



The Parish of St. Laurence, Coquitlam

July 5, 2020 at 9am

Fifth Sunday after Pentecost

## **Gathering of the Community**

All are warmly welcomed to our worship.

*"Most of us were taught that God would love us if and when we change. In fact, God loves you so that you can change. What empowers change, what makes you desirous of change is the experience of love. It is that inherent experience of love that becomes the engine of change."*

Richard Rohr

### **Call to Worship**

Presider: The grace of our Lord Jesus Christ, and the love of God, and the communion of the Holy Spirit, be with you all.

**All: And also with you.**

Presider: May the Spirit of peace and reconciliation be with you.

**All: May we receive the power and peace of divine love.**

Breath of God,  
Breath of life,  
Breath of deepest yearning,  
**Come Holy Spirit come.**

Comforter,  
Disturber  
Interpreter,  
Encourager,  
**Come Holy Spirit come.**

Heavenly friend,  
Earthly companion,  
Lamplighter,  
Revealer of truth,  
Midwife of change,  
**Come Holy Spirit come.**

Our Holy God is here.  
**God's spirit is with us.** <sup>2</sup>

Wee Worship Book, (4<sup>th</sup> Incarnation) page 54

**Hymn**    *Come and Find the Quiet Centre*

1. Come and find the quiet centre  
in the crowded life we lead,  
find the room for hope to enter,  
find the frame where we are freed:  
clear the chaos and the clutter,  
clear our eyes, that we can see  
all the things that really matter,  
be at peace, and simply be.
2. Silence is a friend who claims us,  
cools the heat and slows the pace,  
God it is who speaks and names us,  
knows our being, face to face,  
making space within our thinking,  
lifting shades to show the sun,  
raising courage when we're shrinking,  
finding scope for faith begun.

3. In the Spirit let us travel,  
open to each other's pain,  
let our loves and fears unravel,  
celebrate the space we gain:  
there's a place for deepest dreaming,  
there's a time for heart to care,  
in the Spirit's lively scheming  
there is always room to spare!

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Music: [Benjamin Franklin White](#) (1844). Harmony copyright © 1978 *Lutheran Book of Worship*

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## **Reading**    Romans 7:15-25a

<sup>15</sup> I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. <sup>16</sup> Now if I do what I do not want, I agree that the law is good. <sup>17</sup> But in fact it is no longer I that do it, but sin that dwells within me. <sup>18</sup> For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. <sup>19</sup> For I do not do the good I want, but the evil I do not want is what I do. <sup>20</sup> Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me.

<sup>21</sup> So I find it to be a law that when I want to do what is good, evil lies close at hand. <sup>22</sup> For I delight in the law of God in my inmost self, <sup>23</sup> but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. <sup>24</sup> Wretched man that I am! Who will rescue me from this body of death? <sup>25</sup> Thanks be to God through Jesus Christ our Lord!

So then, with my mind I am a slave to the law of God, but with my flesh I am a slave to the law of sin.

**Psalm 145** *Know That God Is Good*

***Refrain:***

***Know that God is good.***

Gracious and merciful is the Lord,  
slow to anger, full of love.  
The Lord is good in every way,  
merciful to every creature.

Let your works praise you, Lord,  
your faithful ones bless you.  
Let them proclaim your glorious reign,  
let them tell of your might.

Let them make known to all  
your might and glorious reign.  
Your dominion lasts for ever,  
your rule for all generations! ***R efrain***

The Lord is faithful in every word  
and gracious in every work.  
The Lord supports the fallen,  
raises those bowed down.

The eyes of all look to you,  
you give them food in due time.  
You open wide your hand  
to feed all living things. ***Refrain***

## **Gospel Reading**

Reader        May God be with you.

**All**            **And also with you.**

Reader        The Holy Gospel of our Lord Jesus Christ  
                  according to Matthew.

**Gospel**        Matthew 11:16-19, 25-30

<sup>16</sup> “But to what will I compare this generation? It is like children sitting in the market-places and calling to one another,

<sup>17</sup> “We played the flute for you, and you did not dance; we wailed, and you did not mourn.”

<sup>18</sup> For John came neither eating nor drinking, and they say, “He has a demon”; <sup>19</sup> the Son of Man came eating and drinking, and they say, “Look, a glutton and a drunkard, a friend of tax-collectors and sinners!” Yet wisdom is vindicated by her deeds.’<sup>[a]</sup>

<sup>25</sup> At that time Jesus said, 'I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; <sup>26</sup> yes, father, for such was your gracious will. <sup>27</sup>All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

<sup>28</sup> "Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. <sup>29</sup> Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy, and my burden is light."

Reader            The Gospel of Christ.  
All                **Praise to you, Lord Jesus Christ.**

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**Homily**        The Reverend Carla McGhie

**Offertory**    *Come To Me, O Weary Traveler*

(Mary Marter & Erin Barr)

Type: Words and Music; First Line: Come to me, O weary trav'ler Contributors: Sylvia G. Dunstan, Paul Tate Tune: © 2017, GIA Publications, Inc. Text: © 1991, GIA Publications, Inc. Reprinted under OneLicense A-710159.

## **Prayers of the People**

### **Lord's Prayer**

Presider    And now as our saviour has taught us, we are bold to say:

All        **Our Father in heaven, hallowed be your name,  
your kingdom come, your will be done,  
on earth as 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, now and for ever.    Amen.**

**Hymn**    *Spirit, Open My Heart*

***Refrain:***

***Spirit open my heart***

***To the joy and pain of living***

***As you love may I love***

***In receiving and in giving Spirit,  
open my heart***

- 1** God, replace my stony heart  
with a heart that's kind and tender.  
All my coldness and fear  
to your grace I now surrender.    ***Refrain***
- 2** Write your love upon my heart  
as my law, my goal, my story.  
In each thought, word, and deed,  
may my living bring you glory.    ***Refrain***
- 3** May I weep with those who weep,  
share the joy of sister, brother.  
In the welcome of Christ,  
may we welcome one another.    ***Refrain***

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## **The Sending Forth**

Presider For all that God can do within us,  
For all that God can do without us,  
**All Thanks be to God.**

Presider For all in whom Christ lives before us,  
For all in whom Christ lives beside us,  
**All Thanks be to God.**

Presider For all the Spirit wants to bring us.  
For where the Spirit wants to send us,  
**All Thanks be to God.**

Presider Listen, Christ has promised to be with us  
in the world as in our worship  
Go now and become your prayer.  
**All We go to serve the Beloved. Amen.**

Posted on the **World Council of Churches** website. <http://www.oikoumene.org/en/home.html>

## **Dismissal**

Love wholeheartedly.  
Live as you were created.  
Be God's people in our fragmented world. **Amen.**

written by Tim Graves and posted on **LiturgyBits**. <https://liturgybits.wordpress.com>

**NEWS & NOTICES**  
**St. Laurence Church**  
Week of July 5

*For more information on St, Laurence and upcoming activities visit  
the parish website @ [www.saintlaurence.ca](http://www.saintlaurence.ca)*

Detlef Beck is inviting you to a

**"SUNDAY SOCIAL HOUR"**

Please join us at 11am

[https://us04web.zoom.us/j/72928020172?  
pwd=QmtvbVNlcmg3MTF6ajVZQW83NjZiQT09](https://us04web.zoom.us/j/72928020172?pwd=QmtvbVNlcmg3MTF6ajVZQW83NjZiQT09)

Meeting ID: **729 2802 0172**

Password: **2ZkuxJ**

**Thrifty Foods "Smile Cards "**



*Thrifty's has once again renewed our 5% return on  
purchases at all Thrifty store's when you use the Smile  
Card.*

*This offer is in effect until April 30 2021!*

## **“I Worried”**

I worried a lot. Will the garden grow, will the rivers  
flow in the right direction, will the earth turn  
as it was taught, and if not how shall  
I correct it?

Was I right, was I wrong, will I be forgiven,  
can I do better?

Will I ever be able to sing, even the sparrows  
can do it and I am, well,  
hopeless.

Is my eyesight fading or am I just imagining it,  
am I going to get rheumatism,  
lockjaw, dementia?

Finally I saw that worrying had come to nothing.  
And gave it up. And took my old body  
and went out into the morning,  
and sang.”

