



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

Love looks like...

March 15, 2026

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

We are offering a variety of ways for people to gather. We are welcoming people to worship in person, as well as through Zoom, YouTube, and this printable PDF.¹ If this is how you are worshipping, know that you are not alone... and if you like, you can invite others to join you. Clicking on or tapping blue text will take you to a web-site.

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

Sandwich Making: ...postponed until April

Annual Meeting: March 29 after worship

Prayer Groups:

Women's Prayer Group: Tuesday afternoon

Zoom: Wednesday at 6:30 am

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.

Friday Friendly Food & Film Series: 6:30 pizza, followed movie

March 20: TBA

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



Christ washing feet - Butler

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
 Orly (Outreach co-ordinator).....orly.kensington@gmail.com
 Rose Ngo Mbenoun (Clerk of Session)..admin@Kensingtonchurch.ca



Approaching God



Lighting of the Christ Candle

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

Call to worship²

Come let us sing of a wonderful love,
tender and true, tender and true;
out of the heart of the Father above,
streaming to me and to you.

♪ Hymn: Come let us sing.....pg 9 (706)
www.youtube.com/watch?v=_hyicnAV1Ow



Prayer of Approach³

Servant God,
we adore you for the way you modelled real love
for us in word and in action.
We praise you for showing us time and time again
just how we should love one another.
We give thanks for the humility you modelled
as the King of heaven becoming servant to all.

We praise and adore you.
And yet... and yet.

The pattern you show is hard.
You tell us to love as you do,
but what if we don't agree with them?
or don't like them?

² from *Come, let us sing* by Robert Walmley

³ adapted from *Spill the Beans #26*

Sometimes it's hard
to give up our privileges
and get our hands dirty.
We don't like it,
especially if they aren't doing it too.
Your love is hard to do.


May your Spirit help us to let you wash our feet.
Help us to soak up your example.
And then help us to imitate you
in our love and service of one another.

In Jesus' name.
Amen.



Good Samaritan - Annie Vallotton

One way God guides us is through the prayer that Jesus all who want to live into God's kingdom. Let us sing together 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.**



Listening to God

Children's Time

Did you know the word 'him' has two meanings? One, spelt h-i-m. This is used when you are talking about a boy (male). The other hymn is spelt h-y-m-n and is a song praising God.

The Bible story we're going to be hearing in worship is about Jesus using his hands. It's something he does a lot of: using his hands to heal people, bless them, lift people up, and even wash their feet. (Would you like to wash somebody else's feet?) This story about Jesus using his hands reminded me of a hymn. Let's look at the words.

Jesus' hands were kind hands, doing good to all,
healing pain and sickness, blessing children small,
washing tired feet, and lifting those who fall;
Jesus' hands were kind hands, doing good to all.

That's pretty good... but there's more. What's this next verse about?

Take my hands, Lord Jesus; let them work for you,
make them strong and gentle, kind in all I do.
Touch me with your Spirit till I'm gentle, too,
till my hands are kind hands, quick to work for you.

What was that about? [us helping in kind ways]

Prayer:

*Dear Jesus, thank you that you help people
and help us to be helpful too.*

Amen.

♪ Hymn: Jesus' hands were kind hands.....pg 11 (631)
<https://www.youtube.com/watch?v=8Sqr7doTD5M>



Prayer for Illumination

Lord, open our hearts and minds
through the power of your Holy Spirit,
that we will feel your love.

Amen.



Anointed - Lauren Wright Pittman

Intro to the readings

Previous in the Gospel According to John...


- Jesus' friend Lazarus died and Jesus cried with his sister Mary and helped his other sister Martha connect with her grief and her faith (she didn't get it perfect, but that was okay).
- and Lazarus was raised from the dead
- The Jewish High Priests and Pharisees were worried that the crowds would try and make Jesus King... bringing

down the wrath of Rome. The High Priest suggested that killing one man, Jesus, was better than the whole nation to be destroyed.

- Later there was a dinner celebrating Lazarus' return, at which Mary blessed Jesus by anointing his feet with really really expensive perfume, and wiping his feet with her hair.
- When the Jewish leaders noticed the attention Lazarus was getting, they decided he needed to die as well.
- Jesus continued to be a proper Jew, and as Passover approached he went to Jerusalem... even knowing the dangers. This included the Palm parade we'll come back to at the end of the month.

Today's passage starts with the meal Jesus had with his disciples before being arrested... and goes on for 5 chapters. (We won't hear that much today.) This is what is commonly called 'the last supper', but there are differences from the other gospels. This raises the question, what is the author prioritizing? What is the message?

Before though we'll have a responsive Psalm that expresses how someone can feel thinking about their actions and praying to God for help.

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

[Psalm 51](#): 7-15 (or all of it)

[John 13](#): 1-17 (but feel free to add more)

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

✦ Sermon: Love looks like...

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

The Gospels are not history books. I'm not suggesting that they're made up, just that their point is not to simply chronicle events. The point of the Gospels is to help the listener come to Jesus and believe.

Does this mean that they are a marketing effort to make Jesus look good? No, not that either. None of the Gospels censor out the embarrassing bits. Some examples from the Gospel According to John include Jesus talking with his mom at the wedding in Cana. She asks him to help and he says, "*Woman, what concern is that to you and to me? My hour has not yet come.*" - not exactly a respectful son. Later he meets with a Samaritan woman - alone. Every aspect of that was scandalous. Then there's the man he healed, which was an impressive wonder... until the man turns away from Jesus and doesn't believe. If the Gospel was just about getting people to respect Jesus, these stories wouldn't be there.

The Gospels are more than just a collection of historical events to make Jesus look good. They have a bigger point to make. Which means ask why each story is included and what is the point the author wants us to get.



In all four gospels Jesus has dinner with his disciples the night before Judas leads the guards for his arrest. The other three focus on Jesus breaking the bread, raising the cup, and inviting us to share in his body and blood. It was a powerful moment that Christians have shared ever since. In John Jesus teaches about this after the feeding of the 5000+ (chapter 6) - and is so blunt that some stop following him. Here the dinner is barely mentioned. We're just told it's happening. The focus is on Jesus washing the feet of the disciples. What does the author prioritize this?

As times have changed since then, it's good to remember some things about foot washing in their culture. There were no paved roads or sidewalks, and they wore sandals. Your feet became dirty easily. So when you visited someone it was good hospitality for them to provide you with water to wash your feet. In more luxurious homes a servant would wash your feet... the lowest servant, as touching the dirt one somebody else's feet was not something anyone wanted to do.

Here Jesus washes the disciples' feet after dinner. It would make sense to go around with a bowl so people could wash their hands... but feet? That only makes sense when you arrive. This story isn't about hospitality.

As he talks to them about what he's doing he points out that they recognize him as their teacher and Lord - which is quite right. But then why is he taking on the role of a lowly servant? Why do such a degrading task? Is it because the disciples are more really important than Jesus? No.

Jesus says that washing their feet is an example, or pattern, to follow. What is this pattern? ...and how big is this pattern?

We were told back in John 3:16 that "*God so loved the world...*", and this is another story that shows that. Later in the conversation Jesus shares that he knows Peter will deny him... yet

thinking/feeling?

Wonder: When was Judas' betrayal? When he brought the guards, or when he walked out into the night after the foot washing?

Values: Identify somebody you have an issue with. Consider how your attitude affects that relationship. Brainstorm how you could show them God's love?

Reflecting: What are some of your capabilities (skills & resources)? Brainstorm how they could be used to help share an aspect of God.

Actions: Come up with some ideas of how you can receive God's love (accept your feet being washed).

Prayer: ...thank God that we are all welcome, not just at God's table, but to be God's beloved children.

✦ Spirit Sightings

One way I've been seeing the Spirit move is through the work of NA (Narcotics Anonymous). They meet above my head Tuesdays and Thursdays over lunch. Recently I've been having more people from NA stop by my office for a chat. They share powerful stories and questions. This week I was honoured to hear about challenges, and then two days later how God had provided. It is an honour to hear how God is working in their lives.

✦ 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 passing around the prayer book and saying something based on what people write in it. You are welcome to create your own prayer or use this one from *Spill the Beans #16*.



Jesus, who washed your disciples' feet,
help us to stoop down and wash the feet of others today.

Help us to wash the feet of those who are homeless;
to wash the feet of those who are hungry;
to wash the feet of those who are abused;
to wash the feet of the lonely, the confused,
the dying, the bereaved, the ill, the hurting.

With basin and towel and hearts full of love,
help us to stoop down and serve your world,

listening to the needs of those we serve
and committing ourselves to action.

And as we do so,
help us to know you working through us
to heal the world,
to feed mind, body and spirit,
to make your people whole.

Lord, may your church be known
as the place where people gather to serve,
not just their friends but all in the community.

May it be known as a place where all are valued,
a place where folk will be seen and heard and loved,
a place where folk imitate you,
humbling ourselves to love and serve the world.
Amen.

♪ Hymn: Will you come and follow me.....pg 10 (634)
www.youtube.com/watch?v=z61UalJ3sk

✦ Benediction

*May the grace of the Lord Jesus Christ,
the love of God,
and the fellowship of the Holy Spirit
be with you all.⁵*



⁵ 2 Corinthians 13:13



Kolan's Journey of Resilience and Transformation

In Ghana, 40-year-old Kolan Lamisi participates in the Presbyterian Church of Ghana's Community-Based Rehabilitation (CBR) program.

"I was involved in an accident which resulted in a permanent disability. My husband, after expending so many resources to get me medical attention, got fed up and abandoned me to my fate.

I was always indoors and had no source of livelihood. Life was very challenging. The CBR, in partnership with PWS&D, came into my life, and things have never been the same.

My life has changed positively.

I received mobility devices, including a wheelchair and a tricycle. I was trained and supported to run a shop to generate money. Currently, I earn enough through my business so that I can pay for my basic needs and live happily."

This Lenten season, faithfully respond with PWS&D to help build sustainable livelihoods so families and individuals can meet their basic needs.

Come, let us sing

1. Come, let us sing of a won-der-ful love, ten-der and true,
 2. Je - sus the Sav-iour this gos-pel to tell joy - ful - ly came,
 3. Je - sus is seek-ing the wan-der-ers yet; why do they roam?
 4. Come to my heart, O thou won-der-ful love; come and a - bide,

ten - der and true; out of the heart of the
 joy - ful - ly came, came with the help - less and
 why do they roam? Love on - ly waits to for -
 come and a - bide, lift - ing my life till it

Fath - er a - bove, stream - ing to me and to
 hope - less to dwell, shar - ing their sor - row and
 give and for - get; home, wea - ry wan - der - ers,
 ris - es a - bove en - vy and false - hood and

you: won - der - ful love, won - der - ful love
 shame: seek - ing the lost, seek - ing the lost,
 home: won - der - ful love, won - der - ful love
 pride: seek - ing to be, seek - ing to be

dwells in the heart of the Fath - er a - bove.
 sav - ing, re - deem - ing at meas - ure - less cost.
 dwells in the heart of the Fath - er a - bove.
 low - ly and hum - ble, a learn - er of thee.

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Will you come and follow me

KELVINGROVE 7676776

Unison F C7 Dm Gm7 Csus4 - 3

1. Will you come and fol - low me
2. Will you leave your-self be - hind
3. Will you let the blind-ed see if I but call your name?
4. Will you love the "you" you hide
5. Lord, your sum-mons ech - oes true when you but call my name.

Gm7 Bb Am7 Bb6 Csus4 - 3

Will you let my love be shown; will you let my name be known;
Will you risk the hos - tile stare should your life at - tract or scare?
Will you kiss the lep - er clean, and do such as this un - seen,
Will you use the faith you've found to re - shape the world a - round,
In your com - pa - ny I'll go where your love and foot-steps show.

F C7 Dm Gm7 (C11) F

Will you go where you don't know
Will you care for cruel and kind and nev - er be the same?
Will you set the pris-oners free
Will you quell the fear in - side
Let me turn and fol - low you and nev - er be the same.

F C7 Dm Gm7 C11 F

will you let my life be grown
Will you let me an - swer prayer
and ad - mit to what I mean in you and you in me?
through my sight and touch and sound
Thus I'll move and live and grow in you and you in me.

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631 Jesus' hands were kind hands

Unison F Dm F/A Gm/Bb Dm C9 F

1. Je - sus' hands were kind hands, do - ing good to all,
 2. Take my hands, Lord Je - sus, let them work for you;

F Dm F/A Gm/Bb F/C C9 F

heal - ing pain and sick - ness, bless - ing chil - dren small,
 make them strong and gen - tle, kind in all I do.

Gm /Bb D /C G/B G 7 C /Bb

wash - ing tir - ed feet, and sav - ing those who fall;
 Let me watch you, Je - sus, till I'm gen - tle too,

F/A Dm F/A Gm/Bb G9/B C9 F

Je - sus' hands were kind hands, do - ing good to all.
 till my hands are kind hands, quick to work for you.

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MISSION MOMENT

Sunday, March 15



We are a caring denomination, working together to put our faith into action. When we give to Presbyterians Sharing, we share in God's mission and proclaim God's love. We participate in mission and ministry in Canada, build strong congregations, support theological colleges and provide resources and educational opportunities. We serve vulnerable people, seek justice and work toward healing and reconciliation with Indigenous people. We share Christ's love around the world, sending grants and staff to encourage, equip and accompany PCC partners in their ministry. Through Presbyterians Sharing, we make mission and ministry happen. None of this would be possible without your generous gifts.

DAILY PRAYERS

Sunday, March 15 (4th Sunday in Lent) We give thanks for the faithful generosity of individuals and congregations who support the mission and ministry of the PCC through their gifts to Presbyterians Sharing.

Monday, March 16 We pray for the members of the Canadian Armed Forces and all military chaplains who provide guidance and support to troops and their families, both at home and abroad.

Tuesday, March 17 Loving God, we pray for Atlantic Mission Society groups as they participate in local mission projects in their communities. Help them to show faith in word and action.

Wednesday, March 18 We give thanks for the rich diversity of ethnocultural congregations and members within the PCC; may their gifts be fully woven into the life and mission of the church.

Thursday, March 19 We pray for the newly elected officials of the Church of Central Africa Presbyterian, Blantyre Synod in Malawi: the Rev. R. Mangisa (Moderator), the Rev. M. Kananji (Vice Moderator), and the Rev. J. Banda (Deputy General Secretary).

Friday, March 20 We pray for The Presbyterian College Leadership Centre in its ministry of nurturing competent and faithful leaders for the church, for the workplace and for the broader society.

Saturday, March 21 (International Day for the Elimination of Racial Discrimination) We ask for God's guidance in uprooting racism within our church and our society and for the strength-in-love needed to build communities free from hate and racial discrimination.