

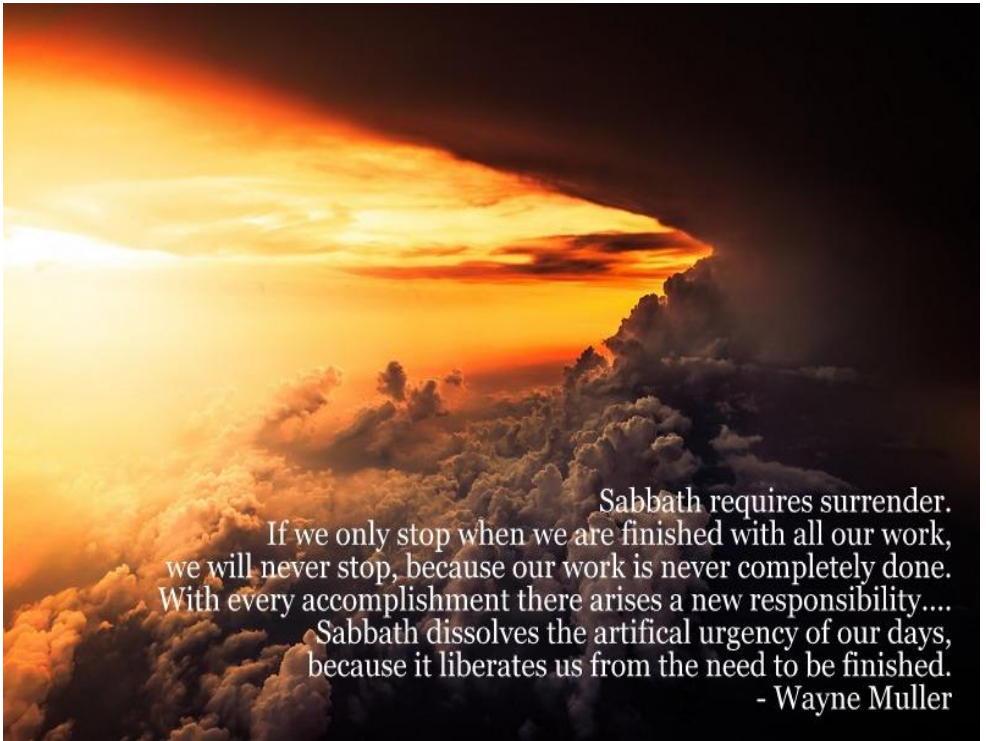


An Affirming Congregation of The United Church of Canada

2024 July 21

Sacrament of Communion

Pentecost 10



Sabbath requires surrender.
If we only stop when we are finished with all our work,
we will never stop, because our work is never completely done.
With every accomplishment there arises a new responsibility....
Sabbath dissolves the artificial urgency of our days,
because it liberates us from the need to be finished.
- Wayne Muller

Welcome and Inclusion

We open our hearts and our church family to all people in our community regardless of economic circumstances, sexual orientation, age, gender identity, differing abilities, or ethnicity. Many people's lives continue to be devastated by hatred, prejudice, and inequality, therefore we stand with those who are adversely affected by injustice, alienation and oppression.

Welcome to Robertson-Wesley

Please know that in the eyes of God you already belong here and you are welcome to participate in any of the activities of the community of faith.

We acknowledge that the land on which we gather is Treaty 6 territory, a traditional meeting ground for Indigenous peoples. We acknowledge the Métis Nation of Alberta, Region 4.

ACCESSIBILITY

There is an elevator located inside the building with the glass door entrance. Access ramps can be found: inside leading from the lobby to the sanctuary and outside at the rear of the building, leading from the parking lot.

There are accessible washrooms on each floor located near the elevator.



For hearing assistance download the Listen Everywhere app on your cell phone and connect to the R-W network by scanning this QR code. Please bring your own headphones to listen on.

Classic hearing assists headsets are available from the ushers.

Large print worship bulletins, and hymn books are available from the ushers.

Service animals are welcome, except where food is prepared.

We commit to make R-W a comfortable space for people with cognitive impairment. If you require accommodations please contact the office.

There is a sensory-friendly worship space in the Club Room every Sunday, the service is live streamed into the room with reduced lighting and volume.

BABY/ CHILDREN'S AMENITIES

People can breastfeed anywhere in the building, should you want more privacy there is designated nursing space in the Millson room, located by the grand piano. Baby changing tables are installed in all washrooms. If you wish to use it, a children's activity centre is set up in the Chapel. There are also activity books available for children. Please ask an usher.

INFORMATION

The ushers located at the entrances are here to help should you have any questions. More information about the church and church activities can be found in the pamphlet racks outside Memorial Hall.

PERSONAL BELONGINGS

Please do not leave valuables unattended anywhere in the church.



10209 123 St, Edmonton T5N 1N3 780-482-1587
mail@rwuc.org www.rwuc.org

Friends in Christ

Announcements at 10:15 AM

Prelude: *In Christ There Is No East or West*, Trad. Spiritual arr. by Gilbert Martin
Dr. Allan Bevan, organ

Embracing Our Spirit

Call to Worship:

Let us keep space for the Holy Presence.

Let us still ourselves and quiet our minds. We are called to hold Sabbath on this day.

The Spirit moves in and through us in divine tranquillity and peace.

In the name of Jesus Christ, let us rest, worship, and pray together.

May God fill us with light, forgiveness, peace and an enveloping love as we worship.¹

Hymn: *Know That God Is Good*

More Voices 104

**Know that God is good,
Know that God is good,
Know that God is good,
God is good, God is good. (3x)**

Coming into God's Presence

Rev. Karen Bridges

Prayer of Longing:

Our hearts long to feel your presence, to sense you near, O God. Draw us closer to you, day by day. Our spirits long for your touch, O God. Lead us, guide us, direct our paths that our words and actions may be a reflection of your unending love. Loving God, when we rush, slow us down, so we may listen and experience you in a soothing touch and the whisper of your Spirit. When fear grips our hearts or slows our feet, be the quiet voice of courage in our spirit.

Draw closer to us when we feel so alone in our grief, our despair, our pain, and our struggles. We long for your love and your warmth, for you are our God, our Creator and our hope. For this we give thanks, through Christ as we pray. Amen.²

Words of Assurance:

Know this: our God is faithful in all things. God's faithfulness guides us through our doubts. God's trustworthiness holds us in our fears. Let us trust the love of our God to be with us now and always. Thanks be to God.³

¹ Written by Jani Francis, **Gathering**, Pentecost 1, 2022, p. 36. Used with permission.

² Written by Della DeMoss, **Gathering**, Pentecost 1, 2022, p. 44. Used with permission.

³ Written by Frances Flook, **Gathering**, Pentecost 1, 2022, p. 45. Used with permission.

Hymn: *Jesus, You Have Come to the Lakeshore*

Voices United 563

**Jesus, you have come to the lakeshore
looking neither for wealthy nor wise ones;
you only asked me to follow humbly.**

**O Jesus, with your eyes you have searched me,
and while smiling have spoken my name;
now my boat's left on the shoreline behind me;
by your side I will seek other seas.**

**You know so well my possessions;
my boat carries no gold or weapons;
you will find there my nets and labour.**

**O Jesus, with your eyes you have searched me,
and while smiling have spoken my name;
now my boat's left on the shoreline behind me;
by your side I will seek other seas.**

**You need my hands, full of caring
through my labours to give others rest,
and constant love that keeps on loving.**

**O Jesus, with your eyes you have searched me,
and while smiling have spoken my name;
now my boat's left on the shoreline behind me;
by your side I will seek other seas.**

**You, who have fished other oceans,
ever longed for by souls who are waiting,
my loving friend, as thus you call me.**

**O Jesus, with your eyes you have searched me,
and while smiling have spoken my name;
now my boat's left on the shoreline behind me;
by your side I will seek other seas.**

Prayer of Illumination:

God of Grace, as we receive these words - words inspired by you - may we discover your urgings, may they stir our thoughts, may we be empowered to grow, and may we act in ways that reveal who you are to all who would notice. Amen.⁴

Scriptures:

Mark 6:30-34, 45-56 • Jesus walks on water and heals

Charles Sabu

⁴ Written by Sheryl McLeod, **Gathering**, Pentecost 1 2019, p. 47. Used with permission.

The apostles gathered around Jesus, and told him all that they had done and taught. Jesus said to them, “Come away to a deserted place all by yourselves and rest a while.” For many were coming and going, and they had no leisure even to eat. And they went away in the boat to a deserted place by themselves. Now many saw them going and recognized them, and they hurried there on foot from all the towns and arrived ahead of them. As Jesus went ashore, he saw a great crowd; and he had compassion for them, because they were like sheep without a shepherd; and he began to teach them many things. Immediately he made his disciples get into the boat and go on ahead to the other side, to Bethsaida, while he dismissed the crowd. After saying farewell to them, he went up on the mountain to pray. When evening came, the boat was out on the sea, and Jesus was alone on the land. When he saw that they were straining at the oars against an adverse wind, Jesus came towards them early in the morning, walking on the sea. He intended to pass them by. But when the disciples saw Jesus walking on the sea, they thought it was a ghost and cried out; for they all saw him and were terrified. But immediately Jesus spoke to them and said, “Take heart, it is I; do not be afraid.” Then Jesus got into the boat with them and the wind ceased. And they were utterly astounded, for they did not understand about the loaves, but their hearts were hardened. When they had crossed over, they came to land at Gennesaret and moored the boat. When they got out of the boat, people at once recognized him, and rushed about that whole region and began to bring the sick on mats to wherever they heard he was. And wherever he went, into villages or cities or farms, they laid the sick in the marketplaces, and begged Jesus that they might touch even the fringe of his cloak; and all who touched it were healed.

Loving God,

**We listened; we received insight; we will act on what we heard.
Amen.**

Musical Reflection: *Sarabande from French Suite #1*, by J. S. Bach

Dr. Allan Bevan, piano

Sermon: *Ceasing our need to be busy*

Rev. Karen Bridges

Hymn: *Break Now the Bread of Life*

Voices United 501

**Break now the bread of life, Saviour, to me,
as once you broke the loaves beside the sea.
Beyond the sacred page I seek you, Lord;
my spirit waits for you, O Living Word.**

**Bless your own truth, dear Christ, to me, to me,
as when you blessed the bread by Galilee;
then shall all bondage cease, all fetters fall,
and I shall find my peace, my all-in-all.**

Grateful Response

Pastoral Prayers

Lord's Prayer:

Voices United p. 921

**Our Creator, who art in heaven,
hallowed be thy name.
thy kin-dom come,
thy will be done on earth as it is in heaven.
Give us this day our daily bread;
and forgive us our trespasses,
as we forgive those that trespass against us.
And lead us not into temptation,
but deliver us from evil:
For thine is the kin-dom and the power and the glory,
forever and ever. Amen.**

A Gratitude Minute

Sylvia Duffus

Offering:

Your donations today support R-W Church programs and operations, as well as outreach projects and programs in the city and around the world. You can donate by e-transfer to pay@rwuc.org, cheque, debit/credit by speaking to an usher, pre-authorized remittance, or PayPal by scanning the QR code. Tax receipts are issued at the end of the year for donations over \$20 if your name and address are provided.



Offertory: *For the Gift of Creation*

Voices United 538

**For the gift of creation, the gift of your love,
and the gift of the Spirit by which we live,
we thank you and give you the fruit of our hands.
May your grace be proclaimed by the gifts that we give.**

Offering Prayer:

**Bread of Life, you are constant nourishment for our hungry souls.
Bless these offerings, that they become sustenance for our
famished, yearning, and longing bodies, minds, and spirits. May
we, with these gifts, continue to live the story of amazing grace.
Amen.⁵**

⁵ Written by Laura Turnbull, **Gathering**, Pentecost 1 2021, p. 52. Used with permission.

Sacrament of Holy Communion

All who worship with us today, regardless of age or church membership, are invited and welcome to partake in this sacrament. For people who worship online, prepare whatever is available in your house, a cracker, bread, muffin, and juice, wine, or water. People in the sanctuary will be offered bread and grape juice. A gluten free option is available.

Because there is one bread, we who are many are one body,
for we all partake of the one bread.

In Christ, God breaks down the walls that make us strangers to ourselves, and divide us from one another.

We are the body of Christ.

At this table we bear witness to our faith.

At this table, God brings wholeness out of brokenness, and healing to our world.

Let us break bread together.⁶

The Spirit of God be with you.

And also with you.

Turn to God, the source of life.

We lift our hearts in prayer.

Let us give thanks.

We offer joyful thanks to God.

Most merciful and loving God, we come to this holy meal as people of the covenant. We seek to be more faithful; we seek to live a lifestyle that reflects respect for your teachings. Reconnect us to our biblical past; nourish us in faith and understanding. Guide us in the loving and righteous ways of Jesus, and send us into our homes, our workplaces, and our world as your faithful disciples. With all who abide in your presence and care, we lift our voices to sing:⁷

Holy, Holy, Holy:

Voices United p.942 Setting E

Holy, holy, holy, Lord, God of power and might;

holy, holy, holy, Lord, God of power and might;

Heav'n and earth are full, full of your glory.

Hosanna in the highest, hosanna in the highest.

Blessed is he who comes in the name of Lord.

Hosanna in the highest, hosanna in the highest.

Remembering Jesus at Table:

Let us remember together the vision of God's reign shown to us in Jesus at table:

he shared food with followers and friends,

with saints and sinners,

with crowds of thousands on the hillside,

⁶ Celebrate God's Presence, 14A001

⁷ Written by Cooper Wiggen and Pamela Barbour, *Celebrating Covenant; A Resource for Worship*, (St. Louis: Chalice Press, 2001), p. 79

a few friends in an upper room.

On the night before he died, he had supper with his companions.

He took a loaf of bread, and after giving thanks, he broke it, and gave it to them, saying:

“Take, eat. Do this in remembrance of me.”

Then, he took a cup, and after giving thanks, he passed it among them saying:

“Drink this. Do this in remembrance of me.”

Through this loaf and cup, Jesus lives within us.

In word and deed, Jesus lives among us.⁸

Eternal God, we unite in this covenant of faith, as we break bread and share the cup, giving thanks for your love in Jesus, the Christ. We spread your table with these gifts of the earth and of our labour. We present to you our very lives, committed to your service on behalf of all people.⁹

Therefore we proclaim the mystery of our faith:

Memorial Acclamation: *Voices United p.943 Setting E*
Christ has died. Christ is risen. Christ will come again.

We pray to you, God of Love, send your Holy Spirit upon us and what we do here, that we, and these gifts, touched by your Spirit, may be signs of life and love to each other, and to all the world.¹⁰

Through Christ, with Christ, and in Christ, in the unity of the Holy Spirit, all glory is yours, God most holy, now and forever.

Great Amen: *Voices United p.943 Setting E*
Amen, amen, amen, amen.

Sharing the Bread and the Cup (Instructions)

Meditation: *The Gift of Love (O Waly Waly)*, arr. by James Biery
Dr. Allan Bevan, organ

Prayer after Communion:

Gracious God, may your gifts of love transform and enliven us that we may live lives of thanksgiving. May your presence among us provoke such longing for your realm, that we will never be satisfied until the whole earth knows your justice, your peace, and your love. In Christ’s name, we pray. Amen.¹¹

⁸ Celebrate God’s Presence, 14D006

⁹ Celebrate God’s Presence, 14R001

¹⁰ Celebrate God’s Presence, 32Oa003

¹¹ Celebrate God’s Presence, 16V001.

Hymn: *There's a Wideness in God's Mercy*

Voices United 271

Tune: Stuttgart 444

**There's a wideness in God's mercy
like the wideness of the sea;
there's a kindness in God's justice
which is more than liberty.**

**There is no place where earth's sorrows
are more felt than up in heaven;
there is no place where earth's failings
have such gracious judgement given.**

**There is plentiful redemption
in the blood that Christ has shed;
there is joy for all the members
in the sorrows of the Head.**

**Troubled souls, why will you scatter
like a crowd of frightened sheep?
Foolish hearts, why will you wander
from a love so true and deep?**

**For the love of God is broader
than the measures of the mind,
and the heart of the Eternal
is most wonderfully kind.**

Commissioning:

Go from this place today filled with God's abundant love. Go from this place today filled with God's love in your heart.

Go now from this place and share this abundance and love with others.

Go now from this place and know that God is grateful for each and every one of you. Go from this place. Go with peace. Go with grace.

We go ready to share the abundance we have received

Thanks be to God!¹²

Postlude: *Menuet Gothique*, by Leon Boellmann

Dr. Allan Bevan, organ

Questions for Reflection:

What is it that you need to cease being about?

What can we learn from Jesus in this passage today?

¹² Written by Julie Hutton, **Gathering**, Pentecost 1 2021, p. 53. Used with permission.

R-W Report

Next Sunday

Sunday, July 28, 2024

Pentecost 11

Children and Youth: Children and Youth are invited to worship with their families in the sanctuary.

Scriptures: John 6:1-21 • Jesus feeds the multitudes and walks on water
Ephesians 3:14-21 • God accomplishes more than we can ask or imagine

Sermon: Feasting on the word of God.

Another important element of the practice of Sabbath is feasting. Sharing food together nourishes our bodies and engages our minds, hearts and spirits. Feasting together reminds us that we are part of something, and helps us feel a sense of belonging and worth. The story today reminds us that as followers of Christ we are called to live in Christ's abundance and to share that abundance with others. How would we work together differently if we were deliberate in sharing Jesus' goal of revealing God's power through each act of ministry? Ministry is about multiplying resources and pointing to Christ's abundance in response to human hunger. The act of feasting invites us to balance our actions in the world with our internal reflection on God's call. How will we feast on the word of God together?

Music: Dr. Allan Bevan, organist

WEEK AT A GLANCE

Sun July 21	Sunday Worship - Sanctuary & Online	10:30 am
	Fellowship - Memorial Hall	11:30 am
	Wild Church - Away	1:00 pm
Mon July 22	ASL Class - Club Room	6:00 pm
Tues July 23	Scripture Reflections - Club Room & Zoom	12:00 pm
	R-W Board Meeting - Club Room	7:00 pm

ON THE HORIZON

Sun July 27	Sunday Worship - Sanctuary & Online	10:30 am
	Fellowship - Memorial Hall	11:30 am
Mon July 28	ASL Class - Club Room	6:00 pm
Tues July 29	Scripture Reflections - Club Room & Zoom	12:00 pm

R-W News & Notes

GABRIEL KNEY ORGAN

R-W is very fortunate to have an instrument crafted by master organ builder Gabriel Kney, which was installed in the church in 1979. This is no ordinary instrument, and Allan Bevan is pleased to demonstrate it for you, and to answer any questions you may have following the service **today!** Please come up to the choir loft after the postlude to learn more about how our marvellous organ works!

HANDBELLS

Thanks to all who participated in our fun and informative handbell demonstration after worship last week! If you are interested in learning about the bells and missed Sunday's session, further information is posted on the church's website, and speak with our Director of Music, Allan Bevan after service. Nova Bells will be starting up in September with new people eager to learn to ring but there is still room for a few more! Robertson-Wesley Ringers is also rehearsing again on Thursdays in September. Inquiries invited! You can reach Allan at: music@rwuc.org

LABYRINTH: TAKE TIME FOR RENEWAL

Walk the Labyrinth this Summer in Memorial Hall at Robertson-Wesley United Church. Tuesday **August 6** from 11:00 am - 12:30 pm and Saturday **August 24** from 1:00 - 2:00 pm.

SCRIPTURE REFLECTIONS

Tuesdays at 12:00 pm on Zoom and in the Club Room. Reflect on the scripture passages for the upcoming Sunday. We are using the practice of Lectio Divina which means we read through the scripture three times. You will be invited into some moments of silence, and if you are willing you are invited to share with the group. You don't need to be a Biblical Scholar. God speaks through the scriptures and it is wonderful to hear the diversity of messages that are received. Contact the office at mail@rwuc.org for the Zoom link. Come with a bible and a journal, or simply yourself! Tune in when you can.

WILD CHURCH

Join Wild Church fireside at Emily Murphy Park Picnic Site 3 **today** at 1:00 pm. We invite you, if you wish, to bring your favourite nature-related prayers, poems, songs, and readings to share during this unstructured worship. Bring a cup for a beverage! Contact wildchurch@rwuc.org for questions or transportation arrangements. Please check our website (wildchurchyeg.org)/Instagram([@wildchurchyeg](https://www.instagram.com/wildchurchyeg)) for any last-minute location changes. Cancelled if air quality index is 7 or higher.

WRITE FOR BETWEEN THE AISLES

Do you write poetry? Have you read a life-changing book lately? Do you have a faith question you are exploring or a passion you want to share? Then why not submit something for inclusion in the church's quarterly publication *Between the Aisles*? For guidelines and publication requirements, see www.rwuc.org/between-the-aisles. Deadline for Fall Edition submissions is **Aug 11**, Published: Sept 1.

AMERICAN SIGN LANGUAGE CLASSES

Lisa Lane will be giving free basic sign language classes every Monday at 6:00 pm (it started on **July 15th** and will go for 1 month). Please email her at alberta.angel10@gmail.com to sign up and confirm that you are interested in the class. If there is none or very little interest, she will still help you.

ART & BOOK SALE

We will have another Book & Art Sale fundraiser on **August 25th**. Please drop off any books and art donations at the church.

R-W'S 16th ANNUAL WOMEN'S WEEKEND: *Spirited....Still*

This weekend will include: celebration, creativity, friends, laughter, tools for spiritual practice, time outdoors, worship & more. Saturday, **September 14th**, 11:30 am to Sunday, **September 15th**, 3:00 pm at Strawberry Creek Lodge, near Warburg, AB. The cost is \$240.00 per person (1 night shared accommodation and 4 meals) or \$255.00 (1 night single accommodation and 4 meals) Your cheque, payment made payable to Robertson-Wesley United Church, will be your registration. Please register early: limit 20 women. A map and information letter with details about what to bring will be available in August. Contact Carol Anne Inglis: ianandcarolinglis@shaw.ca, Sylvia Duffus: sduffus@shaw.ca or Jill Lambie: jilllambie@shaw.ca for more information. Registration forms can be found in the pamphlet rack by the kitchen.

In the Community

WÎHKWÊNTÔWIN (OLIVER) NEIGHBOURHOOD RENEWAL
Neighbourhood Renewal in Wîhkwêntôwin (Oliver) has begun! The program will reconstruct roads and curbs, replace street lights and sidewalks and, where possible, complete active transportation (walk, roll, bike) links. The city is asking citizens to fill out the following survey before July 25. Visit edmonton.ca/transportation/on_your_streets/oliver-neighbourhood-renewal for more information and the survey link.

Worship Notes

What is sabbath? Sabbath is the seventh day of the week, a day of rest and worship. The origin of the Hebrew *sabbat* seems to derive from the verb *shabat*, meaning to stop, to cease, or to keep. This is of course rooted in the God's rest on the 7th day of creation. The practice of keeping Sabbath is about making room and space to be with God without distractions. Some faith traditions are very clear about what you can and cannot do on the Sabbath, for others, Sabbath can be kept at a certain time every day. For others it is about being intentional about changing our day to day routine and instead doing things that bring us closer to God and to one another. Over the month of July we will be exploring different aspects of the practice of Sabbath.

Cover Image

Cover image is by Pexels on Pixabay. Words added by Rev. Karen Bridges written by Wayne Muller.

Lead Minister of Congregation and Community Development: Rev. Karen Bridges
Minister of Faith Development and Intergenerational Ministry: Vacant
Minister of Social Justice and Outreach: Vacant
Music Director: Dr. Allan Bevan
Office Administrator: Elyse Munro
Facilities Manager: Brad Campbell