

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

Trust Me

October 5, 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

Prayer Groups:

Zoom: Wednesday 6:30 am

Woman's Prayer Group: in person Thursdays 2pm book series Oct 23-Nov 27 'When you pray' and through What's App

Bible Study: Wednesday 7-8 pm

Join us in the minister's office and over zoom as we discuss the upcoming week's main scripture passage.

Food & Film Night: Friday 6:30 pizza followed by...

Oct 10: Migration

Oct 17: How to Train Your Dragon 2

Rev. Peter Rombeek for Kensington Presbyterian Church



Rombeek

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.

Landlords & Tenants rights: Oct 7th at 1 pm New Hope & 50+ are hosting this information session

New Hope Seniors' Centre Harvest Fundraiser Oct 17th at 5:30 tickets \$60 (514) 484-0425

Contacts

Church Office: 514-486-4559info@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

1/15 October 5, 2025

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



Lighting of the Christ Candle Jésus Christ est la lumière du monde. Jesus Christ is the light of the world.

Call to worship²

Come, you who hunger to taste the bread of life! Come, you who thirst for living water! Come, you who hunger for justice and peace, and you who thirst for God's kin-dom to drop like rain upon the world: come, let us journey together as a community of faith, come, let us worship God.

☐ Hymn: Come, now is the time to worship.....pg 11 www.youtube.com/watch?v=USQn4IUmS20

Prayer of Approach

Loving God,

we come to you in worship and thanksgiving.

You are greater than we can understand;

open our eyes that we may see the wonderful truths you have shown to us in Jesus.

You are more loving than our hearts can respond to;

help us to give ourselves to you in worship so that we learn what you want us to be.

You are wiser than we can know;

still our minds as we worship you so that we can understand the things you are saying to us

Loving God, in Jesus

2 from Spill the Beans #24

Rev. Peter Rombeek for Kensington Presbyterian Church you chose to come to the world in humility. You chose the path the world saw as foolish. You used what the world considered weak.

We worship and adore you. Amen.3



Children's Time

The story the adults are going to hear today is one I think you did last spring. I remember hearing about you having popcorn flying out of the machine. Do you remember that?

Do you remember anything about the story?

(Moses was leading the Israelites through the wilderness when they became hungry and wished they were back in Egypt. God gave them food to eat. It's not what they expected and they asked, "What is it?" - which in Hebrew is Mana.)

the moral... God helps, but it's likely to be in an unexpected way,



Mikey in Life Cereal Commercial

³ adapted from Worship Sourcebook 1.4.42

Prayer

Dear Jesus. Help us to trust you to help with what we need and to even accept blessings in ways we don't expect.

Amen.

∏ Hymn: My Shepherd is the king of love.....pg 12 (691)
 www.youtube.com/watch?v=PiZk2hAkauw

Prayer for Illumination Lord.

open our hearts and minds by the power of your Holy Spirit, that we may learn to trust you more.

Amen.

← Intro to the readings

Last week Moses turned from the important duties of life to appreciate a wonder – the bush that was burning but not burnt out. This crack in his armour let him to an encounter with God that tapped into his experiences and passions – and changed Moses' life in ways he hadn't dreamed of. Thankfully God partnered with him and provided what he needed to succeed.

After that Moses and Aaron met with the Pharaoh, who didn't listen to God. There were plagues of increasing severity, until the death of all the firstborn sons of families who hadn't listened to God. After this Pharaoh released the Israelites and they quickly left – taking along livestock and riches. Sadly Pharaoh had a change of heart and sent the army after them. Trapped between the army and the Red Sea they cried out to God - and God provided a way. Through Moses, God opened up the Red Sea so they could cross safely... but not for those who didn't listen to God. Pharaoh's army found themselves literally in over their heads.

The psalms in the Bible were originally songs - but they're not the only place to find songs. After crossing the Red Sea both Moses and Miriam celebrated with song. This is where today's responsive responsive psalm comes from.

Three days into the Wilderness journey to Mount Horeb/Sinai the Israelites start complaining about a lack of water. Moses cried out to God, and God showed him how to purify the water they found.

They keep going and to the oasis of Elim, and then on towards Mount Sinai/Horeb. Our main passage takes place about 75 days this journey through the Wilderness of Sin – don't worry about the name (the scholars don't).

As you listen to Yuka sharing the story, balance both the details and the larger picture. Have you experienced anything similar? What's it say to us?



Miriam's Song - Laura James

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

Exodus 15: 1-5, 9-13, 18 & Exodus 16: 1-21

Sermon: Trust Me

Dear Lord, please bless these words and the meditations of our hearts.⁵ Amen.

In my first week of Sabbatical (InterMission) I went to a conference at Presbyterian College. It's been happening for a few years now, but I'd never managed to make it. The key speaker, Tod Bolsinger, had led congregations through change... and was good enough at it he was hired to bring change to Fuller Seminary (they're big). They needed him to come and lead them through some hard choices. He remembered one of his old professors greeting him with a, "Hhmph! You're the reason my courses have been cancelled." He knew this would happen. Everywhere he's brought change he's helped people develop a vision for what God is calling them to do. They've agreed to it. And every time some of those who agree with the necessity of change will try to either slow it down or stop it completely. He calls it 'sabotage'.

Today's story reminds us that this isn't new. The Israelites wanted change; they wanted out of Egypt. They are free of Egyptian oppression and learning that change takes time. This is hard. They are "murmuring" to each other - sharing their resentment. I expect you've experienced this before - perhaps at work, or with neighbours, or here at church (such as when the previous Sanctuary was sold). Leaving the familiar (change) is

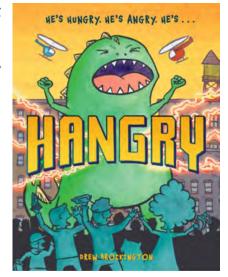
hard, even when we understand the necessity. So, what can we do?

Psychologists have helpful opinions on this. They will point out that change is easier when certain needs are met. Probably the most famous hierarchy of needs was created by Abraham Maslow. He says that before somebody can focus on anything they must have their basic needs met, such as water and food. After that they will worry about safety and health. When they feel safe they can think about family and friends. Then they start to think about issues like freedom, and improving themselves. Living as the best version, the most righteous, is what God wants us to work on, but before we can do that we need to not be worried about our basic needs, safety, and having connections with others. While it probably didn't feel like it to those who were hungry in the wilderness, this was happening.

One of the reasons they aren't realizing it is that they, or at least some of them, are hangry. Have you heard the term hangry before? (It was new to me.) Hangry is when you are suffering from

hunger and transfer that suffering to other situations or people. It goes past grumbling to anger. How are you when you're hungry? Even if you haven't experienced hangry in yourself, I'm sure you have with others. You know that before trying to reason with the hangry person they need feeding. Generations before the Israelites in the wilderness God promised to provide - and does provide what they need for the task ahead.

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Rev. Peter Rombeek for Kensington Presbyterian Church October 5, 2025

⁴ If you'd like a new Bible with helpful notes, I recommend the 'Life with God Bible' NRSV from Renovaré. ISBN 0061834963 or for the more academically inclined, The New Oxford Study Bible NRSV

Psalm 19:14

One of the things that can help us through change, though out of order for Maslow, is knowing God. The Israelites are murmuring about Moses and Aaron's leadership. It's good to note that this passage doesn't criticize complaining - but does try to correct the way it is done. When Moses and Aaron hear the murmuring they address it and help the Israelites to direct their concerns to the source - God. After all, complaining amongst yourselves usually leads to festering, while taking the concerns to the source may lead to a resolution. In this case they complain about not having meat and bread - and God provides them with meat and bread.

One of the issues with change is that we go from what is known to the unknown. We may have plans and expectations, but our lived experience will be different. Take the weather this weekend. We've been through the change of seasons before, but today the temperature is predicted to hit 30°C! Try as we might, we can't take the unknown out of change.

As we talked about during the children's time, God's help arrived in an unexpected way. It wasn't even ready to use without some work. A couple of verses after we stopped the Bible talks about the Israelites baking and boiling the Mana. I guess it was like flour. Trusting anyone who doesn't conform to our expectations is hard - even God. The secret is remembering that this is the God of Abraham, the God of Isaac, and the God of Jacob - the God of Jerry, the God of Lesley, the God of Hazel. This is the God who brought the Israelites out of the land of bondage - and us to Kensington. This is the God who provides a way forward - even if it is in an unexpected form with 'some assembly required'. Remembering that God has been with others

before us, and is with us - providing our needs for the journey.

Transferring that memory of other people's experiences to trusting our own lives is the harder part. This is taking the book learning and applying it -living it. In the story we see the Israelites instructed to take only what their family needs for the day. Explicitly: do not take more than is needed and use it. Some don't trust and save some for the next day - and it spoils. Some don't trust and take extra - and it spoils. They find it hard to only take 'their daily bread'. Do you? God is trying to establish a society in which everyone's needs are met. Can you imagine that? I've heard it said in multiple places that the earth can produce enough food for everyone, yet we have millions of people starving. Thinking of the many people struggling for a place to live I'm reminded of a walk I took near a monastery in Toronto. It's surrounded by giant homes. There was no sign of kids, or even the adults during the day. They probably had only two people living in them, but could have easily provided apartments for a couple of dozen homeless people. Yet for the people living there this is normal. How do we judge what is enough?

Now, it's easy to be judgmental about the rich, but let's leave the judging to God and look to ourselves and our society. Where do we have more than we need? Do we need to have all types of food all year around? While I can think of reasons to have a rented storage room, I wonder about all of them that seem to be in use. Our society is spinning around people needing more and more - but is that what we (collectively) need? Change is hard, but we can work it - and God will provide for our needs.

5/15 October 5, 2025

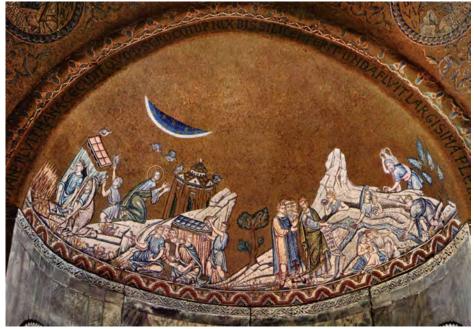
the poorest 95% of the population. How does this help anyone?

7 A google search suggests that the richest 1% in the world hold more wealth than

Trust Me

⁶ Which should be expected. After all, we're not God's pets but partners.

Exactly how God will provide is likely to be not as we expect. That seems to be the pattern. This story really emphasizes trusting God for 'our daily bread'. However there are also stories, like the parable of the talents or 3 servants, which encourage investing in the future. This suggests that God doesn't always provide just one day at a time. So how much do we live simply trusting God to provide for today's needs, and how much do we take above that to provide for the future? ...perhaps the answer is our intent. Both the story about the Mana and the Lord's Prayer are about community, not individuals. If you are thinking only about yourself at the expense of others; this is wrong. If you're not denying others, but investing in a community future... then good. I encourage you to wrestle with this over the week with your conversation partner. (and if you need a partner, please talk to me.)



Mana & water - Byzantine Mosaic 13c

The Israelites are going through a time of change - as are we all. They are learning to live as God says, and that God will provide for their needs - which if we compare this to the Egyptian army's experience at not listening is a really good thing. Can we learn to listen? Can we learn to trust? Can we learn to depend on God?

As you try, remember the story of the Mana, and other stories, and trust our surprising God to provide.

To God be all the glory Amen.



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: Share a time of change that went well. ...and then another one.

Memories: Share a time when you have had to trust God. Wonder: How could you set this story today in Montreal?

Actions: Pick an aspect of your life and consider your needs. ex. food, clothes, a room in your house (or just a closet/shelf), ...

Values: How do you balance 'give us our <u>daily</u> bread' and being responsible about the future? How does trusting God come in?

Visions: Imagine together a world where people only took what they needed. How would that affect the lives of

the poor? the rich? the economy? society? How could it work? (You can include "trust God" to bridge the expected with the unexpected)

Prayer: ...that we will trust God more every day.

* 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.

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Communion

*Invitation to the table

In the Gospel According to John, after Jesus feeds the 5000+ he encourages them to look beyond bread that perishes, but for eternal life. Then Jesus says, "'Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world. I am the bread of life."

You are invited to gather 'round the table of our Lord,

to share in Christ as the Bread of Life and the fountain of Living Water.

The Eucharist is not Christ, but does connect us with our Lord in ways that are beyond explanations.

Le moment est venu de nous rassembler autour de la Table de notre Seigneur. C'est la volonté de Dieu que tous ceux qui veulent connaître Jésus partagent ce repas.

Everyone who wants to know God better is welcome. Please join us.

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

Apostle's Creed

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

I believe in Jesus Christ, God's only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended to the dead.
On the third day he rose again;
he ascended into heaven,
he is seated at the right hand of the Father,
and he will come again 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.



feeding 5000 - Annie Vallotton

🕏 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.

Since the dawn of creation you have been in the chaos bringing order/change so that all creation will be filled with your righteousness.

We see your glory shining through
the wonder of the leaves changing colour
the migration of butterflies
travelling to places they've never been,
and so much else.
and so we join with the whole of creation
to lift our hearts in joyful praise.

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.

and we celebrate that you came
as living water,
the bread of life,
as Jesus the Christ
to lead us through the wilderness
and provide for our needs
so that we can live in your righteousness.

We confess that we are still learning the lessons from the day of Mana. that we stop telling the stories of you providing and get stuck murmuring about our losses. . . that we don't trust you to provide so we take more than we need from your blessings denying others their needs. . .

Please forgive us.

In Jesus you show us the blessings and difficulties of living your way.

Remembering this, we proclaim the mystery of the faith.

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

As we journey with your Spirit into your promised glory we remember places that need to know your presence.

May your Spirit be felt

- by those whose basic needs for food and water are a challenge. . .
- by those who do not have a safe place to live. . .
- by those who do not have a community. . .
- by those trying to become better in your eyes. . .

And may we come to you for nourishment, secure with the faith that you will provide our needs ...and help us to recognize what that means.

Jesus,

we thank you for your presence and for your gift of the Lord's Prayer: (which I invite you to say together)

Lord'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.

The Last Supper - Ivan Guaderrama

As we gather at your table
we are reminded that your Spirit
can turn the ordinary into the holy.
so that we can recognize you in bread and juice.

May your Holy Spirit make this time come alive in ways that bring us closer to you.

Amen.



Eucharist, Source & Summit - Garcia

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]

Prayer after Communion

We thank you, O God, that through Word and sacrament you have given us your Son, who is the true bread from heaven and food of eternal life.

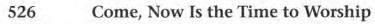
Nous te remercions, Seigneur, d'être ici maintenant avec espoir et amour, et de nous permettre de faire rayonner ta lumière dans le monde.

So strengthen us in your service that our daily living may show our thanks through Jesus Christ, our Lord.

Amen.

☐ Hymn: Sent Forth by your Blessing......pg 14 (775) www.youtube.com/watch?v=ixoID8fJt9M Benediction (2 Corinthians 13:13)
The grace of the Lord Jesus Christ,
the love of God,
and the fellowship of the Holy Spirit
be with all of you.
Amen







Words and Music (NOW IS THE TIME): Brian Doerksen © 1998 Vineyard Songs, admin. in North America by Music Services, Inc.; arr. Diane Dykgraaf © 2012 Vineyard Songs (UK/EIRE), admin. in North America by Music Services, Inc. CCLI #4440603





6. And so through all the length of days your goodness fails me never; Good Shepherd, may I sing your praise within your house forever!

Alternate tune: St. Columba

Words: Psalm 23, paraphrase Henry Williams Baker (1821–1877), alt Music: John Bacchus Dykes (1823–1876) Communion

526 Lift up your hearts / Sing Hallelujah

SING ALLELUIA 858

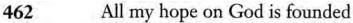


- 2. In Christ the world has been redeemed...
- 3. His resurrection sets us free...
- 4. Therefore we celebrate the feast...
- 5. Sing hallelujah to the Lord...

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MISSION MOMENT

Sunday, October 5

Through Regional Resourcing Grants,
The Presbyterian Church in Canada supports
camps across the country that offer safe,
welcoming spaces for children and youth.
These camps nurture young hearts and minds
by planting seeds of faith while providing
opportunities for fun, discovery, and personal



growth. From high ropes and canoeing to crafts and coding, they inspire curiosity and adventure, all while sharing the message of God's love. Many camps continue their ministry into the fall and winter, hosting retreats and day programs for school groups and communities. In doing so, they extend their impact beyond the summer months, nurturing faith and connection among people of all ages.

DAILY PRAYERS

Sunday, October 5 (World Communion Sunday) We give thanks for the global Christian community and all who gather around God's Holy Table this Sunday.

Monday, October 6 We pray for the people, ministries and mission of the Presbytery of Essex-Kent.

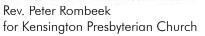
Tuesday, October 7 In this season of harvest, we give thanks for the farm at Crieff Hills Retreat Centre, and for the farm staff who work alongside our Creator to produce an abundance of fruit, vegetables, honey, maple syrup, meat, herbs, eggs and flowers.

Wednesday, October 8 We pray for the members of the Hope and Possibilities Change Leadership Team, that they may be blessed with the wisdom, courage, insight and love of God as they seek a path towards faithful and renewed ministry.

Thursday, October 9 We pray for the ecumenical faculty at Vancouver School of Theology as they educate and form students for thoughtful, engaged and generous Christian leadership in The Presbyterian Church in Canada.

Friday, October 10 We pray for members of the National Indigenous Ministries Council as they plan for an Indigenous Spirituality retreat in 2026.

Saturday, October 11 (Coming Out Day/International Day of the Girl Child) We pray that Two-Spirit and LGBTQIA+ people who are planning to come out for the first time will receive love and support from their families, friends and church communities.





Abrahams seed for web - Grace Carol Bomer

15/15 October 5, 2025 Trust Me