

Kensington Presbyterian Church Growing in Faith and sharing God's Love since 1786

## You're not alone

March 2, 2025

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

We're glad this PDF has come to you. If you're using a device, clicking on or tapping blue text will take you to a web-site. We are also welcoming people to worship in person on Sundays at 10:30, over Zoom, and on YouTube. Know that you are not alone.

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 **Sunday Singing:** Join Zoé Sundays at 9:30 to run through the day's music, and sometimes other tunes.

#### **Prayer Groups:**

Zoom: Wednesday 6:30 am

Woman's Prayer Group: Thursdays 2-3:30 pm at Cathy's house talk to Ines or Cathy for more information

Bible Study resumes March 12

Jesus & Java: Thursday, 3:30 pm at Beetz, 5914 Sherbrooke @ Clifton A casual discussion about life and God

**Drop Box:** Food, diapers & children's items are welcome for young mothers through Head & Hands.



Sanctuary Mental Health exploration: resumes March 14

Pancake Dinner: Tuesday, March 4 6 p.m. Tickets are available from the office. Volunteers are needed during the event.

**2024 Income Tax Receipts** available from John. For those who can't pick them up on Sunday, we'll get it to you.

Annual Meeting: March 16 after lunch. Reports will be available next week.

Lent devotionals: Print options are in the lobby.

You could also go online with

www.uhill.net/daily (short and sweet)

ccca.biola.edu/lent (choose from: scripture, art, music,

devotion, prayer, ...)

## Contacts

Church Office: 514-486-4559 .....info@Kensingtonchurch.ca Rev. Peter Rombeek (pastor)......Peter@Kensingtonchurch.ca 514-773-4620

Zoé Dupont-Foisy (music director)......zoedupontfoisy@hotmail.com Rose Ngo Mbenoun (Clerk of Session...admin@Kensingtonchurch.ca

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

We have come at Christ's own bidding to this holy time and place, where we wait with hope and longing for some token of God's grace.

Here we pray for new assurance that our faith is not in vain, searching like those first disciples for a sign both clear and plan.<sup>2</sup>



2 first verse of We have come at Christ's own bidding #187

Prayer of Approach
Holy God, mighty and immortal,
you are beyond our knowing,

yet we see your glory in the face of Jesus Christ, whose compassion illumines the world.

Transform us into the likeness of the love of Christ, who renewed our humanity through his life, death, and resurrection—

the same Jesus Christ, our Lord, who lives and reigns with you and the Holy Spirit. Amen.<sup>3</sup>



# Listening to God

Children's Time

Who are two of the greatest people ever? . . .

One day Jesus and his friends were feeling a little down. Jesus had shared with them that life was going to get harder before it got better. People were going to be very cruel to them. Jesus took three of his friends (Peter, James & John) up a mountain to pray.

There, something amazing happened. Jesus met with the two greatest people ever. And not only that, he looked different. They were so bright... like a flash of lighting in a dark storm. Scary. Amazing. Bright - lighting up every corner of the world. They didn't understand what was going on.

Sometimes when we don't understand something we can ask questions, or look for facts and try things (like with science). Sometimes we can use the arts (like drawing or writing<sup>4</sup> or

<sup>3</sup> Worship Sourcebook H.1.4.1

<sup>4</sup> Please check out Malcolm Guite's poem: <u>malcolmguite.wordpress.com/2021/02/14/a-sonnet-on-the-transfiguration/</u>

cooking) to explore what we don't understand - especially if it involves feelings.

Please check out the pictures throughout the PDF, or do an internet search, for some ways that artists have 'seen' this glimpse of glory.

#### Prayer

Dear Jesus. Thank you for making us creative like you, so that we can explore things we don't understand.



Glitch Transfiguration - Kelly Latimore

☐ Hymn: Open my Eyes, that I may see.....pg 13 (500)

www.youtube.com/watch?v=71jExPuxRBY

rayer for Illumination

Lord,

open our hearts and minds by the power of your Holy Spirit, that we may see your glory and follow.

Amen.

★ Intro to the readings

While the lectionary took us through all of chapter 7, it skips chapter 8 and part of chapter 9. I didn't do a thorough check, but I suspect it's because a number of the stories are covered in other years and gospels (it's a four year cycle).

Here's a summary of what we missed:

- Jesus tells some parables and explains that he teaches with parables so that the point isn't obvious. This may seem confusing, but I'll let you think about it<sup>5</sup>
- There's the parable of the Sower, the seeds, and the soils and of putting a lamp under a jar
- Jesus' mother and brothers try to get to him and he says,
   "My mother and brothers are those who hear the word of God and do it."
- He falls asleep in the boat during a great storm. The disciples are afraid. Jesus commands the seas to stop, and they are terrified.
- He heals a foreigner of a legion of demons, sending them into a herd of pigs. The locals ask him to leave.
- back in Capernaum he is on his way to restore Jairus' daughter when a woman touches him and is healed and then restored. Peter, James & John are with Jesus when he

<sup>5</sup> which of course is exactly the point of a parable

raises Jairus' daughter from the dead.

- Then Jesus sends out the 12 apostles with nothing and it seems to go well.
- a crowd of over 5000 gather to hear him teach and experience healing. At the end of the day Jesus feeds them all.
- Then leading into today's story
  Peter declares that Jesus is the Messiah
  and Jesus explains that being the Messiah will lead to
  suffering and death... and glory for him and his followers.
  (when our passage starts with "after these sayings, that's
  what it's referring to"

There's lots of little details in this passage. We spent an hour on it in the Bible Study, and probably could have gone another hour. That said, I don't think you need any of it now.

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

<u>Luke 9</u>: 28-45 <u>Psalm 36</u>: 5-10

Sermon: You're not alone

Dear Lord, please bless these words and the meditations of our hearts.<sup>7</sup> Amen.

Can you remember a really amazing experience? Maybe it was something that felt suspended from time. Perhaps you longed for it to continue forever. . .

Last summer my family and I returned to the Presbyterian

Music Camp. Somebody shared with me their experience of the camp. They found it like another world. The love and acceptance that was offered lifted them out of the dark valley they had been mired in so they could feel the sun. There was the shadow of going back, but it was amazing.

I really hope that you can remember an amazing experience that transcended reality and helped you feel the glory that is to come, even though it means returning to the world that isn't yet fully healed.

The ups and downs can be hard, but knowing that you are not alone can help.

In today's passage we have a literal mountain top experience. Jesus takes Peter, James & John up a mountain to pray - and they have an extraordinary experience. The appearance of reality changes. They see glory as brilliant as a flash of lighting. They see the heroes of old that shaped the Jewish people with laws and prophecies. In every sense of the word, it is awesome.



Transfiguration - M Moyers

<sup>6</sup> If you'd like a new Bible with helpful notes, I recommend the 'Life with God Bible' NRSV from Renovaré. ISBN 0061834963 or for the more academically inclined, The New Oxford Study Bible NRSV

<sup>7</sup> Psalm 19:14

Later the crowd who is waiting for Jesus in their depths witness a boy, his father's only son, dashed to the crowd in convulsions - and then Jesus heals him. The boy is restored. The mountain top experience came into their lives down in the depths. Everyone is astounded.

We can imagine Jesus also had an amazing 'mountain top' experience. As a Jewish boy it would have been an honour to meet the great Moses and Elijah. As a person trying to live out God's plan, it would be reassuring to talk with these heroes who had gone before. Maybe they gave some advice, maybe they just listened as people who knew it was tough, and that going through this exodus would lead to restoration and love. And then there's the voice from the cloud. Jesus had recently announced that the direction of his ministry was going to lead to suffering, rejection and death - before being raised. Like after his baptism, the voice from above affirmed the direction of this ministry. "This is my Son, my Chosen; listen to him!"

Through these experiences, the appearance of the world changed. It may not have lasted, but the memories of Jesus glowing and talking with Moses & Elijah, of the boy being restored, and for Jesus - the assurance that his Father was with him. They would help the hard exodus through the wilderness before the glorious restoration they had glimpsed.

Which doesn't mean life was easy.

The disciples who were to continue helping people had failed to heal the boy. Somebody at the Bible Study suggested they would have felt impotent. Perhaps they were doubting, losing faith.

The father might have been losing hope. He would be anxious, maybe despairing. and his son... feeling lost?

and Jesus comes out with, "Your generation is bent and twisted—with no faith. How much longer must I be with you and put up with you?" What's going on here? Is this really Jesus?

For those academics that are really concerned with which words are actually Jesus and which might have been added, they figure the more embarrassing or difficult the passage the more likely it's original. This seems to be a memorable phrase of Jesus.

What if we pretend it wasn't Jesus that said it. When have you ever said, or thought, "Agh! How much longer must I put up with you?" What were you feeling? frustrated? exasperated? angry? Why? When I have thoughts like that it's because I'm dealing with somebody who keeps repeating the same mistake.

For Jesus, he's been teaching his disciples for a while now. They are starting to get it. Peter did say he was the Messiah. Now, coming down from an amazing experience, he finds that his students still can't do it. I think that this is the very human side of Jesus blurting out his feelings.

If you've ever felt exasperated, or impotent, or a failure, or despair... know that you are not alone. I've felt it. The people around you have felt it. These people in the Bible felt it including Jesus (well, at least some of it).

The question is, what do you do. Give up?

God's voice said to listen to Jesus, so let's look at what he does. After his outburst he doesn't walk away, he heals the boy. He restores him to health and his father. Then he doesn't turn to his disciples and send them home as failures. He keeps working with them, and they will continue to be a mixture of failures with glimpses of God's glory. Jesus acknowledges his struggle, and continues to reach out. He continues to help.

Last Friday in the Sanctuary series we heard from a woman

who suffers from PTSD and depression. She shared about a time when she felt that life was not worth living. She was done. And yet, she found herself praying. Despite growing up in a non-religious household she had found herself praying since she was a child. It was a habit, or to use church language, a practice. Out of this prayer, her life changed. It wasn't the only thing that helped her heal, but it came out of prayer.

Rather like this whole experience on the mountain. Jesus brought them up to pray - and out of that they experienced a glimpse of the glorious future. Starting with prayer, they saw the world differently. It didn't make it all easy, but it did lead to hope.

So please remember the importance of prayer. Look in faith for stories of hope - in mountain tops experiences and the difficulties of life. And remember that you are not alone.

To God be all the glory Amen.

# Responding to God

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

Etching: Share about a really amazing experience. Perhaps it felt out of time. Perhaps one you would have loved to never end.

Wonder: Who would you like to meet to help prepare for

what you see coming?

Values: What stories do you find hope in?

Values: How do you 'ground' yourself? How would you describe your core?

Values: Who is your supportive community? (if you can't answer this, please talk to Rev. Peter)

Actions: This week, thank people who support you. (If its an author, try sending them an email or letter.)

Prayer: ...honestly to God about your challenges ahead, and thank God for the stories that support you.

## 🔖 Spirit Sighting

Like in (and with) our passage, we are connecting with our past today. 192 years ago people gathered to share the Lord's Supper with this communion. There have been many changes since then - such as the variety of cultures in our community, who we will include, who is in control, the role of government, ...and of churches. While you can't see it, the way the cup is made with a gold interior reminds us of the glorious future that is found in Christ. A glimpse of our future found in our past.

## ✦ 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.

All donations are gratefully received and support God's work in our local and extended community.

## MANY

#### Communion

☐ Hymn: You Satisfy the Hungry Heart #2-4.....pg 15 (538)

www.youtube.com/watch?v=wr7bApTNtFw



Transfiguration of Jesus - C Monsma

## Invitation to the table

Today we heard Jesus invite his imperfect friends to join him in a Holy moment. Despite their flaws, he didn't leave his disciples when they didn't understand or couldn't do something... even when they would later deny him. Know that God loves you and wants you to join in the glorious feast to come, and this time when we sit together with Christians all over the world and throughout time. God's table connects us all.

C'est la volonté de Dieu que tous ceux qui veulent connaître Jésus partagent ce repas.

As we come together to share this taste of the Lord's Supper, let us also join with Christians around the world and through the centuries in speaking the Apostle's Creed.

## Apostles' Creed

I believe in God, the Father almighty, creator of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit and born of the virgin Mary.

He suffered under Pontius Pilate, was crucified, died, and was buried; he descended to the dead.

On the third day he rose again from the dead.

He ascended to heaven

and is seated at the right hand of God the Father almighty.

From there he will come to judge the living and the dead.

I believe in the Holy Spirit,

the holy catholic church,

the communion of saints,

the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

♣ Great Prayer of Thanksgiving

The Lord be with you.

and also with you.

Lift up your hearts.

We lift them up to the Lord.

Let us give thanks to the Lord our God.

It is right to give God thanks and praise.

We remember that in the beginning your Spirit overshadowed Chaos and created wonders.

and that throughout time you have come again and again helping us to see the way to your beautiful future.

Thank you for Moses, overcoming his fear and leading the Israelites to freedom.

Thank you for the Law that shows us how to have healthy relationships.

Thank you for prophets like Elijah, who remind us of what we do wrong and of what it can be like when we listen.

Thank you that you keep trying to bring your love, hope and healing to us and all of creation.

And so we join with the whole creation to lift our hearts in joyful praise.



Transfiguration - Rebecca Merry

Holy, Holy, Holy Lord,
God of power and might,
heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is the One who comes
in the name of the Lord.
Hosanna in the highest.

We especially thank you for coming in Jesus, who knew what it was like to feel frustrated & disappointed, even anger and grief.

We are grateful that you grieve when we hurt.

We also recognize that we can be a source of your exasperation, and even a source that hurts you.

We thank you that you do not give up on us, but continue to bring healing.

Though this too can be hard, as the world isn't filled with your love, hope & healing. As we walk through dark valleys it can be depressing.

But together we can proclaim the mystery of the faith.

# Christ has died. Christ is risen. Christ will come again.

Lord,
May your Spirit overshadow us,
pulling our attention from the chaos
so that we listen to you.
following you through the exodus
from the way this world is now
into the way it will be resurrected.
Just as we've heard in the stories of Moses, Elijah, Jesus,
and many others.
Help us to see the stories,
and share the hope.

Jesus, the way you reached out to help the boy and his father reminds us that you listen to us as well.

## We pray

- for those struggling with increased rent and food costs...
- for those who are living with uncertainty in their work, or in their homes, both individually, and as nations...
- for those who feel isolated...

or without hope...

- for those in need of healing...
- ..

May your Holy Spirit be seen and felt in all our prayers.

As may we be shaped by the prayer that Jesus taught us to say:

Cord's Prayer (feel free to use another version/translation)

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.

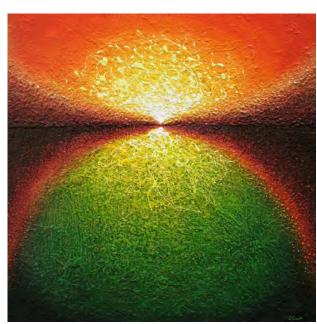
Forgive us our sins
as we forgive those
who sin against us.

Save us from the time of trial
and deliver us from evil.

For the kingdom, the power,
and the glory are yours
now and forever.

Lord God, as we gather at your table, May your Holy Spirit settle on the bread and cups, and fill them with the fullness of Jesus.

And let the same Spirit rest on us, converting us
from the patterns of this passing world
into the body of the one who now shares this table.
Amen.



Transfiguration - Jaison Cianelli

Words of Institution

On the night before he met with death, Jesus took bread, and after giving thanks to God he broke the bread and shared it, saying "This is my body; it is broken for you." "Ceci est mon corps, qui est rompu pour vous" [take and eat]

In the same way, he took the cup of wine after dinner and said, "This is the new relationship with God, sealed in my blood Take this, all of you, in remembrance of me."

"Cette coupe est la nouvelle alliance en mon sang; faites ceci en mémoire de moi"

Take and drink.

[take and drink]

Prayer after Communion
Loving God,
Merci pour c'est temps avec toi,
uniting us with Christ,
and with each other.
Let us go out, filled with the power of your Spirit,
sharing your steadfast love, hope & healing to the world.
Unissons-nous à ton Esprit dans le monde.
In Jesus name,
Amen.

Benediction (Numbers 6:24-26)
The Lord bless you and keep you;
the Lord make his face shine upon you
and be gracious to you;
the Lord turn his face toward you
and give you peace.
Alleluia! Amen.



## MISSION MOMENT

Sunday, March 2

Josseling, an extroverted and enthusiastic 16-year-old, is committed and eager to get ahead. Beginning at 5 a.m., she and her mother have a stall selling fruits and vegetables at the Roberto Huembes Market in Nicaragua.



Josseling attended entrepreneurship workshops run by PWS&D's partner, which helped her establish her successful market stall. One of Josseling's key principles is that "no one can leave the stand without buying," so she carefully considers her customers' budgets, asks about their specific needs, and adjusts the ingredients accordingly. This way, they can afford their purchases and will likely return to her for their next market visit. In addition to her market job, Josseling attends school, where she is currently a senior and dreams of becoming a doctor.

#### DAILY PRAYERS

**Sunday, March 2 (Transfiguration Sunday)** God of Glory, whose son was wonderfully transfigured, give us the strength to hear and ponder the good news of his life, death and resurrection.

**Monday, March 3** May God bless guests and visitors of Crieff Hills Retreat Centre so that the weary find rest, renewal and transformation on their spring retreats.

**Tuesday, March 4** (Shrove Tuesday) We pray for families in Malawi who, with PWS&D's support, are receiving training to help them build stronger livelihoods and adapt to the challenges of climate change and disasters.

**Wednesday, March 5** (Ash Wednesday) Loving God, you hate nothing you have made, and your grace knows no bounds. You created us for yourself, and our hearts are restless until they find their rest in you. Create in us clean hearts and turn us around to follow you more nearly.

**Thursday, March 6** We give thanks for the ongoing work of the Committee on Church Doctrine and for new resources, including an updated liturgical preamble for use in ordination services.

**Friday, March 7 (World Day of Prayer)** We pray for the World Day of Prayer services that will be held across Canada in PCC churches.

**Saturday, March 8 (International Women's Day)** We celebrate in prayer Indigenous women in Guatemala who are improving their lives and building sustainable livelihoods with PWS&D's support.

## MISSION MOMENT

Sunday, March 9

Did you know that gifts to Presbyterians Sharing provide the foundation for what we do together as the PCC? Through our gifts, we provide funding for ministries with vulnerable people and appeal to governments to take action and



prioritize funding to protect our planet, stop racism and discrimination, eliminate poverty and more. We equip leaders through theological colleges, conferences and webinars. Coaches and mentors walk alongside congregations as they seek out new directions. Grants help launch new faith communities and renew established ones. We work with international partners to share the good news of Christ. We speak up for children's rights and the protection of refugees, asylum seekers, migrant workers and their families. We provide spaces for Indigenous and non-Indigenous people to walk together on a journey of healing and reconciliation. Together, we are working to build a church where all are welcome.

#### DAILY PRAYERS

**Sunday, March 9 (1st Sunday in Lent)** We pray that we may know the Spirit's blessing blowing in us and through us, so that we may live out what is required of us: to seek justice, love kindness and walk humbly with God.

**Monday, March 10** We pray for all the military chaplains who bring guidance and support to our troops and their families at home and abroad.

**Tuesday, March 11** We give thanks for all those who have left bequests to the church to help continue Christ's ministry in the world after their death.

**Wednesday, March 12** We pray for Presbyterian certified candidates at Vancouver School of Theology preparing for ordained ministry and supported in their studies by St. Andrew's Hall.

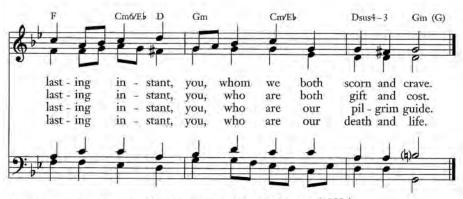
**Thursday, March 13** We pray for international students at the Presbyterian Colleges who are far from family and friends. We pray that they sense God's presence in a special way during times of grief and sadness.

**Friday, March 14** We pray for the Rev. Dr. Ary Fernández Albán in his first year as Rector of Seminario Evangélico de Teología in Matanzas, Cuba.

**Saturday, March 15** We pray that the staff and faculty at Knox College will find joy in their work.

## 356 You, Lord, are both lamb and shepherd



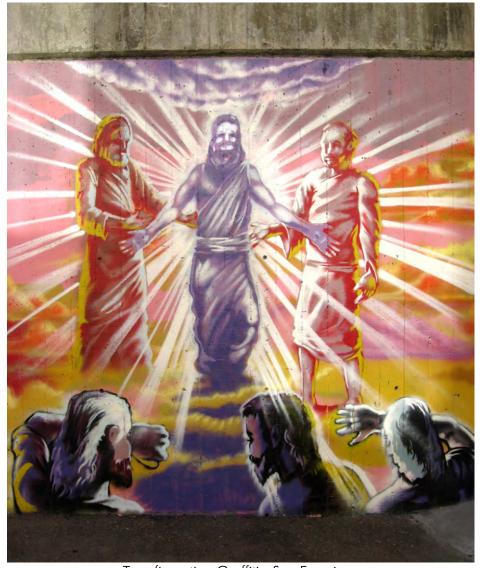


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#### 500

### Open my eyes, that I may see





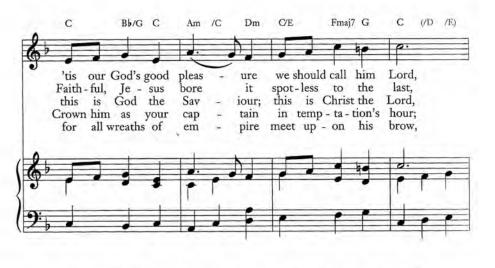
Transfiguration Graffiti - San Francisco

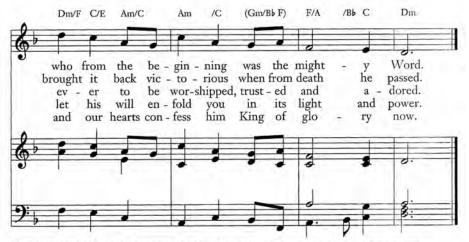
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#### At the name of Jesus







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## You satisfy the hungry heart





May be played in D major Verses may be sung by soloist or choir



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