



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

What are they for?

October 4, 2026

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

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

Help Change the World - through prayer:

Women's Prayer Group: Tuesday afternoon (ask for details)

Zoom Prayer Group: Wednesday at 6:30 am

A Safe place to ask questions and build foundations

Bible Study: Wednesday 7-8 online and in minister's office

Join us in exploring the upcoming week's passage

Friday's Food & Film: Join the community

pizza at 6:30, film to follow - contributions/donations welcome

RSVP appreciated

Oct. 9: Vincent (van Gogh) and The Doctor

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



10 Commandments - Poland

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

♪ God welcomes all.....pg 11
youtu.be/yDLgCFD7qNw?t=1

♪ Hymn: Come sing, O Church, in joy.....pg 11 (757)
<https://www.youtube.com/watch?v=cevFGtOGnkg>



Kensington - Oct 2025



Prayer of Approach

Loving God, we have gathered to meet you.

**We have come to listen to you,
to seek you, to worship you.**

You are the beginning of all things,
the life of all things;

you knew us before we were born.

In you we become; in you we live.

**Loving God, you are here and everywhere,
around us and within us;
you know our inmost thoughts.**

In you we hope; in you we live.

**You are the source of serenity,
giving peace that is beyond our understanding.**

In you we love; in you we live.

**You tell us how to live;
you show us with your life.**

In you we are still; in you we live.

Loving God, we live in you; we worship you.

Loving God, you live in us; we worship you.

Amen.²



Listening to God



Children's Time

What are some rules you have to follow? . . .

ex. *Put up your hand in class. No fighting.*

Why are there rules? . . .

ex. *keep people safe (so we can have fun). Make things fair.*

God has given us some rules. Can you name some?

ex. *no other gods. don't be envious. keep the sabbath.*

love God with all your heart, soul, mind and strength & neighbour

While rules limit what we do, they also help life to be better for everyone - so let's try to respect and love God... and everyone and everything that God has created.

² based from Worship Sourcebook 1.4.16

Prayer:

Dear Jesus,

Thank you for rules to remind us how to love you and each other.

Please help us to love more.

Amen.

♪ Hymn: O Come, O Come Emmanuel.....pg 12 (122)

www.youtube.com/watch?v=7xtpJ4Q_Q-4

www.youtube.com/watch?v=zZ--HwWc4Ms

🕯 Prayer for Illumination

Lord, open our hearts and minds

through the power of your Holy Spirit,

that we may hear your voice live into your covenant. Amen.



Intro to the readings

I'm going to start our 'intro to the text' with something very general that came up in our Bible Study (to which everyone is welcome: online or in person). You'll notice that in the text the word lord is sometimes all capitals, and sometimes just the first letter is capitalized. When all the letters are capitals then this refers to the proper name of God, but it's not written as that is considered to be making an image of God. When it is just the

first letter capitalized this refers to a more generic title for God. When you hear the passage you'll see why this came up this week.

Our responsive psalm will be #19. It's commonly considered to be two psalms that were put together a very long time ago. The first half is all about creation revealing God, and the second part is... well, you'll see.

Our main passage has skipped several chapters since last week's parting of the Red Sea - passing through the channel of chaos from oppression to new life. We'll miss the celebrations, the Israelites setting out into the wilderness - walking, and then grumbling (again). God provides them with water and manna. This requires trusting God for their 'daily bread' because if they take more than they need for one day it will spoil. There's a skirmish with some locals, which God helps them through. However all this leadership is wearing on Moses. He's starting to burn out. His father-in-law visits and points out that it's impossible for one person to do everything. This isn't healthy for the community or him, and so others step up to actively share the leadership.

That leads to today's passage... which also skips a bit. After the intro setting the stage we'll skip over God coming down to visit in clouds and thunder and the need to clean up for an important guest. Then there's a really famous passage - but how's it fit in? What's the point?

Mike will lead us through the readings...



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

[Exodus 19: 1-8](#)

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

[Exodus 20: 1-17](#)

[Psalm 19](#) 7-14

✦ Sermon: What are the 10 Commandments for?

*Dear Lord, please bless the words of my mouth
and the meditations of all our hearts.⁴ Amen.*

This week we have another famous Bible passage: the 10 Commandments. But what should we do with them? What are they for?

- Sunday School? where they provide something good to memorize? (I remember getting a bookmark of them)
- to judge people? or test them?
or scare them with the implication that if they fail at any of these then we're out of God's graces?
- to provide clear boundaries of what we can or can't do

It might help to listen to some Jewish understanding. They don't call it the 10 Commandments. For them it's the 10 Words. This shifts the understanding away from a set of rules to follow and links it back to the covenant at the beginning of the previous chapter. These 10 Words are a vision or map for how to get there. *If you are a part of the covenant, then this is what it looks like. If you want to live into the covenant, then this is how to get there.*

But where is God inviting them?

Where are they trying to go by following these 10 Words?

That's why the lectionary included the start of chapter 19. It sets the stage. God is further developing his covenant with the descendants of Abraham, Isaac and Jacob. God say's, "*if you will obey My voice and keep My covenant, you will become for Me a treasure among all the peoples, for the whole earth is mine. And as for you, you will become for Me a kingdom of priests and a holy nation.*" And the

people all agree that sounds pretty good.

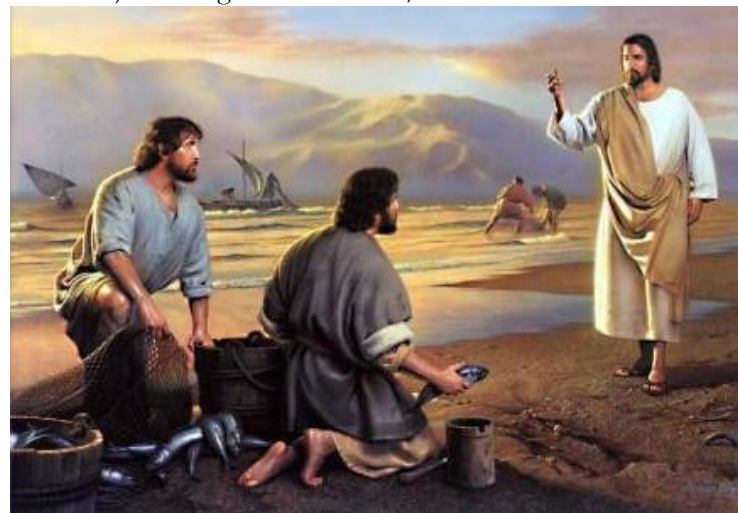
What's it mean?

- A '*treasured people*' will be a group that is valued. Presumably by God, but possibly by other peoples.
- '*a kingdom of priests*'?

Well, a priest is somebody who helps others connect with God. But if they are all priests, then who do they help? This probably connects back with previous covenants about being a blessing to the nations. It would also be a reason for other nations to treasure them.

- and '*a Holy nation*'?

Holy is something set apart from common use - set apart for something special - which could be to be priests for the nations, making them valued/treasured.



Fishers of Men - S Dewey

This all sounds pretty special and exciting - even glorious.⁵ But how? Which takes us back, or rather forward, to the 10 Words. This sets out a vision for how to become this treasured Holy Nation that will be a priesthood for the nations.

⁴ Psalm 19:14

⁵ even in the Gospel According to John usage were glorious means revealing God

This next bit you may have heard this before, because it's important. These Words, or Commandments, are about having healthy relationships. The first ones are about having a healthy relationship with God: not having any priorities before God, not limiting God through what we can create/imagine, and not saying something is God when it's just us. Then there's the one about the Sabbath. This links the section respecting God to that of respecting all people - because it does both. And then there are several about how to live respecting people in action and internally.

I could spend a lot of time talking about each of the Ten, but I'll leave that to you with your discussion partners (and if you need one, let me know). We can boil it all down, as happens in the Gospels, *"You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbour as yourself."*⁶

There are other links to the Newer Testament as well. Paul writes that Abraham is the father of all who believe (Galatians 3 & Romans 4). In John 8, Jesus refers to those who believe in God as children of Abraham. In the letter 1 Peter all Christians are called to be a royal priesthood. Through Jesus, we are part of this covenant too.

In answer to the question of 'What are the Ten Commandments for?', we can say they are to help us live into the covenant through a healthy relationship with God and everyone else. This will help us be treasured as priests of the LORD (all caps).

But the context reveals something bigger, for me. There's the order things happen in. It doesn't start with commands from

God that we must do to be accepted. It starts with God coming to us. Reminding us that we have a god, and it is the LORD. Reminding us that our LORD has been with us through everything, and is leading us out of oppression - and love is the way.



An analogy to close...

Today's passage is like God coming to us and inviting us to a wonderful picnic on Mount Royal. We're promised a glorious view, and food. Everyone will want to be a part of it. God says, just follow me. And as you go, make sure you listen, and respect me, and respect each other. No running ahead to where you think the path is. No pushing. Watch out for each other. Now, sadly, some people think they know a better way by heading down to the St. Lawrence and looking for the river that always comes down mountains. Others that they can find a shortcut by just head uphill, and getting lost in the twisting streets. But for those that live as the LORD says... well, it is good.

*To God be all the glory
Amen.*

⁶ Matthew 22:34–40; Mark 12:28–34; Luke 10:25–28



Responding to God

♪ Hymn: O for a closer walk with Godpg 13
www.youtube.com/watch?v=mhOM778cqLg

💬 FaithTalk: These are some questions for you to discuss with somebody... or many somebodies. Do what you feel safe (and practice stretching a little).

Values: Rank the Commandments from easiest to hardest to keep.

Reflecting: Come up with an example for each of the Ten Commandments.

Reflecting: Try to rewrite the Commandments as positive statements.

Wonder: What if we took all the Commandments as serious as 'thou shalt not kill'?

Reflecting: How does following the Commandments lead to becoming a treasured people and priesthood for the nations?

Prayer: ...that we will be able to follow God's Ten Words to become inspiration and guides for others to God.

✧ Spirit Sightings

Each year, with support from Presbyterians Sharing through Regional Resourcing Grants, the Presbytery of Vancouver Island hosts a retreat that nurtures faith, friendship, and renewal for women. Participants, ranging in age



from 19 to 83, reflect the rich diversity of generations growing together in Christ. Through shared worship, meaningful conversations, and engaging activities, participants from across the island deepen their spiritual practices and support one another in their journeys of faith. Guided by inspiring guest speakers and rooted in community, the retreat provides a space to listen, learn, and grow, leaving every participant refreshed, strengthened, and more deeply connected in heart and spirit.

✧ 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.

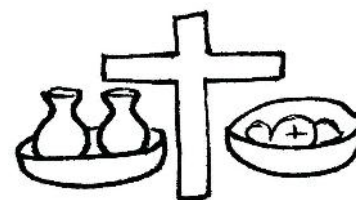
Mailing a cheque or signing up for Pre-Authorized Remittance (**PAR**) are also good options.

All donations are gratefully received and support God's work in our local and extended community.



Communion

♪ Hymn: We will take what you offer.....pg 14
www.youtube.com/watch?v=olnB7yubJKU



✧ Invitation to the table

What I do know is on the instructions of Jesus - the command of God. All who want to know Jesus better are welcome to share in our Lord's table - to join in the Holy mystery that is Communion.

You are not commanded to, but this is a way that our Lord works to bring us closer to our God, and to each other.

So come to this table:

you who have much faith,
and you who would like to have more;
you who have been to this sacrament often,
and you who have not been for a long time;
you who follow Jesus with joy,
and you who worry that you have failed.

C'est la volonté de Dieu
que tous ceux qui veulent connaître Jésus
partager ce repas.

As we come together to share this taste of Lord's Supper,
let us also join with Christians around the world and through the
centuries 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.

🙏 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.

Lord, you create order,
separating night from day,
parting the waters
so that we might be born into a new life.
A life where we live in a healthy relationship with you
with each other
and with all of creation.
The promise of this gives us hope.

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.

Blessed is Jesus,
who came into creation
showing us the way of life
the way of love
showing us what it is like to listen to your word
and obey.
Thank you Jesus for all this,
and inviting us to become part of your Holy Nation
your priesthood of all believes
Thank you for believing in us;
that we can bring goodness & hope
introducing others to you.

Because when we look honestly at our lives,
looking at the 10 Words
the 10 Commandments
We see where we have
let other things become more important than you;
let ourselves limit you to our imaginations
and tried to ignore how great you are;
let ourselves dream of what others have,
rather than what we can do with you.

We admit that we still live in ways that resist your ways
in ways that would still lead you to the cross.

and so we proclaim the mystery of the faith.

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

Thank you
Thank you that your Spirit continues to come
staying with us
encouraging us
guiding us
helping us to live your way.

As we open our lives to your way
we see issues that concern us.

LORD, we pray for:

- the election tomorrow. May many people turn out to vote, and may those elected respect your values - and perhaps even come to respect you. . .
- for those who have difficulty with living into your Words...
- for those who are sick and need your healing hand and support. . .

Lord,
as we think of the order you bring
we are reminded of the prayer you gave us
Let us pray together the Lord's prayer:

 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.**

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.



Last Supper - Swanson



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

Loving God,
 Merci pour c'est temps avec toi,
 uniting us with Christ,
 and with each other.
 That through you
 we are one body working together.
 May we be filled with your Spirit
 so that your love, hope, and healing
 overflows to everyone we meet
 Unissons-nous à ton Esprit dans le monde.
 Amen.

♪ Hymn: Aaronic Blessing.....pg 13 (619)
www.youtube.com/watch?v=VclhmSeBzlw

✦ 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 4

We are God's people, called to serve with the unique gifts God has entrusted to each of us. As members of a denomination united by faith, shared governance, history, and mission, we are stronger when we work together. Through Presbyterians Sharing, Presbyterians across Canada join in proclaiming the good news of Jesus Christ and sharing God's love and hope in our communities, across the country and around the world. Gifts to Presbyterians Sharing strengthen congregations, bring hope to vulnerable people, support the PCC's commitment to confession, truth, and reconciliation with Indigenous people, seek justice, and share Christ's love in practical and meaningful ways. Together, we can accomplish far more than any congregation or individual could on their own.



DAILY PRAYERS

Sunday, October 4 (World Communion Sunday; Sisters in Spirit/National Day of Action for Missing and Murdered Indigenous Women and Girls)

Sisters in Spirit is an Indigenous-led movement to honour missing and murdered Indigenous women and girls. We pray for God's healing for all who have experienced violence, and for their loved ones seeking justice and peace.

Monday, October 5 We pray for The Presbyterian College, Montreal during this time of transition in its leadership, and for God's guidance as a new Principal steps into the role.

Tuesday, October 6 We pray for presbytery student committees listening for God's voice with humility, love, tenderness, and trust in the continual illumination of the Holy Spirit as they journey with and support candidates for ministry.

Wednesday, October 7 We pray for the health and well-being of the staff and volunteers of the ministries of the National Indigenous Ministries Council as they walk with and minister to people in the communities they serve.

Thursday, October 8 We pray for the people, ministries and mission of the Presbytery of Newfoundland

Friday, October 9 In this season of gratitude, we give thanks for the members of the Atlantic Mission Society.

Saturday, October 10 We pray for WMS groups who have started their fall programs studying Cuba, Nepal or Hummingbird ministries.

God welcomes all

Words: John L. Bell.
Music: South African traditional, transcribed by John L. Bell at the Sunrise Hospice, Themba.

Energetically

God wel - comes all, strang - ers and friends;

5

God's love is strong and it ne - ver ends.

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Come sing, O church, in joy!

1. Come sing, O church, in joy! Come join, O church, in song!
2. Long years have come and gone, and still God reigns su - preme,
3. Let cour-age be our friend, let wis-don be our guide,
4. Come sing, O church, in joy! Come join, O church, in song!

For Christ the Lord has led us through the a - ges long!
em - power-ing us to catch the vi - sion, dream the dream!
as we in mis-sion mag - ni - fy the Cru - ci - fied!
For Christ the Lord has tri-umphed o'er the a - ges long!

In bold ac - cord, come cel-e-brate the jour-ney now and praise the Lord!

Words: Brian Dill (1949-) Music: John Darwall (1731-1789)

Words: copyright © Brian Dill, 1989 Music: public domain CCLI# 4440603

Oh come, oh come, Emmanuel

1. Oh come, oh come, Em-man - u - el, and ran-som cap-tive
 2. Oh come, oh come, thou Lord of might, who to thy tribes on
 3. Oh come, thou Wis-dom from on high, and or - der all things
 4. Oh come, thou Branch of Jes - se, free thine own from Sa - tan's
 5. Oh come, thou Key of Da - vid, come and o - pen wide our

Em Bm G Am Em D Bm C

Is - ra - el, that mourns in low - ly ex - ile here,
 Si - nai's height, in an - cient times didst give the law
 far and nigh; to us the path of knowl - edge show,
 tyr - an - ny; from depths of hell thy peo - ple save,
 heaven - ly home; make safe the way that leads on high

Am Bm Em Am Em Bm

6. Oh come, thou Dayspring, come and cheer
 our spirits by thine advent here;
 disperse the gloomy clouds of night,
 and death's dark shadows put to flight. Rejoice!...
7. Oh come, desire of nations, bind
 all peoples in one heart, one mind;
 bid envy, strife and discord cease,
 and be thyself our source of peace.
 Rejoice!...

Words: Latin, 13th century; translation, John Mason Neale (1818-1866); French, H. Écuyer
 Music: Gregorian plainsong; arrangement, Healey Willan (1880-1968)

Words: public domain Music: arrangement, copyright © Michael Willan, executor of the estate of Healey Willan

Refrain

un - til the Son of God ap - pear.
 in cloud and maj - es - ty and awe.
 and cause us in her ways to go. Re-joice, re-joice!
 and give them vic-tory o'er the grave.
 and close the path to mis - er - y.

Em D G Am Em G D Em Bm

Em-man - u - el shall come to thee, O Is - ra - el.

G Am D Em G/B Em Am Bm Em

1. Oh! viens bientôt, Emmanuel,
 nous délivrer du joug cruel,
 et du péché briser la loi;
 ton peuple entier s'attend à toi.
 Joyeux, levez les yeux au ciel,
 voici venir Emmanuel!

2. Oh! viens bientôt, que ta clarté
 dissipe nos obscurités.
 Errants et tristes dans la nuit,
 nous appelons le jour qui luit.
 Joyeux, levez les yeux au ciel,
 voici venir Emmanuel!

3. Oh! viens bientôt, descends vers nous,
 Saint Fils du ciel, aimant et doux.
 Aux cœurs troublés apporte donc
 la paix divine du pardon.
 Joyeux, levez les yeux au ciel,
 voici venir Emmanuel!

4. Oh! viens bientôt, puissant Sauveur,
 nous réveiller de nos langueurs!
 Il n'est que toi, céleste Pain,
 qui puisse apaiser notre faim.
 Joyeux, levez les yeux au ciel,
 voici venir Emmanuel!

O for a Closer Walk with God 739

1 O for a clos - er walk with God, a
2 Re - turn, O ho - ly Dove, re - turn, sweet
3 The dear - est i - dol I have known, what -
4 So shall my walk be close with God, calm

calm and heaven - ly frame, a light to shine up -
mes - sen - ger of rest! I hate the sins that
e'er that i - dol be, help me to tear it
and se - rene my frame; so pur - er light shall

on the road that leads me to the Lamb!
made thee mourn and drove thee from my breast.
from thy throne, and wor - ship on - ly thee.
mark the road that leads me to the Lamb.

Merely longing for a restored relationship with God is not enough; real repentance requires amendment of life (stanza 3). The similarity of stanzas 1 and 4 suggests both continuity and improvement. This tune was one of the new common tunes in the Scottish Psalter of 1635.

TEXT: William Cowper, 1769

MUSIC: Scottish Psalter, 1635; harm. *The English Hymnal*, 1906, alt.

CAITHNESS
CM

Aaronic Blessing

The Lord bless you and keep - you; the Lord make his face to
shine up - on you, and be gra - cious - un - to you: the
Lord lift up his coun - te - nance up - on you and give you - peace.

Music Lowell Mason (1792-1872)

The Lord bless you and keep you;
the Lord make his face to shine upon you,
and be gracious unto you;
the Lord lift up his countenance upon you
and give you peace.

Numbers 6: 24

We will take what you offer

Here is a livelier chant than the last one, but which serves the same purpose.

The eucharist is many-faceted. Sometimes the solemnity of the occasion as the memorial of Christ's death may be foremost. On other occasions it may be the sense of fellowship with Jesus in the midst, or the way in which the sacrament offers a foretaste and preview of the heavenly banquet.

Where the more celebratory side of the eucharist is prominent, this chant is suitable.

Alternatively, by changing the word 'fed' to 'led' in the last line, it may be a lively recessional. And—as with most of these songs—it has been and can be sung by an assembly in parts and without music.

We will take what you offer,
we will live by your word;
we will love one another
and be fed by you, Lord.

Words & music: John L. Bell

brightly



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Words & music © 1998 WGRG, Iona Community, Glasgow G51 3UU, Scotland

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