



Fifth Sunday after Pentecost
Year A
July 5, 2020

Key Scripture - Matthew 11:17

'We played the flute for you, and you did not dance; we wailed, and you did not mourn.'

Theme - Tired and Cranky

My tired and cranky is trying to overpower my attitude of gratitude.

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 - 1 July 2020

Wednesday was Canada day and we have much for which to give thanks. Our country is rich and beautiful and kind. Apart from the streets paved with gold, I can only imagine that the ancient's vision of heaven is surpassed by our reality.

Dear God,

**We reflect on our nation,
the people within it, and
our ways of building and being community.**

We look for ways to be your people in this country.

**We seek a renewed understanding of what it means to be a country
of compassion and
to form a land of principles, integrity and justice.**

**May we live with confidence and hope in our service to one another,
strengthened for this service by the gifts of your Spirit,
this week and every day of the year ahead.**

Amen.

The "Reopening Trinity Committee" has been formed and their work is beginning. Our first meeting was Tuesday. Our first steps will be -

- Property -
 - Measure and mark 6' "bubbles" to include a 6' space between worshippers and aisles / passage ways
 - Develop cleaning and disinfecting plan
- Spiritual Leadership -
 - Develop plan with Ushers to manage entry, exit and movement within the sanctuary
 - Develop a means to determine whom we anticipate will actually come to church on any given Sunday

- Develop a plan for up to our safe capacity, as determined by Property
 - Develop a plan in the event that the numbers of folk who wish to come to church exceeds safe capacity
- Communications -
 - Provide updates and disseminate plan
- Ministry and Personnel -
 - Provide guidance for staff and volunteers to ensure safety during office hours
- It is anticipated that Masks will be mandatory
- 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.

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

- Trinity United Church News and Updates -
 - **Worship Services are not broadcast during the summer months on On COGECO - Your TV**
 - Services will continue to be available on the Trinity Web Page and FaceBook at our regular Service Time, 10:30 Sunday Morning
 - While the Minister is on vacation, 6 July - 11 August, services will continue. The Communications Team, with input from others, has selected and assembled five Retro Reflections. I previewed a couple so far. It is nice to see folk in the pews and broad participation in the services

- **This Sunday's Scripture speaks to the way feeling oppressed erodes our ability to feel anything at all -**
 - **Key Scripture - Matthew 11:17**
 - **'We played the flute for you, and you did not dance; we wailed, and you did not mourn.'**
 - **Theme - Tired and Cranky / Depressed and Disconnected**
 - 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
 - Please save geranium pots for our supplier.
 - 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

○ Care

- The Healing Pathway Team and others are actively praying together starting at 1:00 pm every second Wednesday during the Summer months.
- Our Non-Medical Face Mask Ministry is incredible!
 - As more restrictions are relaxed and the potential for contact increases - Please wear a Mask or some other form of protection.
 - Masks are available at the church every Tuesday and Saturday from 11:30 am - 12:30 pm. It is a blessing to know that we have many folk in our own Congregation and community who are so faithful in making masks so that all of us can be safer.

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 430 "God Be In My Head"

Call to Worship

God is all mercy and grace -

Slow to anger and rich in love.

God is good to one and all

Everything God does is filled with grace.

God provides help for us in moments of trouble

And gives a fresh start to those who feel like giving up.

Come, let us worship!

Let us lift our voices in praise and thanksgiving.

Prayer of Gathering

How wonderful are your works.

How great are your ways!

You are generous in love and kindness,

endless in goodness and power,

overflowing with grace and mercy.

You fill the world with truth and justice

and offer all people hope and new beginnings.

Lord and lover of all things,

we praise and adore you as Creator, Redeemer, and Holy Spirit,

this day and always,

for in Christ we know you are always near.

Amen.

Hymn 378 "Spirit Of God Descend Upon My Heart"

Spirit of God, descend upon my heart;
wean it from earth, through all its pulses move;
stoop to my weakness, strength to me impart,
and make me love you as I ought to love.

I ask no dream, no prophet ecstasies,
no sudden rending of the veil of clay,
no angel visitant, no opening skies,
but take the dimness of my soul away.

Hast you not bid me love you, God and King;
all, all your own, soul, heart and strength and mind?
I see your cross: there teach my heart to cling.
O let me seek you and O let me find!

Teach me to love you as your angels love,
one holy passion filling all my frame,
the baptism of the heaven-descended dove,
my heart an altar and your love the flame.

Learning with Children

Did you ever hear a squirrel or a bird sound an alarm? Do you remember what happens when one animal squeaks or squeals or chatters because there is a threat? All the other birds and squirrels do the same thing. One animal being upset makes all the other animals upset. This is important because if one animal sees a threat, all the rest have to be on alert too. This kind of connection is important for security and safety.

Have you ever seen a flock of birds or a school of fish, turning and moving in the same way or same direction as if the whole flock or school was one thing? It is a demonstration of how each single animal is connected to the other.

Did you know that yawns are contagious? - Seriously, think about the word “yawn” ... What happens? Have you ever seen another person yawn? What happens? Right now, with your friends or family, yawn. What happens? If you are alone, phone a friend after the service and yawn... see what happens.

Contagious yawning is triggered involuntarily when we observe another person yawn -- it is a common form of echophenomena. And it's not just humans who have a propensity for contagious yawning -- chimpanzees and dogs do it too.

If you watch sports and find yourself moving the same way as the players ... This is an example of echophenomena, just like fish and birds.

We are connected in mysterious ways.

Jesus talks about this connection today.

It is important. Especially in these days when COVID-19 makes us feel a little disconnected. This morning we will talk about healthy ways to maintain those connections that make us healthy and secure ... especially when we are apart.

Dear God,

We are made in a mysterious way that wants to be connected to others. In these days of separation, help us find ways to stay in touch even when we cannot actually touch.

Amen

Call to Reconciliation

Friends, Jesus welcomes all who are tired and heavy laden to lay down their worries at his feet. So let us confess to God and one another our sins and burdens, and find the freedom Christ promises.

Prayer of Confession

God of compassion and understanding,

**Our lives have slowed down in the pandemic,
and yet we struggle to hear your voice.**

We are caught up in our own situations and fail to consider what others face.

**Distracted by daily news and the uncertainty around us,
we forget to come to you in prayer and offer that uncertainty to you.**

In these slower days of community life,

teach us how to savour the freedom of your presence.

Help us enter your rhythm of grace and salvation in Jesus' name.

Amen.

Assurance of Pardon

God's compassion reaches out and is connected to all of creation.

Know that you are forgiven through Jesus.

Live in peace and harmony with yourself and with all people.

Scripture Psalm 45:10-17 (VU 769); Matthew 11:16-19, 25-30

Psalm 45:10-17 (VU 769)

God has blessed you forever and ever

My heart overflows with a noble theme;

I utter the song I have made for the king,

my tongue like the pen of a ready scribe.

You are the fairest, the most handsome;

God endows your speech with grace;

God has blessed you forever.

God has blessed you forever and ever

Gird your sword on your thigh, O hero,
in splendour and majesty.

**In your majesty ride on to conquer
in the cause of truth and justice.**

Let your right hand teach by awesome deeds,
arrows sharp in the heart of royal enemies.

The nations shall fall at your feet.

Your divine throne endures forever.

Your royal sceptre is righteousness;
you love right and hate what is wrong.

**Your God has anointed you
with more oil of gladness than all your peers.**

All your garments are fragrant
with myrrh, aloes and cassia.

**Out of the ivory palaces
stringed music makes you glad.**

God has blessed you forever and ever

Matthew 11:16-19, 28-30

“But to what will I compare this generation? It is like children sitting in the marketplaces and calling to one another,

‘We played the flute for you, and you did not dance;
we wailed, and you did not mourn.’

For John came neither eating nor drinking, and they say, ‘He has a demon’; 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.”

“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. 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. For my yoke is easy, and my burden is light.”

Hymn 510 "We Have This Ministry"

We have this ministry, and we are not discouraged,
It is by God's own power that we may live and serve
Openly we share God's word, speaking truth as we believe
Praying that the shadowed world may healing light receive.
We have this ministry, O God receive our living.

O Christ the tree of life, our end and our beginning
We grow to fullest flower when rooted in your love.
Brothers, sisters, clergy, lay, called to service by your grace
Different cultures, different gifts, the young and old a place.
We have this ministry, O God receive our giving.

The yoke of Christ is ours, the whole world is our parish
We daily take the cross, the burden and the joy. Bearing hurts of
those we serve, wounded, bruised and bowed with pain
Holy Spirit, bread and wine, we die and rise again.
We have this ministry, O God receive our loving.

Reflection -

A few weeks ago, the key Scripture was this -

When he saw the crowds, he had compassion for them, because they were harassed and helpless, like sheep without a shepherd.

Matthew 9:36

The children of Israel were under occupation. They were lost and helpless. In response, Jesus instructs his Disciples to *proclaim the good*

news, 'The kingdom of heaven has come near.' Cure the sick, raise the dead, cleanse the lepers, cast out demons. You received without payment; give without payment. Matthew 10: 7, 8

This giving to others in the time of their own despair was curative.

Today Jesus says - *“But to what will I compare this generation? It is like children sitting in the marketplaces and calling to one another, ‘We played the flute for you, and you did not dance; we wailed, and you did not mourn.’* Matthew 11:16, 17

Jesus is speaking to the same audience. Jesus is describing a manifestation of what we may call collective discouragement and depression. In one case, people feel lost and leaderless, in today’s description, folk are unable to connect with one another. Their feelings are blunted. They cannot share in one another’s joy or in their sorrow. There is an emotional disconnection. That natural and mysterious way of being that sees us able to enter into one another's experience either with joy or sympathy is eroded. And no wonder. The children of Israel are experiencing a crisis of meaning, *a crisis of mattering*.

This has been their experience before, *“How can we sing the Lord’s song in a strange land?”* So the folk in Jesus’ day are asking again - How are we God’s people in a time of dislocation and disconnection? *What do we matter?* Under Roman occupation, *what does it matter if we are God’s chosen people? To whom do we matter? What do we matter at all?*

“But to what will I compare this generation? It is like children sitting in the marketplaces and calling to one another, ‘We played the flute for you, and you did not dance; we wailed, and you did not mourn.’ Matthew 11:16, 17

Why would we dance? Why would we mourn? Why would it matter ... when it seems that *we do not matter?*

These are dark and depressing days. Like birds that cannot fly in formation. Like fish out of sync with the school. The children of Israel are

surrounded by each other and alone at the same time. This is a crisis of mattering. In response to this distress, Jesus offers this -

“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. 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. For my yoke is easy, and my burden is light.”

So in response to the people’s depression and disconnection, Jesus offers a yoke and a burden. A yoke binds two animals together so that ***together*** they may bear a greater burden than when alone. A yoke is also the means by which animals are guided. What is this easy burden Jesus offers and where does he lead?

Jesus always leads us to others who are in need. The cure Jesus offers in a ***crisis of mattering*** is always to be intentional in ***mattering*** to others in need.

In the past few months a number of folk in our congregation and community have had feelings that challenge their sense of ***mattering***. Some folk were or are upset with COVID-19 limitations particularly for folk over 70 because they felt like they did not matter.

This morning, I would like to remind you where and to whom you matter. I would like to offer a simple exercise to remind you each day that despite our time of isolation and physical disconnection, ***you matter***.

It is extraordinarily uplifting to read the list of lunch deliveries. In reading this list and holding folk in prayer is a reminder that ***our work matters***. None of your efforts are wasted. Reaching out to each other by phone or Facebook, matters. Preparing cards and holding folk in prayer as you do it, matters. Even as we speak, Christmas Cards are being designed and drafted; this matters. When we gather and sign these in November, we will be engaged in something that matters.

If you have a church directory, read it. Pray for the folk you see. Let some of them know. It matters to them that they matter to you. Yoke yourselves together in prayer and care. If you are on Facebook, look at the names on your Friend list - Pray for them and let them know that you have done so. This is a way of mattering. Open up your email contact list. Scan

it and pray. Let some folk know that you have done so. This is a way of mattering. Read your Rolodex, pray and matter.

Social Isolation dulls the feelings, like depression. Being told you are limited in what you can do because you are considered part of the vulnerable segment of the population is discouraging, it is depressing and it erodes our sense of connection, it may wear down our sense of *mattering*.

“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. 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. For my yoke is easy, and my burden is light.”

The yoke of Jesus is connecting. The burden of Jesus is that of care. It is light, it is uplifting, it is purpose filled. ***Jesus leads you to a place of mattering***. Take your list in whatever form you have it. Read your names, let yourself enter into prayer, let that person know that they matter to you and you will discover that you matter too. And when you matter, you will discover that when the flute is played, you can dance and when you hear a wail, you can mourn. You care, you matter, you are connected. AMEN.

Hymn 271 "There's A Wideness In God's Mercy"

There's a wideness in God's mercy like the wideness of the sea;
there's a kindness in God's justice which is more than liberty.

There is no place where earth's sorrows are more felt than up in heaven;
there is no place where earth's failings have such gracious judgement given.

There is plentiful redemption in the blood that Christ has shed;
there is joy for all the members in the sorrows of the Head.

Troubled souls, why will you scatter like a crowd of frightened sheep?
Foolish hearts, why will you wander from a love so true and deep?

For the love of God is broader than the measures of the mind,
and the heart of the Eternal is most wonderfully kind.

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

Invitation to Offering

God came to us in Jesus Christ so that we would know God's great love and generous compassion. Let us respond to this extravagant love as we offer our own gifts as witness to the saving power of such love in our lives.

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

God of kindness and compassion, we offer you our gifts in hope, trusting that you will bless them and offer your kindness to our neighbours in Jesus' name. Help us find the courage to be generous to neighbours and strangers for Christ's sake. Amen.

Meditation "He Shall Feed His Flock" (Handel)

Prayers of the People

God of mystery and meaning, help us to discover your purpose for our lives.

Free us from the limits set by past expectation and experience
and keep us open to all possibilities.

Bless those who extend the boundaries of love and respect,
who show kindness to strangers and forgiveness to people who
hurt them.

Work among us by your Spirit to heal the invisible wounds of the heart:

We pray for those who suffer from the influence of anger, jealousy,
resentment or bitterness, their own or from others. Work among us by your
Spirit to create mutual respect and good relations.

We pray for your wisdom to inspire politicians, judges, lawyers, and all
who form and keep our laws. Work among us by your Spirit to recognize
injustice and respond to create systems of fairness and trust.

We pray for your healing for those who are ill or in chronic pain, for
those grieving the many losses of the pandemic, and for all who feel afraid
for the future. Work among us by your Spirit to renew hope and sustain our
support for each other.

We pray for those whose workplaces are recovering from the
lockdowns and economic shock during the pandemic. Give courage to those

who have lost so much, and creativity to those reorganizing their lives. Work among us by your Spirit to rebuild common life with an eye to the most vulnerable.

And now we offer you the prayers of our hearts ...

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 625 "I Feel The Winds Of God"

I feel the winds of God today; Today my sail I lift,
Though heavy oft with drenching spray and torn with many a rift;
If hope but light the water's crest, and Christ my bark will use,
I'll seek the seas at his behest, and brave another cruise.

It is the wind of God that dries my vain regretful tears,
Until with braver thoughts shall rise the purer, brighter years;
If cast on shores of selfish ease of pleasure I should be,
O let me feel your freshening breeze; and I'll put back to sea.

If ever I forget your love and how that love was shown,
Lift high the blood-red flag above; it bears your name alone.
Great pilot of my onward way, you will not let me drift.
I feel the winds of God today; today my sail I lift.

Benediction

We leave with the presence of the Holy,
so we may show others the way to grace and hope.

We leave with Jesus, who draws living water for us,
**so we can share it in the heat of summer,
and in the bitterness of winter.**

We leave with the Spirit, who teaches us how to listen,
**so we may hear the cries of the lonely
and the voices of all who are ignored.**

Choral Amen

Postlude "His Eye Is On The Sparrow" (Martin)