

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

Bartering for food

August 11, 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 n person (with singing), as well as through Zoom, YouTube, and this printable PDF. 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

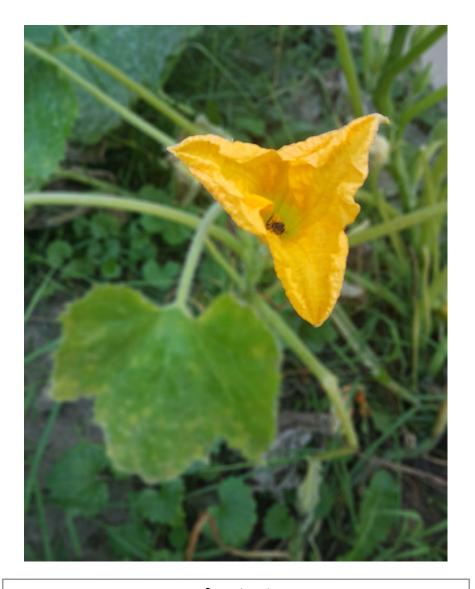
Clicking on or tapping blue text will take you to a web-site

Choir: Sunday mornings at 9:45.

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: back in September

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



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

Creator God,

in whose image we are made and

in whose sight everyone and everything are precious,

We are here to praise and serve you.

Redeeming God,

by whose grace we are renewed,

We are here to praise and serve you.

Sustaining Spirit,

by whose love all creation is embraced,

We are here to praise and serve you.

Creative, redeeming, sustaining God, your world is miraculous and wonderful; your love for us is amazing.

Let us sing aloud in praise of our creator.²

☐ Hymn: All creatures of our God and King.....pg 9 (433) www.youtube.com/watch?v=WtT3SRnnG0I

Prayer of Approach

by Walter Brueggemann³

You in our past: gracious

steadfast,

reliable,

long-suffering,

You are a mouthful on the lips of our grandparents.

The hard part is you in our present,

For after the easy violations we readily acknowledge then comes the darker, hidden ones:

> aware that appearance does not match reality; aware that walk is well behind talk;

Aware that we are enmeshed in cruelty systems well hidden but defining;

and we have no great yearning

to be delivered from them.

Forgive us for the ways in which we are bewitched, too settled, at ease in false places.

You in our present: gracious,

steadfast.

reliable.

long-suffering.

We in the shadows asking you to do what you have done;

to be whom you have been,

That we may do what we have never dared dream,

be whom we have never imagined. . .

free, unencumbered, unanxious, joyous, obedient . . .

Yours, and not ours.

Amen.

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.

Holy Ground, Wild Goose Publ.

One of the tools Jesus gave us to help shape the world, and ourselves, is a prayer. Let us sing the *Lord's Prayer* together...

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



Listening to God

☐ Hymn: Thy word is a lamp unto my feet.....pg 10 (496)

www.youtube.com/watch?v=a6LC8cu03lg

Prayer for Illumination

Lord, open our hearts and minds

through the power of your Holy Spirit,

that we may be nourished by your word.

Amen.

Amen.

Intro to the readings
Our first reading is the last in our series on feasts and
banquets. Three weeks ago we joined Jesus in some celebrations.
Then we heard stories about Jesus taking what we offer and not

stretching it out, but increasing it so that everyone had more than enough... and Jesus having fun. Last week we explored the Lord's Supper. This week we go back to a much earlier meal with Father Abraham's grandkids.

We'll also share part of Psalm 119. It talks of God's law. Think of it as more than a set of rules with punishments - more like a way of living with consequences.



Esau Gives Up His Birthright - at Mariawald

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

<u>Genesis 25</u>: 19-34

Psalm 119: 105-112, 121-128

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: Bartering for food

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

Our passage from Genesis raises many issues that are worth exploring:

- favouritism we're told Issac and Rebekah each had a favourite child
- or is the Bible showing a preference for urban Jacob and rural Esau?
 - What about gender stereotypes? Jacob cooking dinner while Esau hunts... and Jacob comes out ahead
- Does Esau (and ourselves) saying, "I'm starving" diminish the reality of those who are?
- Can a single decision change your life?
- and what about that decision? to trade a bowl of stew for a birthright.
 - how would you be like Jacob and take advantage of someone's vulnerability to get ahead?
 - What sort of deal would you make to get what you want? (delicious food or birthright)

It's the last part that I'm going to focus on today. What are we willing to give up for that delicious meal?

Well, we give up a lot for our food.

There's pollution. We can't live without making it, but can we live with how much we make? The food systems produce a lot of pollution, especially the production of our food.

Our water is polluted. Yes, it can clean and replenish itself, but

not with the speed it's being used. I don't know about Canada, but the US is going through it's groundwater much faster than it can be restored... which is like using your money from the bank much faster than you're putting it in. Someday there won't be any. Agriculture is the largest user by far. I've also heard about pesticides flowing with the water into Lake Erie. While they may help the crops, it is toxic to life in the lake ...and those that eat the fish. The chemicals aren't legal in Canada; they are in the US. I'm sure there are other examples.



And there's the air. According to the UN, about a third of all human caused greenhouse gas emissions are linked to food. You've probably heard about how cattle farts methane far more than any other animal... and then there's what comes off their manure. Nitrous Oxide comes from fertilizers. Carbon dioxide is released by cutting down forests for farmland... such as South American rain-forests to support cattle and mangroves for shrimp farms. Most of the greenhouse gas emissions in agriculture are linked to raising animals. I don't have a comparison for how

u.osu.edu/lakeeriepesticides29165/current-danger/

much one third of greenhouse emissions is, but I do for emissions from food waste (ie. food that isn't used). "If food waste were a country, it would be the third-largest emitting country in the world." …and that's just what's thrown out.

Speaking of food waste, this was something that stood out in my reading this week. Globally 17% of food goes in the trash. In Canada, for food that is produced for people (which probably means restaurants and parts of grocery stores) 58% is thrown out. Just that wasted food in Canada could feed 22 million people... and I don't think that includes food lost because it's not the right shape, or is damaged in shipping or stores, or goes bad in your fridge. Apparently the annual cost of avoidable food loss in Canada is almost \$1800 per household. These stats are about food waste that ends up in landfills producing years of methane. There are other wastes (or costs) to consider, such as: people's time & labour, fertilizer, fuel for tractors and trucks, energy for processing, packaging, pollution, landfill, and lots of water.

And this doesn't just affect us. Simply the increase in land used for agriculture has reduced the global wildlife, comparing 1970 and 2016, by 68%.⁸

But thinking of ourselves, what else does the food on our tables cost us? Again according to the UN, 2.1 Billion people are overweight, while 821 million are hungry every night... and both can be malnourished. What people eat is considered worse than the combined effects of drugs, alcohol and tobacco - with food leading to 11 million deaths per year.

We might chuckle or shake our heads at Esau giving his birthright away for some choice food, but are we any better? God gave us creation to look after... are we giving up our birthright?



Unlike with Esau, for us it's not a one time deal. We can change the way the system works - and many people around the world are looking at doing just that.

The big talk is about adapting the entire food systems: from how and what is grown or raised, to how it gets to us, to what happens after - and there's lots of good ideas. Researchers are finding better feed for animals so that they produce less methane. Farmers are encouraged to rotate their crops to reduce the need for fertilizer. Businesses are being encouraged to consider the health of the planet and people above profits - or just learning that they can sell healthy too. Some grocery stores are willing to sell vegetables that don't look like the magazine photo. (While we know people don't often look like models, will we accept vegetables that way too?) An important part is that what is left over is composted and not thrown out so that it feeds back into the food system rather than producing methane in a landfill. 9 As

⁶ This whole section has information from www.un.org/en/climatechange/science/climate-issues/food

⁷ www.cbc.ca/news/canada/toronto/food-waste-report-second-harvest-1.4981728 for the full report secondharvest.ca/resources/research/avoidable-crisis

⁸ according to the World Wildlife Federation

I'm reading a book write now set on a space ship designed for trips lasting generations. It's not just the ship that is designed, so is the society. Everything is feeds back into the system... including people's bodies after they die (in a very respectful way). It's a called Record of a Spaceborn Few, by Becky

the UN and others are looking into food sustainability, they want it to be environmentally sustainable, and socially sustainable, and economically sustainable. ¹⁰ These are big things and we can be a part of it, ...and there are easier things we can do.



Consider what you eat. The Canada Food Guide (and other sources) suggests half of what you eat should be vegetables and fruit, a quarter whole grains and a quarter protein. It may not be your first choice, but this will help you be healthy, and the planet as well. Notice it says whole grains... which means cutting back on refined grains - like those found in delicious croissants with almond filling (a temptation of mine). It also means less meat - which coincides with the recommendation from the World Cancer Research Fund. They suggest eating 30kg of meat a year; apparently the average Canadian eats 101kg/year. It's not only cancer that a healthy diet can reduce the chances of, diabetes,

Chambers.

stroke, and heart disease are also on the list. If you're looking for ideas on how to do this, both the Canada Food Guide and the United Nations offer free recipes (and some interesting videos)¹².

Focusing on food waste, there are a number of easy things you can do. Store your food well so it doesn't go bad. Instead of throwing food out, compost it. If you live in a place that doesn't, get the city to change the rules.

You can participate in rescuing food. Perhaps you have a fruit tree that produces more than you can use. Some cities have organizations that will harvest the fruit, give you a third, give a third to a food bank, and sell the rest to cover costs. There's a group operating out of the Plateau, and maybe around here.¹³

You might live in an apartment with no garden at all, and you can still help rescue food. There are several apps you can put on your phone to help you connect with places looking to get rid of extras. One I heard about in Europe works here too. It's called 'Too good to go'¹⁴ Some restaurants that use it include: Café Toranj on Sherbrooke, Tim Hortons on St. Jacques & Burger de Ville on Westminster. Another Canadian based one is called 'Second Harvest'¹⁵, and one out of the UK that works here is Olio (which also encourages giving and receiving furniture & clothing)¹⁶.

And you can help reduce the cost of what goes on our tables by talking about this with friends and family; by encouraging them not to give up our birthright just for a good meal.

To God be all the glory Amen.

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¹⁰ eatforum.org/learn-and-discover/can-healthy-food-save-the-planet-animation/ www.un.org/sustainabledevelopment/fast-facts-what-are-sustainable-food-systems/ www.unfoodsystemshub.org/fs-stocktaking-moment/overview-and-updates/en www.undp.org/nature/our-work-areas/sustainable-food-systems

II <u>food-guide.canada.ca/en/</u>

¹² www.un.org/sustainabledevelopment/actnow-food-challenge/

¹³ santropolroulant.org/en/what-is-the-roulant/collectives/fruits-defendus/

¹⁴ www.toogoodtogo.com/en-ca

⁵ secondharvest.ca/

¹⁶ olioapp.com/en/

Responding to God

☐ Hymn: Simply Trusting.....pg 10 (689)

www.youtube.com/watch?v=tXpo1VuxC8U

Comforting - Daphne Odjig

* Children's Story

Yesterday I was told that we can't change the world because so many people are messing it up. That's not true.

When God came to show a new way it was in one person, Jesus... and he is still having an impact. Other individuals have also had an impact.

A simple thing would be to make sure you eat like the food guide says: half a plate of vegetables, but there are other examples.

Kids in Teechik, Yukon, learned about the role of food with their ancestors - and how that was a healthy food cycle for everyone. They made a movie about it.

Students at 500 schools in the US reduced food waste by redistributing unused food from the cafeteria to people who needed it.

In Toronto you organized volunteers to pick and distribute fruit from trees growing in people's gardens. I'm not sure about there, but in Ottawa a third goes to the tree owner, a third is given to food banks, and a third is sold to cover costs.¹⁷

FaithTalk: These are some questions for you to discuss with somebody... or many somebodies.

Do what you feel safe (and practice stretching a little).

Etching: What were normal meals when you were growing up?

Values: What do you normally eat now?

Actions: Check out the videos from chefs around the world:

www.un.org/sustainabledevelopment/actnowclimate-campaign-videos

Actions: Keep track of how much food in your household isn't eaten. Identify ways to improve that (ex. make more/less, freeze leftovers, share with friends before food goes bad, buy less, ...)

Actions: Look for some recipes to help you increase your vegetables and decrease your meat/dairy/seafood. Share the good ones with friends.

Prayer: ...that we will not sacrifice our health, that of the planet - and still find joy in eating.

🕈 Spirit Sightings

I've been watching some of the Olympics and have quite enjoyed the skateboarding. We had a Canadian in the finals for Men's Street skateboarding: Cordano Russell. There were several aspects that caught my attention. The first was that he stands above the rest, literally, as he's built like a football linebacker. Then I heard that he was Canadian. Then he called to the camera, "Jesus is King!"

This led me to look up some



¹⁷ examples from Commission for Environmental Cooperation www.cec.org/flwy/

interviews. In one after a Olympic Preliminary round he made sure to say, "I've been practising this and I'm glad that I was finally able to land it. Just thanking my Lord, thanking Jesus. It's all Him, it's not me." His motto is HSA (Holy Spirit Active) - and he makes it clear that this is true.

* Offering

Financially, we have set up a donation option on our **website**: <u>kensingtonchurch.ca</u>. 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.

A Prayers of the people

Dear God,

Creator of heaven and earth, we thank you for all you have made.

We thank you for the uses creation has, and how you invite us to create within it.

Turning moulds into medicine and sand into silicon computer chips.

We thank you for the beauty of creation, with flowers becoming Zucchini, or Tomatoes, or... so many tasty things.

and we thank you that you not only share with us, but invite us to share with you.

We share our concern for the state of the world.

Today we share our worries about food, the environment & health.

We thank you that there are things we can do to make the trade for what goes on our table sustainable.

But right now what we are doing is praying, and you teach us this is important too.

We pray for farmers that they may learn and adapt and we pray for their workers.

We pray for the companies who run the farms, design the seeds, market trends, package, move & sell the food. May they prioritize health over profits.

And we pray for the health of the planet, ...

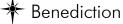
Help us to make changes that allow our air, water
& soil to recover.

And we pray for the health of people:

May those struggling with their health know your peace, love & healing.

In Jesus name.

Amen.



May the grace of our Lord Jesus Chris, the love of God and the fellowship of the Holy Spirit be with you all.¹⁹

Amen.



^{19 2} Corinthians 13:13

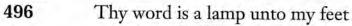
¹⁸ olympics.com/en/news/cordano-russell-canada



Words: based on Francis of Assisi's "Canticle of the Sun" (1182–1226), translation, William H. Draper (1855–1933), alt Music: Auserlesene Katholische Geistliche Kirchengesänge, Cologne 1623; harmony, Ralph Vaughan Williams (1872–1958); descant, Christopher Gower (1939–)

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God be in my head

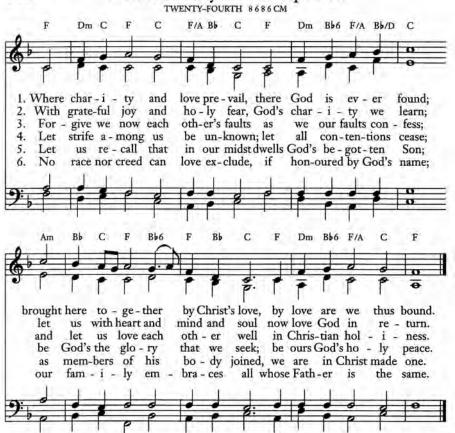
GOD BE IN MY HEAD (NAMETH) Irregular



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Where charity and love prevail



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MISSION MOMENT

Sunday, August 11

"I decided to participate in order to differentiate between traditional farming methods and new farming techniques facilitated by Churches Action in Relief and Development (CARD) staff," shares Lucius, a 45-year-old farmer from Malawi. "In previous years, my house experienced food insecurity, but after hearing about this type of conservation farming, my



family and I were interested in starting to practice it." Lucius adds, "I feel that this project wants us farmers to farm in the way God intended since it is teaching us how to farm while taking care of the biodiversity. The project is teaching us how to fish, not giving us fish. It addresses the real needs of our communities." Working with local partners, PWS&D aims to strengthen the production ability and capacity of smallholder farmers so that they can withstand climate change and be more resilient when disasters hit.

DAILY PRAYERS

Sunday, August 11 We pray for the National President of the Women's Missionary Society, Cathy Reid, as she visits Saskatoon at the invitation of the Catholic Women's League, from August 11–14.

Monday, August 12 We pray that God would speak to the hearts of those who have gifts and graces for ordained ministry and challenge them to consider service in the church as ordained ministers of the Word and Sacraments.

Tuesday, August 13 We pray for the General Assembly of The Presbyterian Church of Ghana as they meet from August 14–18.

Wednesday, August 14 We pray for everyone participating in Camp Caterpillar week at Camp Christopher in Saskatchewan.

Thursday, August 15 We pray for the staff and faculty of St. Andrew's Hall in Vancouver as they equip students for ministry.

Friday, August 16 We pray for the congregation at Place of Hope Presbyterian Church as it ministers to Indigenous People in the inner city of Winnipeg, Manitoba by providing spiritual and tangible care.

Saturday, August 17 We pray for the leadership in the Atlantic Mission Society as people discern new ways God is leading them to share Christ's love.

MISSION MOMENT

Sunday, August 18

On World Humanitarian Day, we recognize and celebrate the efforts of humanitarian workers who provide life-saving assistance to millions of people affected by conflicts, natural disasters and other emergencies. We give thanks for PWS&D partners, who work tirelessly to ensure that essential food aid gets delivered, devastated communities are rebuilt, and access to life-saving resources is within reach. Humanitarian workers



play a crucial role in ensuring the welfare of the vulnerable. Through collaborative efforts, we are working to build a sustainable, compassionate and just world. Let us take a moment this World Humanitarian Day to honour these advocates and offer an unwavering commitment to supporting their vital efforts.

DAILY PRAYERS

Sunday, August 18 We pray for congregations navigating difficult and contentious issues, and that the Committee on Church Doctrine's paper, "On Unity and Diversity," may help bring insight into how these two concepts work together.

Monday, August 19 We pray for PWS&D partners in Gaza who are providing essential food aid, health care, and psycho-social support to those living in conflict. May they find renewed energy every day to continue serving those in desperate need.

Tuesday, August 20 We pray for church musicians, ministers and all those who plan and lead worship as they prepare for the fall.

Wednesday, August 21 We pray for the congregations of Knox and St. Andrew's in Guelph, ON, as they work through the PCC's New Beginnings Renewal Program to discern their next steps in ministry.

Thursday, August 22 We pray for ministers who are serving, and for interim moderators at vacant congregations. May the Holy Spirit strengthen and guide them in their ministry.

Friday, August 23 We celebrate stewardship committees that help people in congregations across Canada discover the joy of sharing their gifts to participate in God's mission.

Saturday, August 24 We pray for people who work in communications in the church using their skills to help articulate the work of the church in the world.

MISSION MOMENT

Sunday, August 25

In Malawi, the Mabiri Community Day Secondary School's Sexual Reproductive Health Club is a component of the Every Girl Empowered Project, which is supported by PWS&D. One of the issues discussed by club members is school dropout rates among their peers. One of the reasons for this is the inability to pay school fees. Determined to make a difference, club members identified a peer, Wezzie, aged 16, struggling financially. To help her, they organized an open house event, inviting supporters to hear Wezzie's story and learn about the importance of financial support for marginalized pupils.



Through their advocacy efforts, the club secured pledges to cover Wezzie's school fees, enabling her to take and pass her examinations successfully. The club was pleased knowing they successfully advocated to help improve Wezzie's future.

DAILY PRAYERS

Sunday, August 25 We give thanks and pray for the Church of Central Africa Presbyterian in Malawi, celebrating its 100th anniversary this month.

Monday, August 26 We pray for women in India who, with PWS&D's support, are gaining access to livelihood opportunities and engaging in workshops about gender issues, contributing to a more equitable society.

Tuesday, August 27 We pray for the Rev. Dr. Roland DeVries, Principal of The Presbyterian College, Montreal, as he begins a sabbatical this fall.

Wednesday, August 28 We pray for the staff of the church's colleges whose work and creativity support the work of theological study, research and reflection.

Thursday, August 29 We pray for church school teachers and youth workers as they prepare for the year ahead.

Friday, August 30 We pray for the Interfaith Committee on Chaplaincy for the Correctional Service of Canada and for our denominational representative, the Rev. Brad Shoemaker, in their work to provide effective spiritual care to offenders in correctional institutions.

Saturday, August 31 (International Day for People of African Descent) Recognizing the violent history of colonization faced by people of African descent, we seek the Spirit's wisdom to end ongoing anti-Black racism.