

Chalmers and Sydenham Street
United Churches of Canada
Sharing Worship



2ND SUNDAY IN LENT
"SOUL WORK:
SLOWING DOWN – PRACTISING BALANCE"

10:30 am MARCH 17, 2019

The Rev. Barry King INTENTIONAL INTERIM MINISTER

Email: barry.king@chalmers-sydenhamstreet.com

Minister at Sydenham Street: 613-542-9616 ext. 203

Hours: SSUC Wednesdays & Thursdays 9:30am - 1:30pm

Minister at Chalmers: 613-546-3263 ext. 226

Hours: CUC Mondays & Tuesdays 9:30am - 1:30pm

Church Office: 613- 546-3263 ext.222

Hours: 9:30 am - 4:30 pm, Monday - Thursday

Since time immemorial, Indigenous peoples have occupied and cared for this land. In acknowledging this land, the traditional home of the Anishinaabe and Haudenosaunee, we seek to rebuild right relations with First Nations, Metis and Inuit peoples, to learn from them, and to live on this land with respect and gratitude for its bounty.

FOR YOUR INFORMATION

March Services are at Chalmers United Church, 212 Barrie St.

April Services are at Sydenham St United Church, 82 Sydenham St.

Assists Hearing Devices and Large Print Bulletins, available from Greeters

Growing Spirits Children are invited to meet with Hope Yen and Lynn Freeman for Christian stories and activities. Please meet in Clergy St. foyer when prompted.

Washrooms are located in the Clergy St. foyer.

Song Books *VU Voices United* *MV More Voices*

Ringers Off on electronic devices. Thank you.

Prayers of the People Prayer requests for persons ill (with permission) and for global, national and local concerns may be left at the Prayer Desk at the south back wall of the sanctuary. These will be brought to the Communion Table with the Offering and will be included in the Prayers.

CHURCHES

Chalmers United Church is a community of God's people who embrace Christian tradition and encourage new ideas. We gather to: Celebrate God's love; Search and be challenged; Nurture and be nurtured. We seek to: Welcome all who come; engage all ages in Ministry; be guided by faith in daily life; and be a compassionate, hopeful presence in the world. We are not alone. Thanks be to God. (1997)

212 Barrie St. Kingston ON K7L 3K3 p 613-546-3263 f 613-546-3340

e <office@chalmersunitedchurch.com> <Facebook.com/chalmersunited>

Web <www.chalmersunitedchurch.com>

Rentals/room bookings 613-546-3263 x 222

Live Online when at the 212 Barrie St. Chalmers location. 10:30 am Sundays

<www.chalmersunitedchurch.com>

Sydenham Street United Church as an Affirming Congregation seeks to be a vital faith community within The United Church of Canada engaged in spirituality, justice and creativity, informed by Jesus Christ and the Bible, and discerning the call of the Trinity as we celebrate diversity, inclusivity and abundant life.

82 Sydenham St. Kingston ON K7L 3H4

p 613-546-3263 x 221 **Rentals/room bookings** 613-542-9616 x 201

e sydenham@kos.net f 613-542-8784 **Web** <www.sydenhamstreet.ca>

Facebook.com/Sydenham-Street-United-Church

OFFICE HOURS

Chalmers and Sydenham St Church House Offices:

Monday to Thursday 9:30 am to 4 pm

The Spire/SSUC Office: Monday to Friday 9 am to noon

For bulletin materials please use: <bulletin@chalmers-sydenhamstreet.com>

Please send announcements by end of day Monday, or late editions by end of day Tuesday for inclusion the following Sunday.

**"Those doing soul work, who want the searing truth
more than solace or applause know each other right away.
Those who want something else turn
and take a seat in another room.
Soul-makers find each other's company."**

- Rumi

LENTEN THEME: "SPACE FOR THE SPIRIT"

During the season of Lent, we will be working with the theme of "Space for the Spirit". We will make use of a Tibetan singing bowl struck once with a padded mallet, inviting us to enter into a time of silence (2 minutes), where we intentionally make space for the Spirit, Divine energy, the Ruah (breath of God), into our lives, as we journey through this season.

☞☞ *indicates you are invited to rise in body and spirit as you are able*

Bold Text *indicates the parts that everyone reads together*

GATHERING IN COMMUNITY

PRELUDE

Fantasia, Meine Seele, laß es gehen - W. H. Pachelbel

WELCOME AND ANNOUNCEMENTS

ACKNOWLEDGEMENT OF THE LAND

INTROIT

Tree of Life and Awesome Mystery

VU 121, verse 1

GATHERING IN COMMUNITY

There is a time for everything in creation:
a time for light and a time for darkness,
a time for sound and a time for silence,
a time for action and a time for reflection,
a time for others and a time for oneself.
But all these times are the Creator's time
and now is the time to be aware.

☞☞ **VU 374** *Come and Find the Quiet Centre*

ENQUIRY QUESTION FOR TODAY

– WHAT 'SOUL' WORK DO YOU NEED TO DO?

SPACE FOR THE SPIRIT

When you hear the sound of the Tibetan singing bowl being struck, you are invited to enter into a time of silence (2 minutes), to make space for the Spirit in your life. Taking deep breaths "in and out" – you open all of your senses to the Spirit of life that pulses throughout the cosmic universe.

MV 85 *Take, O Take Me as I Am (x2)*

**Take, O take me as I am; sum-mon up what I shall be;
set your seal up-on my heart and live in me.**

Children may leave for their programs.

A WORLD ENGAGED WITH GOD

A PRAYER FOR ILLUMINATION

We open now to Sacred Mystery, to the Holy One,
infinitely greater than words can express,
whose love for us and all creation
exceeds our capacity to imagine. Amen.

Proverbs 11: 1-3

Jack Soule

Matthew 11: 28-30

Hear what the Spirit is saying to the church.
Thanks be to God.

ANTHEM

Cantique de Jean Racine - Gabriel Fauré

POEM

Beehive Huts

by Anne MacDermaid

SERMON

"SOUL WORK: SLOWING DOWN – PRACTISING BALANCE"

Rev. Barry King

☞ MV 144 *Like a Healing Stream*

COMMITTING TO THE FUTURE

OFFERTORY

Interlude in D minor (Op. 15, No. 1) - Gustav Merkel

PRESENTATION OF OUR GIFTS

☞ VU 82 *A Light Is Gleaming, (refrain only)*

PRAYERS OF THE PEOPLE & THE LORD'S PRAYER

VU pg. 916 *The Prayer of Jesus*

☞ VU pg. 808 *On Eagle's Wings*

SUNG BLESSING AND SENDING FORTH

☞ VU 214 *May God's Sheltering Wings*

POSTLUDE

Postludium in G minor - Matthias van den Gheyn

TALENTS SHARED, THANK YOU TO

Minister Rev. Barry King
Greeters Charmaine Puszkas, Jack Soule
Hospitality Mary-Stewart Ross and Hassen Butler
Counter Marilyn Boston
Sound Tech Dan Bergeron, Olivia O'Driscoll

NOTE: Rev. Barry King will be away on a week's vacation March 18-25 inclusive. Worship will be conducted by Juliet Huntly and Ian Malcolm. Those with Emergency Pastoral Care Concerns for both Chalmers and Sydenham St churches, may contact Marylil Megginson at 613-544-9420, <marylil@kos.net> for assistance during the time Rev. King is away.

TODAY

- **NOTE: *Embracing the Spirit*:** If you are interested in following and seeing what is happening across the country in different faith communities and how different models of ministry are being launched....I encourage you to subscribe to the Embracing The Spirit Newsletter that I receive each month. There is lots of excitement and hope for our future in new ways. – Rev. King
- **The Benevolent Fund Program** is in need of shampoos, conditioner, small bags of laundry soap, toothbrushes, tooth paste that are shared on Tuesday mornings. The Blessing Box (a cupboard outside church house that reads: "Give what you can, take what you need" could use some foods such as pasta, porridge, Kraft dinners – any foods that won't explode if they freeze as well as few hats and mitts. Thank you.
- **Chalmers' Stamp Program: We are in need of more cancelled stamps,** as we are planning some new mailings. Please save your cancelled actual stamps (not from a metered machine) from home or business mail. Just the corner of the envelope. Please drop them off at the Church Office. (Use mail slot if the Office is closed). Thank you.
- **9 am: Lenten Adult Education Study Group** will be offered at Chalmers United Church, on Sunday mornings in the upstairs North Room. We will be using as our guide Marcus J. Borg's *The Heart of Christianity: Rediscovering a Life of Faith*. All are welcome and those interested are asked to contact Grace McBride via email <grace-mcbride@live.com> and she will be glad to speak with you and take a pre-paid order for the book or you can order it yourself through Amazon www.amazon.ca and choose the preferred format. - CDN currency \$10.99 Kindle edition or \$15.71 paperback. (*Note: Please bring indoor shoes or slippers to wear upstairs. Thank you.*)
- **7 pm: Sunday Evening services of Music and Reflection continue every week in Chalmers' sanctuary.** For info please contact Mary-Stewart Ross 613-384-0952 or <marystewartross@gmail.com> or Grace McBride <grace-mcbride@live.com>.

COMING UP

Tuesday, March 19

- **2:30 pm:** The Pastoral Care Meeting in Church House. Everyone interested in Pastoral Care is welcome to attend. A Keep in Touch coordinator is needed. Interested? call Mike Hartlin at 613-542-5883.

Wednesday, March 20

- **4:30 – 6:30 pm: Please join us for conversation with Rev. Rodney Smith-Merkley,** hosted by the CUC/SSUC Truth and Reconciliation Group in MacCallum Hall. Rodney was recently appointed as Minister for Respectful Relationship and Indigenous Justice for the new East Central Ontario Regional Council of the United Church of Canada. He is also the Minister for the Buckhorn Pastoral Charge, consisting of Wesley United Church in Buckhorn and the United Church congregation in the Curve Lake First Nation. Soup and snacks will be available following the program for those who wish to stay for refreshments and

further conversation. For further information or to RSVP for the event, please contact Lynn Freeman lafreeman16@gmail.com or Rosemary MacLachlan mmaclachlan@cogeco.ca.

- **7 pm: Mindfulness Meditation** is being offered upstairs in the **Round Room** at Chalmers United. There is no cost and everyone who would like to learn mindfulness as a practice or who wishes to enhance their practice is welcome to attend. The leaders will be Danielle Brisban MSW, RSW and Grace McBride M. Div., MSW, RSW, both Danielle and Grace have experience teaching mindfulness and the effects it has on dealing with the stresses of life. If you have any questions, please email <grace-mcbride@live.com>. (Note: Please bring indoor shoes or slippers to wear upstairs. Thank you.)

Thursday, March 21

- **12 pm: Catered lunches** are served on Thursdays in MacCallum Hall. \$7 per person. Everyone is welcome. If you have not attended but would like to attend, please phone Jane MacEwen at 613-546-3905.

Wed. March 27

- **7 – 9 pm: Kingston Area United Church Gathering** at Sydenham Street United Church. *Attention Kingston & Area United Churches: In this post-presbytery period, as we all live into new ways of being The United Church, how are we going to communicate? Stay connected? Support and pray for one another? Embrace the opportunities and face the uncertainties of this time of transition? Let's get together so we can talk and tackle these challenges. Are we interested in forming a Cluster in the Kingston area and if so, what it might do?* Sharon Hull, the new staff responsible for Clusters across our Region of East Central Ontario will be with us to consult with and support us.

Ministers – working & retired; former Presbytery Reps; interested Lay Leaders and Congregants – are all invited! Hope to see you there!! For more information contact Bruce Hutchinson <hutchinb@queensu.ca> Marylil Megginson <marylil@kos.net> or Elizabeth Macdonald <emacd@kos.net>

The draft agenda is:

- Call to order – Marylil Megginson
- Worship led by – Rev Judith Evenden
- Short report from each Faith Community represented - All
- Report on Eastern Central Ontario Regional Council – Rev Elizabeth Macdonald
- Introduction of Sharon Hull, East Central Ontario Regional Council staff
- Report from Four Winds Presb. Development Corp. on recent grant program
- Table group discussions to discern interest in and potential roles for a Kingston and area cluster – Bruce Hutchinson
- Feedback from table discussions
- Do we meet again? If so, time and place and who calls the meeting?

Saturday March 30

- **9am to 12:30pm: Chalmers Congregational Forum in MacCallum Hall.** Members and adherents are invited to attend a discovery session with small group conversations facilitated by Rob Wood to discuss how we will maintain Chalmers United Church's "own distinctive character, mission and commitment."

(-Four Winds Presbytery Commission Report 2018)

Re-Imagining Places of Faith

A workshop for Eastern Ontario in Kingston ON



June 1, 2019, 9 a.m. to 4 p.m.
The Spire at Sydenham Street United Church
82 Sydenham Street, Kingston, ON

Hold the Date Workshop Notice June 1, 2019 in Kingston, ON

Places of faith anchor and shape our communities. Yet many congregations are facing declining attendance and insufficient funding to maintain and operate their historic buildings. These important community assets are in a period of transition, and the Eastern Ontario area is no exception.

What is their future? How can they continue to contribute in a positive way to their communities? Whether it is to keep their doors open through collaborations to generate new revenue streams, making strategic real estate decisions, or meeting community needs under a new ownership structure, the future of these places depends on urgent collaboration among faith group leaders, community organizations, elected officials, the heritage and business communities, universities and more.

Join us at this unique event where local faith groups, heritage and community organizations will share their experience, concerns and creative solutions to the challenges confronting places of faith in - *Eastern Ontario* in an interactive and engaging format.

To register online, visit <https://www.eventbrite.ca/e/re-imagining-places-of-faith-tickets-57529514326>
For those who wish to register by mail or in person, a form will be included in our next communication

Cost: \$25.00 per person Lunch and refreshments will be provided.

For more information: Contact Penny Sharman PSharman@cogeco.ca 613-766-2599

Workshop organized by Frontenac Heritage Foundation in cooperation with an ecumenical team and with the assistance of The National Trust and Faith & the Common Good.

Worshipping Sundays Together
at Chalmers United in March
at Sydenham Street United in April

Flowers in the Sanctuary are in loving memory of

Harry Malcolm Stewart, Dec. 7, 1933 – June 16, 2017 and

Tracy Victoria (Stewart) Brake Dec. 28, 1968 – Feb. 27, 2004.

