

CHALMERS UNITED CHURCH



10:30 AM SUNDAY, MAY 5, 2024

DR. ANJA TROJE

“LIFE ON THE SEESAW”

MENTAL HEALTH SUNDAY

COVID PRECAUTIONS

1. Self-screening guidelines: If you have Covid symptoms or are isolating due to close contact, you should not attend in person. Services are also live-streamed.
2. Masking is encouraged but no longer mandatory.
Many will still choose to remain masked for their own or for others' safety. We welcome this choice and urge everyone to respect individuals' choices - each according to their own personal situation.
3. Social distancing is encouraged in the sanctuary and MacCallum Hall.

Bold Text indicates the parts that everyone reads together.

WE GATHER TO WORSHIP

PRELUDE

Pianist: Yuki Langelier

Air from Holberg Suite - E. Grieg

WORDS OF WELCOME AND ANNOUNCEMENTS

ACKNOWLEDGEMENT OF THE LAND

The lands on which we are gathering today are the traditional territories of the Anishinaabe and Haudenosaunee Peoples. We acknowledge their enduring presence on this land, as well as the presence of the Huron-Wendat, Metis, Inuit and other First Nations from across Turtle Island. We deeply respect the many generations of people who have cared for this land and whose spiritualities, teachings and ways of knowing are closely tied to it. We seek to build right relations with these Peoples, to learn from them and to live together on this land with respect and gratitude.

LIGHTING OF THE CHRIST CANDLE

One: We light this candle to remind us that Christ is the light of the world and present in our midst.

All: **May the life and words of Jesus enlighten us on our way.**

HYMN VU 956 *Your Word is a Lamp to My Feet*

Your word is a lamp to my feet
and light unto my path.

Words: © Eleanor Daly

Music: © 1988 Harold Flamer, Inc

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CENTERING PRAYER

One: God of mercy and love, as we gather for worship now, let us feel your presence. Help us to become aware of the presence of every person here this morning and how we become a community that is filled by your spirit and inspired by your love. Let us speak together the verses of Psalm 36: 7-9:

All: **How priceless is your unfailing love, O God!
People take refuge in the shadow of your wings.
They feast on the abundance of your house;
you give them drink from your river of delights.
For with you is the fountain of life;
in your light we see light.**

HYMN VU 619 *Healer of our Every Ill*

Refrain:

**Healer of our every ill,
light of each tomorrow,
give us peace beyond our fear,
and hope beyond our sorrow.**

1 You who know our fears and sadness,
grace us with your peace and gladness;
Spirit of all comfort, fill our hearts. **R**

2 In the pain and joy beholding
how your grace is still unfolding,
give us all your vision, God of love. **R**

3 Give us strength to love each other,
every sister, every brother;
Spirit of all kindness, be our guide. **R**

4 You who know each thought and feeling,
teach us all your way of healing;
Spirit of compassion, fill each heart. **R**

Words and Music: Marty Haugen 1987.
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A WORLD ENGAGED WITH GOD

A PRAYER FOR ILLUMINATION

All: Holy One, Sacred Mystery, greater than words can express;
whose love for us and all creation exceeds our capacity to imagine,
open our hearts and minds to hear afresh your Word to us today.
Amen.

READINGS

Luke 15: 11 – 32

Matthew 5: 43 – 48

Hear what the Spirit is saying to the Church.

Thanks be to God.

SERMON

Life on the Seesaw

Dr. Anja Troje

HYMN VU 596 *Come and Bless Us, God*

1 Come and bless us, God, save us from dissension,
that we may as one further your intention.
Never on our own, yours for ever after,
both our tears and laughter blessed by you alone.

2 Not for us to keep do you give your blessing,
talents richly given not for our possessing.
As we share our all, blessing grows and flowers,
loving grace empowers, bursting evil's thrall.

3 Peace you granted once, peace again must flourish;
as you promised us, as the earth we nourish.
Help us stand the test! Those who sow with weeping,
when it's time for reaping, will find peace and rest.

4 Come and bless us, God, save us from dissension,
that we may as one further your intention.
Never on our own, yours for ever after,
both our tears and laughter blessed by you alone.

Words: Dieter Trautwein 1979, trans. Len Lythgoe 1995

Music: Dieter Trautwein 1979, arr. Darryl Nixon 1987

Words and Music: © Burckhardthaus-Laetare Verlag GmbH, Offenbach
trans. © 1995 Len Lythgoe, arr. © 1987 *Songs for a Gospel People*

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COMMITTING TO THE FUTURE

OFFERING ANNOUNCEMENT AND OFFERTORY DEDICATION

DOXOLOGY

HYMN VU 540 *Grant Us, God, the Grace of Giving*

Grant us, God, the grace of giving,
with a spirit large and free,
that ourselves and all our living
we may offer faithfully.

Words: anonymous Music: attrib. Christian F. Witt, Psalmodia Sacra 1715,
adapt. Henry John Gauntlett 1861

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PASTORAL PRAYER

THE LORD'S PRAYER

Peter M Parr, 2020

<https://www.thingstoremember.org.uk/blog/the-lords-prayer-an-alternative-version>

**Our Father,
Perfect Love,
We turn again to You.
Guide us;
help us to love,
so that Your Will be done
on earth as in heaven.
Give us this day
that which we need.
Fill us with hope and trust.
Help us to forgive
our brothers and sisters
(and ourselves as well)
and to look on them
as you look on us.
Give us strength to resist temptation.
When we are tempted, let us choose peace.
Deliver us from our fears.
For what You love is safe.
And Your love remains
forever and always.
Amen.**

HYMN VU 703 *In the Bulb There is a Flower*

1 In the bulb there is a flower,
in the seed, an apple tree,
in cocoons, a hidden promise:
butterflies will soon be free!
In the cold and snow of winter
there's a spring that waits to be,
unrevealed until its season
something God alone can see.

2 There's a song in every silence,
seeking word and melody;
there's a dawn in every darkness,
bringing hope to you and me.
From the past will come the future,
what it holds, a mystery,
unrevealed until its season
something God alone can see.

3 In our end is our beginning;
in our time, infinity;
in our doubt there is believing;
in our life, eternity.
In our death, a resurrection;
at the last, a victory.
unrevealed until its season,
something God alone can see.

Words and Music: Natalie Sleeth, 1986 © 1986 Hope Pub.
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COMMISSIONING AND BENEDICTION

CHORAL BENEDICTION

HYMN VU 964 *Go Now in Peace*

Go now in peace, go now in peace.
May the love of God surround you everywhere,
everywhere you may go.

Words and Music: Natalie Sleeth 1976 © 1976 Hinshaw Music Inc.
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POSTLUDE

Plein jeu from Suite du premier ton - Denis Bédard (1950)

THANK YOU FOR TALENTS SHARED

Speaker	Dr. Anja Troje is a German-trained physician and psychotherapist who came to Canada with her family in 2003 and joined Chalmer's shortly thereafter. She worked at Queen's Counselling Services for 15 years and is now in private practice. Anja has been enjoying singing in the Chalmer's Church Choir for several years, was a member of the Reference Team and is currently on Chalmer's Search Team for an Intentional Interim Minister.
Co-Liturgist	Monika Holzschuh
Organist	Juliet Milsome
Pianist	Yuki Langelier
Hymn Singers	Members of Chalmers Choir
Media Techs	Brigitta Holzschuh, Ahmad Spierij
Reader	David Spooner
Refreshments	David Spooner
Counter	David Yen
After the service	You are invited to share in refreshments, cupcakes and fellowship in MacCallum Hall this week to celebrate May birthdays.



To submit materials for the bulletin please use:
bulletin@chalmersunitedchurch.com and Linda Steinberg
hpsep14@gmail.com.

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

**At 10:30 join us in person at Chalmers or watch
live-streamed** on Chalmers' YouTube channel. The service will
also be posted later to the same channel.

<https://www.youtube.com/channel/UCUgl1tZaiRji18sFwj2P2Q>

The link for Chalmers YouTube channel can also be
found on the home page of the Chalmers website
www.chalmersunitedchurch.org

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Flowers in the Sanctuary are in memory of
my parents

John and Catherine Manning

Love always, their daughter Margot

