



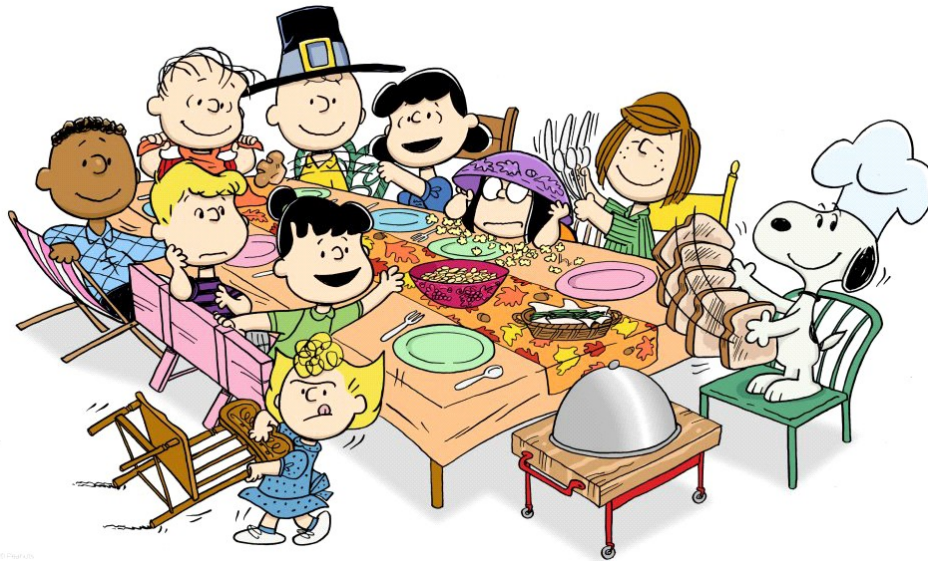
## Kensington Presbyterian Church

### *A Thankful Response*

*October 11, 2020*

**WELCOME**, during these times of physical isolation we are putting out these worship services that you can do at home.<sup>1</sup> 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).



<http://lexingtonathleticclub.com/wp-content/uploads/2014/11/peanuts-thanksgiving.jpeg>

<sup>1</sup> note: that the footnotes are not as thorough as an academic paper.

### *Announcements*

**Re-opening the Church:** 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. We are hoping to reopen in November, and continue what we do now.

**Prayer Group:** will be meeting through Zoom on Wed. at 11:30 a.m.

[https://us02web.zoom.us/j/78266904325?](https://us02web.zoom.us/j/78266904325?pwd=dkhMcklZRxBKTmdvK2VsaHRlOFFlUT09)

[pwd=dkhMcklZRxBKTmdvK2VsaHRlOFFlUT09](https://us02web.zoom.us/j/78266904325?pwd=dkhMcklZRxBKTmdvK2VsaHRlOFFlUT09)

or phone: 438-809-7799

Meeting ID: 782 6690 4325

Passcode: 7864826

**Visiting:** The government considers ministers to be essential workers. If you need a visit, please contact Rev. Peter.

**Movie Night:** a fun cartoon called Free Birds, October 17<sup>th</sup> @ 6 p.m.

**Baking Activity:** cupcakes & fun inspired by Thanksgiving and Halloween, Oct 31, 4:30

**Youth Night:** 6pm on the 2<sup>nd</sup> and last Fridays of the month.

**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

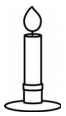
Please continue to check out the website <https://kensingtonchurch.ca/> or facebook <https://www.facebook.com/KensingtonChurchNDG/>

### *Contacts*

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Kris Epps (music).....Kris@Kensingtonchurch.ca



## Approaching God



### lighting the candle

Jésus Chris est la lumière du monde.  
Jesus Christ is the light of the world.



Call to worship (based on Psalm 105:1-3, 7-8, 45)

Give thanks to the Lord, proclaim God's greatness.

**Tell the nations what God has done.**

Sing praise to the Lord.

**Tell the wonderful things God has done.**

Be glad that we belong to God.

**Let all who worship God rejoice.**

The Lord is our God;

God's commands are for all the world.

**God will keep his covenant forever,**

**God's promises last for a thousand generations.**

**Praise the Lord!**



Prayer of adoration<sup>2</sup>

Creator God, we praise you for bright crisp mornings,  
for leaves crackling underfoot  
and wisps of cloud in a pale sky.

**We praise you for the night-time rain,  
for the wind buffering the city  
and streetlamps reflected in wet pavements.**

We praise you for the season's labours,  
for the smell of new-turned earth  
and bulbs waiting for the spring.

**We praise you for the season's gifts,**

**for fruitfulness beyond measure  
and time to reflect and remember.**

creator God, we praise you.

**Amen.**

Prayer of Confession<sup>3</sup>

**Holy God, you have given us many good gifts.**

**Today we thank you for all of them,**

**but we also confess that sometimes**

**we love those gifts more than we love you.**

**We confess wanting more and more things:**

**food, clothes, toys, and money.**

**Forgive us for not being content and thankful.**

**Forgive our selfishness.**

**Help us to love you more than everything else.**

**We pray in Jesus' name.**

**Amen.**


Assurance of Pardon

Hear these words from the Bible

*"God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. Indeed, God has not sent the Son into the world to condemn the world, but in order that the world might be saved through him."*

Know that you are forgiven and be at peace.




 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: Now thank we all our God.....pg 9  
<https://youtu.be/ltfKjxkXhMk?t=13>



### *Listening to God*

 Prayer<sup>4</sup>  
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.


### Intro to the readings

- Deuteronomy passage: After journeying from slavery through

<sup>4</sup> based on Psalm 85:8

the wilderness, the Israelites are finally going to enter the promised land. This is part of a series of instructions or reminders before they leave the wilderness - a place that can also be thought of as their transition zone, or training ground.

- In Luke, Jesus and the disciples are journeying between places when they come across 10 lepers. You've probably heard this before. What do you notice this time?
- Psalm: How does it give you hope or strength?

 Reading: Please look up the passages in your own Bible,<sup>5</sup> or click on the name to be taken to an online version (NRSV).

[Deuteronomy 8: 7-18](#)

[Luke 17: 11-19](#)

[Psalm 65](#)



10 lepers - Jesus MAFA

<sup>5</sup> 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: A Thankful Response

Dear Lord, please bless these words  
and the meditations of our hearts.<sup>6</sup> Amen.

It feels to me like we're living in an unpleasant transition time. We've been living through this pandemic looking forward to when we can get together again - be reunited with family and friends. Some of us had a taste of that in the summer, but now we're back in isolation... and on Thanksgiving weekend! This isn't how we're meant to live.

Both the passage from Deuteronomy and Luke take place in a no-mans land. These aren't places where people are meant to live. They're uncomfortable - unpleasant. Yet, people still live there. The Israelites are transitioning from slavery to the promised land. Jesus is on his way to Jerusalem; to show the world God's promise. And the Lepers... they've been kicked out of the community for the greater good - leaving their family and community behind. After all, that's the instructions in the Bible.<sup>7</sup>

And just in case their skin disease is hidden under their cloths, the rules make it easy for others to identify them. The Lepers have to cover their upper lip and self-identify by crying out "unclean, unclean" if somebody comes close. They also have to wear torn clothes and have dishevelled hair.<sup>8</sup>

Talk about driving them to the edge - literally, mentally and, I would imagine, spiritually.

I pray you're doing better than that,  
because there's hope.

I'm not going to promise a vaccine by the end of November,

but the passages we heard today are about hope - they are tales of blessings.

In both cases we have people asking for help - and God helps. Moses says, 'follow me out of Egypt through the desert to the Promised Land.' They have faith and they do as he says. Jesus says, "Go and show yourself to the priests." This is what they are to do if they become clean - they aren't clean yet. However, they have faith and they do as he says. Along the way they are all 'made clean.'

When I was growing up the Samaritan was the hero showing the importance of saying thank you, and the others were ungrateful wretches. However, I think that it's important to remember that they are all made clean. The nine who keep going aren't made unclean again. We don't know anything more about them. One writer I read wondered if they didn't notice they were healed. I think that's unlikely. If that's true, why would they keep going? It's possible they thought it was best to obey the person who had cleansed them. They're just obeying Jesus.

It's also possible they were like Alexander opening his birthday presents this year; so excited by the gift that there was nothing else in the world.

What I think is most likely is that they became focused on 'what's next'. They were clean. Now, where could they find a priest? Could they get him to declare them clean so they could return to their life? They could see their family again. They could sleep in a bed. They could get a haircut. They might even have started to worry about potential new problems. How had the home life changed while they were gone? Would their children accept them? Would their friends doubt? Would there be resentment for the family suffering because they had been gone?

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6 Psalm 19:14

7 [Numbers 5:2](#)

8 [Leviticus 13: 45-46](#)

Do you know anybody like that?

Are you like that?

Personally, I'm more focused on the present, but I know people who are always worrying about the future. If there isn't a crisis at the moment they are imagining ones for the future. This can help to prepare, and even prevent, hard situations. But it also makes it hard to appreciate the good moments - or even to notice them.

The Samaritan notices he's clean, and he ditches the rules and the instructions and societal expectation... and even more shocking, delays the chance to return to his family. He follows a gut reaction. He "turned back, praising God with a loud voice."

and Jesus declares, "your faith has made you well." He has gone from being 'made clean' to being 'made well.'

That sounds better to me.

I feel there are two aspects that make him, and us, "well." One is taking the time to notice when we are blessed. Yes, the future is there, but he takes the time recognize the good in his life... and the source of that good. He praises God.

There are ways of living called 'Christian Practices'. They are ways Christians practice being Christian... or ways that help us draw closer to God. Last week we practised Communion, or the Lord's Supper, or the Eucharist - all of which draw us closer to God in different ways through the same actions.

Thanksgiving, or gratitude, is another Christian Practice - even older than Communion. Our Jewish ancestors in faith have been practising it for much longer.

One thing about gratitude is to be specific. It's nice to have a big dinner to celebrate Thanksgiving, but what are you being thankful for? On a smaller scale, just saying "thanks" to somebody can be a little empty if there's not thought behind it.

I remember once being at the counter of the seminary library. Amelia was behind the desk. She was in some of my classes. I don't remember what I was doing, but I said "thanks". She asked me why I had said that. It stopped me. After a pause I was able to say "Thank you for..." (whatever it was I felt that she had helped me with). She receive that - a general thanks had no meaning, but a specific one she could accept.

There are different ways that Christians have practised this over the millennia. You could have somebody you meet with regularly to share what you are grateful for. You can make a list in a gratitude journal before bed. It can be helpful to set a minimum number at the beginning. I usually pick 10. Yesterday I was thankful for:

- Ines and the many things she does for me, such as looking after the boys while I work on Saturday.
- that I have to take time to read scripture and consider how it's important to our lives
- Sunny weather while I wrote the sermon
- CDs of cheerful Canadian folk music<sup>9</sup>
- having the ingredients and skill to make apple/cheddar pancakes
- and that the boys helped
- good walls that keep out the rain, wind & cold
- for the boys imagination as they play
- for Robert Munch stories to share at bed-time
- the idea of leading worship from our Sanctuary with Kris.

You could also work with themes: go through your friends and think of specific aspects your appreciate, or people from Kensington (now, this is dangerous for a minister to do because

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<sup>9</sup> Christ Norman, creaking Tree String Quartet, Sonic Escape

I'll not name everybody... and that is because of time, not desire. This is not a top 10 list):

- Ian: the time he spends putting music into our slides
- Peggy: for the way she shows God's peace
- Alfonso and Rose: for their desire to keep learning more
- Eleanor: for her great and humble theology
- Howie: for his passion for stories and opinions, and that he doesn't force them on others
- Nora: for her appreciation for older hymns while being willingness to try new ways.
- Anne: making meals for the shelter and gathering things for refugees
- Stewart: looking after Ken's estate with such respect
- David: and his sense of the importance of a community of faith
- and now I'm just getting mentally overwhelmed with all the gratitude I have for this congregation of people. For the way you care for each other. For the community that is here - and that you have community outside of Kensington as well. For the way busy parents take time to participate in Kensington, and encourage their children if faith. For the choir (back when we could sing together). For the willingness of the congregation to try new things. ...
- For all the work of the Session in realizing God's calling for Kensington
- ...What would you write?





There's also that practice I've mentioned before of thanking God for 100 things every day. It can seem daunting, but it's okay to be thankful for the same thing on multiple days. Now, I'm not going to give a full example of this: but here are some starters

- 1) waking up;
- 2) waking up sane;
- 3) indoor toilets.
- 4) ...

Now, those are all nice examples. Traditionally this would also include hard things as well; it's a good way to re-frame them.

- 43) the way COVID precautions and fear as slowing everything down (which I find quite frustrating), but that I can work from home and have lunch with Ines.

Normally this practice would happen in the moment, not all at once. However, a good primer would be to sit down and try and write down 100 (specific) things you are thankful for. Perhaps this would be a good activity for Thanksgiving weekend - especially if it rains. You could even make it a family brainstorm activity.

And, of course, there's the second part that made the Samaritan well, and that the Israelites were reminded of before entering the Promised Land. Don't forget to praise God! Whatever you do to help notice your blessings, all of them can, and should, be turned into prayers of praise to God. This doesn't need to be long or complicated - but it is important to experiencing full health.<sup>10</sup>

and that is something we can, even in isolation, on Thanksgiving Weekend.

*To God be all the glory. Amen.*

<sup>10</sup> A cute example of that comes from Madleleine L'Engle's four year old son saying his bedtime prayers. On one night "he had asked God to bless family and friends and animals, [he then] said, 'And God! God bless you, too.'" [The Irrational Season pg 60-61] The blessings go full circle: from God to us, and then back to God in praise.

♪ musical moment: It Is Well with My Soul

<https://www.youtube.com/watch?feature=share&v=ZYrL9ea1XUg&app=desktop>



## *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: Share a Thanksgiving memory (or more than one).

Values: What values have you become more aware of since the Coronavirus came?

Actions: Create a list of 100 specific things you are thankful for. As an encore, try doing it throughout the day to things you notice right then - and saying thank you to God each time.

Actions: Tell your friends/family something specific that you appreciate about them. If you think it might be embarrassing in person, give them a card they can treasure. (and thank God for them)

### 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](mailto:info@kensingtonchurch.ca).

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

## Prayers of the people

Jesus, we take this time to turn from our lives back to you;  
to thank you for our blessings,  
and to ask for your presence to be felt in situations that  
concern us...

This is a weekend when we think about families... and feasts.  
Creator of the harvest, we thank you for farmers, and especially  
for the Seasonal Agricultural Workers who live in COVID  
risky situations to harvest our food for the table. Please bless  
them and their families back home.

This week we have been reminded of how we have been blessed  
by teams of people - people who have been honoured by Nobel  
prizes for: saving millions by discovering the Hepatitis C virus,  
learning more about the God's amazing creation, discovering  
the Crispr-Cas9 method for genome editing, writing  
inspirational poetry, and helping prevent food from being a  
reason or tool in conflict. Thank you Lord for these people  
and how they improve our lives.

We also give thanks for Roland and ask you to continue to bless  
him as he becomes the new Principal of Presbyterian College.  
May you also quickly bless them with somebody to do Roland's  
previous position there.

Over the last year we have been blessed with the Rev. Paul Wu's  
presence in our Kensington community. Today he is preaching  
for a call to a congregation in Ottawa. Thank you for this  
opportunity, and may you bless the outcome.

We also thank you for all the other people associated with  
Kensington - that while we can't gather as a family, we are still a  
family. We pray for those we miss, and for those we might find  
difficult. . .

Help us to stay connected with each other and with you. . .

We pray for all those who are sick or lonely this weekend. . .  
and we continue to prayer of Peter M. and his fight with  
cancer. We thank you that Anne-Monique can be with him,  
and ask that you give her rest and strength.

We are living in a time on the edge - a time of transition. Help us  
to remember the example of the seasons; that fall and winter  
are followed by Spring.

Loving Spirit, thank you for your mercy, love and hope.

In Jesus name  
Amen.

♪ Hymn: Lord of all things now living.....pg 10  
<https://www.youtube.com/watch?v=6V3zMCfa2II> (bigger)  
[https://www.youtube.com/watch?v=\\_FZeAORrztK](https://www.youtube.com/watch?v=_FZeAORrztK) (slower)

## 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.<sup>11</sup>*



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<sup>11</sup> Ephesians 3:20-21, NRSV



**Prayer (Harvest Sunday)** We give thanks for the harvest season, and pray for those who do not have enough to eat.

## Equipping Families to Fight Food Insecurity

In South Sudan, years of civil conflict have left much of the population without access to the food they need to live healthy lives. Rising food prices and loss of income due to COVID-19 are only increasing this deficit. Presbyterian World Service & Development is responding through Canadian Foodgrains Bank to provide 1,150 families with food assistance that will meet their nutritional needs. Additionally, families will receive farming inputs and fishing equipment so that, when the season is right for growing and fishing, they will have access to alternative sources of nutrition.



### DAILY PRAYERS

**Monday, October 12 (Thanksgiving Day)** *Kohtawinow*—Heavenly Father, we give thanks for the gift of our earthly home.

**Tuesday, October 13** We pray for our elected officials and all those who form our laws. May they prioritize the protection of the rights of Indigenous Peoples and introduce legislation to implement the United Nations Declaration on the Rights of Indigenous Peoples in Canadian laws.

**Wednesday, October 14** We pray for the Rev. Charlie McNeil, convener of the Pastoral Committee for the Presbytery of Edmonton-Lakeland in Alta.

**Thursday, October 15** We give thanks for food assistance programs that help families fight food insecurity and malnutrition in South Sudan.

**Friday, October 16 (World Food Day)** We give thanks and pray for the health and safety of people who tend, harvest and prepare food, especially those who are most vulnerable, such as migrant workers.

**Saturday, October 17 (International Day for the Eradication of Poverty)**

We pray for all people who do not have safe homes, adequate shelter, enough healthy food, or communities of support. We give thanks and pray for those who

## Now Thank We All Our God

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1. Now thank we all our God with heart and hands and voice - es,  
 2. O may this boun - teous God through all our life be near us,  
 3. All praise and thanks to God the Fa - ther now be giv - en,

who won - drous things has done, in whom his world re - joic - es;  
 with ev - er joy - ful hearts and bless - ed peace to cheer us;  
 the Son, and him who reigns with them in high - est heav - en—

who from our moth - ers' arms has blessed us on our way  
 and keep us in his grace, and guide us when per - plexed,  
 the one e - ter - nal God, whom earth and heav'n a - dore;

with count - less gifts of love, and still is ours to - day.  
 and free us from all ills in this world and the next.  
 for thus it was, is now, and shall be ev - er - more.

Martin Rinkart, 1636  
 Tr. Catherine Winkworth, 1858; mod.

NUN DANKET 6.7.6.7.6.6.6.6.  
 Johann Crüger, 1647

# Let All Things Now Living

First system of musical notation for 'Let All Things Now Living'. It consists of two staves (treble and bass clef) in 3/4 time. The key signature has one flat (B-flat). The melody is in the treble clef, and the bass line is in the bass clef. Chords are indicated above the staff: F(D), Gm(Em), and C(A).

1. Let all things now living a song of thanksgiving  
to God our Creator triumphantly raise,  
who fashioned and made us, protected and stayed us,  
by guiding us on to the end of our days.  
God's banners are o'er us;  
pure light goes before us,  
a pillar of fire shining forth  
in the night,  
till shadows have vanished  
and darkness is banished,  
as forward we travel  
from light into Light.

2. By law God enforces the stars in their courses  
and sun in its orbit obediently shine.  
The hills and the mountains, the rivers and fountains,  
the depths of the ocean proclaim God divine.  
We, too, should be voicing our love and rejoicing;  
with glad adoration a song let us raise,  
till all things now living unite in thanksgiving:  
to God in the highest, hosanna and praise!

Second system of musical notation for 'Let All Things Now Living'. It consists of two staves (treble and bass clef) in 3/4 time. The key signature has one flat (B-flat). The melody is in the treble clef, and the bass line is in the bass clef. Chords are indicated above the staff: F(D), C7(A7)F(D), C7(A7), F(D), Dm(Bm)(A), G7(E7)C(A), F(D), Gm(Em), C(A), F(D), Bb(G), F(D), C7(A7), F(D).

*Hymnary.org*