



## Kensington Presbyterian Church

### *Do the body good*

*November 1, 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).



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

### *Announcements*

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

**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

**Book Club:** will start with an intro on Nov 4<sup>th</sup>, and then the discussion on Nov 25<sup>th</sup> at 5 p.m. The first book is *A Wrinkle in Time* by Madeline L'Engle. If you are interested or have questions, please contact Antoinette. It will be done over Zoom.

**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.

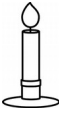
Please continue to check out the website <https://kensingtonchurch.ca/>  
or facebook <https://www.facebook.com/KensingtonChurchNDG/>

### *Contacts*

Church Office: 514-486-4559.....info@Kensingtonchurch.ca  
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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 Isaiah 55:2, 11-12; John 4:24)

Let us worship God,  
for whom our souls thirst and our bodies long.

**Listen, listen to me,  
and your soul will delight in the richest of fare.**

We have come to hear the Word God has sent.

**God's Word will not return empty  
but will accomplish through us his holy purpose.**

Let us worship God in spirit and in truth.

**Then we will go out with joy and be led forth in peace;  
the mountains and the hills will sing;  
the trees of the field will clap their hands.**



### Prayer of Adoration

O God, our heavenly Father,  
we thank you for the wonderful way our bodies are made.  
We praise you for each breath we take, each step we take;  
for the gift of sight and the power to read;  
for the minds that can observe and store up what they see.  
We thank you for hands that are skillful in doing work,  
and for all the creative arts within us.  
Above all, we praise you that our bodies are the temples of your  
own Spirit  
and that we are made in your image.  
Father, we give you praise, through Christ our Lord. Amen.<sup>2</sup>

<sup>2</sup> Worship Sourcebook A.1.4.2



### Prayer of Confession

**Merciful God,**

**we confess that we have sinned against you  
in thought, word, and deed,**

**by what we have done,**

**and by what we have left undone.**

**We have not loved you**

**with our whole heart and mind and strength.**

**We have not loved our neighbors as ourselves.**

**In your mercy forgive what we have been,**

**help us amend what we are,**

**and direct what we shall be,**

**so that we may delight in your will**

**and walk in your ways,**

**to the glory of your holy name.**

**Through Christ, our Lord. Amen.<sup>3</sup>**

### Assurance of Pardon

Hear the good news.

To all who turn from sin in sorrow,

to all who turn to God in hope,

this is God's Word of grace:

We are accepted, we are forgiven, we are loved.

This gift we have from God.

**Thanks be to God.**



### 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,**

<sup>3</sup> Worship Sourcebook 2.2.11

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: God the Spirit, guide and guardian.....pg 9  
<https://www.youtube.com/watch?v=LWYN0v1PsFA>



## *Listening to God*

### Prayer<sup>4</sup>

Our Lord and our God,  
now as we hear your Word, fill us with your Spirit.  
Soften our hearts that we may delight in your presence.  
Sharpen our minds that we may discern your truth.  
Shape our wills that we may desire your ways.  
Through Jesus Christ, our Lord. Amen.

### Intro to the readings

- There are many passages that touch on today's theme of The Body, these are only a few. The passage from the gospel of John takes place after Jesus' death and resurrection.



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).

[Psalm 139](#): 1-6, 13-18

[Genesis 1](#): 26-27, 31

[John 21](#): 4-14

### Sermon: Do the body good

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

Did you see any ghosts last night? Hopefully less than normal (for a Halloween). Even COVID has affected those without bodies... at least those pretending to be without them.

The whole concept of ghosts says something about how we see ourselves; the idea that there's two parts two us: spirit and body. It's an idea that's been around quite a while... possible forever.

<sup>4</sup> Worship Sourcebook 3.1.19

<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

<sup>6</sup> Psalm 19:14

Early Christians debated about how much the two are connected, and if the body was important or just something to be tolerated. Those people lost the debates because a lot of attention to bodies in the gospels.

The Bible is full of references to bodies. There's all the healings that Jesus and others do of people's bodies. It's hard to believe that God would think bodies are unimportant and then have Jesus do so much healing. There's all the meals that Jesus goes to, and hosts. There's body related imagery used, such as when Psalm 34:8 sings, "*O taste and see that the Lord is good.*" Don't just look or listen, but *taste* the Lord. Take in the Divine; savour the Spirit; be nourished. Psalm 63:1 even applies the 'weakness' of the body to the soul as it sings,

*"O God, you are my God, I seek you,  
my soul thirsts for you;  
my flesh faints for you,  
as in a dry and weary land where there is no water."*

A favourite reference of mine is when the psalmist sings in Psalm 139,

*"For it was you who formed my inward parts;  
you knit me together in my mother's womb.  
I praise you, for I am fearfully and wonderfully made.  
Wonderful are your works;  
that I know very well.  
My frame was not hidden from you,  
when I was being made in secret,  
intricately woven in the depths of the earth."*

We are wonderfully made. Our bodies are amazing.

and just in case you've forgotten that, here's a short video with some reminders. <https://www.youtube.com/watch?v=tozEuziqdpg> (there's also a part 2 if you're interested).

Another part of that passage that is good to remember is how much God knows you - physically. More than that, God created you and has declared you a good creation.

It's interesting, because the passage is very inclusive. It's not that God created one guy and said he was good, or God created one type of person and they were good. "*So God created humankind.*" ... That's everybody. It includes different heights, different genders, different colours, different abilities.

I read about somebody's experience this week. As a teenager her mom had signed her up for modelling classes to help her re-learn how to walk without tripping. She did well. At 18 she moved to New York to work with a modelling agency. Her first audition lasted about half a second. Apparently her nose widened when she smiled. She was devastated. Where you ever ashamed of a part of your body? How do you feel about it now? Did you suffer in silence, or reach out to someone? She called her pastor back home. As he was explaining what I just said that all bodies being created good she reflected on his experience. She called because her nose wasn't accepted. He was partially paralyzed from polio - and still believed his body was good.

Appearance is something that our world is struggling with. We see it in racism. We see it in TV shows, and other media, that give us the default of what somebody should look like. We see it in eating disorders for those out of balance with the unique way God created them. We see it in teen suicides.

Embracing the diversity and wonder and beauty of God's creation is such an important practice. It can bring such peace and joy.

(For more stories about the revelation of God in bodies that are typically avoided, I'd recommend reading some Henri



liturgical table - Jan Richardson

There are times when our body is 'laid bare', such as when you have a shower or bath. It is a time when we can see that we are not like the people in pictures. Not that they are like that either. Cindy Crawford once said that she wished she looked like Cindy Crawford, referring to how the photo is changed from reality.

7 After nearly two decades of teaching at place like Notre Dame, Yale and Harvard, Nouwen moved into the L'Arche Daybreak community in Richmond Hill, Ontario, where he lived and worked with individuals with intellectual and developmental disabilities at.

Kate Winslet said she doesn't want to look like her magazine cover. Still, these visions can get people down.

It can also be a time of blessing. When not rushed, most people find bathing to be very relaxing. For some, it's the only time they are relaxed enough to sing. And have you ever had great ideas come to you in the bath?

I heard about a girl who was going through puberty and struggling with some acne. One day she felt unable to leave the house. Her father led her to the bathroom and asked if he could show her a new way to wash. She tentatively nodded. "He leaned over the sink and splashed water over his face, telling her, 'On the first splash, say, 'In the name of the Father'; on the second, 'in the name of the Son'; and on the third, 'in the name of the Holy Spirit.' Then look up into the mirror and remember that you are a child of God, full of grace and beauty.'"<sup>8</sup>

It reminds me of baptism - which isn't a bad thing. Washing can be a blessing for all of us. It can be a time to acknowledge your body, and bless it. I recommend trying it at home.

There are many other times in life where our bodies expose us to vulnerability. Right now simply touching somebody risks exposure to the Coronavirus, but we are also made for touch. As mentioned last week, there are times when something can only be said through touch. It something that some people are finding quite challenging, especially those living alone.



8 Stephanie Paulsell. *Practicing Our Faith* ed. Dorothy Bass

Another story I came across this week was about a young woman studying in Italy for a year. She ended up going to the evening mass around the corner - every day. She didn't go because she was so into church going, but because during the passing of the peace she was able to shake hands with others.

This need for touch can be both a source of joy, and get us into trouble.

In the books that talk about the Body as a Christian Practice, sex is something that comes up. It is something that is very physical... and spiritual. It is a gift from God - one that Christians generally have a hard time talking about because of how vulnerable it makes us. This vulnerability can make it a powerful blessing, or a torment. Part of what makes it a gift is how you see yourself, and your partner. Do you see them as beautiful, valuable children of God?

Do you see God in them?

There's a passage in Paul's letter to the Corinthians speaking against sex outside of a committed marriage in which he says, "*do you not know that your body is a temple of the Holy Spirit within you?*" Again, there's the combining of the spirit and the body, or in this case, the Holy Spirit.

This raises the intensity a bit. It's one thing for the body to be a good creation of God. Then for us, collectively, to be made in God's image. Now we are each a home for the Holy Spirit. With that in mind, how do we treat our body?

Perhaps a sensitive topic the morning after Halloween, but what do we choose to eat impacts our body - from our heart to our mental health. With a history of heart disease in the family, it's something I need to pay attention to. When seeing eating as a Christian Practice though, I also consider my body as a gift from

God to be looked after and treated with respect.

and I could go on. We could consider movement and exercise as part of this Christian Practice, or how we adorn our bodies. What do your cloths say about you?



garment workers in Ethiopia

What's the point?

One is to look after yourself - as you've probably been told by parents, teachers, doctors, and ParticipACTION<sup>9</sup>. But this isn't because God tells you to, it's a celebration of God's love for you... which will give you a healthier body, mind & spirit.

This is also about more than you. In [Matthew 25:31+](#) Jesus commends people who help the bodies of others with food or clothes, when they are sick or lonely. We need others. Without them we are not God's image - we are not whole.

Your homework this week: to have a shower or bath, to eat something, to see your body through God's eyes... and to see other's that way too.

*To God be all the glory. Amen.*

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<sup>9</sup> <https://www.participation.com/en-ca>



## *Responding to God*

### FaithTalk

These are some questions for you to discuss with somebody... or many somebodies. Do what you feel safe (and practice stretching a little).... are recognize that all the FaithTalk exercises are practices at sharing your testimony.

Values: Do you like to be hugged?

Memories: Share about a time when you were able to communicate through touch - where words were inadequate. What were you able to communicate?

Values: Ask the other person what your clothing says about you?

Values: How do we celebrate our bodies? sin against our bodies? nurture our bodies? shame our bodies?

Actions: explore role of advertising and it's impact on the body.

<http://www.jeankilbourne.com/resources/>

or the clothing industry:

<https://www.ethicalconsumer.org/fashion-clothing>

Actions: Celebrate something physically (with COVID safety): ex. share a meal, exercise regularly, learn a new way to care for the bodies of others, bless you body while you wash, ...

### 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

Things that I'm praying for include:

- Peter M has done well since the last cycle of chimo. He starts a new one on Monday.
- The pressures of COVID: on health care workers, on teachers, on extroverts, on those living in fear, and stress
- for employees and the businesses they work for
- for the latest onslaught of bad weather: typhoons hitting the Philippines, earthquake in Turkey & Greece, tropical storms in the Atlantic

| Lord, hear us.

| **Lord, graciously hear us.**

Let us pray.

For the healing of bodies we pray:

for a holy healing

which deals with both pain and its causes;

for healing

which leads to a new love for the body,

a new care for the body . . .

Lord, hear us.

**Lord, graciously hear us.**

For the healing of minds we pray:

for a holy healing

which deals with memories,

anxiety and the impact of abuse,

shame and depression,

dementia and other tortures of the mind; . . .

and also,  
where people have been hurt by religion  
for the healing of faith. . .

Lord, hear us.

**Lord, graciously hear us.**

For the healing of relationships we pray:  
for a holy healing  
which will not make things nice,  
but will make things possible;  
for the mending of love  
which has been fractured,  
for the cherishing of those  
who have been broken. . .

Lord, hear us.

**Lord, graciously hear us.**

For the healing of our world we pray:  
for a holy healing,  
for the tearing down of cruel barriers  
and the building of relationships for peace;  
for replacing the idol of the individual  
with the neighbourliness of a global village  
for the ending of exploitation  
and the growth of reverence for our planet  
and all the plants, creatures, and people who live here. . .

Lord, hear us.

**Lord, graciously hear us.**

We remember Paul's words to the church in Rome, 'that the  
whole creation has been groaning in labour pains, ...including  
ourselves with your Spirit.' and that we may all be born into  
your Kingdom come.

So we pray,

so we trust,  
so we do

in Jesus name.

**Amen.**<sup>10</sup>

♪ Hymn: The clay stained hands of love.....pg 10  
(alas, no YouTube videos)

*The grace of the Lord Jesus Christ,  
the love of God,  
and the communion of the Holy Spirit  
be with all of you.*<sup>11</sup>

Amen.



<sup>10</sup> adapted from A Wee Worship Book 5<sup>th</sup> edition

<sup>11</sup> 2 Corinthians 13:13

# God the Spirit, Guide and Guardian

REFRAIN (SMARTY) 8" 8" D

1. God the Spir - it, Guide and Guard - ian,  
 2. Christ our Sav - iour, Sov - ereign, Shep - herd,  
 3. Great Cre - a - tor, Life - be - stow - er,  
 4. Tri - une God, mys - ter - ious Be - ing,

wind - sped flame and hov - ering dove, breath of life and  
 Word made flesh, Love cru - ci - fied, teach - er, heal - er,  
 Truth be - yond all thought's re - call, fount of wis - dom,  
 un - di - vid - ed and di - verse, deep - er than our

voice of proph - ets, sign of bless - ing,  
 suf - ferer Ser - vant, friend of sin - ners,  
 womb of mer - cy, giv - ing and for -  
 minds can fath - om, great - er than our

power of love: give to those who lead your peo - ple  
 foe of pride: in your tend - ing may all pas - tors\*  
 giv - ing all: as you know our strength and weak - ness,  
 creeds re - hearse: help us in our var - ied call - ings

fresh a - noint - ing of your grace; send them forth as  
 learn and live a Shep - herd's care: grant them cour - age  
 so may those the Church ex - alts o - ver - see its  
 your full im - age to pro - claim, that our min - is -

bold a - pos - tles to your Church in eve - ry place.  
 and com - pas - sion shown through word and deed and prayer.  
 life stead - fast - ly yet not o - ver - look its faults.  
 tries u - nit - ing may give glo - ry to your Name.

\* Note: teachers, etc.

God the Holy Trinity

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## The clay-stained hands of love

LITTLE MARLBOROUGH 6 6 8 6 SM

Unison

Chords: Gm Cm6/G Gm7 Cm/G 6 Gm Cm 9 F7 Bbmaj9

1. The clay-stained hands of love cre - a - ted hu - man form.  
2. The heal - ing hands of love gave speech and sight and strength.  
3. The wound-ed hands of love showed life had con-quered death.  
4. The hid - den hands of love are build-ing up the church.  
5. We sing our praise, O Love, for your life-giv - ing hands.

Chords: Bb Ebmaj7 Cm7 Dm7 Ebmaj7 Cm9 Dm7 Gmsus4-3

Praise love that made us from the earth, the love with clay-stained hands.  
Praise love that came to touch and heal, the love with heal - ing hands.  
Praise love that came in ser - vant form, the love with wound - ed hands.  
Praise love that works with liv - ing stone, the love with hid - den hands.  
O Mak-er, Sav - iour, Spir - it, God, we sing our praise to you.

Words: Richard D. Leach from Songs for the People of God 1980 Music: Jack Noble White from Songs of the People of God 1980

Words: copyright © Selah Publishing Co. Inc. 1994 Music: copyright © Selah Publishing Co., 1994



### JUSTICE INITIATIVE

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## Justice and Peace in the Middle East

In 2012, the United Nations predicted Gaza would become unlivable by 2020. Even prior to the pandemic, sewage, water and electricity infrastructure were so greatly damaged that few sewage treatment installations remain and 97% of water is undrinkable by any international standard. Polluted water is the leading cause of child mortality and hospitals are ill equipped to treat many of their patients.

The 2020 interim report of the International Affairs Committee to the General Assembly highlights the impact of the Israeli occupation of the Palestinian Territories on children—both Palestinian and Israeli—and suggests actions that Presbyterians can take to support peacemaking.

The Parents Circle – Families Forum is a joint Israeli-Palestinian organization working with over 600 families seeking positive change in a violent context. All who belong to the Circle—both Palestinians and Israelis—have lost an immediate family member to the effects of the occupation and are now working for reconciliation.

**What can you do?** We encourage Presbyterians to support reconciliation initiatives like this in Palestine and Israel. Other ways you can advocate for peace and justice in Palestine and Israel is contacting your local MP. We encourage Presbyterians to write their elected officials requesting that the Government of Canada urge the Government of Israel to adhere to human rights conventions.

**Prayer (All Saints Day)** We thank God, who has knit us together in one communion and fellowship, for the people who have gone ahead of us, who taught and loved us, who formed us in the faith and served as a faithful example.



## Coaching During COVID-19

Ministry leaders had to adapt quickly to the changes brought about by COVID-19. In this new context, leaders need thoughtful, wise and prayerful approaches to ministry. In order to help PCC leaders think through and develop next steps, the PCC, with the support of funds raised through Presbyterians Sharing, offered free, one-time coaching sessions to ministry leaders. Many ministries from across the country benefitted from this support and were able to engage in innovative ministry during a difficult time.

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### DAILY PRAYERS

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## NOVEMBER 2020

**Monday, November 2** We pray for the members of the Life and Mission Agency who are meeting this week to support the programmatic work we do together in Canada and around the world.

**Tuesday, November 3** We pray for peace and unity as we remember those casting ballots on Election Day in the United States.

**Wednesday, November 4** We pray for the wisdom to be responsible with the gifts God has given us so that we might live in right relationship with God, creation and each other.

**Thursday, November 5** We pray for the Committee on Education and Reception as it considers applications from ministers and ministry candidates from other denominations seeking to serve God in the PCC.

**Friday, November 6** We pray for members of the Committee on Church Doctrine as they serve God from a variety of theological perspectives.

**Saturday, November 7** We pray for ministries participating in the Transform online course offered by the PCC. May God guide them to use the teachings to discover new possibilities for ministry.

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