



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

Hope

July 26, 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

Sunday Singing: Join Zoé on Sundays at 9:50 to share in the music

Returning in the Fall: Bible study, Prayer groups, Friday night special, and ... (suggestions welcome)

Joseph's ordination with Presbytery: here on August 23rd at 4pm

If you can help with refreshments or setting up, please talk with Rose or Carol.

Rev Peter will be away in August. Alex Plant will be back preaching, and offering a Bible Study. If you need pastoral care, please contact your elder, the office, or talk with Alex.

Collection for Venezuela: Money can be donated through Presbyterian World Service & Development:

presbyterian.ca/pwsd/venezuela-earthquake-response

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



Prodigal Son - Kristi Valiant

Contacts

Church Office: 514-486-4559.....info@Kensingtonchurch.ca

Rev. Peter Rombeek (pastor).....Peter@Kensingtonchurch.ca
 514-773-4620

Zoé Dupont-Foisy (music director).....zoedupontfoisy@hotmail.com

Rose Ngo Mbenoun (Clerk of Session). ..admin@Kensingtonchurch.ca



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

A mighty fortress is our God,

our helper amid the flood.

If it were up to our strength

we would be losing.

But Christ Jesus has gathered us now

to invite us to God's promise and love

♪ Hymn: A Mighty Fortress.....pg 9 (315)

www.youtube.com/watch?v=PB5XvHq8UHK

www.youtube.com/watch?v=vqBBIJFQHmM (Irish flavour)



Why Weepest Thou - Rose Datoc Dall



Prayer of Approach

Our opening prayer comes from prayers that Dietrich Bonhoeffer wrote. He was a minister who chose to stay in Germany as Hitler and the Nazi party took more and more power. He could see what was happening, and stood against it, and was arrested. He spent two years in prison. In 1945 he was transferred to a concentration camp where Hitler ordered his execution - three weeks before Hitler killed himself.

This is a combination of a couple of prayers he wrote about 6 months after being arrested (1943). I've shifted the pronouns to plural.²

*God, we call to you early in the morning,
help us we pray and collect our thoughts,
we cannot do so alone.*

*In us it is dark, but with you there is light.
We are lonely, but you do not abandon us.
We are faint-hearted, but from you comes our help.
We are restless, but with you is peace.
In us is bitterness, but with you is patience.
We do not understand your ways,
but you know the right way for each of us.*

*Lord, whatever this day may bring - your name be praised.
Amen.*

As we look to align our lives with God,
let us join together in singing The Lord's Prayer.



The Lord's Prayer (please use a version you are comfortable with)
Our Father in heaven,
hallowed be your name,

² Dietrich Bonhoeffer *Letters and Papers from prison* 2010 edition

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

Today's Bible passage talks about hope. Can any of you describe hope for me? We could say that hope is when you'd like something good to happen, but you don't know if it will.

Paul says you don't have to hope for God's love, or that things will be amazing when the new age starts (when Jesus comes again). He figures this isn't hope because we can see how God has always stuck by people, always loved them, and in Jesus' resurrection... well, that is a glimpse of the amazing with the promise we will be included.

So for Paul, it's not hope because he's seen the evidence. He knows it'll happen.

While we may not see Jesus walking down the street, we do see God working through people. Whenever you see somebody helping, or listening, or loving... God is helping that happen.

Prayer:

Dear Jesus.

*Help us to see & accept the evidence of you,
so that we can move from hope to belief/faith.*

Amen.

♪ Hymn: Lord, why am I anxious?.....pg 10
www.youtube.com/watch?v=5XN0cpOc20A (music only)



women at the tomb - Bryans



Prayer for Illumination

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



Intro to the readings

Today we are going to say Psalm 86 together. It's a song about somebody who is suffering. What do they hope for? Do they even have hope?

While they were written hundreds of years apart, it leads well into our other reading - a section of Paul's letter to the Christians in Rome.

Sometimes a word in a Bible passage can catch your attention. This can be the Holy Spirit trying to communicate something to

you. It can also be a distraction that leads you away from the point. You'll have to decide which. To help you not fall down a vocabulary sink-hole, I'm going to review a few terms.

- Predestination: is the idea that God knows what's going to happen. There has been lots and lots written about this over the last couple of thousand years as people try to figure out how much God knows because God controls us, and how much there is free will. I think the common understanding now recognizes that God created time, and so can see all of time at once. This makes it easy to know what's going to happen, allows for free will, and interaction between God and creation. This wasn't a part of Paul using the term Predestination. He was just saying that God knows what will happen, and is active in it.
- Justification: In Word Processing programs you can 'justify' the text. Usually you justify it to the left side of the page, but you could justify it to the right side, or down the middle. In the Bible 'justify' is about being aligned with God - or to be living God's way.
- Glory: Unlike Roman glory, and for many people now, it doesn't come from victory or reputation. 'Glory' is what radiates God - and radiates from God. Jesus is a great example of God's glory, but so is anything that helps you see God is glorious.
- Redemption: in the Roman context this is buying the freedom of somebody captured in war. It was only for valuable people. Who is valuable in this text?

So...

Predestination: God knows what will happen

Justification: Living aligned to God's way

Glory: revealing God

Redemption: freedom for valuable people

Let's hear the reading. . .



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

[Psalm 86](#)

[Romans 8: 16-39](#)



get out of the boat - Forte



Sermon: Hope

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

It's summer and hopefully you are taking advantage of more sunlight to get together with friends and family.

I want you to imagine being invited to a friend's home. You go in and there's amazing smells coming from the kitchen. You poke your nose in and... well, it's a bit of a mess. There was obviously a lot of work that happened, and it's not finished yet, but the food looks amazing. They are excited about what's to come and offer

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

you a little taste... and wow. It is glorious.

This is like the 'first fruits' that Paul talks about - though that term comes from the traditional harvest sacrifice. In that case the farmers would offer the first of the harvest to God, as a thank you. In this passage the first fruits come from God. It's not God thanking us, but giving us a taste of what's to come. It's also not the 'last fruits'. This is the beginning of the harvest, not the end. There's still a lot of work to go - but what promise.

Paul uses another analogy - that of giving birth. I don't know how much experience Paul had, but I've been there for two births and there was definitely groaning - followed by glory (by which I mean seeing how amazing God is).

Paul uses these examples to try and help us align (justify) our understanding of the world with what God sees. He doesn't use the idea of a lovely feast or a mother with a happy baby. Paul knows that we experience a lot of trouble in the world. Paul experienced being doubted, laughed at, not accepted, having people not understand what he's trying to share, being threatened, and more.

Paul, though, has seen the first fruit of the new age: Jesus. Jesus also had difficulty with professional colleges (priests & rabbis). Friends doubted him, didn't understand, and even abandoned him. This led to Jesus feeling frustrated, and probably lonely. He definitely felt lonely, abandoned, on the cross. He suffered physically from hunger (why else harvest on the Sabbath), and from Roman torture. Jesus accepted suffering, because that's what it meant to be with us in this broken world. But in Jesus we also see glimpses of the new age as people were fed and healed - and especially in the resurrection. This is Jesus being the first fruit given for us to see what's coming. It gives Paul hope through all the labour everyone, and everything, is going through now.

And there is a lot of groaning. People are groaning about other people - which often leads to people groaning back.⁴ People are groaning about the environment... and as Paul points out, creation is groaning back. The groaning comes from pain and suffering. Paul suggests there's more to it. That this is also a time of change. That a new age is being born - one that will be filled with God's love - one in which you are invited... and, in fact, all of creation can experience the glory of the resurrection.



Breakfast on the Beach - Peter Koenig

How will this happen?

Rome believed the new age would happen when Caesar came back with a mighty army. Paul writes that the new age will radiate from God's Holy Spirit, through the children of God... through us. Like giving birth to a baby, the mother is very much involved, but the baby isn't the mother. Nor does the mother control the baby. The baby will come when the baby comes. God will deliver the new age when God does, and chooses to include us in the

⁴ Often when we hear or express 'groaning' we focus on the suffering. This isn't bad, but I think we tend to forget something else. Groaning is a sign that there's an awareness of something better; that there's hope. People without hope don't groan anymore.

process. We can help by pushing. We can share the first fruit and live into the Harvest.

To go back to the analogy of your friend's glorious dinner - we might send a text and photo to our contacts about the amazing experience we have tasted and hope to share.

...

While that should be the end of the sermon, but I want to share something else Dietrich Bonhoeffer wrote. It's a hymn or poem written near the end of 1944 - not long before being transferred to the concentration camp. It could be the last thing we have that he wrote. It's called *By Powers of Good*.

*By faithful, quiet powers of good surrounded,
so wondrously consoled and sheltered here-
I wish to live these days with you in spirit
and with you enter into a new year.*

*The old year still would try our hearts to torment,
of evil times we still do bear the weight;
O Lord, do grant our souls, now terror-stricken,
salvation for which you did us create.*

*And should you offer us the cup of suffering,
though heavy, brimming full and bitter brand,
we'll thankfully accept it, never flinching,
from your good heart and your beloved hand.*

*But should you wish now once again to give us
the joys of this world and its glorious sun,
then we'll recall anew what past times brought us
and then our life belongs to you alone.*

*The candles you have brought into our darkness,
let them today be burning warm and bright,
and if it's possible, do reunite us!
We know your light is shining through the night.*

*When now the quiet deepens all around us,
O, let our ears that fullest sound amaze
of this, your world, invisibly expanding
as all your children sing high hymns of praise.*

*By powers of good so wondrously protected,
we wait with confidence, before what may.
God is with us at night and in the morning
and oh, most certainly on each new day.*

*To God be all the glory.
Amen.*



Responding to God

♪ Hymn: [In suffering love.....pg 12 \(696\)](#)
www.youtube.com/watch?v=k0tkfL64l48

💬 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: Can you share stories of people who have lived through something hard, and found hope. This can include books, TV & movies.

Etching: Share a story when you caught a glimpse of the first fruit - when you found hope in troubled times.

Reflecting: Together, come up with another analogy that offers the hope of God to people living in troubled times (maybe one that would have something in common with city living, or your neighbours).

Prayer: ...for hope, to know in 'in our bones' that God will always love us, and that we can share this with those who need it.

✧ Spirit Sightings

Oliver Jones' time on this earth ended this week. This has led to many people sharing their memories of him, and some themes that run through his song is that he was gentle, humble, encouraging, and present with the community. Something that came up in the CBC report⁵ was that he was an active member of his church: Union United Church in Little Burgundy. I believe that this helped him be justified (aligned) with God's ways - allowing God's glory to shine through his life and music.

✧ 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

Today's prayer will start with another prayer written by Bonhoeffer while in prison, it will then continue to include

prayers of thanks and concern from those attending in person.

*"Lord Jesus Christ,
you were poor and miserable, imprisoned and abandoned [as I am].
You know all human need,
you remain with us when no human being stands by,
you do not forget us, you seek us,
you want us to recognize you and turn back to you.
Lord we hear your call and follow.
Help us!"*

Jesus, who journeys with us,
there is so much that is troubling in this world.

- Venezuela, Nicaragua, Cuba, . . .
- wars with weapons, and economics and those leading them
- the LGBTQ+ community over the attack in Berlin
- Creations groaning with
Forest fires destroying people's homes and dreams
Typhoons in Asia
& heat waves around the world
- all those who don't have hope
- . . .

Help us to remember the signs of hope and practice being thankful in our groaning.

- For homes in a city that is generally safe and not under threat from armies or forest fires.
- For babies (Joanna & Jesse), and the birth of your Kingdom come



5 CBC report as a YouTube video: www.youtube.com/watch?v=ovG_hMEt57w

- for community and family
- ...

As the world groans for something better,
 help us to see your goodness
 to feel your love,
 and share the hope in your promise.

Amen.

♪ Hymn: All my hope on God is founded.....pg.11 (462)
<https://www.youtube.com/watch?v=W2oYTtyBSxk>

✦ Benediction (Romans 15:13)

*May the God of hope
 fill you with all joy and peace in believing,
 so that you may abound in hope
 by the power of the Holy Spirit.*
 Amen.



MISSION MOMENT

Sunday, July 26



Conflict can continue to destabilize lives, even after the fighting ends. After the Tigray peace agreement in Ethiopia, communities felt relief from violence, but many families still struggle. The two-year conflict caused food shortages. Ato, a farmer, lost all his household assets in the war, and his family ate once daily. Things changed when Ato's family participated in an agriculture and livelihoods program where he received training, seeds, goats and hand tools. Equipped with new knowledge and supplies, Ato was able to resume his work. Now he is growing healthy food for his household. The family's two goats had four kids, one of which the family sold to cover financial gaps. This program was supported by PWS&D and Canadian Foodgrains Bank, in collaboration with Tearfund.

DAILY PRAYERS

Sunday, July 26 We pray for a wonderful celebration at Mistawasis Presbyterian Church as they celebrate 150 years of ministry together.

Monday, July 27 We pray for staff and campers at Camp Douglas, Roberts Lake, BC, as they learn and grow together in faith in a Christian camping community.

Tuesday, July 28 We pray that the Holy Spirit will guide us as we seek to understand and proclaim God's truth in ways that are faithful to Scripture and relevant to our time.

Wednesday, July 29 Lord, we praise you for church schools that have raised funds for PWS&D's development projects in the past 75-plus years, and ask that you inspire church school leaders and all people to respond to Christ's call to serve those in need.

Thursday, July 30 (World Day Against Trafficking in People) We pray for safety and healing for victims of human trafficking, for human rights advocates working to end all forms of slavery and for those working to protect vulnerable people.

Friday, July 31 We pray for staff and campers at Camp VIP in Nanaimo, BC, as they learn and grow together in faith in a Christian camping community.

Saturday, August 1 (Emancipation Day) Help us to remember and maintain the freedom of all people, especially those who do not share our culture, language, religious beliefs or country of origin.

A mighty fortress is our God

EIN' FESTE BURG 878766667

C Am Em Dm Am G D G Am Em F

1. A might - y for - tress is our God, a bul - wark
 2. The wa - ters of God's good - ness flow through-out the
 3. Be-hold what won-drous deeds of peace God does for

C Am Dm C/E G C C Am Em Dm Am G D G

nev - er fail - ing, pro - tect - ing us with staff and rod,
 ho - ly cit - ty, and glad - den hearts of those who know
 our sal - va - tion; God knows our wars and makes them cease

Am Em F C Am Dm C/E G C F C Em Am G/B D G

and pow - er all - pre - vail - ing. What if the na - tions rage
 God's ten - der - ness and pit - y. Though na - tions stand un - sure,
 in eve - ry land and na - tion. The war - rior's spear and lance

Am Em Dm G C Em Am G/B /D D G

and surg - ing seas ram - page? What though the moun - tains fall?
 God's king - dom shall en - dure; God's pow - er shall re - main,
 are splin - tered by God's glance; the guns and nu - clear might

F C F G A Am E F C Am Bb C G C

the Lord is God of all:
 and peace shall ev - er reign: the Lord of hosts is with us.
 stand with - ered in God's sight:

See also: Ein' Feste Burg 315

Words: Psalm 46; v. 1 lines 1-2, Martin Luther (1483-1546), translation, Frederick H. Hedge (1805-1890); v. 3, Omer Westendorf (1916-) Music: Martin Luther (1483-1546)

Words: v. 3, copyright © World Library Publications, 1964, a division of J.S. Paluch Company, Inc. All rights reserved. Text altered and used by permission. Music: public domain

Lord, Why Am I Anxious?

TUNE: Traditional Irish Melody (MY LODGING)
Romans 8:18-39

♩ = ca. 92

1. Lord, why am I an - xious and what do I fear, And
2. Lord, how can I an - swer so might - y a love, And

what could I hope for, or need? O Lord of the heav - ens, You've
where can my wor - ship be - gin? You loved me be - fore this whole

giv - en Your - self Far be - yond what I know or can see. Great
world came to be, And You'll love me long af - ter it ends. You

WORDS: Ken Bible
MUSIC: Traditional Irish Melody;
arr. by Ken Bible

MY LODGING
11.8.11.9.D.

Fa - ther of all, You so lov - ing - ly call. You come as my
give me Your - self, so I need noth - ing else, Though com - forts are

Broth - er and Friend. You breathe, and Your pow - er - ful
man - y or few. You've giv - en me all that my

Spir - it is mine To re - shape me each mo - ment with - in.
heart could de - sire, For my hope and my trea - sure is You.

Copyright © 2000 by LNWhymns.com (ASCAP). All rights reserved.
Administered by Music Services.
CCLI Song #3308653. For CCLI information call 1-800-234-2446.

All my hope on God is founded

MICHAEL 8 7 8 7 3 3 7

F (/G) Cm6/Eb Bb/D Gm C 9 F (/G) Cm

1. All my hope on God is found - ed who does still my
 2. Hu - man pride and earth - ly glo - ry, sword and crown, be -
 3. God's great good-ness reigns e - ter - nal, deep in wis - dom,
 4. Dai - ly does Al-might-y Giv - er boun - teous gifts on
 5. Still from earth to God e - ter - nal sac - ri - fice of

Gm/D D9 G C11 Fsus2 - 1 F6 Dm/B Em7

trust re - new; through all change and chance God guides me,
 tray all trust; what our care and toil es - tab - lish,
 pass - ing thought; light and life are all God's splen - dour
 us be - stow, God's de - sire our soul de - light - ing,
 praise be done, high a - bove all prais - es prais - ing

A Dm7 Em7 C/E Fmaj7 G7 C F/A F7 Bb (/G)

on - ly good and on - ly true. Love un - known,
 tower and tem - ple, fall to dust, but God's power,
 bring - ing beau - ty out of naught. Ev - er - more
 pleas - ure lead - ing where we go. Love will stand
 for the gift of Christ, the Son. Hear Christ call

Gm/A Daug Gm Aaug/C# A7 Dm (7) G6 C 9 F

God's a - lone, calls my heart to be God's own.
 hour by hour, is my tem - ple and my tower.
 from God's store new-born worlds rise and a - dore.
 at God's hand; joy will wait on God's com - mand.
 one and all: you that fol - low shall not fall.

Words: German, Joachim Neander (1650–1680), translation, Robert Bridges (1944–1930), alt
 Music: Herbert Howells (1892–1983)

Words: this version copyright © The Presbyterian Church in Canada, 1997 Music: copyright © Novello & Company Ltd.

In suffering love

BELMONT 8 6 8 6 CM

G D7 Em Bm C(sus4-3) /E Gsus4 3

1. In suf - fer ing love the thread of life is
 2. There is a rock, a place se - cure with -
 3. In love's deep womb our fears are held; there
 4. Lord, to our hearts your joy com - mit, in -
 5. In suf - fer ing love our God comes now, hope's

D/F# G Cmaj9 Am Em/C# G/D D D7/F# G D7 Em Bm

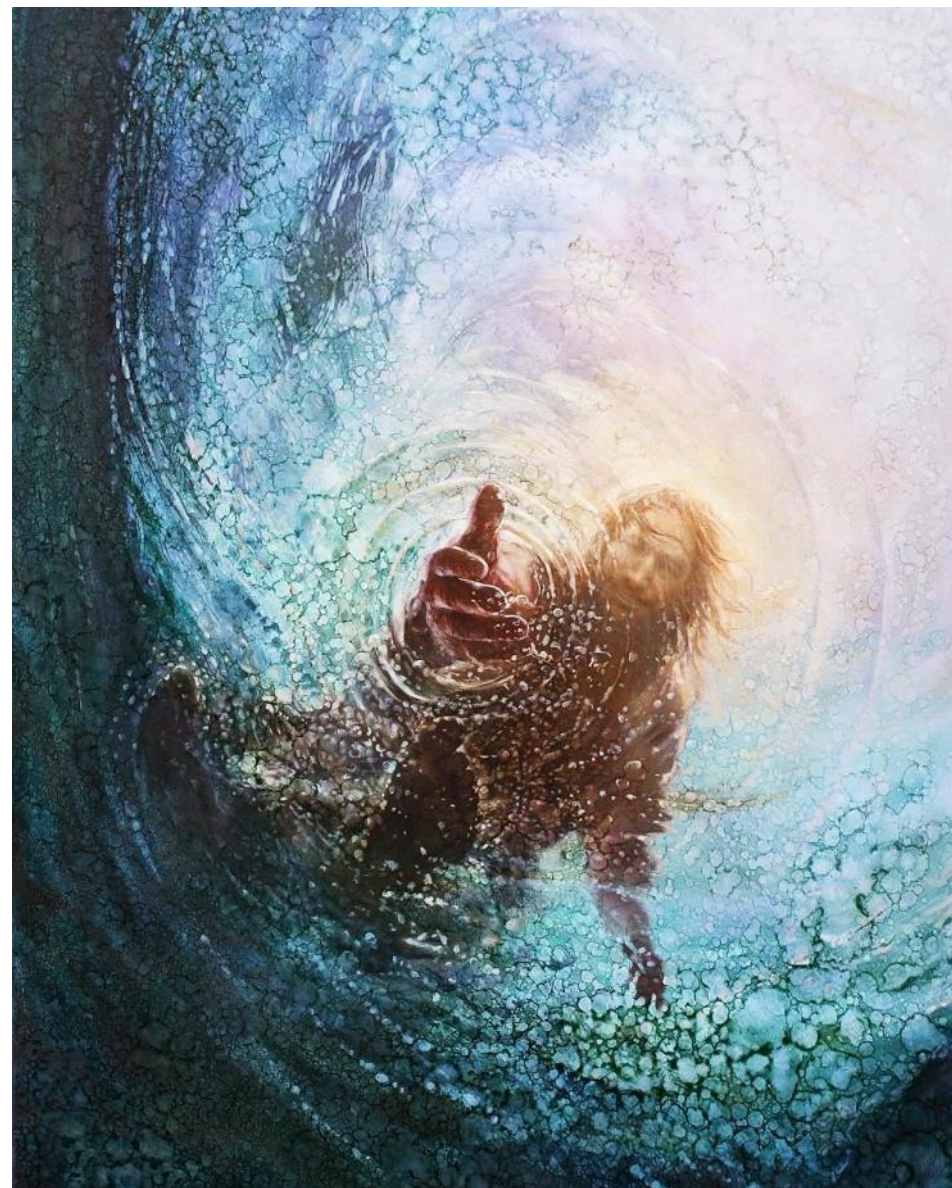
wo - ven through our care, for God is with us;
 in the storm's cold blast; con - cealed with - in the
 God's rich tears are sown and bring to birth, in
 to our hands your pain, so send us out to
 vi - sion born in gloom; with tears and laugh - ter

C(sus#4-3) /E Gsus4-3 /B Csus2-1 C Am/C G D7 G

not a - lone our pain and toil we bear.
 suf - fer ing night God's co - ve - nant stands fast.
 hope new - born, the strength to jour - ney on.
 touch the world with bless - ings in your name.
 shared and blest the des - ert yet will bloom.

Words: Rob Johns (1941-1986) Music: William Gardiner's Sacred Melodies 1819

Words: copyright © Elinor F. Johns, 1987 Music: public domain CCLI #4440603 One Licence #A-719461



The Hand of God - Yongsung Kim