

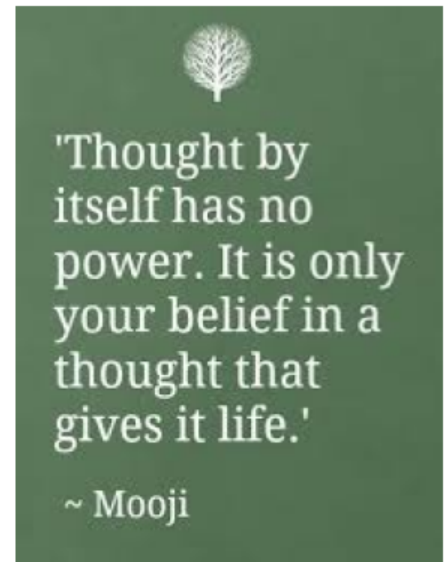


Sixth Sunday after Pentecost - B
July 4, 2021

Key Scripture - Mark 6: 5

And he could do no deed of power there,
except that he laid his hands on a few sick
people and cured them.

Theme - No Power Without Belief



Welcome and Announcements

- † Newcomers please sign our guestbook
- † Special requests may be made through Facebook
- † Trinity is Welcoming, Open, Inclusive and Accessible.
 - Trinity is an Affirming Congregation
- † We continue to pray for those who were impacted by the discovery of 215 graves at the Kamloops Residential School.
- † Given the fact that the population may not be fully vaccinated until early Autumn; Trinity will not resume “In Person” Worship until September.
- † Services are pre-recorded during the week prior to the Sunday they represent, then posted to [Facebook](#). You will find a window to the Facebook Page on our [Website](#). You will also find a link to our [Bulletin Page](#). Services are rebroadcast on COGECO (Your TV) the following Sunday 10:00 am and 2:00 pm.
- † **The Annual Congregational Meeting will be September 12, 2021.** At which time, we should be able to have more than 10 people in person.
- † **We are pausing the Grocery Gift Card program.**

† If you do not already track news and events in our larger Church Community, you may wish to [visit the United Church of Canada Website](#). [E-ssentials](#) is a helpful NewsLetter you may wish to consider.

Healing Pathway Ministry - Distance Healing Circle - Trinity United Church

While in-person sessions are inadvisable during the Pandemic, the Healing Pathway Ministry will be offering a group distance healing session for twenty minutes starting at 1:00 pm on the 2nd and 4th Wednesdays of the month.

Distance healing is a form of prayer which recognizes that we are all One in the Source of Life. Both the receiver and practitioner set their intention to open to the Sacred Spirit and to allow the Healing energy of the Spirit to flow in and through them.

You are invited, if you wish, to join the virtual circle via [Zoom](#)

If you wish to have a conversation and / or book an individual healing session, email -

trinitysmithsfallshealingpathway@yahoo.com

You may also explore the First United, [Ottawa Healing Pathway Care Package](#) which is packed with reflections, meditations and other resources.

Blessings from the Healing Pathway team

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

Introit MV 12 "Come Touch Our Hearts" vs. 1

Come touch our hearts that we may know compassion,
From failing embers build a blazing fire;
Love strong enough to overturn injustice,
To seek a world more gracious,
Come touch and bless our hearts.

Call to Worship

Great is the Lord;

and greatly to be praised.

Praise God in the cities and towns,

and in all the quiet places.

Praise God on the mountains and hilltops;

and in every valley, on every plain and in the deeps.

We gather to raise our voices in praise with all God's creation;

let us praise God's holy name together, here and everywhere.

Opening Prayer

Great are you,

and greatly to be praised in all places and at all times.

You have made all things and called them good.

You created humans in your image.

You gave us breath and life, a calling and a purpose.

Filled with love for all creation,

you lift up leaders and send out disciples

to take part in your reconciling work in the world.

Your love is endless,

your mercy without measure,

your faithfulness without limit.

And so we praise you with all our strength, mind, heart and soul,
in the name of Jesus, your Son,
led by your Spirit who guides us day by day. Amen.

Hymn 266 "Amazing Grace" vs. 1, 2, 3, 4

Amazing grace, How sweet the sound
that saved a wretch like me!
I once was lost, but now am found,
was blind, but now I see.

'Twas grace first taught my heart to fear
and grace my fears relieved;
how precious did that grace appear
the hour I first believed!

Through many dangers, toils, and snares,
I have already come;
'tis grace that brought me safe thus far,
and grace will lead me home.

The Lord has promised good to me,
this word my hope secures;
God will my shield and portion be
as long as life endures.

Time With Children

Hello Young Folk,

In today's Time with Children, I use a word you may not have heard before - "arrhythmic" - not rhythmic; without rhythm or regularity. Jerky, unsteady.

Do any of you like to dance?

I would like to like to dance but it is so hard to like to dance when you are convinced that you cannot dance.

Since COVID, I have not had to dance but when this is over, sooner or later, there is going to be some kind of community fundraiser that Lorraine will make me go to because there is a band and a dance. Also, because she thinks that the fundraiser is important and our friends will be there. I will be happy to go too because there are sandwiches. ... And because of the fundraiser ... and the band if they play summertime music from the 70's ... Definitely not because of the dancing.

With the promise of an almost unlimited supply of sandwiches with a side of potato chips and nachos, I gladly go. The band is always awesome. Our friends are there too ... I try to talk but with the band and the crunching of potato chips and nachos, I only pretend to be able to hear. I smile and guess when I should nod or give a thumbs up. I can't hear Lorraine either, but when she looks at me and says, "Let's dance." I know what she wants. ... Pretending to be confused only helps for a few seconds because she grabs me and makes me walk out on the floor. What happens next is awful.

Last week, I said the best place to hide in church is in the front because nobody else is there and when you are looking forward, all the folk can see is the back of your head. A dance is different. The front is the very worst place to be, everybody can see you because they are looking at the Band and if you are dancing, you are moving and spinning around and such and everybody can see every arrhythmic motion. It is horrifying, worse than being stuck at the top of a ferris wheel with somebody who likes to rock the seat. So Lorraine takes me to the front.

Since we are the front, all I can hear is the music, which is good. I understand that when you dance, your moves should match the music. So I move my feet and I pay close attention so they move somewhat in time with the music. But, while I am paying close attention to the music and my feet, I forget my arms. I have no idea what they are doing, if anything. To make a long story short, every part of my body is dancing to a different

part of the song or different songs altogether. The music may have stopped but I am so focused in trying to make my body move that I do not notice.

It is really quite embarrassing.

Do you know why I cannot dance. Because I do not believe I can. A simple truth is, you cannot dance while you are telling yourself that you can't dance.

In the Gospel story today, Jesus goes to his hometown. People are glad to see him at first but start to become frustrated because he is saying great things. Jesus' hometown was very small; it is only ever mentioned because Jesus was from there... nothing else. And before Jesus was famous, well people thought that nothing good could come from there at all. So when Jesus spoke, the townsfolk more or less said, nope, nothing great can happen here ... and they were right. Just like when you say you cannot dance ... if you think that, you might be right. Thinking you cannot do something makes it really hard to try.

This means two things - That it is so very important to have friends and family who encourage you. And, that it is so very important to be the kind of friend or family member who encourages others. It makes a lot of difference.

Children's Prayer

Dear God,

We thank you for people who believe in us and help us find the courage to try.

We pray that you would help us encourage others.

We thank you for believing in us too.

Amen.

Prayer of Confession

God of overflowing grace,

We are a people blessed with abundance,
and yet we take so much for granted.

We do not recognize that your gift of life is precious,

and so we waste time on things that do not matter.
Preoccupied with our own needs and desires,
we close our eyes to the needs of those around us;
we close our hearts to those who are not like us.

We turn away from opportunities to learn and grow.

In your mercy, forgive us, O God.

Change our hearts and renew our calling
to be bearers of your peace,
and witnesses to the work of your kingdom.

Words of Assurance

While it is true that we have all sinned,
it is a greater truth that we are forgiven through God's love in
Jesus Christ.

To all who humbly seek the mercy of God I say,
In Jesus our sin is forgiven.

Be at peace with God, with yourself and with one another.

Scripture 2 Samuel 5:1-5, 9-10;
 Psalm 123 (VU847);
 Ezekiel 2:1-5;
 Mark 6:1-13

2 Samuel 5:1-5, 9-10

Then all the tribes of Israel came to David at Hebron, and said, "Look, we are your bone and flesh. For some time, while Saul was king over us, it was you who led out Israel and brought it in. The Lord said to you: It is you who shall be shepherd of my people Israel, you who shall be ruler over Israel." So all the elders of Israel came to the king at Hebron; and

King David made a covenant with them at Hebron before the Lord, and they anointed David king over Israel. David was thirty years old when he began to reign, and he reigned forty years. At Hebron he reigned over Judah seven years and six months; and at Jerusalem he reigned over all Israel and Judah thirty-three years.

David occupied the stronghold, and named it the city of David. David built the city all around from the Millo inward. And David became greater and greater, for the Lord, the God of hosts, was with him.

Psalm 123 (VU847)

Refrain -

*“To you, O God, our eyes we raise
until your mercy we may praise.”*

To you I lift up my eyes,
to you who are enthroned in the heavens.
As the eyes of servants look to their master's hands,
as the eyes of a maid to the hand of her mistress,
so our eyes look to you, O God,
as we wait till you show us your favour.

Refrain -

*“To you, O God, our eyes we raise
until your mercy we may praise.”*

We have had more than enough of contempt.
**Too long we have suffered the scorn of the wealthy,
and the contempt of the arrogant.**

Refrain -

*“To you, O God, our eyes we raise
until your mercy we may praise.”*

Ezekiel 2:1-5

He said to me: O mortal, stand up on your feet, and I will speak with you. And when he spoke to me, a spirit entered into me and set me on my feet; and I heard him speaking to me. He said to me, Mortal, I am sending you to the people of Israel, to a nation of rebels who have rebelled against me; they and their ancestors have transgressed against me to this very day. The descendants are impudent and stubborn. I am sending you to them, and you shall say to them, “Thus says the Lord God.” Whether they hear or refuse to hear (for they are a rebellious house), they shall know that there has been a prophet among them.

Mark 6:1-13

He left that place and came to his hometown, and his disciples followed him. On the sabbath he began to teach in the synagogue, and many who heard him were astounded. They said, “Where did this man get all this? What is this wisdom that has been given to him? What deeds of power are being done by his hands! Is not this the carpenter, the son of Mary and brother of James and Joses and Judas and Simon, and are not his sisters here with us?” And they took offense at him. Then Jesus said to them, “Prophets are not without honor, except in their hometown, and among their own kin, and in their own house.” And he could do no deed of power there, except that he laid his hands on a few sick people and cured them. And he was amazed at their unbelief.

Then he went about among the villages teaching. He called the twelve and began to send them out two by two, and gave them authority over the unclean spirits. He ordered them to take nothing for their journey except a staff; no bread, no bag, no money in their belts; but to wear sandals and not to put on two tunics. He said to them, “Wherever you enter a house, stay there until you leave the place. If any place will not welcome you and they refuse to hear you, as you leave, shake off the dust that is on your feet as a testimony against them.” So they went out and

proclaimed that all should repent. They cast out many demons, and anointed with oil many who were sick and cured them.

Meditation "Summertime" (Gershwin)

Reflection No Power Without Belief

When I was a boy, we moved around a bit, living in a variety of neighbourhoods, villages and stretches of country road with a sign on either end so that you know that this community has a name and a small hall but nothing else. Each of these little places had a personality, sometimes tied to an industry they supported or geography or history. Depending upon how long your family had lived in the community, you were more or less influenced by the culture. Being transient, we were pretty much "From Away" wherever we were. Despite this, I did manage to remain in the same school from grade 9 - 12.

At that time and place, there were only 12 grades. Grades 9 - 12 were more or less a single block, High School. The school was Middleton Regional High and was populated principally by students coming in from the region by bus. So, if you started in grade 9 and went to grade 12 you were not from away, you were part of this discrete scholastic community with a distinct culture. MRHS was clearly focused on Academics, University Prep. Ever since grade 9 at Middleton Regional High School, there was a clear message and expectation that the purpose of High School was to prepare you for University. Starting in grade 9 the primary response to late homework, tardiness and poor effort was, "You cannot get away with that at University, so you cannot bet away with that here." It never occurred to me that school had any other purpose ... When I graduated, I went to University ... almost having no idea why ... just that is what you must do after High School ... There were few who graduated who did not go to university ... the fact that they did not, seemed odd or bold ... Didn't everybody go to University? The culture demanded it.

Down the road, there was another town with another school. It seemed clear to me then that that school and community had different

expectations. The curriculum and culture there seemed to emphasize Trade School. Interestingly, this same school today is very specifically designed to support the workplace with a strong work experience component - including employment related certifications - WHMIS, 1st Aid / CPR, Occupational Health & Safety, Food Safety, Workers rights & responsibilities.

Different School, different culture, different expectations, different outcomes. Since the two communities are within a reasonable commute, some folk choose one or the other culture and some folk just go to the closest school and are carried by whatever scholastic culture is present. Whatever the case, students who go to one school or the other will have their life choices influenced by their 4 years between grades 9 and 12.

He left that place and came to his hometown, ... and many who heard him were astounded. They said, "Where did this man get all this? What is this wisdom that has been given to him? What deeds of power are being done by his hands!"

Is not this the carpenter, the son of Mary and brother of James and Joses and Judas and Simon, and are not his sisters here with us?"

And they took offense at him. Then Jesus said to them, "Prophets are not without honor, except in their hometown, and among their own kin, and in their own house."

And he could do no deed of power there, except that he laid his hands on a few sick people and cured them. And he was amazed at their unbelief.

"Prophets are not without honor, except in their hometown, and among their own kin, and in their own house."

Especially this hometown. Jesus' Hometown was Nazareth - What else do we know about it? Almost nothing - We know that Jesus was from

there and that it seems to have had a reputation. Upon being told by Philip that,

“We have found him about whom Moses in the law and also the prophets wrote, Jesus son of Joseph from Nazareth.”

Nathanael said, *“Can anything good come out of Nazareth?”*

When Jesus saw Nathanael coming toward him, he said of him, “Here is truly an Israelite in whom there is no deceit!”

Which means, “Here is a man who tells it like it is.” It seems, then, that even Jesus had a similar, dim view of his own hometown. As to why Nazareth may have had a bad reputation is a matter of speculation, since it is only mentioned in reference to Jesus’ hometown. Perhaps that is it, not a bad reputation per se but no reputation at all. Blink and you miss it.

“Prophets are not without honor, except in their hometown, and among their own kin, and in their own house.”

Especially his kin and his house. Notice how Philip referred to Jesus as **“son of Joseph from Nazareth”**? The folk from Nazareth said, *“Is not this the carpenter, the son of Mary?”* Outside of Nazareth, Jesus is the son of Joseph. Within Nazareth, Jesus' hometown, he is the son of Mary. Every Christmas, we remember the wonderful and mysterious birth of Jesus. While the Bible might say that Mary found the whole thing a blessing ... neighbours likely found the whole thing a scandal ... Added to this, Mary’s story of the Holy Spirit causing her to conceive likely did not make the scandal something easily forgotten.

So, Jesus, you are from this nowhere village, just like us ... but wait,... but you are not just like us. You are not even like your brothers and sisters Joseph is not your father ... Mary claims it was a miracle ... sure it was ... and now you are the Saviour of the world ... sure you are ... Sorry Jesus, but it sounds like something runs in your family... on your

mother's side, of course. Nothing is expected from us in this little, nowhere village ... and even less is expected from you.

“And they took offense at him.” Not hard to imagine.

And he could do no deed of power there, except that he laid his hands on a few sick people and cured them.

Of course *he could do no deed of power there*. There seemed to be no culture of expectation. They were regarded as being of little account and did not seem willing to act in a way that would suggest otherwise. Cultural limits, community expectations or accepted limitations are self fulfilling. Jesus could not do much because people did not expect much or they did not want much.

Jesus healed people because they expected him to. Jesus healed people when folk believed he could. Jesus performed his signs and wonders when asked, when approached, ... even when and if he did not really want to ... Turning water into wine was at the insistence of his mother. Jesus calmed the storm because his Disciples woke him up and exclaimed, “Don't you care?” In another village, folk tore off a roof to lower a paralytic into a space where Jesus was spending quiet time with his friends. Blind Bartimicus made a fuss in the street. ... All these things happened because people believed in him and as a consequence participated in the wonder by bringing the afflicted to him and insisting that he do something ... here in his own hometown they believe in and insist on nothing ... so ... that is what he was able to do. These self imposed boundaries put limits on success ... Not only their own but of others.

And he could do no deed of power there, except that he laid his hands on a few sick people and cured them.

If there is no faith, there is no action. If there is no action, there is no result. It does not just matter what Jesus can do, it matters if we have faith enough to carry our concern to him.

Hymn 384 "The Lone Wild Bird" vs. 1, 2, 5

The lone, wild bird in lofty flight is still with you, nor leaves your sight.
And I am yours! I rest in you, Great Spirit, come, rest in me too.

The ends of earth are in your hand, the sea's dark deep and far off land.
And I am yours! I rest in you, Great Spirit, come, rest in me too.

O search me, God, my heart reveal, renew my life, my spirit heal;
for I am yours, I rest in you, Great Spirit, come, rest in me too.

Invitation to the Offering

The Gospel of Mark reminds us that Jesus met both trust and unbelief in his ministry. We know that our ministry is also challenging and meets with different responses. Whatever we offer to God, we give in faithfulness, trusting that God will bless all our efforts in Jesus' name with surprising results.

Offering Prayer

Faithful God, we bring our gifts with trusting hearts, seeking your blessing on the ministries these gifts support. Work through our gifts and our lives, to touch the world with your healing grace through Christ, in whose name we offer ourselves to you. Amen.

Hymn MV 82 "Bathe Me In Your Light, O God"

Bathe me in your light, O God of All, Creator;
let it shine upon my soul with healing and with grace.
Be to me a beacon bright through shadows of life's wounding,
showing me the way to live in faith, in your embrace.

Bathe me in your love, O Source of Awe and Wonder;
help me walk the sacred path of harmony and peace.

May I be attentive to the musings of your presence,
drinking from the well of hope that brings the heart release.

Bathe me in your grace, O One of Spirit's longing;
teach me of your gentle ways that fill the soul with strength.
Guide me on the pilgrimage that leads to truth and wholeness,
fill me with your promise of a love that knows no length.

Prayers of the People

Dear God,

You reached out to so many different people,
with so many different needs, in so many different situations.

We thank you for the ways you have reached out to us,
in the embrace of prayer,
in the energy of a song,
in thought sparked by Scripture, and
in the wisdom of a friend.

Sometimes your healing has brought comfort;
sometimes it has brought challenge and the call to respond.

Hear us as we seek your comfort and your challenge
for the world, for the church and for our lives.

Bring comfort to those whose lives have been overturned by the
pandemic -

to those whose work or study has become so much more
difficult;

to those who cannot find work and don't know where to
turn;

to those who still struggle with COVID-19 or another
lingering illness, and

those who have lost hope that things will ever improve.

Bring challenge

to those who lead recovery efforts over the next months:
to those whose decisions affect the well-being of the
vulnerable,
to those who guide economic and educational planning, and
to those who are rebuilding community life:

May your wisdom and compassion guide them.

Bring comfort to those who are lonely or shut in, and
to all who have lost beloved family members or friends during
the pandemic;

bring comfort to those who feel pain without relief and
those who wait for diagnosis or life-restoring treatment.

Offer peace to those who know there is no treatment
and wait in hope for your eternal welcome.

Bring challenge to those who want to make the world a better place, and
to all who work within science, medicine, and the law
to improve the quality of life for all people.

Give them a vision of their work that is both just and
courageous,

so that no part of society is neglected or mistreated.

Challenge those who stir up violence and unrest

with a sense of shame for the cost to innocent lives, and
with a deeper understanding of what justice means.

Comfort your church

in places where ministries struggle, whatever the reason.

And challenge your church to renew our vision for ministry

so that our witness is faithful to your all-embracing love,
expressed not only in words but also in the actions we take
to embrace those who differ from us

and yet have a place in your heart and your eternal care.

Hear us now as we pray in the words you taught us, -

Prayers conclude with:

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

The ways of knowing God - as Creator, Redeemer, and Sustainer; Father, Mother, Friend; may be expressed in the prayer Jesus taught us -

The Lord's Prayer

We Depart to Serve with Joy

Hymn 327 "All Praise To Thee" vs 1, 4, 5

All praise to thee, for thou, O King divine,
didst yield the glory that of right was thine,
that in our troubled hearts thy grace might shine:
hallelujah; hallelujah!

Wherefore, by God's eternal purpose, thou
art high exalted o'er all creatures now,
and given the name to which all knees shall bow:
hallelujah; hallelujah!

Let every tongue confess with one accord
in heaven and earth that Jesus Christ is Lord;
and God eternal be by all adored:
hallelujah; hallelujah!

Benediction

We will go to let the Joy of creation lead us into this new day.

We will sing glad choruses of hope.

We go to walk beside those whose hearts are heavy.

We will offer compassion to those frozen with fear.

We will go with your gentle wisdom, Spirit of grace,

to walk the streets of the kingdom.

We will bring healing to injustice held far too long,

offering those who grieve with the promise of hope.

Choral Amen

Postlude "Amazing grace" (Arr. Young)