. And so much more! Today, on
Presbyterians Sharing Sunday, we

celebrate the generosity of congregations across Canada who support our
church's mission and ministry. As we encourage and equip one another and
teach about love, faith and hope, we are proclaiming the good news of the
gospel in Canada and around the world.



DAILY PRAYERS

Monday, September 28 We pray for people in mission fields overseas and
for those supporting them here in Canada.

Tuesday, September 29 We pray for the Rev. Susan Mattinson who serves
the Presbytery of Superior in Ont., as the clerk and in many other roles.

Wednesday, September 30 We pray for children, especially in Indigenous
communities across the country.

OCTOBER 2020

Thursday, October 1 We give thanks for music leaders, choir members,
technicians and others who give of their time and their talent to lead worship.

Friday, October 2 We pray for ministers, elders and professional church
workers who have been serving Christ faithfully and creatively in this time of
change due to the COVID-19 pandemic.

Saturday, October 3 We pray that the committees and agencies of our
church are blessed with wisdom as they work to unite the church in Christ.

Rev. Peter Rombeek for Kensington Presbyterian Church
kensingtonchurch.ca

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Saviour, like a shepherd lead us

BRADBURY 878787

1. Sav-iour, like a shep-herd lead us: much we need your ten-der care;
2. We are yours; in love be-friend us; be the guard-ian of our way;
3. Let us al-ways seek your fa-vour; let us al-ways do your will.

in your pleas-ant pas-tures feed us; for our use your folds pre-pare:
keep your flock from sin, de-fend us; seek us when we go a-stray:
Je-sus Christ our on-ly Sav-iour, with your-self our spir-its fill:

bles-sed Je-sus, bles-sed Je-sus! you have bought us; yours we are.
bles-sed Je-sus, bles-sed Je-sus! hear your chil-dren when we pray.
bles-sed Je-sus, bles-sed Je-sus! you have loved us; love us still.

Bless-ed Je-sus, bles-sed Je-sus! you have bought us, yours we are.
Bless-ed Je-sus, bles-sed Je-sus! hear your chil-dren when we pray.
Bless-ed Je-sus, bles-sed Je-sus! you have loved us; love us still.

The Lord's my shepherd

CRIMOND 8 6 8 6 CM

1. The Lord's my shep - herd, I'll not want. He
 2. My soul he doth re - store a - gain, and
 3. Yea, though I walk in death's dark vale, yet
 4. My ta - ble thou hast fur - nish - ed in
 5. Good - ness and mer - cy all my life shall

makes me down to lie in pas - tures green; he
 me to walk doth make with - in the paths of
 will I fear none ill, for thou art with me,
 pres - ence of my foes; my head thou dost with -
 sure - ly fol - low me and in God's house for -

lead - eth me the qui - et wa - ters by.
 right - eous - ness even for his own name's sake.
 and thy rod and staff me com - fort still.
 oil a - noint and my cup o - ver - flows.
 ev - er - more my dwell - ing place shall be.

Words: Psalm 23; paraphrase, Scottish Psalter 1650 Music: Jessie Sevmour Irvine (1836-1887);

He leadeth me

HE LEADETH ME 8 8 8 8 LM with refrain

1. He lead - eth me: oh bless - ed thought! oh words with heaven - ly com - fort fraught
 2. Some - times 'mid scenes of deep - est gloom, some - times where E - den's flow - ers bloom,
 3. Lord, I would clasp thy hand in mine, nor ev - er mur - mur nor re - pine,
 4. And when my task on earth is done, when by thy grace the vic - tory's won,

What - e'er I do, wher - e'er I be still 'tis God's hand that lead - eth me.
 by wa - ters still, o'er troub - led sea, still 'tis God's hand that lead - eth me!
 con - tent, what - ev - er lot I see, since 'tis my God that lead - eth me!
 e'en death's cold wave I will not flee, since God through Jor - dan lead - eth me.

Refrain
 He lead - eth me! He lead - eth me! By his own hand he lead - eth me!

A faith - ful fol - lower I would be, for 'tis God's hand that lead - eth me.