



Kensington Presbyterian Church

The recipe to bring

October 9, 2022

WELCOME, to worship. We are offering a variety of ways for people to gather. We are welcoming people to worship in person (with singing), as well as through Zoom, YouTube, and this printable PDF.¹ If this is how you are worshipping, know that you are not alone... and if you like, you can invite those who live with you to join you, or connect with others through the phone or 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)



Supper at Emmaus - Barredo Maximino Cerezo

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

Announcements

Clicking on or tapping blue text will take you to a web-site

Refreshments: We are offering refreshments and conversation time after worship. To reduce the spread of germs, we will be serving people - which means we are looking for some people to help serve. If you can help, please speak to Rose or Carol.

Choir: would like you to join them. We practice Sunday at 9:15.

Jesus & Java: Join us as we share the joys and questions of faith.

Thursday, 3:30 pm at Maté Latte, 5837 Sherbrooke @ Regent

Thursday, 7 pm at 2nd Cup on Monkland

Sunday School Teachers: are needed to help our children know and celebrate God better. If you may be able to help crafts, storytelling, singing or caring, please contact Antoinette.

Workshop: Conflict, Climate Crisis and Global Food Insecurity

Oct 13th, 1-3 pm over a computer/tablet/phone

A workshop through the national church with experts from the UN and Canada Foodgrains Bank. Register here:

presbyterian.ca/justice/food-security-webinar-oct-13

Drop Box: We are now accepting food donations to help the St. Monica's Food Pantry, AND items to help the young parents program at Head & Hands (ex. clothing, diapers, toys).

Contacts

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Approaching God



Lighting of the Christ Candle

Jésus Christ est la lumière du monde.

Jesus Christ is the light of the world.



Call to worship

Come, all who hunger,

for in Jesus we will find the bread of life.

Come, let us sing in joy to the Lord

let us give our thanks to the source of hope.

♪ Hymn: All who hunger, gather gladly.....pg 10 (534)

www.youtube.com/watch?v=dEJSJskgcb0



Prayer of Approach

Living Lord,

You send your Spirit to invite us
to gather in your name

You offer us gifts
so that we can live at peace.

You are always with us.

Holy God, we thank you for your presence
and for your gifts.

We also confess
that sometimes we love those gifts
more than we love you.

We confess wanting more things,
and the expense of our peace,
the lives of others,
and creation.

Please forgive us for not being thankful.

Thank you for never leaving us.

Thank you for guiding us as we worship you
and for speaking to us through Jesus.

Help us to love you more than everything else.

In Jesus name

Amen.



Assurance of Pardon

Hear the good news

Christ died for us while we were yet sinners;
that proves God's love toward us.

In the name of Jesus Christ, you are forgiven!²



The Lord's Prayer (please use a version you are comfortable with)

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.



Listening to God

✧ Children's story

Today in the building we brainstormed things we were thankful for. I also talked to people through the week about this. Some of the answers I received then include: loved ones, relationships, family, living in a spectacular world (despite the troubles), the seasons, and hope.

I invite you to add to the list, and then pray.

Dear Jesus,

Thank you for: _____

Helps to recognize you in all these things,
and to share our gratitude with others.

Amen.



Miriam's Song - Laura James

♪ Hymn: All things bright and beautiful.....pg 11 (435)
www.youtube.com/watch?v=ANUS8EGrLKQ



Prayer for Illumination

Lord God,
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.³



Intro to the readings

Today we have four readings.

- Deuteronomy: Mostly a list of rules, but rules can be good for us. This describes something they are to do. What are the benefits of it?
- Philippians: Paul is wrapping up his letter with some great advice. Which piece resonates with you today?
- John: Just the day before Jesus fed the 5000+ with a boy's lunch - but it's a new day.

You might find it interesting to compare this story with that of the Samaritan woman in John 4.

- Psalm: The gates and courts refer to the church - wouldn't it be great if we could all gather in the building like this?



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

[Deuteronomy 26](#): 1-11 [Philippians 4](#): 4-9

[John 6](#): 25-35

[Psalm 100](#)

³ Worship Sourcebook 3.1.24

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: The recipe to bring
*Dear Lord, please bless these words
and the meditations of our hearts. Amen.*

It's Thanksgiving weekend. How are you doing?

Some of the people I was talking to this week, and overhearing at the grocery store, are a little worried about this weekend. They find themselves hosting The Thanksgiving Dinner, and they are more stressed than happy about it.



Well, I've got a recipe that will make it a happy occasion. Actually, it's a recipe for happiness.

What is it?

Thanksgiving.

It comes in two parts.

The first is thanks.

In his children's book *The Secret of Saying Thanks*, Douglas Wood writes that "We don't give thanks because we're happy. We are happy because we give thanks." Not only does this sound wise, it's

backed up by science. We all have a survival instinct that focuses on what might be a danger (physical, mental, or social). As somebody put it, when our ancestors had to choose between looking at a rainbow and looking at a tiger, they chose the tiger. That said, when we experience gratitude, it triggers all sorts of good things in our brains. Being thankful makes us feel good.

But there's a reason we need a holiday to remind us of this. We're presented with a lot of dangers in the world and, as I said, we're predisposed to focus on those.

How do we shift our focus to thanks?

Deuteronomy gives us some suggestions. Did you notice? One thing they did is to tell their story. I'm sure they all knew it, but they told it again. They remember the good parts of their story; the things that God has done for them. How God stayed with them through their journey. How having food and a place to live is thanks to God.

They also remember the dark parts of their story. Being thankful doesn't mean denying that life can be hard - it can be a struggle. We can be so focused on the treat so that it consumes you. It's hard to be grateful, to see a rainbow, when you're being hollowed out. Hopefully you can realize when you're in the dark and can ask for help.

If you're not in the dark, keep an eye out for people who are struggling. Perhaps you can help them see some light - because it's there. As Elizabeth Barrett Browning wrote,

Earth's crammed with heaven

And every common bush afire with God,

But only he who sees takes off his shoes,

The rest sit round and pluck blackberries.

There are glimpses of Heaven, of God's way, everywhere. The struggle is to make the time to look for them - to focus on them.



art in an NDG alley

In Paul's letter to the Philippians, he talks about rejoicing always, and acknowledges that we have needs and struggles. He instructs us to pray about them, and to focus on the good things - to look around for what is honourable, just, pure, pleasing, commendable, excellent & worthy of praise.

Who can you think of who is honourable? . . .

Where have you seen behaviour that is just or pure? . . .

What is something you find pleasing? . . .

These can be big or small. This week I was asking people what they are thankful for. One person who I expected to take some time to answer didn't. She quickly replied she was thankful for being "*in the world and enjoying its splendour, even with the pain.*" I love the use of her word '*splendour*', because she's right and I've been forgetting it. Other answers came up in our Children's story: relationships, loved ones, & family. One that was mentioned at our last Session meeting was gratitude that Kensington hasn't been hit hard with COVID. The precautions we take in the building have been keeping everyone who comes, in all the various groups, safe (and we encourage you to come join us).

Another beautiful answer I received from several people was "*hope*". They find that despite the news, they have hope for themselves and the world.

As a minister, I'm glad some people also said God: as creator, Jesus, Holy Spirit, provider, sustainer, saviour, This was a common theme in all today's Bible passages (and the rest of the Bible too). Remember the source of hope and all good things is God, and give thanks. In our passage from John we heard Jesus affirm that people have needs (ex. food), but that everything of earth is only temporary satisfaction. That by putting their faith in God they will be always at peace. They will no longer feel the need to 'keep up with the Jones', or be unhappy (ungrateful) with their older cell phone. John talks about this as faith, but not as a characteristic. For John faith is always a verb - an action. It is something that must be done. It must be practised. As the AA slogan says, '*it works if you work it*'.

I haven't been to a *meeting*, but on TV there are patterns to how they happen and what people say. There are rituals. Rituals can also help us with this first part of the recipe for happiness: Thanks. It's a pattern that Deuteronomy is both recording and setting up as a part of their society. In this case they take some of the first harvest for the year, tell the story of God being with them through the dark and into the light, and make an offering. A ritual to remind them to be thankful - perhaps like our thanksgiving dinner?

But does it work?

Do we make space to be thankful, or is it full of business and expectations and small talk? Do you need to add some ritual words like they did? Something to force everyone to carve out the space to share thanks?

...and is once a year enough?

One habit that many families have, or had when they used to eat together, is to say grace - a thank you prayer to God before eating (or in some traditions, after eating). With our boys it morphed, for a while, into an extended brainstorm of things they were thankful for. (now they try to make it a speed ritual before eating food.) Grace is a good ritual to include some gratitude in your day. It helps.



mealtime prayer - von Uhde

This week I listened to some TED talks⁵ on thankfulness. The speakers spoke as professional experts and as people who had or were living through very hard times. They spoke of the importance of this daily ritual. One was a woman who was studying psychology and the brain. While doing this she was diagnosed with brain cancer. As she struggled with this she went back to her research. She was reminded that being thankful

⁵ If you haven't heard of them, TED talks are a large series of short talks (under 18 minutes) to generate discussion. www.ted.com/talks

literally changes your brain and makes it easier to be thankful - so she created rituals or habits to practice giving thanks. She started every day by writing three things she was grateful for. She also wrote thank you cards for everyone who helped, from hospital custodians to doctors.

and this is the second part of the recipe for happiness - Giving.

Just sitting and having nice thoughts isn't enough. Not practising thanks-giving with others makes it just an object to be admired. Thanks-giving needs to be lived. It needs to be lived with others. We see this in AA with the importance of gathering together and having a sponsor. We see this in Deuteronomy. The people gather for a feast. Their food offering is for those who have no land (widows, aliens, Levites, ...) so that everyone can join the celebration. In today's psalm people gather at the church to praise God together. Paul is talking to the collection of Christians in Philippi, and Jesus is talking to everyone. In all of these examples people are grateful and giving: support, food, love & justice, praise to God, and God is giving the bread of life.

Now, I don't expect you to serve the bread of life at your Thanksgiving Dinner, although you might have an opportunity to share some light for somebody walking through darkness.

I will offer you a resource I've found. I don't know why it was created, but I like it. The tasks are small, and they have both Thanks and Giving. It's the 21 Days of Gratitude Challenge. You'll find it on page 14. Here's two examples: What is the most incredible meal you've ever had? The next day you are to write the person a thank you or a review. I would suggest you do this with somebody. It will help keep you accountable, and have somebody

to share your happiness with as you practice the recipe of Thanksgiving.

and may you have the opportunity to share this recipe this weekend at a joy-full Thanksgiving Dinner.

*To God be all the glory
Amen.*



Responding to God

♪ Hymn: For the fruits of all creation.....pg 11 (802)
www.youtube.com/watch?v=IBXHDbesb7k

💬 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: Is there a memorable Thanksgiving Dinner you can tell about?

Values: What are things that you are thankful for?

Memories: If you were to tell your story, like the Jews do in Deuteronomy, what would you say?

Wonder: How could we share gratitude with your neighbours?

Actions: Think of somebody that you appreciate and send them a thank you card or txt. It's always has a stronger reception if you can be specific about what you are thankful for. This could also go to an organization.

Actions: What ritual can you include that will help you be more thank-giving?

Actions: The Jews are to share their harvest gifts with those who don't have any. What gifts can you share? How?

Actions: Can you think of anyone alone? Is there a way you can invite them into a community to share thanksgiving (maybe not the dinner this weekend)?

Prayer: ...a thank you to God (with details)

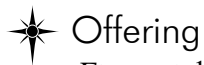


Spirit Sightings

Joe R sends his best. He writes that he is settling in, making new friends, and enjoying his courses. He's even joined a UBC club to get him out of the seminary. Joe's also been blessed with a job helping in a local congregation.

photos:
Joe & Ross Lockheart
school worship





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 people⁶

Let us come to God with thanksgiving.

For the beauty of the earth
with the changing seasons,
that helps us to learn and adapt to change.
let us give thanks:
we pray
thank you, God

For the bounty of the earth,
that provides for our tables
For all those who make our lives easier:
for migrant labourers and farmers,
for butchers, drivers and clerks
we pray
thank you, God

For human life:
for talking and moving and thinking together,

for common hopes and hardships
shared from birth until our dying,
we pray
thank you, God

For work to do and strength to work:
for the companionship of labour,
for times of good humour and encouragement,
we pray
thank you, God

For family:
for living together and eating together,
for family amusements and family pleasures,
we pray
thank you, God

For children:
for their energy and curiosity,
for their brave play and startling frankness,
for their sudden sympathies,
we pray
thank you, God

For the young:
for their high hopes,
for their irreverence toward worn-out values,
for their search for freedom,
for their solemn vows,
we pray
thank you, God

⁶ adapted from Worship Sourcebook C.4.4.9

For growing up and growing old:
for wisdom deepened by experience,
for rest in leisure,
for time made precious by its passing,
we pray
thank you, God

For your help in times of doubt and sorrow:
for healing our diseases,
for preserving us in temptation and danger,
we pray
thank you, God

For Kensington
for the chance to learn and practice
being a family in your kingdom;
for the ways we can support each other
and for the good we can do together;
we pray
thank you, God

For your Holy Spirit,
who guides our steps and brings us gifts of faith and love,
who prays in us and prompts our grateful worship,
we pray
thank you, God

For your Son Jesus Christ,
who lived and died and lives again for our salvation:
for our hope in him,
for the joy of serving him,
we pray
thank you, God

Giving thanks to the Lord, who is good.
whose love is everlasting.
we pray
thank you, God
Amen.

♪ Hymn: Now thank we all our God.....pg 12 (457)
www.youtube.com/watch?v=s99dNPKYtHk

✦ Benediction
Remember Psalm 100
“For the LORD is good;
God’s steadfast love endures forever,
God’s faithfulness to all generations.”

The grace of the Lord Jesus Christ,
the love of God,
and the communion of the Holy Spirit
be with you all.
Amen



All who hunger, gather gladly

HOLY MANNA 8 7 8 7 D

Unison

F Dm Gm Dm Am Gm7

1. All who hung-er, gath-er glad-ly; ho-ly man-na
 2. All who hung-er, nev-er strang-ers, seek-er, be a
 3. All who hung-er, sing to- geth-er; Je- sus Christ is

Bbmaj7 Dm C/E Dm C Bbmaj7

is our bread. Come from wil-der-ness and wan-dering.
 wel-come guest. Come from rest-less-ness and roam-ing.
 liv-ing bread. Come from lone-li-ness and long-ing.

Am Bbmaj7 C6 F F /E Dm7 /C

Here, in truth, we will be fed. You that yearn for
 Here, in joy, we keep the feast. We that once were
 Here, in peace, we have been led. Blest are those who

See also: Holy Manna 305

Words: Sylvia G. Dunstan (1955–1993) Music: attributed to William Moore (fl.1825); harmony, Charles Anders (1929–)

Words: copyright © G.L.A. Publications Inc., 1991 Music: harmony, copyright © Contemporary Worship 1: Hymns. Reprinted by permission of Augsburg Fortress. CCLI #4440603

Bbmaj7 /A Gm7 Dm Bbmaj7 C6 Bbsus2 Am7 Bbmaj7 Gm7 Csus2 - 3

days of full-ness, all a-round us is our food.
 lost and scat-tered in com-mun-ion's love have stood.
 from this ta-ble live their days in grat-i-tude.

F Dm C Gm7 Am Bbmaj7 C6 C F

Taste and see the grace e-ter-nal. Taste and see that God is good.



All things bright and beautiful

ROYAL OAK 7 6 7 6 with refrain

Refrain G G/F# C/E D6 C6 Am G/B G Am D7 G

All things bright and beau - ti - ful, all crea - tures great and small,

G/F# C/E D6 C6 Am G/B G Am D7 G Fine

all things wise and won - der - ful, in love God made them all.

G G/F C/E C /B Am D7 D/C G/B D7/A G

1. Each lit - tle flower that o - pens, each lit - tle bird that sings,
 2. The cold wind in the win - ter, the pleas - ant sum - mer sun,
 3. The rock - y moun - tain splen - dour, the haunt - ing cur - lew's call,
 4. God gave us eyes to see them, and lips that we might tell

D G B7 Em C6 (E/B) Am D D/C G/B C D 7 G D.C.

God made their glow - ing col - ours; God made their ti - ny wings.
 the ripe fruits in the gar - den, God made them, eve - ry one.
 the great lakes and the prai - ries, the for - ests in the fall,
 how great is God al - might - y who has made all things well.

Words: Cecil Frances Alexander (1818–1895), alt Music: English folk melody; adapted, Martin Shaw (1875–1958); harmony, The Hymnbook 1953

Words: public domain Music: harmony, copyright © John Ribble, 1955; renewed 1983. All rights reserved. Used by permission of The Westminster / John Knox Press

For the fruits of all creation

AR HYD Y NOS 12 12 8 8 12

F /A Bb F/A Gm /Bb C Am Bbsus2-1 C6 7 F

1. For the fruits of all cre - a - tion, thanks be to God;
 for the gifts to eve - ry na - tion,
 2. In the just re - ward of la - bour, God's will is done;
 in the help we give our neigh - bour,
 3. For the har - vests of the Spir - it, thanks be to God;
 for the good we all in - her - it,

Bb/DF Bb/D F/A Bb Cm Bb/D Dm Gm F/A Bb6 Dm Gmsus9/Bb F/C C

for the plough - ing, sow - ing, reap - ing, si - lent growth while we are sleep - ing,
 in our world - wide task of car - ing for the hun - gry and des - pair - ing,
 for the won - ders that as - tound us, for the truths that still con - found us,

F/A Bb F Gm /Bb C Am Bbsus2-1 C6 7 F

fu - ture needs in earth's safe - keep - ing, thanks be to God.
 in the har - vests we are shar - ing, God's will is done.
 most of all, that love has found us, thanks be to God.

Words: Fred Pratt Green (1903–), alt Music: Welsh traditional

Words: copyright © 1970 by Hope Publishing Co. Music: public domain

Now thank we all our God

NUN DANKET 67676666

1. Now thank we all our God with heart and hands and voice,
 2. Oh may this bounteous God through all our life be near us,
 3. All praise and thanks to God who reigns in highest heaven,

who wondrous things has done, in whom God's world rejoices,
 with ever-joyful hearts and blessed peace to cheer us,
 the Father and the Son and Spirit now be given,

who from our mother's arms has blessed us on our way
 and keep us all with grace, and guide us when perplexed,
 the one eternal God, whom heaven and earth adore,

with countless 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 ever more.

Words: German, Martin Rinckart (1586–1649); translation, Catherine Winkworth (1829–1878), alt
 Music: Johann Crüger (1598–1662) Words: public domain Music: public domain

While God's message of love, hope and faith stays the same, ways of engaging in ministry are continually changing. Recognizing that God was calling them to do something new, Erskine Presbyterian Church in Hamilton, Ontario, engaged in a process of discernment where they revealed a vision of being "a healthy, loving family for each and every neighbour." This vision was put into action by rallying together with community groups to provide care and support in practical ways, such as creating a food pantry to provide food and essential items to their community. **Presbyterians Sharing helps congregations engage in intentional renewal.**



Bird in garden
Danilo Melzi



DAILY PRAYERS

Sunday, October 9 (Harvest Sunday) We give thanks to God for the earth and all its beauty and resources, and we pray for a more just care of the earth and its resources.

Monday, October 10 (Thanksgiving Day) We give thanks and pray for ministries that operate food banks and community pantries, providing food, toiletries and other essential items to those in need.

Tuesday, October 11 We give thanks to God for challenging us to discover and participate in God's mission each day with neighbours through our words and deeds.

Wednesday, October 12 We pray for the staff and volunteers of Living Waters Mission in Peterborough, Ontario, who share God's love and acceptance for people who struggle with isolation, addiction and mental health.

Thursday, October 13 The church has confessed to the harm caused when we exclude and ostracize LGBTQI people. We pray for the Holy Spirit's guidance as we work to repair damaged relationships and contribute to healing.

Friday, October 14 We pray for the Rev. Dr. Ernest van Eck, the new principal of Knox College in Toronto, Ontario.

Saturday, October 15 As we mark **World Food Day** tomorrow, we pray for the millions of people suffering the effects of climate change and conflict-induced hunger, and give thanks for Presbyterian World Service & Development partners who are striving to end hunger.



21 DAY GRATITUDE CHALLENGE

Gratitude is both an attitude and a way of life.

In this 21 Day Gratitude Challenge, we invite you to give thanks through both reflection and action.

Circle your "why" for this gratitude challenge below. (Choose as many as you'd like or write your own!)

- To celebrate the good things that happened
- To become aware of the positive in my life
- To write down memories
- To give myself permission to feel happiness
- To humble myself
- To prioritize my mental health
-

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
REFLECT What is your favorite way to express gratitude and why? (Ex. Thank you note, act of service, gift, etc.) <input type="checkbox"/>	ACT Extend your favorite expression of gratitude to someone who's been on your mind. <input type="checkbox"/>	REFLECT Look through some old photos and choose your favorite memory. Why was that moment so special to you? <input type="checkbox"/>	ACT Print the photo you chose and place it somewhere you'll see it every day. <input type="checkbox"/>	REFLECT What is the most incredible meal you've ever had? <input type="checkbox"/>	ACT Compliments to the chef! Write a five star review for the restaurant where you had an excellent meal. If it was homemade, send a thank you note to the person who made it. <input type="checkbox"/>	REFLECT How is your first week of the Gratitude Challenge going? What have you learned so far? <input type="checkbox"/>
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
REFLECT Write a letter to your past self. Express your gratitude for how far you've come. <input type="checkbox"/>	ACT Offer an ear or some advice. Share the wisdom of your past experience with someone who could use it. <input type="checkbox"/>	REFLECT What is a community organization or nonprofit that you're glad exists? Why? <input type="checkbox"/>	ACT Share or forward a campaign for a cause you're passionate about. <input type="checkbox"/>	REFLECT Make a list of all the people who inspire you. What qualities do you admire about them? <input type="checkbox"/>	ACT Unfollow any social media accounts that make you feel less than. <input type="checkbox"/>	REFLECT What has been your favorite moment of the gratitude challenge so far? <input type="checkbox"/>
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
REFLECT What is the best compliment you've ever received? <input type="checkbox"/>	ACT Pay someone a compliment. <input type="checkbox"/>	REFLECT Describe one mistake you're grateful that you made. <input type="checkbox"/>	ACT Treat yourself! And forgive yourself for a past mistake. <input type="checkbox"/>	REFLECT Who is one person who has made a positive difference in your life? How have they impacted you? <input type="checkbox"/>	ACT Reach out to a loved one. Thank them for everything they've done for you. <input type="checkbox"/>	REFLECT How will you continue to carry and express gratitude beyond this challenge? <input type="checkbox"/>

Now that you've completed the 21 Day Gratitude Challenge, what are the 3 biggest lessons you've learned?