

CHALMERS AND SYDENHAM STREET
UNITED CHURCHES OF CANADA
SHARING WORSHIP



4TH SUNDAY IN LENT
"CONTEMPLATIVE PRAYER"
An Ancient Practice for Our Time

10:30 am March 31, 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, Mon. – Thurs.

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.

"Only when the mind is *"in the heart"*, grounded and tethered in that deeper wellspring of spiritual awareness, is it possible to live the teachings of Jesus without hypocrisy or burnout. The gospel requires a radical openness and compassion that are beyond the capacity of the anxious, fear-ridden ego."

-From *Centering Prayer and Inner Awakening* – Cynthia Bourgeault

LENTEN THEME: "SPACE FOR THE SPIRIT"

During the season of Lent, we are working with the theme of "Space for the Spirit". We 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

Rondeau & Bourrée, *Suite in B-Minor* - J.S. Bach arr. Er'ella Talmi

WELCOME AND ANNOUNCEMENTS

ACKNOWLEDGEMENT OF THE LAND

INTROIT

Tree of Life and Awesome Mystery VU 121, verse 4

GATHERING IN COMMUNITY

**Holy One, how long, how long until we realize that it is love
which sets the stars in place and binds the planets in their orbits?**

God of mystery, how long until we realize that we are here,
not to increase net worth, but to awaken to our own intrinsic value
as Love's sons and daughters.

**Holy One, you the hidden heart of the cosmos,
when we turn our attention to the affairs of the heart,
there we find you, smiling, from everywhere and everyone,
joyous to know that another lost soul has been found.**

☞ **MV 79** *Spirit, Open My Heart*

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* (2x)

**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.

Matthew 6: 5-8; Cyprian, First Epistle (3rd Century)

Faye Irving

Hear what the Spirit is saying to the church.

Thanks be to God.

ANTHEM

Jesus, Your Boundless Love - Mark Sirett

REFLECTION

"CONTEMPLATIVE PRAYER"
(An Ancient Practice for Our Time)

Rev. Barry King

Silent Prayer

*As the deer longs for the streams of water,
my soul longs for you, O God.*

*My being thirsts for God,
the living God.*

When can I go and see the face of God?

From Psalm 42 (43)

seated **MV 146** *The Kingdom of God (4x)*

COMMITTING TO THE FUTURE

OFFERTORY

Sarabande, Suite in B-Minor, - J.S. Bach

arr. Er'ella Talmi

PRESENTATION OF OUR GIFTS

seated **VU 632**

O Blessed Spring

verse 4

PRAYERS OF THE PEOPLE & THE LORD'S PRAYER

☞ **MV 161** *I Have Called You by Your Name*

SUNG BLESSING AND SENDING FORTH

☞ **VU 214** *May God's Sheltering Wings*

POSTLUDE

Badinerie, Suite in B-Minor - J.S. Bach

arr. Er'ella Talmi

TALENTS SHARED, THANK YOU TO

Minister	Rev. Barry King
Greeters	TBA
Hospitality	Juliet Huntly & Michael Cooke
Counter	Barb Laidlaw
Sound Techs	Brigitta Holzschuh, Monika Holzschuh
Flute Choir Members	Bill Egnatoff, Heather Faris, Karina Gerhardt-Strachan, Katie Legere, Susan Lew, Heidi Picken, Julia du Prey, Danniella Waller

Flowers in the Sanctuary are in loving memory of
Bob Gordon
from Juliet Milsome, Chris Gordon and Sian Gordon.



TODAY

- **9 am: Lenten Adult Education Study Group** is being offered at Chalmers United Church, on Sunday mornings in the upstairs Round Room. We will be using Marcus J. Borg's *The Heart of Christianity: Rediscovering a Life of Faith* as our guide. 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. There will be NO Lenten Study on Easter April 21. (*Note: Please bring indoor shoes or slippers to wear upstairs. Thank you.*)
- **5 pm: Student Supper** will take place at Chalmers in MacCallum Hall.
- **7 pm: SSUC Movie Night and Coffee:** All are welcome to join the small group! We will meet at the Screening Room for either of the movies that start about 7 p.m. Check the newspaper or the Screening Room website for exact start times. After the movies, we'll gather for refreshments and conversation at Chez Piggy's. Our regular movie night is the last Sunday of the month. Contact Barb Carr for more information. 613-544-4081 <barbecarr@hotmail.com> All welcome.
- **7 pm: Sunday Evening services of Music and Reflection continue every week in Chalmers' sanctuary.** These Sunday Evening Services will change to a 2nd Study Group of Marcus Borg's *The Heart of Christianity*. We will continue to have scripture, prayer and music, but it will be aligned with the book study. For more information, please contact Grace McBride at <grace-mcbride@live.com> or Mary-Stewart Ross at <marystewartross@gmail.com>

ANNOUNCEMENTS

- **Celebration Time!!!** Inviting any SSUC and CUC folks interested in joining our planning group to put in place activities to celebrate SSUC being an Affirming Ministry for 20 years!!! We are excited about this special occasion and invite friends to help with the celebration. Please contact Linda Hutchinson <hutchinl@kingston.net> or 613-542-7645
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- **Thank you** to the Outreach Committee and to individuals from CUC and SSUC who contributed to the Mission Awareness Trip to El Salvador taken by Margaret Moncrieff, Douglas Brodie and David Melhorn-Boe, along with 33 other pilgrims from the United Church. The visit with our Mission and Service Partner, Iglesia Bautista Emmanuel, was transformative as we worshipped together, worked together and experienced the gospel in action in a country where violence, fear and oppression are daily realities for its people. As a group, we raised over \$18,000 that was used to buy computers to be used in Colegio Bautista Emmanuel, which follows a curriculum of peace-making, in Cal Pepil, an arts school supported by the church to service youth in a very violent area of the city, and two computers for use in the church itself. We brought nine large suitcases filled with medication, hygiene supplies and school supplies that were given to the church for giving to people in need. Thank you for your prayers, your support and your contributions! Sincerely, Margaret, David and Douglas
 - **The Chalmers' Benevolent Fund Program** is in need of shampoos, conditioner, small bags of laundry soap, toothbrushes and toothpaste 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 also use some foods such as pasta, porridge, Kraft dinners – any foods that won't explode if they freeze. **Thank you** to those people who have anonymously been dropping off parcels of items.
 - **Chalmers' Stamp Program: We are in need of more cancelled stamps.** Please save your cancelled actual stamps (not machine stamps) from home or business mail; just the corner of the envelope. Please drop them off at the Church Office through the mail slot anytime. Thank you.

COMING UP

Wednesday, April 3

- **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 are 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>. There will NOT be a Mindfulness Meditation Session on April 17th. (Note: Please bring indoor shoes or slippers to wear upstairs. Thank you.)
- **7 pm: What is love? – a story night coming to Kingston: An event supported by the EDGE Network of the United Church of Canada**, at Sydenham St. United. Do you see God's love in everyday places? What is God up to in your community? Come for an evening of stories celebrating love, and stories exploring Jesus. This event is open to anyone, so bring your family, your friends, your neighbours and your congregation! Are you a musician, a poet, a story teller, a spiritual entrepreneur? If you have a story you wish to share please reach out by email <lori@edge-ucc.ca>, to be connected with one of the event organizers. To register use link:
<https://www.eventbrite.ca/e/what-is-love-a-story-night-tour-tickets-54607990971>

Thursday, April 4

- **12 pm: Catered lunches** which include a hot entrée, salad, dessert and tea and coffee are served every 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.

Friday, April 5

- **5:30 pm: Spaghetti Dinner Fundraiser** in MacCallum Hall



Spring Spaghetti Supper
Friday, April 5
5:30-6:30 pm in MacCallum Hall
Regular & Vegetarian
with Caesar Salad and
Garlic Bread plus an
assortment of homemade
desserts!
Come out, enjoy and
support this
Fundraiser for
a church
countertop dishwasher
and kitchen upgrade.
Pay at the door,
\$15 & \$10 for children.

Tuesday, April 9

- **11:30 am: Two Church Lunch and Learn Group:** The next meeting will be at the Best Western Bistro Stefan Restaurant, 1217 Princess St. Our speaker will be Col. Kirk Gallinger, Base Commander, C.F.B. Kingston. The title of his talk is *Canadian Forces Base Kingston: A City within a City*. Everyone from Sydenham St. U.C. and Chalmers U.C, is invited to attend. Individuals on call lists will be contacted by email. Others wishing to attend and/or to have their name added to our call list, please contact Donna Delyea at <delyead@live.com> or 343-364-1758 before *5 pm on Sunday, April 7*. The cost for the luncheon, incl. tax & gratuity, is \$22. per person (a \$20 bill plus a toonie, please).
- **7 pm: Chalmers' Co-ordinating Council of Elders (CCE)** will meet in the rear of the Chalmers' sanctuary.

Saturday, June 1

- **9 am-4 pm: Re-Imagining Places of Faith Workshop** 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. Location: The Spire, 82 Sydenham St. \$25. Contact Penny Shaman PShaman@cogeco.ca 613-766-2599. If you are interested follow the link. <https://www.eventbrite.ca/e/re-imagining-places-of-faith-tickets-57529514326>