



Fourth Sunday after Pentecost - B
June 20, 2021

Key Scripture - 1 Samuel 17: 48

When the Philistine drew nearer to meet David, David ran quickly toward the battle line to meet the Philistine.

Theme - Just Go!



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

We suggest that everyone participating imagine themselves to be in the sanctuary at Trinity, with the Healing Pathway practitioners forming a circle around those who are receiving.

- Imagine yourself sitting in a small circle in the sanctuary. You may use the following prayer for centering if you choose

I am created by Divine Love,
I am sustained by Divine Love,
I am surrounded by Divine Love,
I am growing into Divine Love

- Find a quiet place before 1:00, where you are not likely to be interrupted. If you wish, light a candle.
- Name your need or intention for this time and sit quietly, until you feel ready to move out of the experience.
- If you find your mind wanders or is distracted, gently bring your attention back to your need or intention.
- When you are ready to move out of the experience, open your eyes, take a moment to reflect on the experience and know that, if you want to, you can bring your attention back to those positive feelings at any time.

You could 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

Happy Father's Day

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 18 "Lord, Prepare Me To Be A Sanctuary"

Lord, prepare me to be a sanctuary,
pure and holy tried and true;
with thanksgiving, I'll be a living
sanctuary for you.

Call to Worship

Give thanks to the Lord, for God is good;

God's steadfast love endures forever.

We have seen God's wondrous works all around us,

so we come to praise God's holy name.

Open wide your hearts in this time of worship!

We lift our hearts to God with thanks and praise.

Opening Prayer

Holy and gracious God, source of life and love,

We gather in your presence

to wonder at the beauty and complexity of all you have made,
acknowledging how small we are, each on our own.

Yet you love us with a promise that gives us purpose,
and restores us in the midst of the creation you love.

When we are overcome by forces around us, you speak words of peace.

When trouble or sorrow sets in,

you give us the strength we need to persevere.

In this time of worship, O God,

we remember all you have been, all you are and all you will be;
offering you all praise and honour, love and loyalty,
with our lips and with our lives
to the end of our days. Amen.

Hymn 202 "Breath Of Life" (tune Agape)

O Breath of life, come sweeping through us,
revive your church with life and power;

O Breath of life, come, cleanse, renew us,
and fit your church to meet this hour.

O Wind of God, come bend us, break us,
till humbly we confess our need;
then, in your tenderness remake us,
revive, restore -- for this we plead.

O Breath of love, come breathe within us,
renewing thought and will and heart;
come, love of Christ, afresh to win us,
revive your church in every part.

Time With Children

I played Hockey for one season when I was 8. The only reason I played hockey was because I was in Cubs, it was a requirement to earn the Sports Badge. I remember when my Cub leader took me to my coach in order for him to sign off that I was on the Hockey Team. He looked at me and said that he ought not be doing this because I was a horrible player. He was right. I got my badge and did not sign up for another year. I make a much better Fan than a player... and I am not much of a fan.

I also earned my housekeeping badge. Perhaps that is when I developed a love for vacuuming. I am pretty sure that if there was a lawn mowing badge, I would have been awarded that with a gold braid ... I am really good at cutting grass. I am a lawn mowing champion to this day.

An important part of growing up is learning what you like, what you are good at and developing skills and leading a life that fits who you are.

In one of the Bible Stories today we read about David and Goliath. In that story, two armies are lined up making fun of each other but they do not actually fight ... until later. A Giant, named Goliath, comes out and calls for a Warrior to face him. Nobody steps up until David comes. David is a young boy but he is not afraid. He says that he will go.

Do you know why David is not afraid?

Because he has faith and he knows what he is good at.

At first, the King tries to make David wear armour, but he is not used to that, he is not comfortable and he knows that he would not be any good

at fighting the giant like other people would. David decides that if he is going to win, he has to avoid pretending to be good at something he is not and just be himself. I think you know who wins the battle. David does.

A lot of things are happening this month. You will have received an activity package. In it you will find some information about Pride Month. The big message here is that everybody is better off when they are free to be as God made them without pretending to be something else. It is important to let people be free too. If David was not allowed to be David, he would have lost the battle.

Do you know what else is important? King Saul, whom David served, knew that David had to be free.

Do you know what else I learned when I got my hockey badge besides the fact that I was a poor hockey player? That my Cub leader, Akela, who took me to the coach was not fussed by my lack of skill. I earned the badge, I was finished doing something that was not part of my gifts and that was just fine. The Cub leader, Akela, took me because he was also my Father. ... and that is a good Dad.

If you have not already, remember to make your card and say Happy Father's Day.

Children's Prayer

Prayer of Reconciliation

Mighty and Merciful God, source of hope and wholeness,

We confess that we fail you far too often.

You call us to serve in the footsteps of Jesus,

but we look to our own interests first.

You call us to love our neighbours,

but we are so good at finding fault in others and withholding our love.

You call us to do justice and care for the vulnerable,
but we prefer to be silent rather than take a stand for those at
risk.

Forgive us.

Open wide our hearts to our neighbours in need,
as we put our trust in your mercy—for us and for them.

Assurance of Blessing

The mercy of our God is from everlasting to everlasting.

Hear and believe the good news of the gospel.

In Jesus, God's generous love reaches out to embrace us.
In Jesus, we are forgiven and set free to begin again.

Give thanks for God's generosity and share it with your neighbours.

Scripture 1 Samuel 17: 1, 4-11, 19-23, 32-49;
 Psalm 9 (VU 732);
 Mark 4:35-41

1 Samuel 17: 1, 4-11, 19-23, 32-49

Now the Philistines gathered their armies for battle; they were gathered at Socoh, which belongs to Judah, and encamped between Socoh and Azekah, in Ephes-dammim.

And there came out from the camp of the Philistines a champion named Goliath, of Gath, whose height was six cubits and a span. He had a helmet of bronze on his head, and he was armed with a coat of mail; the weight of the coat was five thousand shekels of bronze. He had greaves of bronze on his legs and a javelin of bronze slung between his shoulders.

The shaft of his spear was like a weaver's beam, and his spear's head weighed six hundred shekels of iron; and his shield-bearer went before him. He stood and shouted to the ranks of Israel, "Why have you come out to draw up for battle? Am I not a Philistine, and are you not servants of Saul? Choose a man for yourselves, and let him come down to me. If he is able to fight with me and kill me, then we will be your servants; but if I prevail against him and kill him, then you shall be our servants and serve us." And the Philistine said, "Today I defy the ranks of Israel! Give me a man, that we may fight together." When Saul and all Israel heard these words of the Philistine, they were dismayed and greatly afraid.

Now Saul, and they, and all the men of Israel, were in the valley of Elah, fighting with the Philistines. David rose early in the morning, left the sheep with a keeper, took the provisions, and went as Jesse had commanded him. He came to the encampment as the army was going forth to the battle line, shouting the war cry. Israel and the Philistines drew up for battle, army against army. David left the things in charge of the keeper of the baggage, ran to the ranks, and went and greeted his brothers. As he talked with them, the champion, the Philistine of Gath, Goliath by name, came up out of the ranks of the Philistines, and spoke the same words as before. And David heard him.

David said to Saul, "Let no one's heart fail because of him; your servant will go and fight with this Philistine." Saul said to David, "You are not able to go against this Philistine to fight with him; for you are just a boy, and he has been a warrior from his youth." But David said to Saul, "Your servant used to keep sheep for his father; and whenever a lion or a bear came, and took a lamb from the flock, I went after it and struck it down, rescuing the lamb from its mouth; and if it turned against me, I would catch it by the jaw, strike it down, and kill it. Your servant has killed both lions and bears; and this uncircumcised Philistine shall be like one of them, since he has defied the armies of the living God." David said, "The Lord, who saved me from the paw of the lion and from the paw of

the bear, will save me from the hand of this Philistine.” So Saul said to David, “Go, and may the Lord be with you!”

Saul clothed David with his armor; he put a bronze helmet on his head and clothed him with a coat of mail. David strapped Saul’s sword over the armor, and he tried in vain to walk, for he was not used to them. Then David said to Saul, “I cannot walk with these; for I am not used to them.” So David removed them. Then he took his staff in his hand, and chose five smooth stones from the wadi, and put them in his shepherd’s bag, in the pouch; his sling was in his hand, and he drew near to the Philistine.

The Philistine came on and drew near to David, with his shield-bearer in front of him. When the Philistine looked and saw David, he despised him, for he was only a youth, ruddy and handsome in appearance. The Philistine said to David, “Am I a dog, that you come to me with sticks?” And the Philistine cursed David by his gods. The Philistine said to David, “Come to me, and I will give your flesh to the birds of the air and to the wild animals of the field.” But David said to the Philistine, “You come to me with sword and spear and javelin; but I come to you in the name of the Lord of hosts, the God of the armies of Israel, whom you have defied. This very day the Lord will deliver you into my hand, and I will strike you down and cut off your head; and I will give the dead bodies of the Philistine army this very day to the birds of the air and to the wild animals of the earth, so that all the earth may know that there is a God in Israel, and that all this assembly may know that the Lord does not save by sword and spear; for the battle is the Lord’s and he will give you into our hand.”

When the Philistine drew nearer to meet David, David ran quickly toward the battle line to meet the Philistine. David put his hand in his bag, took out a stone, slung it, and struck the Philistine on his forehead; the stone sank into his forehead, and he fell face down on the ground.

Psalm 9 (VU 732)

Refrain -

*Among the peoples everywhere
God's deeds we will declare.*

I will give thanks to you, God, with my whole heart;
I will tell of all your marvellous deeds.
I will be glad and rejoice in you;
I will sing praise to your name, O Most High.

Refrain -

*Among the peoples everywhere
God's deeds we will declare.*

For my enemies are driven back,
they stumble and perish before you.
You have upheld the justice of my cause;
seated on your throne,
you have given righteous judgement.
You have rebuked the nations and destroyed the wicked;
you have blotted out their name for ever.
Enemies have perished;
you have made their cities a desolation;
the very memory of them has vanished.
You have ruled from eternity;
you have established your throne for judgement.
You will judge the world with righteousness,
and deliver true justice to the peoples.
You are a stronghold for the oppressed,
a tower of strength in a time of trouble.
Those who cherish your name will put their trust in you,
for you, O God, have never failed those who seek you.

Sing praises to the One who dwells in Zion;
proclaim to the peoples the deeds God has done.
**For the One who avenges blood has remembered,
and has not forgotten the cry of the poor.**

Refrain -

*Among the peoples everywhere
God's deeds we will declare.*

Have pity on me, God;
consider the trouble I suffer from those who hate me.
You are the One who lifts me up from the gates of death,
**so that I may recount all your praises
within the gates of the city,
and rejoice in your saving help.**

The nations have fallen into a pit of their own making;
in the net they laid in secret, their own feet are entangled.
**You have made yourself known, O God, and given judgement;
the wicked are trapped in the work of their own hands.**

The wicked go down to the Dead,
all the nations that are heedless of God.

**The needy shall not always be forgotten;
the hope of the poor shall not forever be vain.**

Rise up, O God; do not let mere mortals prevail.

Call the nations to account before you.

Put them in fear, O God;

let the nations know that they are but human.

Refrain -

*Among the peoples everywhere
God's deeds we will declare.*

Mark 4:35-41

On that day, when evening had come, he said to them, “Let us go across to the other side.” And leaving the crowd behind, they took him with them in the boat, just as he was. Other boats were with him. A great windstorm arose, and the waves beat into the boat, so that the boat was already being swamped. But he was in the stern, asleep on the cushion; and they woke him up and said to him, “Teacher, do you not care that we are perishing?” He woke up and rebuked the wind, and said to the sea, “Peace! Be still!” Then the wind ceased, and there was a dead calm. He said to them, “Why are you afraid? Have you still no faith?” And they were filled with great awe and said to one another, “Who then is this, that even the wind and the sea obey him?”

Meditation "Sunrise, Sunset" (Harnick / Bock)

Reflection "All Hat"

“The Princess Bride” is a fantasy adventure comedy film based on the 1973 novel of the same name. It tells the story of a farmhand named Westley, accompanied by companions befriended along the way, a giant from Greenland named Fezzik, and a Spanish fencing master named Inigo Montoya (uh · nee · gow maan · toy · uh), who seeks revenge against a six-fingered man who murdered his father. Westly, who has become “The Man in Black” is on a quest to rescue his true love, Princess Buttercup, from the villain, Prince Humperdinck.

In the movie are two iconic fight scenes - The Man in Black bests Inigo Montoya (uh · nee · gow maan · toy · uh) and the Giant and leaves them unharmed, earning their trust, admiration and friendship.

As with all conflicts involving Giants, it seems at first that Westly, the Man in Black, is outmatched. Encountering Fezzik, the Man in Black asks

... So what happens now?

Fezzik

We face each other as God intended. Sportsmanlike. No tricks, no weapons, skill against skill alone.

Man in Black

You mean, you'll put down your rock and I'll put down my sword, and we'll try to kill each other like civilized people? ...

Frankly, I think the odds are slightly in your favor at hand fighting.

Fezzik

It's not my fault being the biggest and the strongest. I don't even exercise.

The Man in Black dives at Fezzik's chest, slams him several tremendous blows in the stomach, twists his arm severely, slips skillfully into a beautifully applied bear hug, and in general makes any number of terrific wrestling moves.

Fezzik just stands there, kind of taking in the scenery. Finally the Man In Black pushes himself away, stares up at the Giant.

Man in Black

Look, are you just fiddling around with me or what?

Fezzik

I just want you to feel you're doing well. I hate for people to die embarrassed.

They get set to begin again. Then suddenly Fezzik jumps forward with stunning speed but the Man In Black slips between the Giant's legs.

Fezzik

You're quick.

Man in Black

And a good thing too.

... While not really part of the fight and only relevant to us today because of COVID, ...

Fezzik asks -

Why do you wear a mask? Were you burned by acid, or something like that?

Man in Black

Oh no. It's just that they're terribly comfortable. I think everyone will be wearing them in the future.

Fezzik considers this a moment, then attacks. The Man In Black jumps for Fezzik's back, his arms locked across Fezzik's windpipe. The Man In Black begins to squeeze.

Fezzik

I just figured out why you give me so much trouble.

Man in Black

Why is that, do you think?

Fezzik (his voice just beginning to get a little strained)

Well, I haven't fought just one person for so long. I've been specializing in groups. Battling gangs for local charities, that kind of thing.

Man in Black

Why should that make such a difference?

Fezzik

Well ... (As his voice grows weaker) ... you see, you use different moves when you're fighting half a dozen people than when you only have to be worried about one.

... his power has diminished and Fezzik starts to slowly collapse. Fezzik goes to earth and lies still.

The Man in Black turns him over, puts his ear to Fezzik's heart. It beats. The Man in Black stands.

Man in Black

I don't envy you the headache you will have when you awake. But, in the meantime, rest well ... and dream of large women.

Westly is able to defeat the giant because he is driven by his belief in true love and he remains true to his own gifts and abilities. The giant fails because he is, in effect, a mercenary and he misjudges himself and his opponent. The giant is used to his great size being a sufficient advantage and does not take into account that this is a different kind of fight.

“All Hat” or “All hat, no cattle” is used in reference to people who rely on their appearance to carry the day. They project an image that is not backed up with the skill or experience that their appearance would suggest. Its origin was a reference to folk imitating the fashion or style of cowboys. These people wore the hats, but had no experience on the ranch - thus, all hat, no cattle.

Most folk who have gone to Sunday School are familiar with the story of David and Goliath. While we focus on the two main characters, there were whole armies present on either side of the valley. From each side, there were shouts, taunts and profanities directed toward the other. This posturing and posising was part of a tactic of intimidation. Only two

members of each Nation, Goliath and then David, were actually willing to enter the contest.

Upon entering the battlefield, Goliath was disadvantaged because he carried with him the weight of his image and boasts, his armour was heavy and useless as was the false confidence that comes in believing your own propaganda.

David set the bar where he could reach. He was confident but not boastful. He carried what he could manage and no more. Goliath was so overburdened that he did not carry his own shield. Goliath looked intimidating but he, like the army that accompanied him, was all hat and no cattle.

All of us from time to time encounter challenges in our lives that seem like giants. We can fret, we can worry, ruminate, procrastinate or make pronouncements about how things used to be. These are forms of avoidance, like the two great armies in today's Scripture that faced each other and postured menacingly while not advancing on the enemy. For Wesley, it was true love, speed, wit and determined action that won the day. For David, it was setting aside that which was not genuine or his to bear, Saul's armour, and setting out with faith in the God of Abraham and skill with his resources at hand, a simple Shepherd's sling and five smooth stones.

Early in this Pandemic, we heard words like "pivot" in response to our new, thought to be temporary reality. Early to Mid Pandemic, we heard speculation as to a "Reset." Now that it seems that we are much closer to our new circumstance, there may be some anxiety as to what actually awaits. What has changed but has not been fully absorbed or acknowledged because it does not seem real, it has not yet been lived? What is left of what we were? What will our challenges actually be? Some churches in our Region fear closure. We are not a big church, but we are ambitious in our hopes and expectations; when we renovated the church a few short years ago, it was with a view to remaining relevant for the next 80 years. This may seem intimidating - What is our experience? What is our sling? What are our five smooth stones?

Trinity has a history of faithfulness - faith in action. Trinity is excellent at naming possibilities. We are good at coordinating. We are good at starting small. We are good at building consensus. And when our work is sufficiently matured, we are good at letting go so that it can grow and thrive, even or especially outside of our control.

It may seem for some that a giant awaits. Like David, we can face our future confident in our faith, knowing our history of facing significant challenges by starting small, drawing upon skill learned through experience and letting go of that which best belongs to another. Like David, this will carry the day no matter the giants that we may encounter along the way.

Hymn 637 "Jesus, Saviour, Pilot Me"

Jesus, Saviour, pilot me over life's tempestuous sea;
unknown waves before me roll, hiding rock and treacherous shoal;
chart and compass come from thee, Jesus, Saviour, pilot me.

As a mother stills her child, thou canst hush the ocean wild;
boisterous waves obey thy will when thou biddest to them "Be still."
Wondrous sovereign of the sea, Jesus, Saviour, pilot me.

When at last I near the shore, and the fearful breakers roar
'twixt me and the peaceful land, still supported by thy hand,
may I hear thee say to me, "Fear not, I will pilot thee."

Invitation to the Offering

The scriptures teach us of the courage it can take to serve God. Giving takes courage, too. So give to God as you are able, trusting that God will honour your courage and generosity, blessing your gifts with the power of the Holy Spirit.

Offering Prayer

God of promise and perseverance, we offer our gifts with thankful hearts, grateful for your patience with us as your purposes unfold in us and among us. Bless our gifts with the Spirit's power so that your church can accomplish your purposes in our community with courage and compassion for the sake of Christ, our Lord.

Hymn 226 "For The Beauty of the Earth"

For the beauty of the earth, for the glory of the skies,
for the love which from our birth over and around us lies,
God of all, to you we raise this our hymn of grateful praise.

For the beauty of each hour of the day and of the night,
hill and vale, and tree and flower, sun and moon, and stars of
light,
God of all, to you we raise this our hymn of grateful praise.

For the joy of human love, brother, sister, parent, child,
friends on earth and friends above, for all gentle thoughts and
mild,
God of all, to you we raise this our hymn of grateful praise.

For each perfect gift sublime to your Church so freely given;
graces human and divine, flowers of earth and buds of heaven.
God of all, to you we raise this our hymn of grateful praise.

Prayers of the People

God in whom we live and move and have our being:

As we consider the world around us in your presence today,
we are grateful to know you are near,

and that your presence will not fail us, no matter the challenges we face.

We are aware of so many challenges—in our own lives, the lives of those we care about, and in the world around us. We wonder how you will reveal yourself, your mercy and your love, in response to so many different needs.

Help us trust that you never give up on situations which we find overwhelming.

God, in your mercy,
Hear our prayer.

In faithful silence, we lay before you the concerns on our hearts this day:

We pray for those who have been in the headlines this week, for those situations which concern us deeply, and for all whose lives cry out to you for help in situations we can't even imagine:

God, in your mercy,
Hear our prayer.

We pray
for those who are suffering from illness
of any sort, coping with pain
or with ongoing treatment,
for those waiting for
or recovering from surgery,
for those who are bereaved
or burdened by some significant loss,
and those struggling with economic hardship in these uncertain times.

God, in your mercy,
Hear our prayer.

We pray for those who are waiting for something significant—
a birth or a death, a trip, a visit, a phone call on Father's
Day,
a move, a new job or the moment of retirement.
Grant them patience, O God, in this time of restless waiting:

God, in your mercy,
Hear our prayer.

We pray for the work of our church and our government in pursuing
Truth and Reconciliation with Canada's Indigenous peoples.

Empower this work, O God.

Bless our congregation, its ministries, and the faithful work of all
churches in our community. Unite us in our witness to the love of Jesus.

Open the eyes of all our hearts to new possibilities to serve together
as we pray together the words Christ 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 835 "Praise To The Lord"

Praise to the Lord, all of you, God's servants.

Blessed be the name of our God now and ever.

From the rising up of the sun

May the Lord be praised, praise to the name of the Lord!

There is none like our God in the heavens or on earth,

Who lifts the poor from the dust seating them with the mighty,

Who stoops to raise the weak and low:

May the Lord be praise, praise to the name of the Lord!

Benediction

Go now into a world beset by storms of worries and fears.

Let us go to the far side of despair,

bringing God's hope to all huddled on that shore.

Go now into all the places where people are afraid.

Let us set out from the shore of our comfortable lives,

bringing the good news of Jesus' grace to all.

Go now to the distant shores torn apart by violence and oppression.

Let us set out with the Spirit as our guide,

crying out to all, "Peace! Be still!"

Choral Amen

Postlude "Royal Canadian Mounted Police Regimental March"

In 1952, the Royal Canadian Mounted Police Regimental March became the official march of Canada's national police force. It is still used to this day to musically represent the RCMP at official functions and ceremonies. This is an important and significant historical piece of music..