

Sunday, September 13, 2026
Creation Time 2

Centring Music

Nocturne by Ignace Paderewski
performed by Dr. Wayne Johnson

Welcome and Acknowledgements

Call for Awareness *Loosely based on Psalm 114 by Rev. Darryl Macdonald*

Awake my body, awake my soul!

The Holy One dwells in us and makes us a sanctuary.

It almost seems impossible.

Why doubt it though? Why question God's indwelling?

Feel God's presence vibrating in the depths of your being.

Awake my sacred being.

Song

Praise The Lord With The Sound Of Trumpet **VU245**

Candle Lighting

A Time of Centring

Take this moment to centre yourself deeply in the love of God

and prepare yourself for an encounter with the Holy.

Begin with your breath.

Feel the air pass your nostrils and glide down your throat to fill your lungs.

Drop your diaphragm and let your belly and back expand.

Notice the rhythm of your breathing, and the spaces between your breath.

The air you breathe is sacred for it is the breath of God.

Your body is sacred for it manifests the Holy One in substance and form.

Be aware of your body and how you are sitting.

Let your hands fall open and your feet feel grounded.

Ask of God what you need at this moment and give space for the response.

Take some time to reflect on your relationship with God, the world, your sacred centre.

Honour your connection to God's creation.

Offer something of yourself.

Be open to receiving God's gift to you this day.

Now, return to your body.

Imagine there is a light that softly glows from your heart, through your limbs and head,
and radiates out into the world, connecting with people, animals, fish and birds,
with water, soil and even rock, and give thanks to God for the experience of life.

Song

Lord, Prepare Me To Be A Sanctuary **MV18**

Welcome those who are weak in faith but not for the purpose of quarreling over opinions. 2 Some believe in eating anything, while the weak eat only vegetables. 3 Those who eat must not despise those who abstain, and those who abstain must not pass judgment on those who eat, for God has welcomed them. 4 Who are you to pass judgment on slaves of another? It is before their own lord that they stand or fall. And they will be upheld, for the Lord is able to make them stand.

5 Some judge one day to be better than another, while others judge all days to be alike. Let all be fully convinced in their own minds. 6 Those who observe the day, observe it for the Lord. Also those who eat, eat for the Lord, since they give thanks to God, while those who abstain, abstain for the Lord and give thanks to God.

7 For we do not live to ourselves, and we do not die to ourselves. 8 If we live, we live to the Lord, and if we die, we die to the Lord; so then, whether we live or whether we die, we are the Lord's. 9 For to this end Christ died and lived again, so that he might be Lord of both the dead and the living.

10 Why do you pass judgment on your brother or sister? Or you, why do you despise your brother or sister? For we will all stand before the judgment seat of God. 11 For it is written, "As I live, says the Lord, every knee shall bow to me, and every tongue shall give praise to God." 12 So then, each one of us will be held accountable.

Another Voice

by Mark Manson from How We Judge Others Is How We Judge Ourselves

A big part of our development is to recognize our own fixation, to recognize how we measure ourselves and consciously choose our metric for ourselves.

But another big part of development is to recognize that everyone has their own metric. And that metric is likely not going to be the same as ours. And that's (usually) fine. Most metrics people choose are fine. Even if they're not the same metrics you would choose for yourself.

You may view the world through family values, but most people do not. You may view the world through the metric of attractiveness, but most people do not. You may view the world through the metric of freedom and worldliness, but most people do not. You may view the world through the positivity and friendliness, but most people do not.

And that's simply part of being human. Accepting that others measure themselves and the world differently than you do is one of the most important steps to consciously choosing the right relationships for yourself. It's necessary for developing strong boundaries and deciding who you want to be a part of your life and who you do not. You may not accept a person's ideas or behaviors. But you must accept that you cannot change a person's values for them. Just as we must choose our own measurement by ourselves and for ourselves. They must do it by themselves and for themselves.

Song

We Have This Ministry **VU510**

Reflection

Flourishing in Friendship

Offering Time

Music Reflection

On Eagle's Wings by Michael Joncas, arr. Mark Hayes
performed by Dr. Irene Feher and Dr. Wayne Johnson

Offering Song

Christ Has No Body Now But Yours **MV171**

Prayers of The People

Holy One,

your presence reaches into the vastness of the universe and beyond.

Your life dances in the cells of every form of matter, known and unknown.

Your love encompasses more than any can comprehend.

And, yet, you know each life intimately; inside and out.

You make your home with us

and invite us to live with you as good neighbours.

So we pray for our neighbours.

We pray for our good neighbours, the soils of the ground;

abundant in nutrients, the rich dark loam of our foundation.

We pray for our good neighbours, the plants;

diverse and beautiful, giving us air to breathe, shelter from the sun,

softness beneath our feet, colour and smells and food for our delight,

helping us to flourish.

We pray for our good neighbours, the birds;

graceful travellers who help our neighbourhood flourish

and sing the sacred melodies of creation.

We pray for our good neighbours, the fish;

keeping our waters clean and alive, helping the earth to flourish.

We pray for our good neighbours, the insects;
dancing among the plants to help them multiply and flourish.
We pray for our good neighbours, the animals;
helping us to maintain natural biodiversity,
spreading plant life and vital nutrients,
being good companions on our life's journey and helping us to flourish.
We pray for our good neighbours; the people: family, friends and strangers
who connect us to each other and help us to see beyond ourselves:
a rich variety of age, size, culture, gender, language, and faith,
the people whom we meet each day.

Prayer Circle

Free prayers for those who need our prayers

Alan, Angela, April, Barbara, Dan, David, Deb, Dot, Ericka, George, Johanna, Karen, Levi,
Linda, Lisa, Loidi, Maria, Marg, Mark, Michelle, Monique, Nancy, Paul, Rona, Ronda, Rudy,
Russell, Sandy, Sarah, Shannon, Shawn, Valerie & Zachary.

And in all this, God, we meet you and you meet us, and we flourish.

The Lord's Prayer

VU960

Song

When Hands Reach Out Beyond Divides **MV169**

Blessing

Be blessed with the gift of life unfolded by those who come before us.
Be blessed with the gift of life unfolding through those who are around us.
Be blessed with the gift of life
unfolding through what is yet unknown to us.

**God is planted within our very soul,
gracing us with new beginnings
in every moment and encounter of life.**

Music to Send Us On Our Way

Agnus Dei from the Coronation Mass by W.A. Mozart
performed by Dr. Irene Feher and Dr. Wayne Johnson