



Kensington Presbyterian Church
Growing in faith and sharing God's love
 since 1786

Abundant lessons

July 28, 2024

WELCOME, we come to you from the un-ceded lands of the Kanien'kehá:ka Nation.

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).



Announcements

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

Choir: Sunday mornings at 9:45.

Zoom Prayer Group: Wednesday at 6:30 a.m.

[us04web.zoom.us/j/773730107?](https://us04web.zoom.us/j/773730107?pwd=eUo2M09YMEw5dkZvdm9uQmpHNIUrUT09)

[pwd=eUo2M09YMEw5dkZvdm9uQmpHNIUrUT09](https://us04web.zoom.us/j/773730107?pwd=eUo2M09YMEw5dkZvdm9uQmpHNIUrUT09)

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

Thursday, 3:30 pm at Beetz, 5914 Sherbrooke @ Clifton

Summer Film Series: Fridays 6:30 pizza, 7 movie (please RSVP)

Aug 2: The Mission

Aug 9: Gattaca

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



loaves and fishes - KM Berry

Drop Box: Food donations are welcome for the local Food Pantry, diapers for young mothers through Head & Hands, and clothes & accessories for the New Hope Boutique.

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

We have gathered here

to meet Jesus.

We have come seeking

the one who can heal us.

We are hungry

for the word of God

that satisfies and gives us life.²

♪ Hymn: Oh for a thousand tongues to sing.....pg 9 (374)

www.youtube.com/watch?v=jbiQ17uulKU



Loaves and Fishes - Jesus MAFA

² found in 'Spill the Beans' https://www.churchofscotland.org.uk/_data/assets/pdf_file/0008/68525/02-August-9-Sunday-after-Pentecost.pdf



Prayer of Approach

Almighty God,

As you welcomed all those who came to Jesus,
so you also welcome us.

This makes you different from so many;
that you are always willing to spend time with us,
listening to us,
and trying to suggest ways to a better life
for all.

We thank you for the prophets and podcasts,
neighbours and strangers,
...for sending your son
to feed our needs
and to help heal our relationships.

Sometimes we listen,
and sometimes we don't.
we just continue on in our ways
that hurt ourselves, and others.
Please forgive us...

May your Spirit continue to flow through others
so that we may hear you,
and in us,
so that others may hear you.
and we may all help your feed the world
so that everyone may join your feast.



Assurance of Pardon

Hear the good news...

God the Creator brings you new life,
forgives and redeems you.

Take hold of this forgiveness,
and live your life in the Spirit of Jesus.
Amen.

One way we shape the ourselves and the world is through praying
the prayer that Jesus teaches us:

🧎 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

🎵 Hymn: Great is thy faithfulness.....pg 10 (324)
<https://www.youtube.com/watch?v=dTKlqmdfHSk>

🧎 Prayer for Illumination

Lord, open our hearts and minds
through the power of your Holy Spirit,
that we may be fed by your word.
Amen.

✦ Intro to the readings
We'll have two Gospel passages today, one from Luke and the other from John. Both involve amazing feasts. You could call them miracles. In John the preferred term is 'sign'. The distinction isn't... distinct, but you can think of a miracle as showing the connection between God and the person (in this case Jesus) while a sign reveals something divine about Jesus (so, it's a bit more specific).

Listen for what these stories, and the psalm, tell us about Jesus & God.

📖 Reading: Please look up the passages in your own Bible,³ or click on the name to be taken to an online version.

[Luke 9: 10-17](#)

[John 2: 1-11](#)

[Psalm 36: 5-10](#)



Loaves And Fishes - Swanson

³ 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: Abundant lessons

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

The Bible has many roles. There are good examples of people living as God would like us all to live... and examples of people getting it wrong. The Bible also tells us about God through rules, messages (prophesies), and through stories. All these combine to help us know what to expect of God, and what God expects of us.

Today let's treat our passages as signs - wonders that teach us about God.

Something we heard in last week's story when Jesus was on his way to the Pharisee's house for dinner, and today when Jesus was taking the apostles off to a quiet spot to hear how they'd done on their first outing without him, and when Jesus was attending a wedding as just a guest... Jesus' plans get interrupted. What does this tell us about Jesus - about God? That God is open to interruptions. People with needs intrude and Jesus stops what he's doing to teach them, heal them, feed them.

This is nice, though it can be a challenge to apply to our lives. Many of us don't want to be a bother to anyone, or you believe you should be able to handle it... whatever 'it' is. We don't like to go to others for help, or even accept it when it's offered. One thing we are reminded of in these passages is that it's okay to approach God at any time about anything. You aren't being a bother or a burden. God doesn't mind.

A central part of these stories is food and drink. Jesus understands that there's more to life than talking about God and theology. Our physical bodies are important. Much in our society

agrees with this. This valuing of the physical body is a hard balance in our society. There's pressure to be shaped like those presented as attractive or healthy on TV. There's pressure to eat certain ways to be like them, but also to treat yourself. Neither obsession over our physical body or neglecting it are healthy. Obsessions mean our focus isn't on God, and neglect means we aren't respecting how God made us. Except for a few passages in the Bible where lust takes over, how our bodies look isn't important. Our bodies come with needs. People need food, and God provides.⁴

Now, it's not all physical with Jesus. We don't have any details this time, but there was also teaching and healing before the feeding of the multitude. Based on other teachings I would assume this included talk of being in healthy relationships with others, and with God. You could think of this as feeding your spiritual life. It's important to acknowledge both spiritual and physical needs. You can even combine them: such as having a meal, with others, and include prayer - or going for a walk with someone and building to deep discussions.

Today though, the stories remind us not to neglect the physical parts of life.

And eating & drinking are definitely aspects that can't be neglected - though it doesn't need to be wine. The recommendation from the Federal Government is that alcohol isn't something we need, but back in Biblical times alcohol was often safer than the water.

Jesus is presented with people's physical needs, and he responds by meeting them. This leads to exciting Bible stories, but what about people praying for food now. We know there are

⁴ Exercise is also important. I suspect it doesn't come up as a need in the Bible because everyone walked everywhere. Again, being obsessed about it is bad. Only be obsessed with God.

people experiencing food insecurity in our community. We haven't had a community council meeting in a few months, but the last I heard the local food banks were turning new people away. I don't have an easy answer. Some people say that these stories aren't about now, but are really about the feast to come when Jesus returns. I do believe that that will be a glorious feast... and I believe these stories aren't just about when Jesus comes again.

I came across a quote from a sermon given by Augustine of Hippo (about 1600 years ago). He reminds us that the one who multiplied the loaves is the same one who multiplies the seeds in the earth. That from a few grains a barn can be filled. Yet we don't find this amazing, even though it is, because it is repeated so often. This helps remind us that there is abundance around us. Thinking of grains in the ground, according to the UN⁵ there is enough food produced to feed everyone - though at least 10% of the world is hungry. Why doesn't God do more and make sure food gets to everyone who needs it?

Today's passages tell us something about this too. Jesus/God doesn't feed the multitudes, and he doesn't serve the wine. Jesus takes what is offered (bread, fish, water), blesses it, and gives it back to them to distribute. It is people who offer what's available to God, and then distribute to the people. In both cases God is involved, and so are people. This tells us how God chooses to work - through empowering people. We're not all asked to pass out bread, but we are all asked to share God's love. This could be literally planting seeds and gardening (such as with the New Hope or Food Depot gardens) or taking on grocery store chains over bread prices. If those aren't your skill-set, perhaps you can sit with someone and talk - there are a lot of lonely people in our

community.



Wedding at Cana - Conrad Schmitt Studios

Hunger is an important issue to work on, but remember a lesson from earlier - Jesus was open to interruptions. Sometimes he even planned to get away and have a little fun.

Think about the feeding of the multitude. Jesus doesn't snap his fingers and take away their hunger, or pass out food and carry on teaching while they eat. He has them sit & eat together. Imagine what it was like. To sit down with the group of people you'd been listening to Jesus with and sharing dinner. I expect there was lots of excited talk about what had been said and seen - and maybe wonder at where all the food came from. Have you been to a party that had both energy and 'how to fix the world' discussions? That's probably what it was like.

And then the wedding party. Everyone was having a good time (or at least drinking lots) when, unexpectedly, the best wine ever starts flowing. You might say it was divine.⁶

Why? What does this tell us about God?

These stories, and last week's celebration with Levi, show that

5 <https://www.unep.org/news-and-stories/story/how-feed-10-billion-people>

6 This doesn't mean that God wants us to drink lots of wine - but that it was the common drink at the time, and probably easier to get than safe drinking water.

Jesus is willing to have a good time. There's more to life than just work. Having a good time isn't something we sneak into life, it's part of how God wants us to live. There's stories about tough times, but good times too. If you have an opportunity to take a break, don't feel guilty. While at the wedding celebration there was lots Jesus could have been doing to save the world - but instead he made the time to celebrate. God thinks it's important to enjoy life.

One last thing about what these passages teach about God. They show us how God gives. There is a serious lack and God responds by giving way more that is needed. With the multitude 12 baskets of leftovers are collected. At the wedding Jesus turns enough water into wine to fill about 700-800 bottles. And these aren't isolated incidents. There's the quail and manna delivered during the exodus, the reference in today's psalm, and many others. People worry about not having enough, and God gives abundantly.

So, with these familiar miracles, or signs, we are reminded that God doesn't mind being interrupted;
that God values our physicality;
that God does miraculous multiplying all the time;
that God invites us to participate in making it all happen;
that God takes time out from work,
and takes time to have fun;
and that God gives abundantly.

God is good.

*To God be all the glory
Amen.*



Responding to God

♪ Hymn: Simply Trusting.....pg 9 (689)
www.youtube.com/watch?v=tXpo1VuxC8U



Comforting - Daphne Odjig

- 🗣️ FaithTalk: These are some questions for you to discuss with somebody... or many somebodies.
Do what you feel safe (and practice stretching a little).
- Values: How do you value or respect that God made us with physical bodies?
- Memories: It's easy to think of elements our lives are missing, but consider ways that God is blessing you right now.
- Actions: How could you change your patterns to allow interruptions to happen - providing both opportunities for people who need help and for God to intrude?

Actions: How could you help distribute God's love this week?

Actions: What is something fun you could do this week?

Prayer: ...to notice and experience God's abundant grace.

✧ Spirit Sightings

While we've all heard stories of cheating going on at the Olympics (I can still remember Ben Johnson), there are the ideals of coming together with respect, inclusion, and to try and make the world a better place.

This year Filippo Grandi was honoured with the Olympic Laurel for his work as the UN High Commissioner for Refugees to improve the lives of refugees and other displaced people - including the formation of an Olympic team for refugees.

Making the world a better place is a sign of the Holy Spirit at work.



Refugees Holy Family - Kelly Latimore

✧ Offering

Financially, we have set up a donation option on our **website**: kensingtonchurch.ca. Just click the '**Donate Now**' button, and then the pretty button. It gives you various options that are easy to follow.

You can also 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

It is good for us, Lord, to spend this time with you.

Thank you for being here,

and giving us the assurance that we are not interrupting you.

Open our hearts and minds to all that you have given us...

Thank you that we live in a place where we can worship you freely.

We pray for those who are persecuted for following you...

Thank you that we have a church community,

We pray for Kensington,

the community you have brought together,

and those you want us to invite...

We also thank you for the community outside our congregation; for the gifts they bring.

and we pray for those in our community who are struggling with hunger, housing, loneliness, and discrimination. . .

and for those in our global village of Jasper, Sudan, . . .

We thank you for those who have accepted your invitation to help with what we have, and we ask that you multiply these efforts so that all may have their needs fed.

Today, Jesus, we heard that you not only fed and empowered people, but also taught and healed them.

We pray, LORD, for those who are sick or suffering.

For those we know...
and for those only you know...

We leave these burdens with you,
and recognize that you may ask us to carry your yoke - but not
without your help.

Thank You God,
for the gift of Jesus,
the gift of the Spirit,
the gift of faith.
Amen

In Jesus name.
Amen.

♪ Hymn: There is a spirit in the air.....pg 11 (764)
www.youtube.com/watch?v=4qrwSa8tEfU

✦ Benediction
*May the grace of our Lord Jesus Chris,
the love of God
and the fellowship of the Holy Spirit
be with you all.⁷*
Amen.



7 2 Corinthians 13:13

MISSION MOMENT

Sunday, July 28

With support from
Presbyterians Sharing,
ARISE Ministry provides
compassionate
outreach and spiritual
care to survivors of



sexual exploitation, trauma, and abuse in the Greater Toronto Area. This past spring, ARISE partnered with the production company of "Angel's Bone," the Pulitzer Prize-winning opera that follows two vulnerable youths who are lured into exploitative relationships by their traffickers. Along with members of the production team, ARISE engaged in an awareness and education campaign about human trafficking in Canada leading up to the performances. ARISE was also present for Q&A sessions after each performance to provide context for the show and to highlight ongoing efforts in Toronto and Canada to combat trafficking.

DAILY PRAYERS

Sunday, July 28 We pray for the people, ministries and mission of the Synod of the Atlantic Provinces.

Monday, July 29 We pray for those who are lonely and lack satisfying fellowship in their lives and that God will open our hearts and eyes to the needs of those around us.

Tuesday, July 30 (World Day Against Trafficking in People)

We give thanks for ARISE Ministry and the work they are doing to raise awareness of human trafficking in Canada, while offering care and support to survivors.

Wednesday, July 31 We pray for congregations that do not have the resources to call a minister. May they find new and joyful ways to worship and serve Christ.

Thursday, August 1 (Emancipation Day) On Emancipation Day, we pray for those that fight systemic racism and for an end to all forms of slavery.

Friday, August 2 We pray for the World Communion of Reformed Churches, for our current representatives and for those being nominated as delegates for the 2025 General Council that will be held in Chiang Mai, Thailand.

Saturday, August 3 We pray for Kate Davis, who teaches at VST this month. May God bless those who attend classes with resilience and the resulting grace of joyful endurance in the work of ministry.

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Oh for a thousand tongues to sing

RICHMOND 8 6 8 6 CM

G D/F# D C/E G C D7 G Em6 D/F# G6 D/A A7 D /C

1. Oh for a thou-sand tongues to sing my great Re-deem-er's praise, the
 2. Je - sus, the name that charms our fears, and bids our sor - rows cease—'tis
 3. He speaks, and lis - tening to his voice new life the dead re - ceive; the
 4. Hear him, you deaf; you voice - less ones, your tongues a - gain em-ploy; you
 5. My gra - cious Mas - ter and my God, as - sist me to pro-claim, and

G/B Em Am D/C G7/B G7 C G/B C/B D7/A G C G/DD G

glo - ries of my God and King, the tri - umphs of God's grace.
 mu - sic in the sin - ner's ears; 'tis life and health and peace.
 mourn - ful, bro - ken hearts re-joice; the hum - ble poor be-lieve.
 blind, be - hold your Sav - iour comes, and leap, you lame, for joy.
 spread through all the earth a - broad the hon - ours of thy name.

Instrumental Descant

Words: Charles Wesley (1707–1788), alt Music: Thomas Haweis (1734–1820);
 arrangement, Samuel Webbe, the younger (1770–1843); descant, C.S. Lang (1891–1971)

Words: public domain Music: descant, copyright © Novello & Co. Ltd. CCLI #4440603

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Simply trusting every day

TRUSTING JESUS 7 7 7 with refrain

G C/G G D6-7 G C G D

1. Sim - ply trust - ing eve - ry day, trust - ing through a storm - y way,
 2. Bright - ly doth his Spir - it shine in - to this poor heart of mine;
 3. Sing - ing, if my way be clear, pray - ing, if the path be drear,
 4. Trust - ing him while life shall last, trust - ing him till earth be past,

G C/G C6 G D 7 G

e - ven when my faith is small, trust - ing Je - sus, that is all.
 while he leads I can - not fall, trust - ing Je - sus, that is all.
 if in dan - ger for him call, trust - ing Je - sus, that is all.
 till with - in the jas - per wall, trust - ing Je - sus, that is all.

Refrain G/D D B Em A D /C

Trust - ing as the mo - ments fly, trust - ing as the days go by,

G/B G D G 7 C G/B C G/D Em G/D D7 G

trust - ing him what - e'er be - fall, trust - ing Je - sus, that is all.

Words: Edgar Page Stites (1836–1921) Music: Ira David Sankey (1840–1908)

Words: public domain Music: public domain

Great is thy faithfulness

FAITHFULNESS 11 10 11 10 dactylic

Eb sug Abmaj7 Ab6 Bb7 Eb/Ab Eb
 1. Great is thy faith - ful-ness, O God my Fath - er;
 2. Sum - mer and win - ter and spring-time and har - vest,
 3. Par - don for sin and a peace that en - dur - eth,
 there is no shad - ow of turn - ing with thee;
 sun, moon and stars in their cours - es a - bove,
 thine own dear pres - ence to cheer and to guide,
 thou chang - est not; thy com - pas - sions, they fail not;
 join with all na - ture in el - o - quent wit - ness
 strength for to - day and bright hope for to - mor - row:

Chinese (Mandarin)

Nǐ de xīn shì guāng dà, wǒ Shén wǒ Tiān Fù!
 Zài Nǐ yǒng yuǎn méi yǒu zhuān dòng yīng ér,
 yǒng bù gāi biàn Fù Shén měi tiān shì lián mǐn.
 Wú shǐ wú zhōng Shàng Zhiū shì en bù jīn.
 Refrain
 Nǐ de xīn shì guāng dà. Nǐ de xīn shì guāng dà.
 Qīng chén fù qīng chén gēng jīng lì xīn en,
 Wò suǒ xù yǒng Nǐ en shǒu fēng fù yù bèi.
 Nǐ de xīn shì guāng dà, xiān zài wǒ shen.

Words: Thomas O. Chisholm (1866-1960) Music: William M. Runyan (1870-1957)

Words: copyright © 1923 renewal 1951 by Hope Publishing Co. Music: copyright © 1923 renewal 1951 by Hope Publishing Co.

Adim Eb/Bb Bb7 Eb
 as thou hast been, thou for - ev - er wilt be.
 to thy great faith - ful-ness, mer - cy and love.
 bless - ings all mine, with ten thou - sand be - side!
 Refrain Bb Ab/Eb Eb C7 Fm sus4-3
 Great is thy faith - ful-ness; great is thy faith - ful-ness;
 Bb7 Eb Ebm6 Bb Eb/F F7 Bb
 morn - ing by morn - ing new mer - cies I see;
 Bb7 Eb Fm Eb/G Abmaj7 Ab6
 all I have need - ed thy hand hath pro - vid - ed;
 Adim Eb/Bb Bb7 Eb
 great is thy faith - ful-ness, Lord, un - to me.

There's a spirit in the air

F/A B♭ Dm B♭ F/A C F C6 C F/A C6 Dm Gm Csus4-3

1. There's a spir - it in the air, tell - ing Chris - tians eve - ry - where:
 2. Lose your shy - ness, find your tongue, tell the world what God has done:
 3. When be - liev - ers break the bread, when a hun - gry child is fed,
 4. Still the Spir - it gives us light, see - ing wrong and set - ting right:

Dm Cm 6 Gm6 Dm/F C/F /E F B♭ /G/F/A /B♭ C6 C F

"Praise the love that Christ re-vealed, liv - ing, work - ing, in our world!"
 God in Christ has come to stay. Live to - mor - row's life to - day!
 praise the love that Christ re-vealed, liv - ing, work - ing, in our world.
 God in Christ has come to stay. Live to - mor - row's life to - day!

5. When a stranger's not alone,
 where the homeless find a home,
 praise the love that Christ revealed,
 living, working, in our world.
6. May the Spirit fill our praise,
 guide our thoughts and change our ways.
 God in Christ has come to stay.
 Live tomorrow's life today!

7. There's a Spirit in the air,
 calling people everywhere:
 praise the love that Christ revealed,
 living, working, in our world.

Words: Brian A. Wren (1936-) Music: John W. Wilson (1905-1992) CCLI #4440603

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feeding 5000 - Annie Vallotton