



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

What are you doing here?

October 26, 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: in person Thursdays 2pm

book & video 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 31: ~~~~~ returning Nov 7

Trick or Treat against hunger: Nov 1, 5:30pm

Meet at the church and join us in collecting non-perishable goods. Costumes are not required, but are fun.

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



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.

Ageless: Oct 28 at 1pm

New Hope will be showing an uplifting 45 min. documentary looking at assumptions about aging (ageism) in Quebec's English-speaking community.

St. Ansgar's Bazaar: Nov 1st (Grand at NDG)

Contacts

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Approaching God



Lighting of the Christ Candle

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



Call to worship (Matthew 11: 28-29)

“Come to me, all you who are weary and burdened,
and I will give you rest.
Take my yoke upon you, and learn from me;
for I am gentle and humble in heart,
and you will find rest for your souls.”

♪ Hymn: Be still for the presence of the Lord.....pg 9

www.youtube.com/watch?v=Sd9P9xKHvol



Wind Blows Wherever - Phil Irish



Prayer of Approach²

Jesus,
you commanded waves to be stillness
and calmed a stormy sea.
Quieten now our restless hearts
that they may find rest in you.

We recognize the noise inside us
and the noises around us.
We acknowledge them,
but seek here to know your presence
in the midst of all that might distract us.

Helping us to focus on you and your ways
we come together to sing the Lord's prayer...



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.



Prayer of Confession³

Merciful God,

² from Iona Abbey Worship Book (2017)

³ Worship Sourcebook 2.2.11

**we confess that we have sinned against you
in thought, word, and deed,
by what we have done,
and by what we have left undone.
We have not loved you
with our whole heart and mind and strength.
We have not loved our neighbours as ourselves.**

**In your mercy, please forgive what we have been,
help us amend what we are,
and direct what we shall be,
so that we may delight in your will
and walk in your ways,
to the glory of your holy name.
Through Christ, our Lord.
Amen.**

✧ Assurance of Pardon⁴
Hear these comforting words:
If you repent and believe in God's redeeming mercy,
your sins are forgiven.
Trust in God's promises and begin anew your life
with God and all people
in the name of Jesus Christ
Amen.



Listening to God

✧ Children's Time

In today's passage in worship we're going to hear about Elijah having a very bad day. He thought he'd been doing good, but

now the queen's out to kill him. He's afraid, & stressed, & can't think of anyone to ask for help. He's completely overwhelmed.

What do you do if you are so worried you can't think of what to do?

God helps Elijah to have a quiet-time, allowing Elijah to calm down and listen to God.

It's curious how Elijah finds God. Some people in the Bible see God in fire, like Moses. Others in roaring winds, like Jesus' disciples at Pentecost. Elijah finds God in silence. I guess it depends on what we need.

prayer

Dear Jesus, help us to see you around us: in impressive things and quiet things - in people here and at school.

Amen.



Jewish Museum, Berlin - Rombeek

♪ Hymn: Speak, Lord, in the Stillness.....pg 9 (442)
www.youtube.com/watch?v=l_iuddgnw-c (piano only)

Prayer for Illumination

Lord, open our hearts and minds
through the power of your Holy Spirit,
that you may quench our thirst for you.
Amen.

Intro to the text

Last week we heard about God looking at the heart (a combination of feelings, wisdom, and openness to God) and choosing David to be the next king of the Israelites. David was able to do something that hadn't been done since Moses - unite the twelve tribes of Israel. After his death one of his sons, Solomon, gained the throne. Solomon built a beautiful temple and palace in Jerusalem. Of course he didn't personally build them. Solomon used taxes to buy the materials and forced labour to build them. While those in Jerusalem may have appreciated it, other parts of the kingdom didn't. After Solomon the kingdom split into Israel in the north and Judah (with Jerusalem) in the south.


Today's story starts in the northern kingdom where Elijah has been trying to get the people, notably king Ahab's family, to worship only God and not Baal, the home god of Queen Jezebel. One way of getting their attention was for a drought, during which Elijah fled the country... and ended up sheltered by a widow in Jezebel's homeland. While he was gone Jezebel persecuted God's other prophets. After three years God told him to go back to Ahab and announce the end of the drought. Elijah did that, but first arranged a showdown between him and the prophets of Baal. With mocking and flash, he succeeded. Then he killed them with the sword. After that Elijah got around to delivering God's message. How do you think Queen Jezebel took this?

One of the locations for this story is Mount Sinai, which is

also called Mount Horeb, and famous for where Moses met God and received the Ten Commandments.

Our psalm is a beautiful one, though today we're only getting parts of it. The experts note that psalms 42 and 43 read as one psalm - and nobody can suggest why they were broken up.




 Reading: Please look up the passages in your own Bible,⁵ or click on the name to be taken to an online version.

[1 Kings 19](#): 1-18 (could also add chapter 18)

[Psalm 42](#): 1-4, 9-11

[Psalm 43](#): 3-5 (the whole thing is good)

 Sermon: What are you doing here?

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

"As the deer panteth for the waters, so my soul longs after thee."

Have you ever felt like this? A need that absorbs all your attention. You can't focus on anything else except how thirsty you

⁵ 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

are for... well, that varies. It could be water, or a drink, or a conversation - a relationship. Maybe it's justice you thirst for.

Perhaps that was what Elijah was thinking back in chapter 18. While he was hiding in the queen's homeland she rounded up prophet's of God, who through Elijah had brought a drought to the land to remind people which god was the power & provider. When she found them she put them to the sword. Perhaps this is why Elijah put off delivering God's message to the king that the drought would end until he made the prophets of Baal look powerless, and then put them to the sword. Perhaps he was thirsting for justice? He also might have been trying to make God look impressive... or himself. I wonder, though, if he had simply followed God's instructions if things would have turned out differently. Can you remember having a thirst that drove you to do something without listening to God first? justice? pride? desire? How did it work out? While Elijah wasn't ready for God's question, it's still a good one. "*What are you doing, Elijah?*"

Elijah's choice led to the queen's anger. There are different ways to respond when somebody is angry with you. You can move against them. This can include plotting, embarrassing them, attacking them in other ways... things like what Elijah did to the prophets of Baal. You can move towards the person by submitting to them. You can move away by avoiding the situation. Which do you tend to do when in a confrontation? Move against, towards, or away? Attack, appease, or flee? It's important to realize your tendency, and that it's probably better to listen and talk. Elijah didn't talk it out; he literally ran away. God asks, "*What are you doing?*"

Sometimes leaving is the only safe option. It certainly feels this way for Elijah. He may have started feeling a deep desire for justice, or to show God's power, or to look good himself... but now he is really like a "*deer panteth for the waters.*" It's good to

acknowledge that when someone is feeling lost in the wilderness it doesn't matter how they got there. It will matter later so that it doesn't happen again, but when they are overwhelmed with being lost they despair... it just matters that they aren't alone. While Elijah has left everyone behind, he does recognize that he is like his ancestors who were in the wilderness before him. Like his ancestors crossing the wilderness to Mount Sinai, he just wants to die.

I hope you haven't felt that extreme, but it happens. Even the best of us can feel disconnected and struggle for hope. Madeleine L'Engle is an author most famous for *A Wrinkle in Time*. Her faith and writings reveal God's wonder and glory. As she rode a bus in New York city she scribbled a poem on the back of an envelope. It starts, "*There is too much pain, I cannot understand, I cannot pray.*" This week I also came across a quote by Mother Theresa. In 1979 she wrote to her spiritual director, "*Jesus has a very special love for you. As for me, the silence and the emptiness is so great that I look and do not see, listen and do not hear.*" These two women are giants of faith who listened to God and did wonders... and had times feeling disconnected and empty. If you've ever felt that way, you are not alone.

Like his ancestors, Elijah was ready to just die. Like with his ancestors, God provided Elijah with nourishment for the journey. In this case the food was ready made, and he didn't need to turn to God for nourishment every day. After rest and two meals Elijah is good to go for forty days. He is able to get to a place where he can receive hope.

When he arrives at the famous mountain where Moses had met God, Elijah is asked by the LORD, "*What are you doing here?*" Elijah explains he's been working very hard for the LORD, but everyone is against him - I'm alone. It's not really an answer to the question. Elijah is focused on the past, what he was experiencing

still dominates his worldview. Our past shapes us, and can be hard to look away from.

Still, God helps Elijah - invites Elijah to have an encounter with God. There are acts of great power: wind, earthquake, fire. This is how Moses witnessed God on the same mountain. When challenging the prophets of Baal, it was through acts like this that Elijah tried to reveal God's power. This time he relates to God differently - in the calm after the storm - in the stillness.

Where do you see God? In powerful storms? In the stillness of a sunrise? Elsewhere? None of these are wrong. God can be in all of them. As it's good to know how you respond to conflict, consider how you find it easier to notice God. The more practice you do, the easier it will be to pay attention when in the wilderness. The easier it will be to hear God provide what you need.

In Elijah's case God asks him, "*What are you doing here?*" Elijah doesn't say it, but he's lost. He thought he knew what to do, but his plan didn't work. He feels disconnected. He doesn't understand. He cannot pray. The LORD responds by giving him his purpose/call/mission. In this case to go back the way he came and anoint some new leaders. God also reminds him that he was not alone - is not alone - will not be alone. Now when he's asked, "*What are you doing?*" Elijah knows he's listening to God and identifying new leaders to lead people in God's ways.

If we were asked by God, "*What are you doing here?*", how would you answer? It is good for you, individually, to consider that. As the Bible is mostly about communities rather than individuals, it's also good to consider how we would answer God - we as Kensington, we as a city borough, we as your company or groups. It may be topics of justice, or right living. It could be as simple "*As the deer panteth for the waters, so our souls longs after thee.*" - listening for hope and pointing others to the water of life.



Mother's Love - Roxana Gonzales

To God be all the glory,
Amen.



Responding to God

♪ Hymn: When the Spirit of the Lord.....pg 10 (398)
www.youtube.com/watch?v=hpvGPpJyF50

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

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

Actions: Do you find it easier to see/notice God in acts of power (ex. weather, healing, ...), or is

stillness/peace (ex. sunrise, birdsong, ...). How do you make space in your life for these opportunities? If you are going to create space, hold each other accountable.

Memories: Can you remember having a thirst that drove you to do something without listening to God first? How did it work out?

Wonder: If God asked you, "What are you doing here?", what sort of answer would you give? (include a description of what 'here' means for your answer)

Wonder: If God asked Kensington, "What are you doing here?", what sort of answer would we give?

Prayer: ...building on last week, increase your time in silence, listening for God to direct your thoughts/feelings.

✦ Spirit Sightings

Last week I heard about a group helping address food insecurity: *La Tablée des Chefs*.⁶ They started by one person with a vision. Jean-François Archambault shared that vision, and with a community of people they help a larger community of 250 partners (such as hospitals, hotels, festivals, etc) deliver meals to community organizations - more than 2.8 million portions in 2024. They have also spread from Montréal to a number of cities across Canada.

I don't know if they believe in God, but the Holy Spirit is working through them to provide for people's needs.

✦ Offering

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

You can also donate through **interac e-transfer**. Our name is Kensington Presbyterian Church and the e-mail address is info@kensingtonchurch.ca.

Mailing a cheque or signing up for Pre-Authorized Remittance (**PAR**) are also good options.

🧎 Prayers of the people

This week we will be spending some time in silence, I invite you to do the same.

Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the LORD, but the LORD was not in the wind. And after the wind there was an earthquake, but the LORD was not in the earthquake. And after the earthquake a fire, but the LORD was not in the fire. And after the fire a sound of sheer silence. When Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave.

Let us pray - listening in silence to the Spirit murmuring in our hearts & minds. . .



...in Jesus name Amen.

♪ Hymn: Spirit, spirit of gentleness.....pg 11 (399)
www.youtube.com/watch?v=ijThMo90Lhg



Comfort - Charlotte Smith

✦ 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*



MISSION MOMENT Sunday, October 26

In Guatemala, PWS&D supports a project through our local partner, AMMID, to implement rainwater harvesting tanks as a sustainable and efficient solution to water shortages in rural communities. "In my community, we have had problems with our drinking water for two years," shares Catalina Pérez Aguilón. "As women, we have to carry water and travel 25 minutes to the river to wash, which is physically exhausting. But today I feel happy because of the water tanks; our family will have safe water for our consumption, irrigation for our family garden, and personal hygiene at home. Water is life; without water, we will all perish, so it is important to take care of water to ensure the future of the next generations."



DAILY PRAYERS

Sunday, October 26 (Reformation Sunday /Intersex Awareness Day)

We give thanks for intersex advocates who are working to create a more just and accountable health care system.

Monday, October 27 We pray for Knox College students as they step away from scheduled classes for their Reading Week, and ask for refreshment and renewal as they prepare to return for the final assignments and commitments of the fall semester.

Tuesday, October 28 We pray for the Rev. Mark Chiang and his work with the Regional Ministry in the Presbytery of the Northwest in Alberta, which uses a variety of creative digital tools to connect small and remote congregations in dynamic and meaningful ways.

Wednesday, October 29 We pray for the Women's Missionary Society as they respond to the love of God in Jesus Christ to people in need.

Thursday, October 30 We give thanks for God's grace and guidance and pray that we will not become complacent but rather open to the guidance of God's Spirit.

Friday, October 31 (Reformation Day) We give thanks for the Reformation heritage and pray that our church may ever be open to reforming under the Word of God.

Saturday, November 1 (All Saints Day) We give thanks for the witness and faithful service of those who have died in faith. We give praise to God for those known to us who have inspired us by their faith and hope to follow the way of Christ.

Be still for the presence of the Lord

D F#m7 Bm Em7 A

1 Be still, for the pres-ence of the Lord, the Ho - ly One, is here.
 2 Be still, for the glo - ry of the Lord is shin-ing all a - round.
 3 Be still, for the pow - er of the Lord is mov-ing in this place.

D F#m7 Bm Em7 Asus A

Come, bow be - fore him now, with rev - er - ence and fear.
 He burns with ho - ly fire; with splen-dor he is crowned.
 He comes to cleanse and heal, to min - is - ter his grace.

G A/G D/F# G A/G D/F#

In him no sin is found; we stand on ho - ly ground.
 How awe-some is the sight, our rad-iant King of light!
 No work too hard for him; in faith re - ceive from him.

G A F#m7 Bm Em7 Asus A D

Be still, for the pres-ence of the Lord, the Ho - ly One, is here.
 Be still, for the glo - ry of the Lord is shin-ing all a - round.
 Be still, for the pow - er of the Lord is mov-ing in this place.

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Speak, Lord, in the stillness

CASWALL (BEMERTON) 6 5 6 5

F Csus4-3 Dmsus2-1 A Dm Csus4-3 F

1. Speak, Lord, in the still - ness speak your word to me;
 2. Speak, O gra-cious Mas - ter, in this qui - et hour;
 3. For the words you give me they are life in - deed;
 4. Speak, your ser - vant lis - tens, be not si - lent, Lord;
 5. Fill me with the know - ledge of your glo - rious will;

F/A F Gm C7/E Fsus2-1 C F A Bb6 C F

hushed my heart to lis - ten in ex - pect - an - cy.
 let me see your face, Lord, feel your touch of power.
 liv - ing bread from heav - en, now my spir - it feed.
 let me know your pres - ence; let your voice be heard.
 all your own good pleas - ure in my life ful - fill.

Words: Emily M. Crawford (1868–1927), alt Music: Friedrich Filitz (1804–1878)

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Be still and know that I am God

BE STILL AND KNOW 8 8 8

Chords: C F/C C G/B (G7/B) C

1. Be still and know that I am God.
 2. I am the Lord that heal - eth thee.
 3. In thee, O Lord, I put my trust.

Chords: C7 F D7 /F# G

Be still and know that I am God.
 I am the Lord that heal - eth thee.
 In thee, O Lord, I put my trust.

Chords: /F C F C F C/G G7 C

Be still and know that I am God.
 I am the Lord that heal - eth thee.
 In thee, O Lord, I put my trust.

Words: anonymous Music: anonymous

Words: public domain Music: public domain



Surrendering it all to Jesus - Robert Young

Spirit, Spirit of gentleness

Refrain Unison

D G A D

Spir - it, Spir - it of gen - tle - ness, blow through the

Bm E A D

wil - der - ness, call - ing and free; Spir -

G A D Bm

it, Spir - it of rest - less - ness, stir me from plac - id - ness.

G A7 D G D Fine

Wind, Wind on the sea.

Harmony D G A G D A

1 You moved on the wa - ters, you called to the deep;
 2 You swept through the des - ert, you stung with the sand,
 3 You sang in a sta - ble, you cried from a hill;
 4 You call from to - mor - row, you break an - cient schemes;

then you coaxed up the moun - tains from the val - leys of sleep,
 and you gift - ed your peo - ple with a law and a land;
 then you whis - pered in si - lence when the whole world was still.
 from the bond - age of sor - row all the cap - tives dream dreams;

D G A G D

and o - ver the e - ons you called to each thing,
 and when they were blind - ed with i - dols and lies,
 And down in the cit - y you called once a - gain,
 our wom - en see vi - sions; our men clear their eyes.

Bm Gmaj7 Em7 A D A

To Refra

"A - wake from your slum - bers and - rise on your wings."
 then you spoke through your proph - ets to - o - pen their eyes.
 when you blew through your peo - ple on the rush of the wind.
 With - bold new de - ci - sions your - peo - ple a - rise.

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