



Kensington Presbyterian Church
Growing in faith and sharing God's love
 since 1786

Freedom for all

May 14, 2023

WELCOME, to worship. We are offering a variety of ways for people to gather. We are welcoming people to worship in person (with singing), as well as through Zoom, YouTube, and this printable PDF.¹ If this is how you are worshipping, know that you are not alone... and if you like, you can invite those who live with you to join you, or connect with others through the phone or outside.

If you have any prayer requests, ideas, or just want to talk, please reach out to your elder or Rev. Peter (Peter@Kensingtonchurch.ca)



Contacts

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¹ note: that the footnotes are not as thorough as an academic paper.

Announcements

Clicking on or tapping blue text will take you to a web-site

Zoom Prayer Group: Thursday at 6:30 a.m.

You may use the worship login details
[us04web.zoom.us/j/773730107?](https://us04web.zoom.us/j/773730107?pwd=eUo2M09YMEw5dkZvdm9uQmpHNIUrUT09)
[pwd=eUo2M09YMEw5dkZvdm9uQmpHNIUrUT09](https://us04web.zoom.us/j/773730107?pwd=eUo2M09YMEw5dkZvdm9uQmpHNIUrUT09)

or phone: 438-809-7799

Meeting ID: 773 730 107

Password: 7864826

Jesus & Java: Join us as we share the joys and questions of faith.

Thursday, 3:30 pm at Beetz, 5914 Sherbrooke @ Clifton

Head & Hands: May 19, 4-7

Young Parents Fundraiser and diaper drive. (Benny at Godfrey)

Pizza & Movie Nights: Fridays at 6:30

May 19: Mary Poppins Returns

June 2: Lion King

Please let Rev. Peter know if you want to come.

Jack Cuthill has moved on from this life. He will be buried beside

his wife on May 26 2023 at 2:30 pm at Mount Royal Cemetery, then a celebration of life will be held at 4pm at McHall 3715 Lacombe Ave, Montreal, Quebec. Friends are welcome.

Artificial Intelligence: online Wednesday May 31st 4:00 PM - 5:30

Join the Faith & Life Sciences Reference Group of the Canadian Council of Churches for the first of a series of webinars on AI
www.eventbrite.ca/e/is-intelligence-enough-exploring-human-and-artificial-intelligence-tickets-619849746277

Interfaith EcoAction Day: Monday, May 22, 10 am - 1 pm,

at Parc Monseigneur J. A. Richard
www.eventbrite.ca/e/11th-interfaith-ecoaction-day-journee-interconfessionnelle-ecoaction-tickets-617721931927



Approaching God



Lighting of the Christ Candle

Jésus Christ est la lumière du monde.
Jesus Christ is the light of the world.



Call to worship² (based on Psalm 27; John 4:23)

Let us worship God, our light and our salvation.

The Lord is the stronghold of our lives.

We desire to live in God's house
and to seek God in his holy temple.

**We have come with shouts of joy,
to sing and to make music to the Lord.**

Let us worship God in spirit and in truth.

**Teach us your ways and make straight our paths
in this hour of worship and always.**



2 Worship Sourcebook 1.2.5

♪ Hymn: Come Thou Almighty King.....pg 9 (293)

www.youtube.com/watch?v=-zD3mRziWo
www.youtube.com/watch?v=pkubvtpBflc



Prayer of Approach³

You who command,

You who are our commander,

We intend obedience, without reserve.

As we ponder your commandments, they often come at us

like more nagging from our parents,

like more rules from our teachers,

like more expectations from our peers,

like more pressure from the church,

like more defeat from our guilty conscience.

Our obedience thins down to resentment,

tired of the nagging and pressure and rules and expectations.

Then we hear your wonderful words of life,

and know that in your command is our perfect freedom.

For your command is about love

for and between everyone.

We thank you

for your command

and for Jesus' glad obedience

who lights the way


In coming together

to follow your command

We sing together the prayer

you teach your followers...

3 adapted from *Awed ti Geavebm Riited ub Eartg* by Walter Brueggemann

 The Lord's Prayer (please use a version you are comfortable with)


**Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done, on earth as it is in heaven.**

Give us today our daily bread.

**Forgive us our sins
as we forgive those who sin against us.**

**Save us from the time of trial
and deliver us from evil.**

**For the kingdom, the power,
and the glory are yours
Amen.**

 Assurance of Pardon

Hear these comforting words:

To all who turn from sin in sorrow,
to all who turn to God in hope,
this is God's Word of grace:

We are accepted, we are forgiven, we are loved.

This gift we have from God.

Thanks be to God.

Amen.⁴



Listening to God

 Children's time


Today we shared some beloved hymns with a little hymn sing. People called out favourites from the hymn book, and we sang the first and last verses. We might even have shared my we like them. You should be able to watch on our YouTube recording.

www.youtube.com/channel/UC_EPsf2FuWoen7jliGcz_w

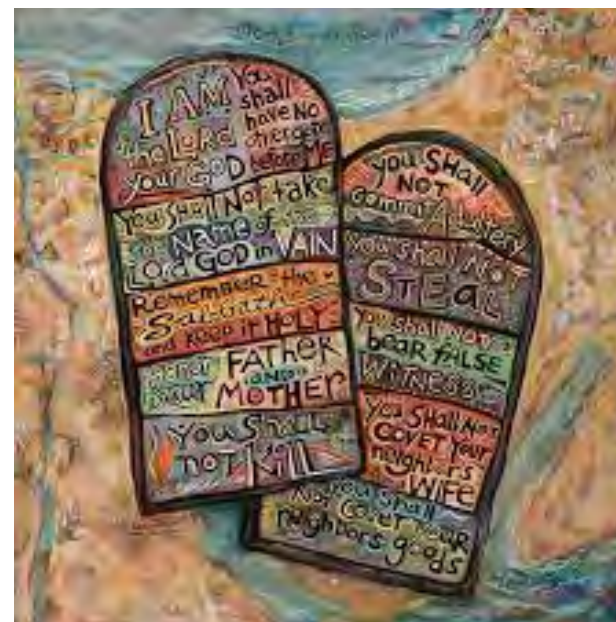
⁴ adapted from Worship Sourcebook 2.4.39

 Prayer for Illumination

Lord, open our hearts and minds
by the power of your Holy Spirit,
that we may hear what you are saying to us today.
Amen.⁵


 Intro to the readings

- There are two readings today.
Can you guess the first? It's a very familiar one... which always brings the challenge of paying attention. It happens after the Israelites have been rescued from slavery in Egypt and led (and fed) through the wilderness to Mount Sinai. Try listening either for what about it challenges you, or for what people who had been slaves might hear.
- The psalm tells of two ways to see God, and includes some different types of prayers - feel free to use them as your own.



The Ten Com-
mandments
Jen Norton

⁵ adapted from Worship Sourcebook 3.1.10 & 23

 Reading: Please look up the passages in your own Bible,⁶ or click on the name to be taken to an online version.

[Exodus 20](#): 1-17

[Psalm 19](#)



Sermon: Freedom for all

*Dear Lord, please bless these words
and the meditations of our hearts. Amen.*

Today's passage is another of the most popular in the Bible - and features in the book I mentioned last week, *Return to Babel*. It collects theological insight from the global south - where most Christians live (two thirds?).

Why are the 10 Commandments so popular?

Is it because they're fun?

Is it because people prefer reading rules to stories?

Do they contain the secret to earning God's favour?
to getting the good life?

The short answer to their popularity is that the 10 Commandments have proven their goodness over time and in different contexts. If you believe in listening to your mother, and her mother, and her mother... then you should pay attention to them.

But what, more specifically, is so good about them? Well, a BIG lesson that the global south takes from 10 Commandments is their universality.

Take India, for example. For at least a couple of thousand years it has had a caste system - depending on the families people are born into, they have different roles and rights in society. (Which

⁶ If you'd like a new Bible with helpful notes, I recommend the 'Life with God Bible' NRSV from Renovaré. ISBN 0061834963
or for the more academically inclined, The New Oxford Study Bible NRSV

isn't unique to India.) At the very bottom were those not good enough to even be a part of the system: the untouchables. While the constitution, from 1950, eliminated this category, their lives haven't improved much. They are mostly landless labourers doing the jobs nobody else will do. They are still treated as inferior with no rights, but with the duty to submit to any order they are given - by anybody. They are usually denied access to public wells, schools, temples, etc. In a quick search I found a recent reference to two men who were apparently killed for drinking water in a hotel. They have chosen their own name, and are now referred to as Dalit. It means people who are broken, crushed, oppressed.

What is more tragic than this, is that the Dalit who become Christians are usually treated the same way by Christians who are from a caste. For the Dalit, the revelation in the 10 Commandments is that they apply to everyone equally. It doesn't matter which caste you are, everyone has the same law. The wording even including women, slaves, and livestock.



Dalits buried on other side - BBC⁷

To make the point stronger, here's an example. According to the Laws of Manu, an (or the) authoritative description of how society should work: if a ruler shouts at a priest he should be fined 100 pennies. If a commoner shouts at a priest they should

⁷ www.bbc.com/news/world-south-asia-11229170

be fined between 150-200 pennies. A servant should be killed.

It's not unusual for there to be different laws for different classes or groups of people. During the Roman Empire, there were laws for Romans and laws for others. If we look at voting and Québec, it was only in 1936 that all men of European descent over 21 could vote, regardless of their wealth. Women couldn't vote until 1940, and people living on reserves had to wait until 1969.⁸ The website I read didn't mention ethnic barriers, so it may be that people of Asian descent weren't legally discriminated against as much in Quebec as elsewhere in Canada, but I doubt it.

And then there's a history of discrimination by identity: religious, sexual, ethnic. There's a disturbing lack of support for those with disabilities. And wealth affects everything from whether you care about a parking ticket, to how well you eat, to the quality of your child's education. People here in Québec are not all treated equally... and this passage speaks to that. Its universality is a life line to those who are oppressed or forgotten. It redefines all the relationships

...and that is key to understanding what this passage is about: relationships. It's about bringing love, hope and healing into relationships.

Universal application isn't the only place where people find hope. Another is in the introduction. "*I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery.*" This comes before. God is our God before we even hear the rest of the passage. God saves (and leads) people before this passage starts. Some people think of this as a set of rules to earn God's blessing. It's not. God is our God, and comes for us before you even hear the rules. It all starts with freedom given out of love.

That is also a source of hope - because who of us can do all this perfectly.

Does this mean we don't need to worry about following them? Of course not. But they are here for a reason.

three more perspectives to help us with living out the love, hope & healing in this passage.

First, what to call them. As soon as you start reading some books about the 10 Commandments you'll notice they aren't always (often) called that. Some refer to them as the Decalogue, or 'the Words'. Others point out that what we translate as Commandment can also mean Law, direction, or teaching. How does that change how you think of them? law or teachings? commandments or directions?

I think a proverb from the Bantu people of the southern half of Africa helps explain the reason for following these teachings/commandments/directions. "Follow a healer's



8 www.electionsquebec.qc.ca/en/understand/understanding-voting/history-of-the-right-to-vote-in-quebec/

prescription so that you need not reproach him for his medicine's ineffectiveness." I knew someone who had hip surgery. Afterwards he didn't do his exercises, and he just faded away in bed. Have you known somebody like that? Do you struggle or ignore part of what the doctor says? If we want healing, then let's follow the prescription - especially from the Greatest Healer.

The third observation: while these commandments/directions are given in an order, there isn't a suggestion that some are more or less important. Wanting what you don't have (coveting), murder, sabbath keeping, prioritizing something over God (idols)... are all just as important. Which is your challenge? Which part of the prescription are you struggling with?

- This week I noticed that keeping the Sabbath has more words than any other instruction. It's hard in our society to have defined times of rest & work.
- An American pointed out how many (American) politicians use God's name to support their politics. Is this a wrongful use of God's name? Do we use God's name to support excluding others?
- In Nicaragua the International Monetary Fund dictated that the government had to weaken workers rights, make loans difficult/impossible for small farmers to get, and allow foreign companies access to natural resources. This prioritizing of wealth over people is seen as idolatry - one that is taken for granted here.
- The Narrative Lectionary covers the 10 Commandments in 4 weeks - and spends a whole week on the last one. Trying to get someone to want what they don't have (covet), and sacrifice to get it, is a huge part of how our society works.

Which of the commandments are challenging you this week?

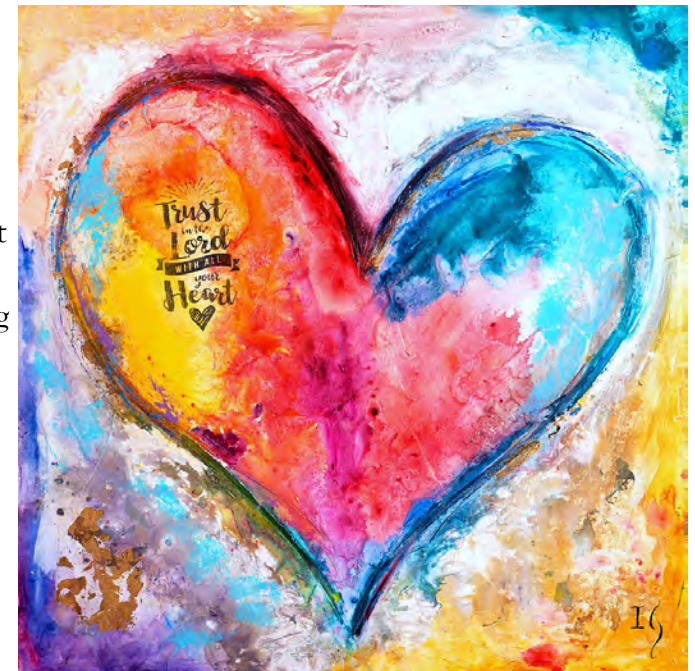
and as you're thinking about that, remember what they all have in common.

God is faithful to us
& brings us freedom,
that that the instructions are all important,
& apply to everyone equally,
and that this is a precipitation to healing living
not just for you, but for everyone.

and if it gets too complicated, remember Jesus' summary. "You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbour as yourself." This is what it boils down to: love God & others with everything you've got.

and while
that won't
always be fun, it
is the secret to
everyone getting
the good life.

To God be all
the glory
Amen.



Trust in the Lord - Ivan Guaderrama



Responding to God

♪ Hymn: Lamp of our feet.....pg 11 (511)
www.youtube.com/watch?v=bVjS2-fPWOA

🗨️ FaithTalk: These are some questions for you to discuss with somebody... or many somebodies. Do what you feel safe (and practice stretching a little).

Wonder: Look through the 10 Commandments/instructions. Consider how they apply to life here and now.

Wonder: How could we bring more equality and freedom into everyone's lives? ...remembering the examples of the 10 Commandments and that the focus is on the community, not the individual.

Values: Which of the 10 prescriptions do you find challenging?

Prayer: ...that God's Spirit will help you live for God first, and that this will allow you to live out God's love, hope & healing with everyone you meet.

✦ Spirit Sightings

I place print versions of the worship service (like this one) on some of the tables in our entrance way. One of the people helping with the New Hope computer class was looking at it and noticed Jesus & Java in the announcements - and so they came. We also had another New Hope volunteer who is just discovering religions with me come out this week. Building relationships and providing opportunities help the Spirit to grow.

✦ Offering

Financially, we have set up a donation option on our **website**. Just click the '**Donate Now**' button, and then the pretty button.

It gives you various options that are easy to follow.

You can now donate through **interac e-transfer**. Our name is Kensington Presbyterian Church and the e-mail address is info@kensingtonchurch.ca.

Mailing a cheque or signing up for Pre-Authorized Remittance (**PAR**) are also good options.

🙏 Prayers of the people

Dear God,

Through Hosea you describe yourself as the one "*I was to them like those who lift infants to their cheeks. I bent down to them and fed them.*"⁹

And so we come to you, Our Mother,
with stories from our lives and hearts,
because you like to hear from us
and respond so that we may share in your love, hope and healing.

We thank you for the communities you have placed us in.
For the one here at Kensington.

We pray for the people,
that we can grow closer together
to support each other in living your prescriptions.

We pray for those in need of healing,
For Jack's family as they grieve.

We give thanks that Barbie has returned home.

We also thank you for Francis' safe return from Taiwan.

We pray for the Session as they continue to this ministry.

We pray that we may continue to share your love & hope
with more people this week,
whether through programs or conversations.

9 Hosea 11: 4

and to walk in your ways.

Amen.

♪ Hymn: With the Lord as my (our) Guide.....pg 10 (574)
www.youtube.com/watch?v=adpi8rpMiYQ

✦ Benediction

*May the grace of our Lord Jesus Christ
the love of God
and the fellowship of the Holy Spirit
be with you
Amen.*



Magnolias1 - Sylvia Schmutz

We also pray for our larger church community.
For the Presbytery as they meet this week,
and the General Assembly that starts next Sunday.
May you watch over Rose as she travels there,
and meets others from across the country.

We pray for the communities around us - for our neighbours.
Help us not to covet what they may have,
but to reach out in love
so that all may experience the freedom you know.
We pray for New Hope
and give thanks for the new chief.
We pray for the Depot,
for the people they help
and all the people they have to turn away.
We pray for the Head & Hands,
and their program for young mothers.
We pray for the Loyola Community Centre.
May they find a home from which to help the children
needing a safe place to be.

We thank you for families.
They aren't always easy.
But help us to bless our father and mother.

We thank you for you.
Like the ideal mother,
you are always there to guide us in the best way
to let us try,
and to hold us if we fall.
May your Spirit help us to live this

Come, thou almighty King

MOSCOW 6646664

G D6 Em Am/C D G Em D G

1. Come, thou al - might - y King; help us thy
 2. Come, thou in - car - nate Word; gird on thy
 3. Come, ho - ly Com - fort - er; thy sa - cred
 4. To the great One - in - Three e - ter - nal

C/E G D D G /B Dsus4-3 D G D7/F#

name to sing; help us to praise. Fath - er, all
 might - y sword; our prayer at - tend: come, and thy
 wit - ness bear in this glad hour! Thou who al -
 prais - es be hence ev - er - more! His sov - ereign

G D7 G Am/C E/B Am B B7/D# Em

glo - ri - ous, o'er all vic - to - ri - ous,
 peo - ple bless, and give thy word suc - cess;
 might - y art, now rule in eve - ry heart,
 maj - es - ty may we in glo - ry see,

Em /D C G/B Am6 G Am/C G/D D G

come and reign o - ver us, An - cient of Days.
 Spir - it of hol - li - ness, on us de - scend.
 and ne'er from us de - part, Spir - it of power.
 and to e - ter - ni - ty love and a - dore.

Words: anonymous Music: Felice de Giardini (1716-1796)

Words: public domain Music: public domain

With the Lord as my guide

RIDGECREST Irregular

Em D Bm C Am G /B D G /F# Em

With the Lord as my guide

1. I will walk through the des - ert,
2. I will see all the tal - ents,
3. I will work with my sis - ter,
4. I will rise in the morn - ing,

Am /C Bm Em /D C Am/C Am7 D/F# D C

rest by the wa - ter, run in the wind.
 ac - cept the bal - ance of who I am. With the
 care for my bro - ther, bend with their pain.
 praise for the dawn - ing beau - ty of day.

G Bm Am7 /B C G Bm Am7 /B /C

Lord by my side I will stand on the moun - tain,
 say yes to the call - ing,
 we will rise up to - geth - er,
 I will sing, sing for - ev - er,

Bm /A Em/G /F# Em Am/C Am7 Bm7 Em D Em

drink from the foun - tain of love deep with - in.
 fear not the fall - ing, trust in God's plan.
 strength-en each oth - er, cour - age re - gain.
 al - ways a lov - er, seek - ing God's way.

Words: Jim Strathdee (1941-) Music: Jim Strathdee (1941-) CCLI #4440603

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Lamp of our feet

GRÄFENBERG 8 6 8 6 CM

F Gm F/C Bb Gm6 F /A C F /A Bb6 C6 Csus4-3 F

1. Lamp of our feet where - by we trace our path when wont to stray,
 2. bread of our souls where - on we feed, true man - na from on high,
 3. pil - lar of fire through watch - es dark or ra - diant cloud by day,
 4. word of the ev - er - liv - ing God, will of God's glo - rious Son:
 5. Lord, grant that we a - right may learn the wis - dom it im - parts,

F /A Bb F/A Gm F C Bb Gm F/A/Bb Csus4-3 F

stream from the fount of heaven-ly grace, brook by the trav - eler's way,
 our guide and chart where - in we read of realms be - yond the sky,
 when waves would whelm our toss - ing bark, our an - chor and our stay,
 with - out thee how could earth be trod, or heaven it - self be won?
 and to its heaven - ly teach - ing turn with sim - ple, child - like hearts.

Words: Bernard Barton (1784–1849) Music: Johann Crüger (1598–1662)

Words: public domain Music: public domain

One of the pressing problems in Malawi is the lack of health-care workers. **With only 600 doctors to look after a population of 19 million, Presbyterians Sharing is doing what it can to help fill this sizable gap by supporting Moses Silungwe as he pursues a Bachelor of Medicine and Surgery at Levy Mwanawasa Medical University in Zambia**, which is a six-year program. His dream of becoming a general surgeon began when he was working as a senior clinician at the David Gordon Memorial Hospital, where he was later appointed acting head of the hospital's clinical department. Moses is grateful and excited to pursue his dream of becoming a doctor and serving the people of Malawi.



DAILY PRAYERS

Sunday, May 14 We pray for Moses Silungwe as he pursues a Bachelor of Medicine and Surgery at Levy Mwanawasa Medical University in Zambia with support from the PCC through Presbyterians Sharing.

Monday, May 15 We pray that the records held by The Presbyterian Church in Canada Archives will be useful to ongoing efforts of healing and reconciliation.

Tuesday, May 16 We pray for people participating in the 2023 Encouragement Conference at The Presbyterian College in Montreal, Quebec (May 16–18). May all the participants experience God's blessing.

Wednesday, May 17 (International Day Against Homophobia, Transphobia and Biphobia) We pray for an end to all forms of hatred and discrimination that target LGBTQI2+ people. We commit to working for the collective safety and flourishing of all people.

Thursday, May 18 (Ascension Day) Almighty God, before Christ ascended into heaven, he told the apostles to be his witnesses "to the ends of the earth" when they received the Spirit (Acts 1:8). May we also be inspired to spread the good news of Christ in word and action, and to do so wisely, joyfully, graciously and with God's guidance.

Friday, May 19 We pray for the members and ministry of the National Indigenous Ministries Council.

Saturday, May 20 We pray for the people who gather and serve at the Anamiewigummig Fellowship Centre in Kenora, Ontario, and we give thanks for their ministry.