

*Our mission is to love God, to love our neighbour as ourselves,  
and to nurture and strengthen our Christian faith.*

**SUNDAY, July 19, 2020**  
Presiding – Debbie Stockdale

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*We gather as a Christ-infused Community of Faith*

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## **SEEDS OF MEDITATION**

"Joy is the echo of God's life in us." - *St Columba of Iona*

"Joy does not simply happen to us. We have to choose joy and keep choosing it every day." - *Henri Nouwen*

## **GATHERING WITH COMPASSION**

### **PRELUDE**

### **WELCOME**

### **LIGHTING THE CANDLES**

We light the Affirming candle in celebration of the wonderful diversity of genders, colours and shapes that humanity is created in. May the Creator in whose image we are all created, Christ who modeled inclusion, and the Spirit who guides us toward justice help us offer compassion, justice and love to all.

I light the Treaty 7/Metis Region 3 candle to show respect for the land and to affirm our continued commitment to live into right relations with our indigenous brothers and sisters.

I light the Christ Candle to remind us that the light of Christ is with us always; within us and around us, bringing warmth and hope and joy whenever we notice it. Praise be to Christ, the Light of the World!

## **EXPANSION OF OUR HEARTS**

### **Focusing Our Hearts for Worship**

Sing praises to our God,

**Creator, Source of love and life.**

Sing praises to our God,

**whose joy rises in our lives and inspires us to smile and laugh.**

Sing praises to our God, give thanks to God's holy name:

**God's Realm is around us and within us;**

Let us raise our hearts in praise and in gratitude.

## **Praise be the Holy!**

### **Opening Prayer:**

God of laughter and love,

We come together today, each with our own experiences, each with our own hopes, each with our own joys and our own troubles.

We come as people tired of the changes brought to our world by the COVID 19 virus and yearning for the freedom of life before COVID 19.

Holy One, may we find encouragement and hope as we worship together this morning. May we know the light of Christ dancing in our souls and the companionship of the spirit beckoning us to feel joy bubbling up within us. May we feel our spirits rise on the wings of joy in the music and in the community of our church family.

In this time, may we feel connected to you, to one another and to our world in joy and love and hope. And may this feeling persist with us in the days and weeks to come. **Amen**

### **HYMN** It's a Song of Praise to the Maker (MV #30)

It's a song of praise to the Maker, the thrush sings high in the tree.  
It's a song of praise to the Maker, the gray whale sings in the sea,  
And by the Spirit you and I can join our voice to the holy cry and sing, sing, sing to the Maker too.

It's a call of life to the Giver, when waves and waterfalls roar.  
It's a call of life to the Giver when high tides break on the shore,  
And by the Spirit you and I can join our voice to the holy cry and sing, sing, sing to the Maker too.

It's a hymn of love to the Lover; the bumblebees hum along.  
It's a hymn of love to the Lover; the summer breeze joins the song,  
And by the Spirit you and I can join our voice to the holy cry and sing, sing, sing to the Maker too.

It's the chorus of all creation; it's sung by all living things.  
It's the chorus of all creation; a song the universe sings,  
And by the Spirit you and I can join our voice to the holy cry and sing, sing, sing to the Maker too.

## **PROCLAIMING**

### **READINGS**

**Isaiah 55: 10-12**

*A moment of silence ....*

**Galatians 5: 22-23** - The Fruit of the Spirit

*A moment of silence ....*

**A Poem by Mary Oliver - Morning**

*A moment of silence ....*

**SPECIAL MUSIC**

**REFLECTION    Teach us How to Joy**

**HYMN    I've Got the Joy, Joy, Joy, Joy Down in my heart**

I've got the joy, joy, joy, joy  
Down in my heart, Down in my heart, Down in my heart.  
I've got the joy, joy, joy, joy  
Down in my heart  
Down in my heart to stay.

I've got the love of Jesus, love of Jesus  
Down in my heart, Down in my heart, Down in my heart.  
I've got the love of Jesus, love of Jesus  
Down in my heart  
Down in my heart to stay.

I've got the peace that passes understanding  
Down in my heart, Down in my heart, Down in my heart.  
I've got the peace that passes understanding  
Down in my heart  
Down in my heart to stay.

I've got the joy, joy, joy, joy  
Down in my heart, Down in my heart, Down in my heart.  
I've got the joy, joy, joy, joy  
Down in my heart  
Down in my heart to stay.

**RESPONDING**

**PRAYERS OF OUR HEARTS**

**THE PRAYER OF JESUS - An Indigenous Interpretation**

O Great Spirit, the Source of our life and Creator of all, moving through the Heavens, in the Earth and in our hearts.

Your name is sacred to us; we see it every day in the skies, in the rivers and in the forests. You are a friend to the four-legged ones, the winged ones, the ones who live in the waters and to the two-legged ones. Your eternal Ways bring harmony and strength, so the hoop of your people is unbroken as we gather around the council fires for wisdom. You are the Source of our life.

So, we rejoice each day for the food we eat, the shelter we live in and the companions we share. Help us to remember that as we love all that is around us your love grows within us. Lead our steps away from the trails of confusion and hurtfulness; place our feet on the trails of harmony and sharing.

For Your Ways direct our lives, Your Power ignites the campfires of our hearts. Let us sing songs of joy to each other as we gather our logs. Thank you, Great Spirit. Amen.

*by Jim Nuttal*

### **Hymn** Dance with the Spirit (MV 156)

Dance with the Spirit early in the mornin',  
walk with the Spirit throughout the long day.  
Work and hope for the new life a bornin',  
listen to the Spirit to show you the way.

Laugh with the Spirit early in the mornin',  
laugh with the Spirit throughout the long day.  
Work and hope for the new life a bornin',  
listen to the Spirit to show you the way.

Love with the Spirit early in the mornin',  
love with the Spirit throughout the long day.  
Work and hope for the new life a bornin',  
listen to the Spirit to show you the way.

### **BLESSING**

#### **SUNG BENEDICTION** We Shall Go out With Joy (VU 884)

You shall go out with joy  
And be let forth with peace,  
And the mountains and the hills  
Will break forth before you.  
There'll be shouts of joy  
And the trees of the fields  
Will clap, will clap their hands.

And the trees of the fields will clap their hands,  
And the trees of the fields will clap their hands,  
And the trees of the fields will clap their hands,  
While you go out with joy.

## POSTLUDE