

Sunday, October 5 2025
Pentecost 17/Creation Time 5 - *Sustain Me!*

Call for Awareness

by Rev. Darryl Macdonald, loosely based on Laminations 3.19-26

Awake my body, awake my soul!
Never forget the trouble or loss, and never forget the hope.
God is loyal in love, abundant in mercy, great in faithfulness;
they are new every morning.
When all seems lost ... stick with God.
Awake my sacred being.

Song

Great Is Thy Faithfulness **VU288**

Centring Prayer & Candle Lighting

by Rev. Darryl Macdonald

This is a time to build your spiritual energy;
to connect how you are feeling with free flowing presence of the sacred.
Close your eyes or softly focus in front of you and take in a slow deep breath.
As you breathe in, notice how you are sitting, how you are feeling.
As you breathe out, let your body relax and let your mind drift.
Relax your hands and fingers and let your arms hang from your shoulders.
Imagine your body is filled with soft warm light.
Let that light glow with your breath
Allow God to dance through the cells of your body.

Bring your attention to your feet and the earth beneath you
Allow yourself to feel one with it.
Notice the sacredness of the land; the soils, the rivers, the oceans, the winds
Notice the sacredness of the beings of the land the people, the plants, the animals,
the fish, the birds and the insects.
Give thanks our first nations peoples and their connection to the land.
Give thanks for the immigrants and refugees that have found home on this land.
We join in the work of reconciliation, friendship and collaboration
to honour and care for all life.

Now bring your attention back to yourself; and see if anything has changed for you.
Have you been able to open yourself a little more to the presence of the Sacred?
No matter, you are here and who you are now is enough to worship God.

Song

Come Touch Our Hearts **MV12**

5 The apostles said to the Lord, "Make our faith stronger!"

6 Jesus replied:

If you had faith no bigger than a tiny mustard seed, you could tell this mulberry tree to pull itself up, roots and all, and to plant itself in the ocean. And it would!

7 If your servant comes in from plowing or from taking care of the sheep, would you say, "Welcome! Come on in and have something to eat"? 8 No, you wouldn't say that. You would say, "Prepare me something to eat. Get ready to serve me, so I can have my meal. Then later on you can eat and drink." 9 Servants don't deserve special thanks for doing what they are supposed to do. 10 And that's how it should be with you. When you've done all you should, then say, "We are merely servants, and we have simply done our duty."

Another Voice

Robin Wall Kimmerer from The Serviceberry

The question that's often asked is how do we take gift economies from individual relationships and scale them up? I have to say that I'm not sure that's the right question. Why does everything have to be expanded? It is the small scale and context that make the flow of gifts meaningful. But if gift economies are to have impact, I'm willing to think about what that might look like on a community scale.

The guidelines of the Honorable Harvest are not usually written down, they are reinforced in small acts of daily life. But if I were to list them they would look something like this:

Know the ways of the ones who take care of you, so that you can take care of them.

Introduce yourself. Be accountable as the one who comes asking for a life.

Ask permission before taking. Abide by the answer.

Never take the first one. Never take the last.

Take only what you need.

Take only that which is given.

Never take more than half. Leave some for others.

Harvest in a way that minimizes harm.

Use it respectfully. Never waste what you have taken.

Share.

Give thanks for what you have been given.

Give a gift in reciprocity for what you have taken.

Sustain the ones who sustain you and the Earth will last forever.

Offering Time

Mission and Service Story

Preparing A Place Of Healing

United Church ministers serving in northern communities will soon gather at Sandy-Saulteaux Spiritual Centre in Manitoba for a time of healing and renewal.

The Northern Indigenous Ministers retreat comes at a critical moment. These ministers carry extraordinary burdens: walking alongside communities devastated by loss, often among young people; leading funeral after funeral; and tending to the deep wounds of grief. This year's wildfires brought further hardship, forcing the retreat to be postponed until October. The need for rest and renewal has only grown.

Because of your incredible generosity through Mission and Service, the retreat will soon take place. Plans are in place for sharing circles where ministers can express what they've been carrying, gather for meals that nourish body and spirit, and engage in cultural practices like ribbon skirt making and beading that bring connection and joy. Massages and other healing activities will help restore strength and release long-held tension. Most importantly, ministers will be surrounded by peers, who understand the unique weight they bear and who can hold that burden alongside them.

The outpouring of support from across the church has been remarkable. Your generosity is creating a space where ministers, who are so often the ones offering care, can finally receive it themselves.

Our ministers will soon step away from the constant demands of ministry and into a circle of care, healing, and renewal. And when they return to their communities, they will carry back not only renewed strength but also the reminder that they are not alone.

Your compassion through Mission and Service makes this gathering possible. Thank you.

Offering Song

Take My Life And Let It Be **VU506**

Prayer

by the Wild Goose Resource Group

Before we leave this place,
a prayer for our own healing,
the healing of bodies which are sick,
or hearts that are weary,
or minds that are confused,
or imaginations that are overactive,
or memories which are menacing ...

Pause

God in your mercy,
Hear our prayer.

Before we leave this place,
a prayer for our own deepening -
in faith, hope and love,
in our life as a community of believers,
in our walk with God ...

Pause

God in your mercy,
Hear our prayer.

Before we leave this place,
let us ask what God wants us to hear,
to have or to do,
and be open to receive it graciously ...

Pause

God in your mercy,
Hear our prayer.

For all that God gives to us, we say
Thank You.

To all that God asks of us, we say
Yes.

In Jesus' name,
AMEN.

The Lord's Prayer (A Paraphrase) VU916

**Eternal Spirit, Earth-maker, Pain-bearer, Life-giver,
Source of all that is and that shall be.
Father and Mother of us all, Loving God, in whom is heaven:
The hallowing of your name echo through the universe!
The way of your justice be followed by peoples of the world!
Your heavenly will be done by all created beings!
Your commonwealth of peace and freedom
sustain our hope and come on earth.
With the bread we need for today, feed us.
In the hurts we absorb from one another, forgive us.
In time of temptation and test, strengthen us.
From trials too great to endure, spare us.
From the grip of all that is evil, free us.
For you reign in the glory of the power that is love, now and forever.**

Sending

by the Wild Goose Resource Group

Let us stand, as we are able, for a moment in silence
and value our souls,
our minds and our bodies
on which we ask God's blessing.

All stand in silence

Let the body of Christ join hands.

All join hands

May God bless us
in our bodies with health,
in our minds with understanding,
in our souls with the company of the Holy Spirit,
**that together we may produce a harvest of light
to the glory of Christ our Saviour,
whose flesh we are,
whose name we bear,
whose love is all.**
AMEN.

Song

All The Way My Saviour Leads Me **VV635**