



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

Living the Good life

August 10, 2025

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

We're glad this PDF has come to you.¹ 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

Prayer Groups:

Zoom: Wednesday 6:30 am

Woman's Prayer Group: summer meetings through *What's App*

Drop Box: Food donations are welcome for the Food Pantry at *Women on the Rise*, and items for children (ex. diapers) for young mothers through *Head & Hands*.

Contacts

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



Liturgical Table - Jan Richardson



Approaching God



Lighting of the Christ Candle

Jésus Chris est la lumière du monde.

Jesus Christ is the light of the world.

Call to worship

Today our Call to Worship comes from Paul's letter to the
Philippians (4:4), and you're invited to sing it.....421
"Rejoice in the Lord always, and again I say rejoice"


🎵 Hymn: Oh for a thousand tongues to sing.....pg 10 (374)
www.youtube.com/watch?v=jbiQ17uulKU

Prayer of Approach

Jesus, name above all names,
beautiful Saviour, glorious Lord;
Your grace and peace flow through your work
opening us to experience your joy
and your love.
Thank you for coming for us
in ways we see
and in ways we don't understand.

Jesus, you are the Christ
More than just the Lord of all,
you live the way of the Gospel
of restoring creation.
Jesus, we recognize that there are many ways we do not live
worthy of the Gospel.
We lean on our own understanding,
and not yours.
We try to be strong and support ourselves,
rather than trust you.
We keep you safe,
rather than letting your love overflow
and soaking all those around us.
We believe Lord
Help us to live in your grace and peace.

Lord Jesus, as we struggle to live into your reign,
we remember to sing the prayer you left 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.

Assurance of Pardon Hear the Good News

To all who turn from sin in sorrow,
to all who turn to God in hope,
this is God's Word of grace:
We are accepted, we are forgiven, we are loved.
This gift we have from God. Amen.²



Eucharist, Source & Summit - Garcia

² Worship Sourcebook 2.4.39



Listening to God

✧ Children's Time

For our call to worship we've been singing words the Paul wrote to the Christians in Philippi. "*Rejoice in the Lord always, and again I say rejoice!*"

Can you be happy all the time? [no!]

So what is Paul saying?

It's important to remember the whole phrase. "*Rejoice in the Lord always.*" Paul isn't telling them to pretend there aren't hard times, but to remember that Christ is with them always - and this is the ultimate source of joy.



Northern Nativity - W Kurelek

Prayer:

*Dear Jesus, help us to rejoice in you, always
and to find others to help when its hard.*

Amen.

♪ Hymn: Called as partners in Christ's service.....pg 10 (587)
www.youtube.com/watch?v=LtnTiDUr_og



Prayer for Illumination

Lord, open our hearts and minds
through the power of your Holy Spirit,
that we live in ways that are worthy of you.

Amen.




Intro to the text

The last couple of weeks we've been hearing from a letter written to some friends living in a big diverse city - and they are struggling. They feel the government and society clashes with them being Christian. They feel that 'coming out' will risk jobs and friends - or worse. They also feel like they aren't good enough. It's no wonder that Paul's letter to the Philippians resonates with us here in Montréal.

So far we heard Paul greet them "*with the grace and peace from God and our master, Jesus Christ.*" He went on to share his joy, not at being locked up with a possibility of early execution - but that God is working through people to spread the gospel (the good news). This community work gave him courage.

Last week we heard Paul quote a very very early Christian hymn and creed. It reminded us that Jesus has been with God since the beginning; that Jesus became fully human and despite giving us the freedom and power to kill him he was lifted up from death to become The Lord of everyone. This is the story of God continually doing good work in the world - that will come to a wonderful end.

This week we'll hear a section between the readings from the last two weeks, then a bit from after the hymn, and then skip to near the end. The big chunk that we're skipping is when Paul gets to some specific examples: good and ...not those quite there yet. This is good. It helps make what he's talking about more real. Perhaps you'll be able to think of your own examples? But first, what's the point he's trying to make?

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

[Philippians 1](#): 27-

[Philippians 2](#): 1-5, 12-13

[Philippians 4](#): 4-7

[Psalm 16](#)

✦ Sermon: Community of Blessings

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

Today's section of the letter starts with the word "*Meanwhile*". In some translations it is "*Only*", "*Now*" or "*Just one thing*". This is more than just a linking word. "*Just one thing, live in such a way that you are worthy of the gospel of Christ.*" For these Christians who have heard the good news and are struggling with the surrounding culture (like us) and their own imperfections (also like us) Paul wants this to be the take home message. "*Live in such a way that you are worthy of the gospel of Christ.*"

Since we have similar struggles, we should consider Paul's advice. But how do we live worthy of the gospel?

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



Women at Well - Peter Koenig

The first example to look to would be Jesus. Paul encourages them, and us, to "*Let the same mind be in you that was in Christ Jesus.*" Last week we made a list; perhaps you followed up by making your own list with your discussion partner.⁴ Paul has mentioned several qualities of Jesus in his letter so far.

As a part of his greeting he mentions "*grace and peace.*" Grace is not graceful like a dancer... but perhaps like a group of dancers paying attention to what they all need - giving space, while interacting/engaging/becoming one while maintaining individuals. That can be an image of grace. More often we talk about it as freely offered forgiveness that allows life to flow on. Grace is patient - patiently teaching the dancers. I guess to boil it down, grace has forgiveness and lots of patience.

"Grace and peace"... this peace is more than not attacking others. It is like when a machine is running smoothly. Parts are

⁴ If you need one, please let me know and I'll help you find somebody to talk with.

doing different things and moving in different directions, but it purrs. This peace is both in your soul and in the community around you.⁵

Paul talks of God's love. This is huge. God's love includes interacting with honourable people, those who are ignored and forgotten, and everyone in between. This love includes becoming humble to the point of letting us reject and kill God's son. It is self-sacrifice for the greater good. It's work, and also a feeling. Paul refers to God's affection for us. Jesus more than likes us, he loves us.

...and Paul lumps knowledge and wisdom in with love. This isn't innocent love or naive love. God knows us deeply, and loves us deeply.

Paul also talks about Jesus working, continuing to do good work. This isn't a God who has retired from creation, or sits back and watches the world turn. God is working "*from the first day ...until the day of Jesus Christ.*" God is working to bring grace and peace and love to every aspect of creation - and is doing this in us.

Paul also gives pointed advice to those early Christians, and us.

Paul suggests being gentle with each other - an aspect of offering grace to others.

We are encouraged to be courageous. I don't know if you use the 'c' word much - courageous. Personally I think more the other direction: intimidated. Do we feel intimidated to talk about having faith/trust in God? Is Jesus a friend with good news you will bring up in conversation with anybody, or do you avoid talking about religion?

Paul talks about being prepared to suffer... and is suffering as

he writes the letter. He also talks about it being okay. Can you imagine that? Think about somebody you have loved. Remember a time when you willingly suffered through something - a movie, or annoying quirk, or giving up time on a regular basis... but you loved them, so it was okay.

A cautionary note on suffering. It's not a gauge to how well you are following Christ. That when causing protests and getting locked up was a sign you were doing good.⁶ There's been periods of Christianity when martyrdom was a lofty goal. It was realized that this was a way of seeking glory for yourself and not focusing on sharing the gospel.

One of the big themes in Paul's letter, and throughout the Bible, is one we often miss because we do have some different cultural assumptions. The English translation doesn't help, but perhaps you noticed in the French translation? The '*you*' is plural - '*vous*' and not '*tu*'. This is more than being polite, it reflects the orientation of society.⁷

This reminds me of a story about a Canadian teacher teaching in Mexico. She gave a test and was shocked when one of the brighter students not only talked during the test, but gave answers to his neighbour. The teacher had a meeting with the mother about this wildly inappropriate behaviour. The mother listened, and then responded indignantly that, "She didn't know how they raised children in Canada, but here they taught people to help each other." Problems were community problems. To borrow from Paul's image in another letter, the individuals were all different parts of one body. Each person is important to the smooth functioning of the community, but living "*in such a way*

5 To go in a slightly different direction - this peace allows us to work together without it wearing us down - to work smoothly.

6 I'm reminded of the singer that had the concern in Montreal the other week - generating more protests than concert goers - and turning lots of people off of Christianity. I don't see how he is helping share the gospel.

7 My neighbours in Orillia would say "youse" for plural, and a fellow seminary student from Tennessee said "all y'all", but alas, we're too proper for that.

that you are worthy of the gospel of Christ” is only possible as a community.

As I mentioned, we skipped parts of the letter that have examples of people that are good, or not so good, examples. Paul talks about their faith, and their willingness to serve others. Instead of telling you about them, let's think of our own examples.

This week I was honoured to lead Lillian's funeral, and to meet her family. She had shared her life with me, and I had a chance to hear more from her family. She showed grace in both setting boundaries, and making them lovingly generous. She was willing to suffer for her family - in many ways over the years. She showed affection and humour - living with joy even when struggling. She wasn't concerned with needing more and was generous with what she had. And she didn't want any recognition for any of this. She served the community of her family (7 kids & others she raised + the generations after that).

It's important to have group/community examples as well. Presbyterians Sharing and the Presbyterian World Service and Development (PWS&D) are two departments of our denomination that support partners in communities to share the love of Christ. This can be through education programs, supporting health care, listening and supporting indigenous voices, and sharing the good news of Christ.

The example from this week's prayer partner page (available in our worship PDF and the national website) tells of Tweedsmuir Memorial Presbyterian Church in Orangeville, Ontario. They participated in a Program that



helped them discern God calling them from being membership focused to serving the community outside their doors - with physical and spiritual needs. This includes providing supplies to local shelters and setting up a coffee bar outside the church that offers coffee and conversation to people passing by.

For both individuals and communities, this is work. But this is God's work. God working in you (individually and collectively). Now I'm not saying this is God forcing you to do something, but when you're in love with someone (even God) you are prepared to do work, and even suffer, out of the joy of that love. You are free not to, but how could you?

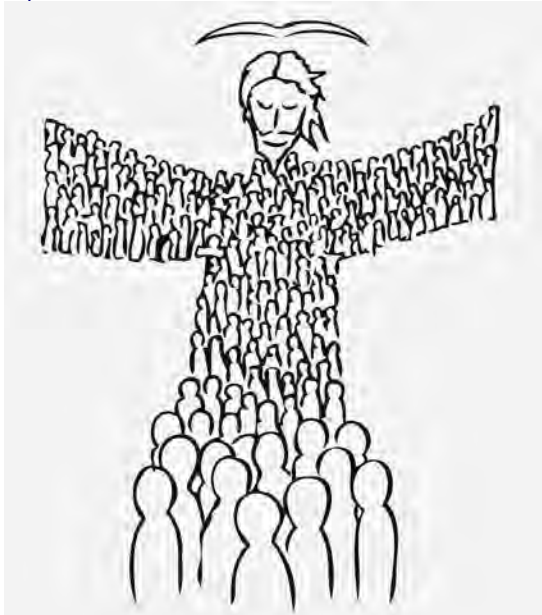
And this is the core of Paul's advice to the Christian community in Philippi... and us. Loving God leads to a way of life that may involve risk and sacrifice. It can be challenging, but the more your connection grows with God, and each other, the more the sacrifice fades. This *“love will overflow more and more with knowledge and full insight 10 to help you to determine what really matters, so that in the day of Christ you may be pure and blameless, 11 having produced a harvest of righteousness that comes through Jesus Christ for the glory and praise of God.”*

To God be all the glory
Amen.



Responding to God

♪ Hymn: *We are one in the Spirit*.....pg 11 (471)
www.youtube.com/watch?v=bL5bT_Ezeq8 or
www.youtube.com/watch?v=OZY9kS1Fu0A



- 💬 **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:** Identify some people who show some of the qualities mentioned by Paul or seen in Christ (grace, peace, affection, love, sacrifice, service, knowledge, insight, ...). Describe how you see them living out the gospel.
- Actions:** If possible, contact the people you thought of, or their family, and let them know you appreciate their example.
- Memories:** Share is a time you have felt deep peace in your soul?
Share is a time you have felt deep peace in a community (not uniformity, but smooth collectivity)?
- Visions:** How is God working in one of your communities?

Prayer: ...that our community will grow in our relationships with God, each other, and those around us.

✦ **Spirit Sightings**
...this week they're in the sermon... and your own discussions.

✦ **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 people⁸**

This week we will be passing around our prayer diary and having a prayer based on that. You are welcome to create your own prayer based on this...

O Lord and Father of the household of faith,
we thank you for the gift of faith
worked within us by your Holy Spirit.
We thank you for having called us to yourself,
for consecrating us to your service,
for having set us apart to the sacred ministry of prayer.

O Lord and Father of the household of faith,
we pray for the church
in all her breadth and variety,
gathered out of every nation, family, people, and tongue,

⁸ [Worship Sourcebook 4.4.5](#)

to be a kingdom of priests serving you.
We pray for the church in all the world,
for churches in North America, Europe, and the Middle East,
for churches in Africa, Asia, and Latin America,
for young churches and old churches,
small churches and large churches,
weak churches and strong churches.
Grant to the church true lowliness
and genuine humility where there is pride, unity where there is
division.
Grant to her truth where there is error and wisdom where there
is folly,
that you might fulfill your purposes for her.

O Lord and Father of the household of faith,
we pray for those stewards to whom you have
entrusted the affairs of your house,
for pastors, elders, deacons, lay leaders, volunteers, and
committees.
Give them the spirit of willing service and true humility.
Give them a sense of spiritual devotion.
Give them delight in those whom they serve.
Grant that they may lead your people in the way of Christ,
that thereby we might all enter the land of our heritage.

O Lord and Father of the household of faith,
we pray for all peoples of all nations.
We pray that in every land there might be peace and true justice
(especially in [country] and other places of conflict).
Grant that in our own communities
those who are troubled,
those who suffer,
those who are discouraged

might find support in time of need
especially from your church.
Particularly we remember before you
the work done for the troubled, the suffering, and the
discouraged
by the deacons in our congregations
and denominational and Christian agencies.

O Lord and Father of the household of faith,
we pray for our nation and
those who lead the nation:
the president/prime minister and advisors,
the congress/parliament and the courts,
the diplomatic corps as they negotiate for peace and justice.
We pray for the leaders of all nations,
that they might know that you have called them
to serve their people in your fear and
for your glory and the good of the peoples.

O Lord and Father of the household of faith,
we pray for those who have special needs.
To all who suffer any sickness or weakness [especially names(s)],
give health and strength.
To all who are disturbed or troubled, give rest and understanding.
To all who are lonely and alienated, give fellowship and love.
To all who grieve and sorrow [especially name(s)],
give comfort and assurance.
To all who are aged and frail, give homes of comfort and safety,
and others to help them, and a willingness to accept help.

All these requests we present to you,
O Father of mercy, in the name of Jesus Christ,
who even now is seated at your right hand to intercede for us

and who will come at the last trumpet to gather us into
his holy city, the Jerusalem that is above,
and toward which we journey even now.
Amen.

♪ Hymn: We've a story to tell to the nations.....pg 12 (765)
www.youtube.com/watch?v=LPFWP3p7Pnk

✦ Benediction (from Philippians 4:4, 6-7)
As you go from this time,
consider how you (individually and plural) can “live in such a
way that you are worthy of the gospel of Christ.”

*Rejoice in the Lord always; again I will say, Rejoice.
Do not be anxious about anything,
but in everything by prayer and supplication with thanksgiving let
your requests be made known to God.
And the peace of God, which surpasses all understanding,
will guard your hearts and your minds in Christ Jesus.
Amen.*



MISSION MOMENT

Sunday, August 10

After participating in the New Beginnings Program, which guides congregations through a renewal process to discern God's call for their future, Tweedsmuir Memorial Presbyterian Church in Orangeville, ON shifted from being a “membership-focused” congregation to a “discipleship-focused” one, reigniting their sense of purpose. As a result, the church is putting its faith into action by exploring new and innovative ways to serve and engage with the community. In addition to organizing food drives, they have launched a laundry supply drive for local shelters. They are also experimenting with street and neighbourhood ministries, including a community meal program and a “Coffee on the Street” initiative, where volunteers set up a coffee bar outside the church and offer coffee and conversation to people passing by.



DAILY PRAYERS

Sunday, August 10 We give thanks for congregations like Tweedsmuir Memorial Presbyterian Church in Orangeville, ON, that are exploring innovative ways to serve and connect with their community.

Monday, August 11 We pray for all those served by the ministries of the National Indigenous Ministries Council, that their needs will be met.

Tuesday, August 12 We pray that as new leaders, ministers, seminarians, and theologians from the Global Majority (people who are Indigenous, Black, Asian, Latin American, or of mixed heritage) join our denomination, they may navigate their roles with ease and experience a deep sense of belonging.

Wednesday, August 13 We give thanks for individuals, organizations and service providers that are developing coalitions and resources to help survivors heal from conversion therapy.

Thursday, August 14 We pray for the alumni community of Knox College (the Knox-Ewart Graduates' Association). May they continue to grow in faith, wisdom, and service. Bless their work, relationships, and communities and guide them in their ongoing ministries.

Friday, August 15 We pray for leaders as they prepare for the start of fall programming. May the Spirit inspire them to reach out with creativity and enthusiasm to share the Gospel message of love and hope.

Saturday, August 16 We pray for church choirs, musicians and music directors and are grateful for their gifts.

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

Called as Partners in Christ's Service 343

Jane Parker Huber, 1981

John Zundel, 1870

1. Called as part - ners in Christ's ser - vice, Called to min - is - tries of grace,
 2. Christ's ex - am - ple, Christ's in - spir - ing, Christ's clear call to work and worth,
 3. Thus new pat - terns for Christ's mis - sion, In a small or glob - al sense,
 4. So God grant us for to - mor - row Ways to or - der hu - man life

We re - spond with deep com - mit - ment Fresh new lines of faith to trace.
 Let us fol - low, nev - er fal - tering, Rec - on - cil - ing folk on earth.
 Help us bear each oth - er's bur - dens, Break - ing down each wall or fence.
 That sur - round each per - son's sor - row With a calm that con - quers strife.

May we learn the art of shar - ing, Side by side and friend with friend,
 Men and wom - en, rich - er, poor - er, All God's peo - ple, young and old,
 Words of com - fort, words of vi - sion, Words of chal - lenge, said with care,
 Make us part - ners in our liv - ing, Our com - pas - sion to in - crease,

E - qual part - ners in our car - ing To ful - fill God's cho - sen end.
 Blend - ing hu - man skills to - geth - er Gra - cious gifts from God un - fold.
 Bring new power and strength for ac - tion, Make us col - leagues, free and fair.
 Mes - sen - gers of faith, thus giv - ing Hope and con - fi - dence and peace.

We are one in the Spirit

WE ARE ONE IN THE SPIRIT Irregular with refrain

Fm Cm Fm

1. We are one in the Spir - it, we are
2. We will walk with each oth - er, we will
3. We will work with each oth - er, we will
4. All praise to the Fath - er, from

Cm Fm Bbm

one in the Lord, we are one in the
walk hand in hand, we will walk with each
work side by side, we will work with each
whom all things come, and all praise to Christ

Fm Cm Fm

Spir - it, we are one in the Lord, and we
oth - er, we will walk hand in hand, and to -
oth - er, we will work side by side, and we'll
Je - sus, who is God's on - ly Son, and all

Words: Peter Scholtes (1938-) Music: Peter Scholtes (1938-); harmony, Richard D. Wetzel (1935-)

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Bbm Cm Fm Cm7

pray that all u - ni - ty will one day be re -
geth - er we'll spread the news that God is in our
guard each one's dig - ni - ty and save each one's
praise to the Spir - it, who makes us

Fm Fm7 Db Cm

stored, and they'll know we are Chris-tians by our
land, pride, one, and they'll know we are Chris-tians by our
one, and they'll know we are Chris-tians by our

Fm /Eb Db Fm Fm

love, by our love, and they'll know we are
love, by our love, and they'll know we are
love, by our love, and they'll know we are

Bbm Cm Fm

Chris - tians by our love. Chris - tians by our love. Chris - tians by our love.

We've a Story to Tell to the Nations 458

WORDS: H. Ernest Nichol, 1896

MESSAGE

MUSIC: H. Ernest Nichol, 1896

Irregular with Refrain

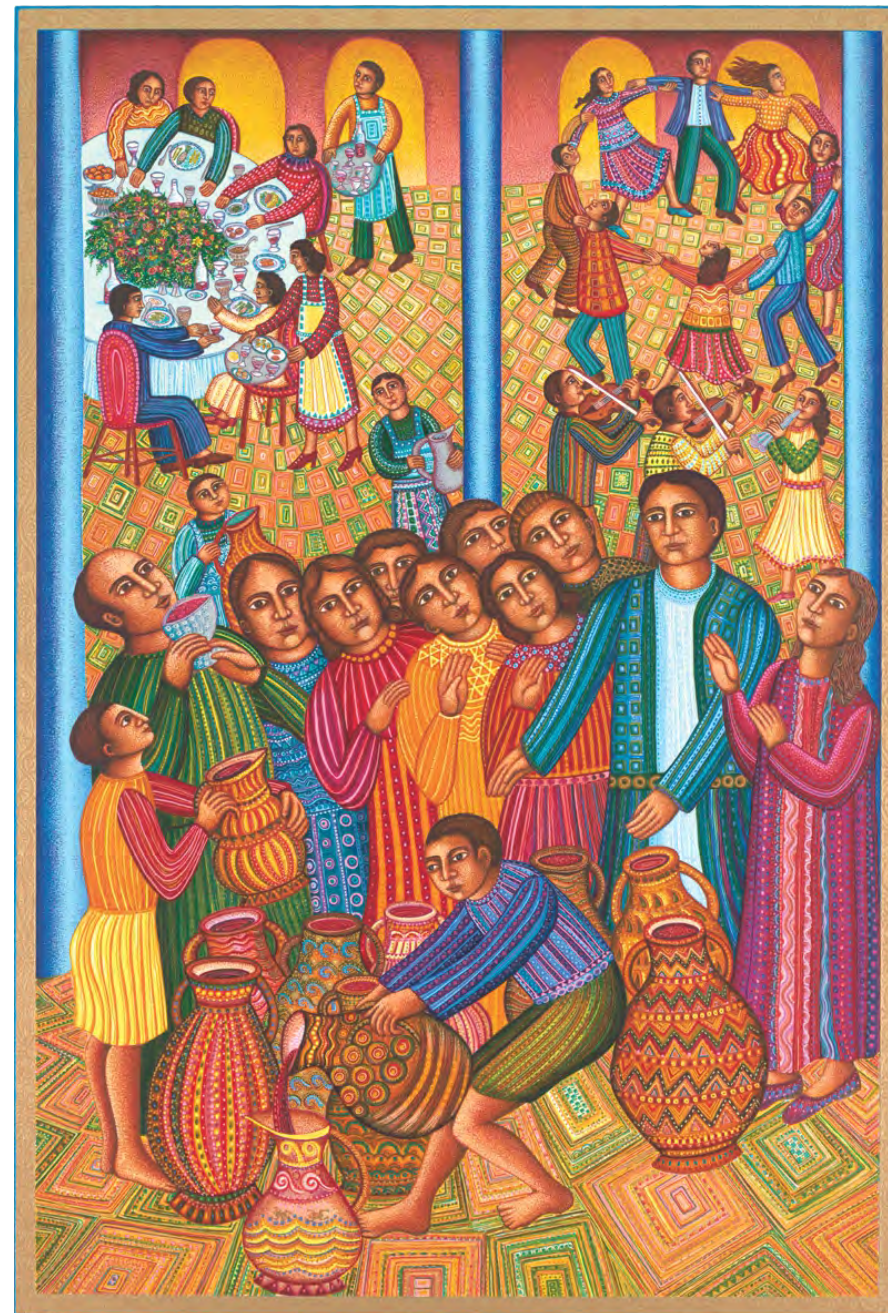
1. We've a sto - ry to tell to the na - tions that shall turn their hearts
 2. We've a song to be sung to the na - tions that shall lift their hearts
 3. We've a mes - sage to give to the na - tions - that the Lord who reign -
 4. We've a Sav - ior to show to the na - tions who the path of sor -

to the right, a sto - ry of truth and mer - cy, a sto - ry of
 to the Lord, a song that shall con - quer e - vil and shat - ter the
 eth a - bove hath sent us His Son to save us and show us that
 row hath trod, that all of the world's great peo - ples might come to the

Refrain
 peace and light, a sto - ry of peace and light.
 spear and sword, and shat - ter the spear and sword.
 God is love, and show us that God is love. For the
 truth of God, might come to the truth of God.

dark-ness shall turn to dawn - ing, and the dawn - ing to noon - day bright, and

Christ's great king - dom shall come to earth - the king - dom of love and light.



Wedding Feast - JA Swanson