

Welcome to Melville United Church

March 17, 2013 - 5th in Lent

MINISTERS: The People of the Congregation

*You are invited to stand in body and/or in spirit.

Our Mission

We seek, we pray, we act knowing that Jesus is amongst us.

Our Vision

Knowing we are not alone on our spiritual journeys, Melville United Church seeks to be an open, compassionate and inclusive Christian community; honouring and serving the living Christ in all that we do.

WE GATHER AS GOD'S PEOPLE

The Life and Work of the Church and Community.

PRELUDE: Improvisation

Gathering Meditation.

Today is the fifth Sunday of Lent. Lent is a time to think about the things that block us from following God's way of loving and caring for this world and one another.

So we ask:

Not what we can take	but what we can give
Not what we can possess	but what we can share
Not what we can acquire	but what we can contribute
Not what we can attain	But what we can achieve
Not what we can earn	But what we can spend
Not what we can secure.	But what we can give up.

This is how we will travel in Lent.

Lenten candles are lit

Gathering Music: MV 85 Take, O Take Me As I Am

***Take, O take me as I am; summon out what I shall be;
set your seal upon my heart and live in me.***

***Take, O take me as I am; summon out what I shall be;
set your seal upon my heart and live in me.***

Call to worship

One: We gather in the presence of God,
the creator of stars and sand.

All: ready to worship

One: We gather in the presence of Christ,
our guide for setting a table of welcome:

All: ready to worship.

One: We gather in the presence of the Spirit,
our inspiration for moving beyond fear;

All: ready to worship.

One: We gather in grace:

All: ready to worship.

Visual Reflection

OPENING SONG: VU 296 This is God's Wondrous World

Opening Prayer

As we ponder this piece of art,

I invite you to take some time to reflect on your life journey.

Think of the many paths you have taken in life. (silence for reflection)

Think of those

whose paths have crossed with yours. (silence for reflection)

Think of a time when you decided to head

in a completely new direction. (silence for reflection)

Think about your feet for a moment....as a symbol of all these

journeys and offer a prayer of thanks for them. (silence for reflection)

Think of all who journey with you in life,

and offer a prayer of thanks for them as well. (silence for reflection).

Let us pray:

God of love, we give you thanks

for the many paths we have chosen to travel.

Help us remember that whatever direction we set
you will be with us. Amen.

Prayer of Reminder (unison)

God of exodus and wilderness,

God of refuge and help,

hear us now as we pray to you.

In times of temptation,

we forget what you have done for us.

You give us everything we need,

yet we often remain unsatisfied;

You trust us to care for creation,

yet we often abuse that trust

and spoil what we have been given.

You show us the way we are to follow,

yet we often continue on our own path.

Forgive us, we pray. (silence)

One: We ask for your direction, your patience, your love;

in the name of Jesus Christ,

who was faithful to your saving Word. Amen.

Assurance of God's Grace

As we let go of what hurts and separates us, our gracious and forgiving
God makes a new way of being in community possible.

God is with us!

Let us travel in peace, in new life, in hope, and in promise.

One: May peace be with you

All: And also with you.

One; Please greet those around you with the peace of Christ.

WE APPROACH GOD

SONG: VU 577 I've Got Peace like a River

Theme Conversation - Letting Go of Anger

WE LISTEN FOR GOD'S WORD

SCRIPTURE READING:

Hebrew Scripture: Isaiah 43: 16-21 Let go of the past
and open to new things.

Gospel Lesson: John 12:1–8 An extravagant act of hospitality.

One: Hear what the Spirit is saying to the church.

All: Thanks be to God.

Reader: Bob Foster

Choir Anthem: He Became a Lamb - M. K. Bealls

REFLECTION: *"LIFE IS SHORT"*

Valerie Pitt

Time of Reflection

SONG: VU 129 Said Judas to Mary

WE RESPOND TO GOD'S WORD

Offertory Invitation

Offertory Response: VU 538 For the Gift of Creation

**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.**

Offertory Prayer (unison)

**We offer our gifts this day with gratitude.
Through them, may hope come to those who know despair
may love come to those who feel alone,
may healing come to those who endure pain.
May these gifts be a sign of our commitment
to serve you in the world. Amen.**

Joys and Concerns

Prayers of the Community
Prayer of Jesus

Weaving together our prayers

Act of Letting Go

Today we will extinguish our Fifth lenten candle. This candle represents
anger. As the candle is blown out, let us pray in silence for God to
remove anger within us and anger in our world
that leads to hatred and violence.

(silence)

Knowing that God accepts us for who we are, and loves us into who we
can be, let us join together our closing song.

CLOSING SONG: VU 586 We Shall Go Out

Blessing Irish Blessing

May the road rise to meet you,
May the wind be always at your back,
May the sun shine warm upon your face,
The rains fall soft upon your fields and,
Until we meet again,
May you be held in the palm of God's hand.

Choral Response: Go Now in Peace Don Besig & Nancy Price

**Go now in peace. Never be afraid.
God will go with you each hour of ev'ry day.
Go now in faith, steadfast, strong and true.
Know God will guide you in all you do.
Go now in love, and show you believe.
Reach out to others so all the world can see.
God will be there within, around, above.
Go now in peace, in faith, and in love.**

Amen, Amen, Amen

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POSTLUDE: Wir Danken Dir - We Thank You Lord
(that you gave your life for us) - J. S. Bach

OUR WORSHIP IS OVER - OUR SERVICE BEGINS.

Prayers used in today's service may be from "Seasons of the Spirit" or "Gathering" Magazine

Partners in Prayer: Faith Evangelical Lutheran Church, Fergus
Prayer Cycle for Hamilton Conference: Mountainview, St. Catharines
Prayer Tree Captain: Alison Rainford

Welcomers: Bob Zirk, Eleanor Brown,
Cathy and Bob Foster
Counters: Mary Lloyd (C), Kaillie Rawn
Norma Martin

ANNOUNCEMENTS March 17, 2013

If you are a guest today, please know you are most welcome! Please sign our Guest Book at the back of the church or in the entranceway.

Unit Joy Meeting: Tues. Mar. 19th at 7:00 p.m. in the parlour. Please plan to attend. You'll be interested in the topic!

Tower Street Door: Due to the bridge construction and since the sidewalk has been closed, please avoid using the door to Tower Street, except as an emergency exit. Thank you

The next Spirituality Circle will meet Mon., Mar. 25 at 10 a.m. in the parlour.

Our Lenten Study continues on Tuesday at 12 noon. We will begin by sharing soup. The study will begin at 12:30 p.m. The study books "Diving Deeply". All are welcome.

Baptism Sunday is April 28th. Please speak to Val if you are interested.

Melville United Book Group "I Shall Not Hate: A Gaza Doctor's Journey on the Road to Peace and Human Dignity" by Dr. Izzeldin Abuelaish. Copies available in the library.

Waterloo Presbyterial Annual Gathering on Mon. Apr. 8 from 9:00 a.m. to 3:00 p.m. at Forest Hill United Church in Kitchener. Cost is \$10 from your U.C.W. President or Margot at 519-742-6047

Thank you everyone who supported our efforts in February with small financial donations for margarine purchases for the food bank. A total of \$235 was forwarded to the food bank. For the month of March we have been asked to collect drinking boxes and pudding cups. Melville is continuing to make a difference with our help of the food bank. Your support is truly appreciated, Mission and Outreach Committee.

The World Day of Prayer will be at the Central Pentecostal Church on Fri. Mar 22nd at 2:00 p.m.

Jenny Stephens - guest presenter at Council Meeting - March 20th. This will be an interactive exploration of various models of ministry. ALL WELCOME! 7:00 p.m. - Coffee and Conversation.
7:30 p.m. the meeting starts.

In Fall 2012, the council of Melville United Church agreed to become a Child Honouring Community. With religious & spiritual leaders from around the world, including former United Church Moderator Bill Phipps, we make the following commitment in honour of children:

We hereby make a new promise
to the young of our world

•

With utmost compassion
we urge an end to
all forms of maltreatment
and violence against children

•

We uphold the sanctity of children
We respect their personhood
We affirm their inherent dignity
and their right to peace
love and security

Please visit www.childhonouring.org to learn more about the child honouring movement.

"Toward Daring Discipleship" a Lenten Study will be on Thursdays from 11:00 a.m. – 1:00 at the home of Chris Grose in Alma. Here is a break down of the dates and what we will be covering: Thursday March 7th: Introduction/Study Overview and Lent ; Thursday March 21st: Lent 2 & 3; Thursday March 28th: Lent 4 & 5. Please speak to Val for more info.

Looking for "extras" to play characters in a Global Village. April 13th from 1- 4 p.m. Characters will help create a fantasy world for youth from the area to explore global issues - lots of guidance provided. If interested in doing a little acting, exploring global issues, or just spending some time with a great group of youth, please email jen: youthleader@melvilleunited.com.

WEEKLY CALENDAR
Mon. Mar 18 to Sun. Mar. 24, 2013

Tues. 19	9:00	Quilting	Heritage Hall
	11:45	Soup and Lenten Study	Parlour
Thurs. 21	7:00	Choir	Parlour
Fri. 22	10:00	Coffee Hour	Parlour
	11:00	Meditation	Library
Sun. 24	9:30	Choir	Choir Room
	10.30	Sunday Service	Sanctuary

Melville United Church

St. Andrew Street West, Fergus, ON: 519-843-1781

Team Ministry

Interim Minister:	Valerie Pitt
Youth Ministry Leader:	Jennifer Auger
Director of Music:	Matthias Schmidt
Church Secretary:	Gerri McCullough
Custodian:	Robert Mitchell
Chair of Church Council:	Ralph Rainford
Pastoral Care:	Millie Cumming, Elizabeth Stinson
Chair of Pastoral Care & Prayer Chain Captain	Alison Rainford
Secretary's Office hours:	8:30 a.m. - 3:00 p.m. T., T. & F.
E-Mail:	secretary@melvilleunited.com
Web Site:	www.melvilleunited.com

The Practice of Gratitude

If the only prayer we ever said was "Thank-you" it would be enough.

- Meister Eckhardt

Obviously, it can be extremely hard to practice gratitude when we are in the depths of pain or grief, it can also be difficult to practice gratitude when life is going well. A practice of gratitude helps us to stay conscious of the bigger picture that surrounds us. Practicing gratitude is not to deny hardship or suffering and not assurance against calamity. Gratitude reminds us the abiding hope that no matter what is happening around us, somehow the beloved is with us and therefore at the deepest levels of soul, all shall be well.

A Gratitude Practice

Opening the Day

1 Prepare - If possible rise before the sun and watch it emerge as the earth turns back towards it. Otherwise be somewhere you can see the morning light - outside if weather and location permit.

2 Awaken - Begin with a prayer that awakens you to a new day.

3 Receive the gift of a new day - No matter what the circumstances of your life, today you are here, awake and alive, to see another day. As you inhale, consciously breathe in the life force.

As you exhale, breathe out any residual sleepiness. Breathe out anything standing in your way of living fully in this moment of a brand new day. Stay with your breath awhile. Immerse yourself in the miracle of a new day. Let it soak into your bones.

4 Express your gratitude to the Author of Life

- A silent thank you can be enough.

5 Integrate - As you prepare to end this time of intentional gratitude, ask for some guidance on how you might remember to be grateful throughout the day. You may have a touchstone word or image, or perhaps a sensation in your body.

There is actually no end to this practice. We already do it in a multitude of ways (sometimes more intentionally than others). When we take time to really see someone, or listen to someone, or appreciate beauty, it's a form of gratitude. This practice is a reminder to build appreciation for "what is" into our days.

Use your touchstone as a reminder throughout the day.

Gong Beyond Words: 10 Practices for Spiritual Unfolding

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A Gratitude Practice for Evening

1 Sit comfortably, take a few mindful breaths, and centre yourself.

2 Reflect on any challenging times, people, situations, or news from the day. Recall anything you regret doing or not doing, and notice the thoughts, feelings, and physical sensations that arise as you recount this experience (or experiences).

3 Breathe in and know it is life itself that enters you. Let this life-breath bring healing, forgiveness, and love to the raw or tender places in you. Exhale and release any residual "negativity" from the day.

4 Reflect on the joys of the day: good news, meaningful conversations and encounters, work well done, blessings received. Notice the thoughts, feelings, and physical sensations that arise as you recount these moments.

5 Breathe in, knowing it is life itself that enters you. Allow this lifebreath to inspire your gratitude for everything - challenge and blessing. Breathe out gratitude for the gift of the day, and allow the love, forgiveness, healing, blessing, and grace that you have received pour through you and out into the world and all those around you.

6 Express your gratitude to the Author of Life. You might do this through prayer, contemplation, writing, chanting/singing, dancing, or drawing/painting. Offer something back in appreciation for the life you've been given. A silent thank you can be enough.

From Going Beyond Words: 10 Practices for Spiritual Unfolding

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