



Kensington Presbyterian Church

Do the body good

July 11, 2021

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).



Become like little children
Bota

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

Rev. Peter Rombeek
for Kensington Presbyterian Church

Announcements

blue text: if you are reading this on a computer you can click or tap any blue text to open up the link.

Making Sensory Blankets: The St. Andrew's Homes Foundation is looking for volunteers to make sensory blankets. They give people with limited movement something interesting to explore. Fabric is provided. If you are curious, call Tracy at 514-916-7626.

Sunday School: is available Sundays at 11:45

zoom.us/j/95177919687?pwd=K1hpWXJrVEIxQWpOMINKdkV1UGloQT09

Residential Schools: For those looking for more information, please visit these sites (or talk to Rev. Peter):

presbyterian.ca/2021/06/05/pcc-and-residential-schools/
presbyterian.ca/healing

NEW statement: presbyterian.ca/2021/06/15/moderator-joint-statement

Book Study: *The Liturgy of the Ordinary* will return September 1st.

Prayer Group: Wed. at 11:30 a.m.

Weather permitting, we will try both Zoom and meeting in the courtyard at Benny Farm.

[us02web.zoom.us/j/78266904325?](https://us02web.zoom.us/j/78266904325?pwd=dkhMck1ZRXBKTmdvK2VsaHRlOFF1UT09)
[pwd=dkhMck1ZRXBKTmdvK2VsaHRlOFF1UT09](https://us02web.zoom.us/j/78266904325?pwd=dkhMck1ZRXBKTmdvK2VsaHRlOFF1UT09)

or phone: 438-809-7799

Meeting ID: 782 6690 4325

Passcode: 7864826

Re-opening: Session is currently making sure everything is well planned to keep people safe for re-opening in September.

Visiting: If you would like a visit from Rev. Peter, please contact him and we can arrange a method you are comfortable with.

Contacts

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Approaching God



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



Call to worship (based on 1 Timothy 3:16)

Christ came in the flesh,
Christ revealed in the Spirit.

Everybody, Praise the Lord.

Christ believed in the world,
Christ recognized in glory.

Everybody, Praise the Lord.²

♪ Hymn: God of mercy, God of grace.....pg 9 (39)

www.youtube.com/watch?v=AmNyPNojMjE



² adapted from Worship Sourcebook F.I.2.7



Prayer of Approach

Creator God

We celebrate your creations

and all the ways that we can share it.

From sight and sound, to taste and touch,
to breathing it into our bodies.

Artistic God,

We celebrate you wonder of your creations.

The ways it can give us joy, as well as push us in unthought of
directions.

Engineering God,

**We celebrate the way you designed and assembled
everything.**

Such as the ways our bodies work,

The pleasure of eating,
the miracle of absorbing nutrients,
and the expelling the waste.

Incarnate God

We celebrate that you came in a body as Jesus;

that you don't shy away from any part of us.

...Because there are aspects we are not proud of.

Help us Jesus,

to accept the parts of us we are uncomfortable with
that you created. . .

and to change the parts of us
that damage your creations. . .

May your Holy Spirit bless us

and help us to live into the beautiful creation you have made.

Amen.

✧ Assurance of Pardon

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.³

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

Jesus left us a prayer to guide us into a healthier relations with God
and each other. Let us join with the larger church, saying...

**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**

Amen.



Eucharist,
Source &
Summit -
by Garcia



Listening to God

♪ Hymn: When Jesus the Healer Passed Through.....pg 9 (203)
www.youtube.com/watch?v=W15Xab1Mjhl

✧ Prayer for Illumination

Lord God,
you have declared that your kingdom is among us.
Open our eyes to see it,
our ears to hear it,
our hearts to hold it,
our hands to serve it.
This we pray in Jesus' name.
Amen.⁴

✧ Intro to the readings

- Our psalm is a popular one. Try and embody/feel what the poet is expressing.
- The passage from the start of John is believed to be a quote from a hymn. It's also a good reminder of who (what?) Jesus is
- Before our passage from Mark starts Jesus had sent the Apostles out two by two into the world. The passage starts with them returning full of excitement from the teaching and healing that had happened through them.
 - How would you do you feel after trip full of exciting activities? How does Jesus respect them, and others?



Reading: Please look up the passages in your own Bible,⁵ or click on the name to be taken to an online version.

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

[John 1](#): 1-5, 14

[Mark 6](#): 30-46



Sermon: Do the body good?

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

People are different. It's obvious. Some people are taller; some have curlier hair; some have glasses; some are good at hopscotch, or painting, or listening, or accounting. Some people even like mushrooms. We all have different backgrounds that shape what we like to eat, or how we respond to things - not to mention shaping our bodies. Until moving day we had identical twins living beside us, and even they were different from each other.

Despite all the differences, we all have something in common; everybody has bodies.



Dove, Global Real Beauty Campaign

⁵ 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

⁶ Psalm 19:14

Bodies are amazing in their complexity. They bring us all sorts of joys and ...complexities. Little things can set them out of wack, such as too much sugar, or a virus that's smaller than our cells. Then there's the effort we need to put in learning skills like walking, and the way our bodies wear out.

There's a lot of emphasis on bodies in our society. Even before COVID, health care workers tried to get us to wash our hands and not to go to work when we were sick - although many people didn't listen back then. Going further back, do you remember the ParticipACTION campaign and the BodyBreak ads? And then there's all the commercial advertisements encouraging us to join their gym, or take their diet, or eat their miracle powder.

The reason for this is because it's important to look after our bodies - and yes it's Biblical. Have you noticed all the walking in the Bible? Walking is great exercise ...although, that's probably more to do with not being able to afford a ride than exercise. A better example is the reading from Mark. The Apostles have come back from teaching and healing others. They're excited, but probably exhausted as well. Back with Jesus, they can't even get time to eat; so Jesus leads them off to have a rest. It's important to listen to your body and respect it. Jesus models this... and again when the crowds come thirsty for his teachings, and then are literally hungry. Jesus fed their souls, and their bodies. Then Jesus tries again to send the apostles off for a break - this time someplace harder to walk to. He also took a rest this time.

And there's lots of other examples in which Jesus values physical bodies. Our hymn before the readings reminded us of many healings that Jesus did: healings of people's souls, restoration of relationships - and the healing of their bodies.

God values us - including our bodies.

In Genesis 1, after God creates everything with people as the crowning addition, God sits back, looks it over and declares that it is very good. And God's right - creation is good, bodies are good.

There are a lot of wonderful experiences we can have with our bodies. This week I put a fresh picked strawberry in my mouth, and it melted with divine flavour. And what about a warm bubble bath, or a hug from a loved one, smelling fresh bread, tasting all the great offerings at a pot-luck, listening to beautiful music... or breathing in and singing the music - feeling it resonate in your body and joining with others. What do you enjoy?

Bodies are good - in all the ways they come.

I say that because there are some problems with the way bodies are viewed. Think of the ancient Roman statues that would have been around in Jesus' day - do you think anybody ever really looked like that? The same is true now. Photos and videos are altered or touched up to hide wrinkles, reduce unwanted curves while adding others. Almost 20 years ago Dove ads made the news when they started a campaign recognizing a wide variety of body types. There hasn't been much progress. Kate Winslette made the news last month for refusing to allow her body to be digitally touched up for a TV show. She figures her character is middle aged and should look it. This made the news because it's not the norm. We may not have statues of perfectly shaped people in our parks, but society promotes an ideal body - idolizes it you might say.



Which is a problem, because while bodies are good and can bring us joy - they are a gift from God. When we forget that we become disconnected from the source of love and joy.

The other problem with touching up bodies to hide things is that it hides the reality of bodies. Aspects that too often are considered embarrassing, whether that's wrinkles or pimples or farting. God made our bodies this way.

At one point I moved into an intentional Christian community. It wasn't monastic, but everybody in our rather large apartment was about trying to live together as Christians and engage support our engagement with the world. When I moved in there was a larger turn-over of people than normal and it was suggested we have a blessing of the house (something that had happened when it first started). I don't know about you, but I'd never heard of it. It was an interesting experience. An Anglican priest came and lead us through each room inviting us to pray for what would go on in there - and I mean each room. We all crowded into the bathroom for a blessing of that room as well. As he pointed out, we'll spend a lot of time there. Since then I've heard about another house blessing where they also took time to bless the bathroom mirror and pray that those who look in it see themselves as God does - as beautiful and loved creations full of gifts... as they are looking into that mirror... not touched up or altered or as they were in their youth or will be grown up.

What do you see when you look in your bathroom mirror? What do you take the time to feel?

And don't be embarrassed. God knows what it's like in the bathroom, after all, God lived as a person in Jesus. Jesus went to the bathroom; he even farted.

Which is another amazing recognition of the body - Jesus came in a body. He was born as an ordinary and helpless baby. He grew up and went through puberty with pimples and his voice

changing. Not only that, but after he died and came back it was with his body. He even ate with his buddies.

God values us - including our bodies.

While they can disappoint us, even betray us, they can also be a source of joy - enjoy that (in responsible ways). Thinking of more extreme examples, I've talked with those who are looking after people with serious dementia and familiar music brings joy to the clouded mind. Sensory quilts, like the St. Andrew's Foundation is look for, bring stimulation and peace to people through their bodies.

Like God, we should value our bodies and look after them. This includes exercise, eating a balanced diet, and listening to our bodies. It will include the various procedures when we start worshipping in the building again - which sadly won't include pot-lucks right away, and likely not even singing.

It's also important to remember when you look in the mirror know that God sees you as you are and that God loves you. Embrace that feeling and live it. And when you see others, in all the diversity that people come in, consider how you can treat them as God's beloved children as well.

*To God be all the glory
Amen.*

decoratedlife.com/beautiful-
bathroom-mirror-ideas/



Responding to God

♪ Hymn: Sacred the body.....pg 10
www.youtube.com/watch?v=W6NNs9WSIL4 (different tune)

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

Memories: What are some physical experiences that you really enjoy? (you might start with your senses: sight, sound, smell, touch, & taste. Or perhaps they are more complicated - like a fall walk in the woods with a friend).

Memories: Do you ever feel feelings in your body? If God created us this way, how do you respond?

Values: How do you listen to your body?

How do you look after your body?

Wonder: What would it be like if everybody looked like the ideal people in advertisements?

What would it be like if there were no touch-ups in ads or movies/TV?

Actions: Put a reminder on your mirrors that God loves you as you are (maybe a cross, or write this phrase). Practice saying a prayer in the bathroom mirror everyday, such as, 'Dear Jesus, help me to accept myself as you see me, and to treat others as you see them.'

✦ Spirit Sighting

This week I read a reflection by a young woman (Kay), probably CEGEP age, who had invited a friend to her church. As the service started her friend leaned over a little shocked and

whispered that she should have been told the minister was paralyzed. Kay had forgotten. It wasn't because she didn't go to church much, because she did, and helped out with several programs. It was because she didn't notice anymore. Just because his body didn't work as it had once didn't stop the Holy Spirit from flowing through him to nourish others - and that is what Kay noticed. It is what she wanted her friend to experience - God loving and blessing us as we are.⁷



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.



Prayers of the people

God, we come to you

with the joys and troubles we have in our bodies,
and the joys and troubles we have in our lives.

Jesus, we also pray for the restoration of people to your buildings.

May we be wise in looking after the bodies that will visit this building, this home, as we come back in the September. . .
and we pray for those who are settling into new homes after the big moving day - but especially for those who have not yet found a home. Our bodies need this for protection from the weather, but also for stability for our emotions. . .

Jesus, you healed so many
and we ask for your healing in those who need your touch.
That Peggy's procedure works well,
and Peter M's treatment works
and that Mary-Ellen's dad recovers quickly from his fall.
We also pray for those who need healing in how they see their body, that they learn to listen to it, accept it as you do, and look after it.

As a part of accepting our bodies,
we ask your blessing on our bodies.

God, who knit us together in a mother's womb,
help us honour what you have made.

Let us touch this masterpiece gently,
with reverence,
with delight,
blessing what you have blessed.

(You may touch named body parts as they are blessed.)

The face
For the housing of our thoughts,
For the muscles of our emotion.

The arms,
For embracing what is sacred,
For grasping, then releasing, your gifts.

The belly
For taking in nourishment,
And, in some, for the nurture of new life.

⁷ Way to Live ed by Dorothy C. Bass and Don C. Richter.
Bodies chapter by Kay Bessler Northcutt & Clinton Trench

The thighs
For carrying another's burden,
For pushing off from the ground.

The feet
For walking your paths of peace,
For standing on holy ground.

God, who formed these inward and outward parts,
Fill us with wonder at such knowledge,
knowledge that we are all wonderfully made.
Amen.⁸

♪ Hymn: The clay stained hands.....pg 11 (296)
youtu.be/w36w2keM2iY?t=2611

✦ Benediction
May the God of hope
fill you with all joy and peace in believing,
so that you may abound in hope
by the power of the Holy Spirit.
Amen.⁹



⁸ blessing of the body from *Way to Live* leader's guide by Dorothy C. Bass and Don C. Richter pg. 26
⁹ Romans 15: 13

From Outcast to Owner in Ghana

Aruk Atampure spends each day earning an income as the proprietor of a store in a community in Ghana. When Aruk was a small child, he contracted polio and lost partial use of his legs, causing him to be stigmatized by his family and others in the community. One day, a staff member from the Presbyterian World Service & Development-supported Garu Community-Based Rehabilitation program encouraged Aruk to enrol in the program, where he received entrepreneurial training. Reflecting on the help he received at every stage of this journey, Aruk commented, "I am so grateful."



DAILY PRAYERS

Sunday, July 11 We pray for people in Ghana who are being empowered to lead productive and fulfilling lives with support from the Garu Community-Based Rehabilitation program.

Monday, July 12 We pray for the people, ministries and mission of the Presbytery of Westminster in British Columbia.

Tuesday, July 13 We pray for the congregation of Knox Presbyterian Church, Agincourt, in Toronto, Ontario, as they discern their next steps in ministry through the New Beginnings process.

Wednesday, July 14 We pray for the Rev. Nicole Reid and the women and children she serves through Cornerstone, an outreach ministry of the Presbytery of Niagara, Ontario.

Thursday, July 15 We pray for Jo Morris and the members of the Canada Youth planning team as they prepare for future gatherings.

Friday, July 16 We give thanks for congregations that have created summer ministry positions for students. We pray that these ministries are a blessing for the congregations and the students leading them.

Saturday, July 17 We pray for congregations as they plan Vacation Bible Schools either in person or online this summer.

God of mercy, God of grace

1. God of mer - cy, God of grace, show the bright-ness
 2. Let the peo - ple praise you, Lord; be by all that
 3. Let the peo - ple praise you, Lord; earth shall then its

of your face. Shine up - on us, Sav - iour, shine;
 live a - dored. Let the na - tions shout and sing
 fruits af - ford. Un - to us your bless - ing give;

fill your world with light di - vine, and your sav - ing
 glo - ry to their gra - cious King; at your feet their
 we to you de - vot - ed live, all be - low and

health ex - tend un - to earth's re - mot - est end.
 trib - ute pay, and your ho - ly will o - bey.
 all a - bove, one in joy and light and love.

Words: Psalm 67; paraphrase, Henry Francis Lyte (1793–1847), alt Music: Conrad Kocher (1786–1872); arrangement, William Henry Monk (1823–1889)

Words: public domain Music: public domain

When Jesus the healer
passed through Galilee

WHEN JESUS THE HEALER 11 6 11 5

Leader(s) F C F Bb/D Bb C All Am

1. When Je - sus the heal - er passed through Gal - i - lee,
 2. A par - a - lyzed man was let down through a roof.
 3. The death of his daugh - ter caused Jai - rus to weep. Heal
 4. When blind Bar - ti - mae - us cried out to the Lord,

us, heal us to - day! the deaf came to hear and the
 His sins were for - giv - en, his
 The Lord took her hand, and he
 his faith made him whole and his

Gm/Bb C7 F All Am Dm 7 C7 F

blind came to see.
 walk - ing the proof. Heal us, Lord Je - sus!
 raised her from sleep.
 sight was re - stored.

5. The lepers were healed and the demons cast out. Heal us, heal us today!
 A bent woman straightened to laugh and to shout. Heal us, Lord Jesus.

6. The twelve were commissioned and sent out in twos, Heal us, heal us today!
 to make the sick whole and to spread the good news. Heal us, Lord Jesus.

7. There's still so much sickness and suffering today. Heal us, heal us today!
 We gather together for healing, and pray: Heal us, Lord Jesus.

Words: Peter D. Smith (1938–) Music: Peter D. Smith (1938–)

Sacred the Body

RUTH C. DUCK

W. DANIEL LANDES

1. Sac - red the
2. Bod - ies are

bod - y God has cre - a - ted, tem - ple of
var - ied, made in all siz - es, pale, full of

Spir - it that dwells deep in - side. Cher - ish each
col - or, both frag - ile and strong. Ho - ly the

per - son; nur - ture cre - a - tion. Treat flesh as
dif - ference, gift of the Mak - er, so let us

ho - ly, or that love may a - bide.
hon each sto - ry and song.

3. Love respects persons, bodies and boundaries.
Love does not batter, neglect, or abuse.
Love touches gently, never coercing.
Love leaves the other with power to choose.

4. Holy of holies, God ever loving,
make us your temples; indwell all we do.
May we be careful, tender and caring,
so may our bodies give honor to you.

God the Holy Trinity

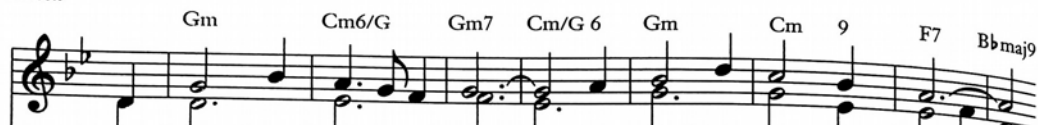
296

The clay-stained hands of love


LITTLE MARLBOROUGH 6 6 8 6 SM

Unison


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.



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

