



Fourth Sunday after Pentecost
Year A
June 28, 2020

Key Scripture - Matthew 10:40-41

"Whoever welcomes a prophet in the name of a prophet will receive a prophet's reward; and whoever welcomes a righteous person in the name of a righteous person will receive the reward of the righteous;"

Theme - Friends and Allies

An ALLY
is not an noun.
It isn't an identity, a label, or something to claim.
Being an ally is taking action,
making a stand
doing something to make a difference
by standing up
against oppression and marginalization.
You are an ally
when someone else recognizes you as an ally

Welcome All

† Newcomers please sign our guestbook



† Special requests may be made through Facebook



Contact Us

† Trinity is Welcoming, Open, Inclusive and Accessible.

- Trinity is an Affirming Congregation and is inclusive of folk who find themselves a part of what is described as "LGBTQ+"
- Our church building is closed but our Congregation is Open and Active in a Ministry of Prayer, Service and Care
- Church business will be conducted remotely as much as possible
- Worship will be recorded and posted to FaceBook and our WebPage

Welcome and Announcements

This week's Phone Tree Message - 24 June 2020

I am the Chaplain to the Smiths Falls Police Service and because of COVID-19 limitations, I have not been able to visit for months. I want our Folk at SFPS to know that they are supported in prayer.

There has been much in the news these several weeks that touches Police Services. From the tragic events in Portapique, Nova Scotia, to recent conversations regarding Defunding; it seems that Police Services everywhere have been in some way under scrutiny.

We are served by very good Folk in Smiths Falls and I ask you to remember them, with me, in your prayers.

The "Reopening Trinity Committee" has been formed and their work is beginning. And it will be a lot of work. There is much to consider. We hope to ensure that all requirements to safely reopen our Church, *no earlier than Labour Day Weekend*, are in place and approved by competent authorities as per EOORC Guidance, "Safely Reopening our Churches."

Our guiding principle will be exclusively your health and safety.

The congregation will be apprised of developments.

Stay safe and encourage the people you love to remain so.

- Comfort - In addition to COVID-19, there has been much unrest in our world, so we pray -

God of love, peace, and unity,

**we thank you for welcoming us all just as we are;
for making us equal as your children
from all corners of the earth;
and for giving us your blessings as your children;
and for making us belong.**

**We pray that you help us realize that we are
all made in your image, and we need to bring peace
to all your creation as one people who belong to you.**

**Where there is division,
where there is turmoil,
where there is conflict,
in those confusing places and times
where members of our Police Services are sent;
be present with protection and with grace.**

**We ask all this through Christ our brother.
Amen.**

- Communication
 - Trinity United Church News and Updates -
 - Our Congregation is active in Prayer, Care and Service
 - Worship Services are replayed
 - On COGECO - Your TV Sundays at 10:00 and 2:00
 - On the Trinity Web Page and FaceBook at our regular Service Time, 10:30 Sunday Morning
 - **This Sunday's Scripture speaks to the power of a simple Welcome... but what is a Welcome? -**
 - **Key Scripture - Matthew 10:40-41**
 - **"Whoever welcomes a prophet in the name of a prophet will receive a prophet's reward; and whoever welcomes a righteous person in the**

name of a righteous person will receive the reward of the righteous;”

● Theme - Friends and Allies

- We are able to deliver lunches to your home. If a lunch delivered to your home would be helpful, we will serve as we are able. Contact the Office.
- A note from the Stewardship Team
 - Folk who bought geraniums - Please save the pots for our supplier. When we get back to Church we will collect and return them.
- We are mindful about finances
 - Please consider Pre-Authorized Payments (PAR) as a consistent way to support the congregation
 - Grocery / Gift Cards are still available for sale - Contact the Church Office at - 613 283 4444

○ Connection

- If you would like the latest posts from the church but have not been receiving updates by email, we may not have your address.

○ Care

- The Healing Pathway Team and others are actively praying together starting at 1:00 pm every Wednesday.
- If you want to be contacted regularly by phone, contact the church and let us know - the church office number is - 613 283 4444

COVID-19 Community Meal Distribution Points

Monday	St. John the Evangelist Anglican Delivery Only	11:00 am - 12:30 pm
Tuesday	Trinity United Church - Brown Bag & Blessing Front Foyer - 41 Market Street	11:30 am - 12:30 pm
Wednesday	St Francis de Sales - St. Vincent de Paul Society 4 McGill St (Hanley Hall)	12:00 - 12:30 pm
Thursday	St. John the Evangelist Anglican Delivery Only	11:00 am - 12:30 pm
Friday	Mississippi Rideau Lakes - Salvation Army 251 Brockville St	11:30 am - 1:00 pm
Saturday	Trinity United Church - Volunteers from - SFDCI Front Foyer - 41 Market Street	11:30 am - 12:30 pm
Sunday	St. John the Evangelist Anglican Delivery Only	11:00 am - 12:30 pm



We are grateful for the Town of Smiths Falls and Lanark County. Take Away Meals are subsidized through the generosity of the Community Grant Program and COVID-19 emergency funds.

We are grateful for the teachers and staff of SFDCI and Duncan J. Schoular Public School who volunteer on Saturdays.

Two Guys for Lunch are active partners with us in this community service.

Acknowledging Traditional Territory

Smiths Falls is located on the traditional territory of the Algonquin peoples dating back countless generations. We are grateful for our neighbours and recognize the opportunity to exercise the Ministry of Reconciliation

Elements of today's Worship Service are drawn and adapted from the Presbyterian Church in Canada online Worship Planner.

Introit "O Canada"

Call to Worship

The church lives to praise God.

We offer our lives in worship day to day, now and always.

Glory by to the Creator, and to the Redeemer, and to the Sustainer.

As it was in the beginning, is now, and ever shall be, to the ages of ages!

Amen.

Prayer of Gathering

How majestic is your name in all the earth.

From north and south, from east and west,

drawn by your majesty we come to worship you,

our Creator, Redeemer and Sustainer.

For the gift of this new day, fresh from your hand,

we rejoice.

For the renewal we discover in your friendship in Christ,

we praise you.

In the Spirit's energy, blessing us in each moment,

whether joyous or difficult,

we place our hopes.

We trust that all of life is your gift

so, give us glimpses of your splendor, glory and love

in this time of worship.
Accept our praise, Creator, Redeemer, Spirit.
Amen

Hymn 395 "Come In, Come In and Sit Down"

Refrain -

*Come in, come in and sit down,
You are a part of the family.
We are lost and we are found,
And we are a part of the family.*

You know the reason why you came,
Yet no reason can explain;
So share in the laughter and cry in the pain,
For we are a part of the family.

Refrain -

God is with us in this place,
Like a mother's warm embrace.
We're all forgiven by God's grace,
For we are a part of the family.

Refrain -

There's life to be shared in the bread and the wine,
We are the branches, Christ is the vine.
This is God's temple, it's not yours or mine,
But we are a part of the family.

Refrain -

There's rest for the weary and health for us all;
There's a yoke that is easy, and a burden that's small.
So come in and worship and answer the call,
For we are a part of the family.

Learning with Children

When Adrienne was a girl, she was a Cub. Lorraine and I were Cub leaders. One of the big things that Cubs look forward to is the Cub Car Rally. Adrienne and I built a Cub Car together.

A Cub Car is made out of a block of wood and is powered by a CO2 cartridge. There are two prize categories - fastest and the best designed. Adrienne and I chose to work toward the best design. We figured that most of the other Cubs would be going for speed, so we chose the category in which we felt we could reasonably compete and have a chance to win.

We also surmised that in the design category that the advantage would go to creativity and a departure from the norm. We made a Pop-Top Westfalia Camper Van Cub Car. It had a working Pop-Top and everything. We did not win but that was because the judges were confused.

The day seemed to show that many of the Cubs had the same kind of father, mother or adult friend that Adrienne had. The quality and design of many of the cars were of a level that suggested that somebody had their project taken over. Maybe 4-H has the same kind of help from parents. In any case, it looked like for some, the competition was between fathers... not between Cubs.

What is the best way to help?

Listen.

Maybe ask if help is wanted.

Listen.

Provide resources or tools.

Listen.

Support.

Today's Bible story is about helping. Jesus uses the example of helping a Prophet and a Righteous person. A Prophet speaks. A righteous person acts. A prophet knows what to say and a Righteous person knows what to do. So you do not have to help them with that. Jesus says, welcome them. He also talks about giving a cup of cold water.

Jesus does not tell us to help by taking over.

Call to Reconciliation

It is hard to be quiet when we think we know better.

It is hard to walk a mile in our neighbour's shoes;
when we just want to tell them how and where to walk.

Prayer of Confession

Lord of all life and each life,

**Forgive us when we forget that life is a gift
and that you are with us in both
our struggles and
our achievements.**

**Forgive us when we ignore the value
of each person you have created
and for the pain we have caused to others.**

**Bless those who have been hurt
by our actions and by our inaction
with your healing love.**

**Heal us of the hurts and harm we carry
and forgive us the grudges that weigh us down.**

**Restore our faith in your goodness
and free us to live with you and
with each other in reconciling grace
through the mercy of Jesus.**

Amen.

Assurance of Pardon

Jesus said, Come to me all you who labour and are heavy laden and I will give you rest.

Friends, trust that peace and forgiveness are God's gifts to you this day.

Be renewed by the power of the Spirit that moves with you into each new day.

Scripture Psalm 13 (VU 734); Matthew 10:40-42

Psalm 13 (VU 734)

Refrain -

Be still, my soul, for God is on your side. God is on your side.

How long, O God, will you utterly forget me?

How long will you hide your face from me?

How long must I suffer anguish in my soul?

and be so grieved in my heart day and night?

How long shall my enemy triumph over me?

Refrain -

Be still, my soul, for God is on your side. God is on your side.

Look at me, and answer me, O God my God;

give light to my eyes, lest I fall asleep in death,

Lest my enemies claim to have prevailed against me,

lest my foes rejoice in my downfall.

But my trust is in your mercy.

Let my heart be joyful in your salvation.

I will sing to you, O God,

because you have dealt so lovingly with me.

I will praise your name, O god most high.

Refrain -

Be still, my soul, for God is on your side. God is on your side.

Matthew 10:40-42

“Whoever welcomes you welcomes me, and whoever welcomes me welcomes the one who sent me. Whoever welcomes a prophet in the name of a prophet will receive a prophet’s reward; and whoever welcomes a righteous person in the name of a righteous person will receive the reward of the righteous; and whoever gives even a cup of cold water to one of these little ones in the name of a disciple—truly I tell you, none of these will lose their reward.”

Hymn MV 1 "Let Us Build A House"

Let us build a house where love can dwell and all can safely live,
a place where saints and children tell how hearts learn to forgive.
Built of hopes and dreams and visions, rock of faith and vault of grace;
here the love of Christ shall end divisions:

All are welcome, all are welcome, all are welcome in this place.

Let us build a house where prophets speak, and words are strong and true,
where all God’s children dare to seek to dream God’s reign anew.
Here the cross shall stand as witness and as symbol of God’s grace;
here as one we claim the faith of Jesus:

All are welcome, all are welcome, all are welcome in this place.

Let us build a house where love is found in water, wine and wheat;
a banquet hall on holy ground, where peace and justice meet.
Here the love of God, through Jesus, is revealed in time and space;
as we share in Christ the feast that frees us:

All are welcome, all are welcome, all are welcome in this place.

Let us build a house where hands will reach beyond the wood and stone
to heal and strengthen, serve and teach, and live the Word they've
known.

Here the outcast and the stranger bear the image of God's face;
let us bring an end to fear and danger:

All are welcome, all are welcome, all are welcome in this place.

Let us build a house where all are named, their songs and visions heard
and loved and treasured, taught and claimed as words within the
Word.

Built of tears and cries and laughter, prayers of faith and songs of grace;
let this house proclaim from floor to rafter:

All are welcome, all are welcome, all are welcome in this place.

Reflection -

The past number of weeks have been packed with the kind of news and occasions that inspire well meaning people to help. With COVID-19 the ways that some would normally like to be involved are not available. Perhaps, then, it is a good time to think, without letting "doing" get in the way.

June is Pride month, last Sunday was National Indigenous Peoples Day, yesterday, June 27 was Canadian Multiculturalism Day. These are the kinds of commemorations in which many in our congregation would like to support or participate. These are the kinds of commemorations and activities that inspire many to consider what it means to be an Ally; to be part of a movement with which you are sympathetic without necessarily being an identified member of the group that is being celebrated or recognized or supported.

If we wish to be involved in another's quest for justice, inclusion or equity and have not experienced the challenge ourselves or are in an advantaged position, how do we assist with integrity? How are we actually helpful?

“Whoever welcomes a prophet in the name of a prophet will receive a prophet’s reward; and whoever welcomes a righteous person in the name of a righteous person will receive the reward of the righteous; and whoever gives even a cup of cold water to one of these little ones in the name of a disciple—truly I tell you, none of these will lose their reward.”

50 years ago, my father was posted to an Air Base in Greenwood, Nova Scotia. We moved into Military housing. While unpacking and setting up, a neighbour came over to welcome us and to visit my mother. The neighbour wanted to be helpful. My mother was busy, as one would be when one is unpacking, putting things away and managing four children.

The new neighbour, as it turned out, was something of a whirlwind. She came in, told my mother the lay of the land and adjusted the thermostat. With the adjustment came something of an explanation as to how thermostats worked. My mother is and always has been a dear sweet and proud woman. Mom likes a cool house and knows how to work a thermostat. The house was too cool for her new friend's liking, so her new friend fixed it right away and offered helpful instruction. My mother noticed that. I know she noticed that because I heard her speaking about it. Our new neighbour's welcome was welcome, her help was less so. It's not that my mother does not accept assistance. It is nice to be asked, though. It is also nice not to have somebody come into your house and take over. Even if they are well intentioned.

“Whoever welcomes a prophet in the name of a prophet will receive a prophet’s reward; and whoever welcomes a righteous person in the name of a righteous person will receive the reward of the righteous; and whoever gives even a cup of cold water to one of

these little ones in the name of a disciple—truly I tell you, none of these will lose their reward.”

A prophet speaks the word of God.

A righteous person does the will of God.

A prophet knows what to say. A righteous person knows what to do.

Both a prophet and a righteous person are engaged in the kind of activity to which people who want to be or do good are attracted and in which they would like to participate. Good people want to help godly proclamations and works of righteousness, even when or perhaps sometimes *especially* when they are not prophets or overwhelmingly righteous themselves. There is a reward in helpful participation. It feels good. However, a prophet knows what to say and a righteous person knows what to do. In the context of Jesus’ day and culture, they are called out, equipped and identified as a prophet or worker in righteousness. A welcome would be helpful,... perhaps a cup of cold water. How to be a prophet, how to do works of righteousness,... well, they have that in hand.

My mother had setting up her own home well in hand ... including the temperature. A welcome was welcome but there was no need to take over... Thank-You very much.

Trinity is an Affirming Congregation. Trinity recognizes our opportunity and responsibility with respect to our Indigenous neighbours as outlined by the Truth and Reconciliation Commission of Canada. Trinity supports Diversity. In the month of June, some of us may be considering how to appropriately be involved in the work that the days and weeks of recognition within this month imply; what it means to be an ally.

1. Be willing to listen and learn. Trust the experiences of those you want to support.

2. Help open up spaces without taking them over. Make your resources available.

3. Research. Do not place the expectation of teaching on the community you want to support. They are busy enough. Teach yourself and relieve the people you want to support of that burden.

4. Resist the desire to be a "savior." This is a manifestation of the very inequity to which you claim to be opposed.

5. Start in your own circle. Promote equality and justice in your own community.

Trinity hosts Rainbow sabbath and supports Pride. We do not organize the parade. We do as we are asked. It is not our Parade. We do not help by telling people what to do. Organizing the potluck has been given to us but we do not assume year by year that we will be asked again. We are not intrusive or insistent.

We are honoured to have a space in which the Lanark Drum Circle can meet. We are working to make the space inviting and comfortable. We ask before we do anything.

We are honoured to welcome Chinese New Year. The work belongs to the Chinese Community and many of us are present as guests.

“Whoever welcomes a prophet in the name of a prophet will receive a prophet’s reward; and whoever welcomes a righteous person in the name of a righteous person will receive the reward of the righteous; and whoever gives even a cup of cold water to one of these little ones in the name of a disciple—truly I tell you, none of these will lose their reward.”

Being an Ally is about service, it is not about taking over or knowing better. ***We may assist but we never insist.***

This way of being ensures that progress and dignity belongs to those who have had a lived experience of being treated as outsiders and that the joy and the pride and the accomplishment belongs to those who were once denied it. We do not restore dignity by taking over. We can never make another person’s victory a part of our resume. We do, however, have a heartfelt “welcome” and a deep, cool well of living water.

AMEN.

Hymn MV 154 "Deep In Our Hearts"

Deep in our hearts there is a common vision;
Deep in our hearts there is a common song;
Deep in our hearts there is a common story,
 Telling Creation that we are one.

Deep in our hearts there is a common purpose;
Deep in our hearts there is a common goal,
Deep in our hearts there is a sacred message,
 Justice and peace in harmony.

Deep in our hearts there is a common longing;
Deep in our hearts there is a common theme;
Deep in our hearts there is a common current,
 Flowing to freedom like a stream.

Deep in our hearts there is a common vision;
Deep in our hearts there is a common song;
Deep in our hearts there is a common story,
 Telling Creation that we are one.

**We Respond to God's Word
Offering Ourselves
For The Work And Witness Of The Church**

Invitation to Offering

Jesus teaches that even the gift of a simple cup of water is a gift worthy of his disciples.

Friends, whatever we can give to God can bless the world in Jesus' name.

Give so that others may taste God's living water.

Trinity Needs Your Help

During these trying times, Trinity's life and work continues in many ways. While our Sunday services and many other things in our lives are on hold until further notice, and our building is closed, our staff and members are still active and operational costs continue.

There will be no opportunity for the regular collection of offerings each week, so Trinity needs you to share your gifts in a different way. We have 4 options:

1. Please visit the www.trinityunitedsf.ca and use the "DONATE" button. It takes you to CanadaHelps.org where you can make a safe and secure, one time or monthly donation as often as you want.
2. This may also be a good time to start using Pre-authorized Payments. The form for that is attached to this post and can be printed off and mailed to the church office at 41 Market Street / PO Box 28, Smiths Falls, K7A 2E7
3. We have also set up an e-transfer account to accept your donation. Please use secretary@trinityunitedsf.ca . Password not required. Please note your envelope number and amount allocated to general church expenses, M&S. and/or capital projects.

4. Of course you can always mail a donation to the church office at 41/ PO Box 28 Market Street, Smiths Falls, ON K7A 2E7

If you require assistance or have any questions about making donations, please do not hesitate to contact the church office at 613-283-4444 or by email at secretary@trinityunitedsf.ca.

Thank you.

Offering Prayer

Generous and gracious God, we receive so much from you. What we return to you this day has first come to us from you. By your Spirit, multiply our gifts so that those who are in need may taste your abundance which we know already in Christ, our Living Lord. Amen.

Meditation "O Tempo" (Rocha)

Prayers of the People

God of heaven and earth, with joy we praise you.

You create, sustain, and redeem all things.

For making us in your image to love one another and to care for your creation, **we give you thanks.**

For the gift of your Son whose life is the pattern for our lives and learning, **we give you thanks.**

For the energy of your Spirit to inspire us in times of challenge and change, **we give you thanks.**

Strengthen us in these difficult days to show your love to others as we pray -

For the church and those who lead it as we adapt to new ways of worshiping and being together

For creation that we may learn to reverence and care for it

For those who lead in the nations of the world that they may work for the well-being of the most vulnerable

For those who serve as healers and caregivers in these days when their work is so demanding.

For the poor, the homeless, the hungry and all whose livelihoods have been disrupted during the pandemic.

For those who are ill or struggling in isolation, and for those who mourn the loss of someone dear.

For the powerless and the oppressed in all places and for those who work to defend them

Where there is division, where there is turmoil, where there is conflict, in those confusing places and times where members of our Smiths Falls Police Services are sent; be present with protection and with grace.

We are thankful that we can experience God in a relationship from which we draw strength, courage and encouragement.

The ways of knowing God - Mother, Father, Fiend -

Creator, Redeemer, and Sustainer;
may be expressed in the prayer Jesus taught us -

The Lord's Prayer

Our Father who art in heaven,
Hallowed be thy name.
Thy kingdom come.
Thy will be done
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us,
and lead us not into temptation,
but deliver us from evil.
For thine is the kingdom,
and the power, and the glory,
for ever and ever
Amen

We Depart to Serve with Joy

Hymn MV 138 "My Love Colours Outside The Lines"

My love colours outside the lines,
Exploring paths that few could ever find;
And takes me into places where I've never been before,
And opens doors to worlds outside the lines.

My Lord colours outside the lines,
Turns wounds to blessings, water into wine;
And takes me into places where I've never been before
And opens doors to worlds outside the lines.

***We'll never walk on water if we're not prepared to drown,
Body and soul need a soaking from time to time.***

*And we'll never move the gravestones if we're not prepared to die,
And realize there are worlds outside the lines.*

My soul longs to colour outside the lines,
Tear back the curtains, sun, come in and shine;
I want to walk beyond the boundaries where I've never been before,
Throw open doors to worlds outside the lines.

*We'll never walk on water if we're not prepared to drown,
Body and soul need a soaking from time to time.
And we'll never move the gravestones if we're not prepared to die,
And realize there are worlds outside the lines.*

My soul longs to colour outside the lines,
Tear back the curtains, sun, come in and shine;
I want to walk beyond the boundaries where I've never been before,
Throw open doors to worlds outside the lines.

Benediction

Let us go forth to walk in God's light.

We will show others the way.

Let us go to bring hope and healing to the world.

**With a gift as simple as a cup of water,
and as complex as our lives,
we will join Jesus in serving those around us.**

Let us go forth to gather up the little ones
of our communities into our homes and hearts.

**With the gift of the Holy Spirit,
we are no longer strangers but God's family.**

Choral Amen

Postlude "Where The River Meets The Sea" (Harbridge)