

Sunday February 12, 2023



Find the Miracle Deep in Your Heart. Ros Schwartz 2018

**St. Andrew's
Presbyterian Church**

130 Clergy Street East, Kingston, ON, K7K 3S3

www.StAndrewsKingston.org

613-546-6316

Gathering to serve God & neighbour
in this community since 1817
We acknowledge that we meet on the traditional lands
of the Anishinaabe and Haudenosaunee peoples.

ORDER OF SERVICE

Preludes	O Jesus So Sweet	S. Scheidt
	All Praise to Thee, Eternal God	S. Scheidt
	Arise and Shine in Splendour	J. Brahms

Entry of the Bible

Call to Worship

Hymn	Glorious things of thee are spoken	483
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Prayer of Approach

The Lord's Prayer	<i>see insert</i>
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Greetings & Announcements

Time with Children

Anthem	Every Time I Feel the Spirit	spiritual
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Scripture Lessons	Matthew 14:22-33
	Exodus 14:5-31
	Exodus 15:1-13 (responsive)

Sermon	Find the Miracle Deep in your Heart <i>Dr. Roslyn Schwartz</i>
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Hymn	Foot Forward	<i>see insert</i>
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Prayers of Thanksgiving and Intercession

Doxology	Praise God from whom all blessings flow	830
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Hymn	In the bulb there is a flower	674
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Benediction and Choral Amen

Postlude	Variations on "Où s'en vont ces gais bergers?" Charpentier
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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.

Forgive us our debts as we forgive our debtors.

And lead us not into temptation but deliver us from evil,

for thine is the kingdom, the power and the glory, for ever. Amen

SCRIPTURE LESSONS

Matthew 14:22-33

Immediately he made the disciples get into the boat and go on ahead to the other side, while he dismissed the crowds. And after he had dismissed the crowds, he went up the mountain by himself to pray. When evening came, he was there alone, but by this time the boat, battered by the waves, was far from the land, for the wind was against them. And early in the morning he came walking towards them on the lake. But when the disciples saw him walking on the lake, they were terrified, saying, 'It is a ghost!' And they cried out in fear. But immediately Jesus spoke to them and said,

'Take heart, it is I; do not be afraid.'

Peter answered him, 'Lord, if it is you, command me to come to you on the water.' He said, 'Come.' So Peter got out of the boat, started walking on the water, and came towards Jesus. But when he noticed the strong wind, he became frightened, and beginning to sink, he cried out, 'Lord, save me!' Jesus immediately reached out his hand and caught him, saying to him,

'You of little faith, why did you doubt?'

When they got into the boat, the wind ceased. And those in the boat worshipped him, saying, 'Truly you are the Son of God.'

Exodus 14:5-31

When the king of Egypt was told that the people had fled, the minds of Pharaoh and his officials were changed towards the people, and they said, 'What have we done, letting Israel leave our service?' So he had his chariot made ready, and took his army with him; he took six hundred picked chariots and all the other chariots of Egypt with

officers over all of them. The LORD hardened the heart of Pharaoh king of Egypt and he pursued the Israelites, who were going out boldly. The Egyptians pursued them, all Pharaoh's horses and chariots, his chariot drivers and his army; they overtook them camped by the sea, by Pi-hahiroth, in front of Baal-zephon.

As Pharaoh drew near, the Israelites looked back, and there were the Egyptians advancing on them. In great fear the Israelites cried out to the LORD. They said to Moses, 'Was it because there were no graves in Egypt that you have taken us away to die in the wilderness? What have you done to us, bringing us out of Egypt? Is this not the very thing we told you in Egypt, "Let us alone and let us serve the Egyptians"? For it would have been better for us to serve the Egyptians than to die in the wilderness.' But Moses said to the people, 'Do not be afraid, stand firm, and see the deliverance that the LORD will accomplish for you today; for the Egyptians whom you see today you shall never see again. The LORD will fight for you, and you have only to keep still.'

Then the LORD said to Moses, 'Why do you cry out to me? Tell the Israelites to go forward. But you lift up your staff, and stretch out your hand over the sea and divide it, that the Israelites may go into the sea on dry ground. Then I will harden the hearts of the Egyptians so that they will go in after them; and so I will gain glory for myself over Pharaoh and all his army, his chariots, and his chariot drivers. And the Egyptians shall know that I am the LORD, when I have gained glory for myself over Pharaoh, his chariots, and his chariot drivers.'

The angel of God who was going before the Israelite army moved and went behind them; and the pillar of cloud moved from in front of them and took its place behind them. It came between the army of Egypt and the army of Israel. And so the cloud was there with the darkness, and it lit up the night; one did not come near the other all night.

Then Moses stretched out his hand over the sea. The Lord drove the sea back by a strong east wind all night, and turned the sea into dry land; and the waters were divided. The Israelites went into the sea on dry ground, the waters forming a wall for them on their right and on their left. The Egyptians pursued, and went into the sea after them, all of Pharaoh's horses, chariots, and chariot drivers. At the morning watch the LORD in the pillar of fire and cloud looked

down upon the Egyptian army, and threw the Egyptian army into panic. He clogged their chariot wheels so that they turned with difficulty. The Egyptians said, 'Let us flee from the Israelites, for the LORD is fighting for them against Egypt.'

Then the LORD said to Moses, 'Stretch out your hand over the sea, so that the water may come back upon the Egyptians, upon their chariots and chariot drivers.' So Moses stretched out his hand over the sea, and at dawn the sea returned to its normal depth. As the Egyptians fled before it, the LORD tossed the Egyptians into the sea. The waters returned and covered the chariots and the chariot drivers, the entire army of Pharaoh that had followed them into the sea; not one of them remained. But the Israelites walked on dry ground through the sea, the waters forming a wall for them on their right and on their left.

Thus the LORD saved Israel that day from the Egyptians; and Israel saw the Egyptians dead on the seashore. Israel saw the great work that the LORD did against the Egyptians. So the people feared the LORD and believed in the LORD and in his servant Moses.

Exodus 15:1-13 (responsive)

Then Moses and the Israelites sang this song to the LORD:

**'I will sing to the LORD, for he has triumphed gloriously;
horse and rider he has thrown into the sea.**

The LORD is my strength and my might,
and he has become my salvation;

**this is my God, and I will praise him,
my father's God, and I will exalt him.**

The LORD is a warrior;
the LORD is his name.

**'Pharaoh's chariots and his army he cast into the sea;
his picked officers were sunk in the Red Sea.**

The floods covered them;
they went down into the depths like a stone.

Your right hand, O LORD, glorious in power—
your right hand, O LORD, shattered the enemy.

**In the greatness of your majesty you overthrew your
adversaries;
you sent out your fury, it consumed them like stubble.**

At the blast of your nostrils the waters piled up,
the floods stood up in a heap;
the deeps congealed in the heart of the sea.

**The enemy said, “I will pursue, I will overtake,
I will divide the spoil, my desire shall have its fill of them.
I will draw my sword, my hand shall destroy them.”**

You blew with your wind, the sea covered them;
they sank like lead in the mighty waters.

**‘Who is like you, O LORD, among the gods?
Who is like you, majestic in holiness,
awesome in splendour, doing wonders?’**

You stretched out your right hand,
the earth swallowed them.

**‘In your steadfast love you led the people whom you
redeemed;
you guided them by your strength to your holy abode.**

Anthem ~ Every Time I Feel the Spirit

Every time I feel the spirit moving in my heart
I will pray,
Every time I feel the spirit moving in my heart
I will pray.

On the mountain my Lord spoke,
Out His mouth came fire and smoke.

All around me looks so fine,
Ask my Lord if all was mine.
Jordan River, chilly and cold,
Chills the body, not the soul.

Traditional Negro Spiritual

Special Music ~ Foot Forward

(Chorus) I put my foot forward and the water drew back (x3)
And we marched forth on dry land

I was younger than adult, older than child
Halfway between obedient and wild
Moses sent me up to the front of the pack
We could hear Pharaoh's army hot on our track

We walked right up to the shore of the sea
We got to cross it if we want to be free
Raised in the desert, never learned how to swim
Here's Moses' voice telling us, "Just jump right in"

We watched while Moses stretched out his arm
He promised the water wouldn't do us any harm
But the waves gave no reply, there was no change in the sea
So my friends turned from Moses and they all looked at me

As we stood there in silence I could hear my heart beat
We couldn't go forward and we couldn't retreat
But as the waves leaped and beckoned I could suddenly see
How to release the miracle that would set us all free

I stretched my toes toward the water
... and instead, they touched sand
And I shifted my balance onto dry land
And as I led the way forward the path grew and grew
Til the waves split apart and we marched right through

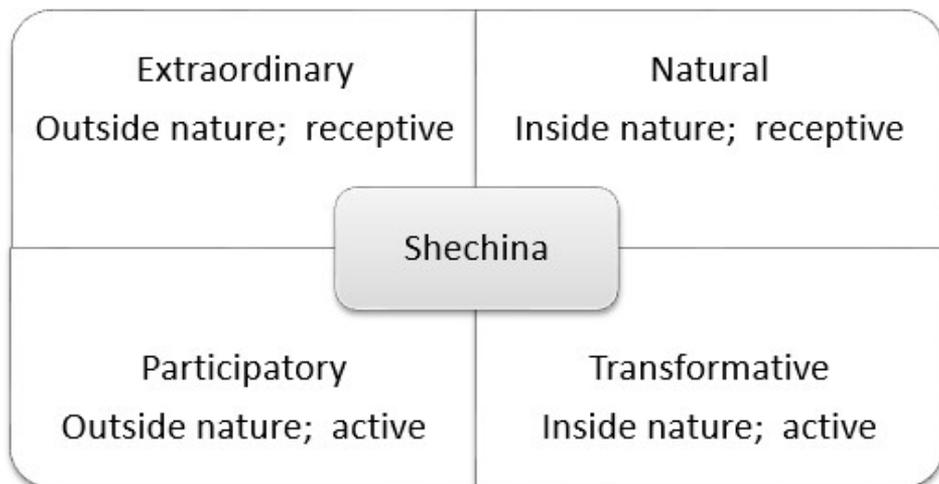
As the last of our tribe set foot on the shore
Moses turned toward the sea, stretched his arm out once more
The terrified army watched the water-walls fall
Horses, chariots and riders, the sea swallowed them all

So don't wait by the shore for the waters to part
Find the miracle deep in your heart
Take your first step forward holding hands with your fear
And the waves will draw back and your path will appear!

Find the Miracle Deep in Your Heart

Ros Schwartz © 2016

A miracle is a transformative experience at the intersection of the sacred & the mundane. -Mikhail Swan



We dwell in the realm of miracles, at the intersection of the sacred & the mundane.

There are two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle. - attributed to Albert Einstein

The Burning Bush was an extraordinary miracle, performed by God outside the rules of ordinary life, which served as Moses' call to destiny.

A natural miracle - like a sunrise, or the beating of our hearts – occurs within the rules of ordinary life; our role is to recognise its holiness.

“Foot Forward” chronicles Nachshon Ben Aminadav's fearless march into the waters of the Red Sea, a participatory miracle initiated by God, but requiring human action to be fulfilled.

A transformative miracle is an expression of our free choice to transform bitter into sweet. Jochebed, Miriam & the Pharaoh's daughter put their own lives at risk carrying out a transformative miracle to save the life of newborn Moses.

ANNOUNCEMENTS

Welcome

We extend a warm welcome to all who are worshipping with us this week, both in person and online! A special welcome and thank you to Nancy Hancock, an elder of this congregation, for leading the service, and to our guest speaker/singer, Dr. Roslyn Schwartz. Dr. Schwartz is a Jewish composer and performer whose work has been published and performed around the world. "Singing Through the Night", her first CD, has been described as inspirational, nourishing and healing. She is the founder and director of the Kingston Jewish Community Choir; a founding board member of the Kingston Open Voices Community Choir; and serves as a song leader, music educator, and Cantorial Soloist. She is currently writing a musical about the Exodus story, called "In The Rustling Flames". Dr. Schwartz is also a physician with over 40 years of experience in Family Medicine and psychotherapy, facilitating healing and personal growth. She integrates these two aspects of her life based on her belief that music and medicine flow from the same healing source. You can read more about her, and listen to some of her music, on her website at www.ros-schwartz.com.

Annual Meeting

Notice is here given of the annual meeting to take place on Sunday, 26 February, immediately following the service. Reports have been emailed and printed copies are available in the narthex.

Pastoral Care

If anyone needs Pastoral Care during this time of transition, please contact either Nancy Hancock at (h) 613-546-4951 (c) 613-893-3683 or Dorothy Messenger at (h) 613-767-2835 (c) 902-830-0692.

Upcoming Worship Leaders

February 19 – Mark Kitzman – Sat-7 Canada

February 26 – Julielee Stitt

March 5 – The Revs. Paul and Heather Kern

March 12 – The Revs. Paul and Heather Kern

March 19 – The Rev. Stephen MacAllister

Masks

In keeping with public health guidelines, the Session encourages all who come to St. Andrew's to wear a mask while in the building. Thank you for your continued patience and support during this extraordinary time.



WINTER ACTIVITIES AT ST. ANDREW'S

Sunday School and Nursery: Sundays after Children's Time

Choir: Thursdays, 7:30, St. Andrew's Hall mjchall@telusplanet.net

Taizé services: 2nd and 4th Wednesdays of the month, 7:30, sanctuary
[https://zoom.us/meeting/82464811989#:~:text=https%3A//us02web.zoom.us/j/82464811989](https://zoom.us/j/82464811989#:~:text=https%3A//us02web.zoom.us/j/82464811989)

Craft and Chat: 3rd Tuesday of each month, 9:30, St. Andrew's Hall

Imago Dei: 1st of each month, 4:30 – 5:30, by zoom
dotmessenger@gmail.com

Bible Study: Last Thursday of the month, 1:30, by zoom.

WAYS TO CONTRIBUTE AND REACH OUT

Circle of Prayer

This team of St. Andrew's members is ready to add their prayers to yours. Please send requests in full confidence to our co-ordinator Dorothy at dotmessenger@gmail.com

Calling all Bakers

Anyone wishing to drop off homemade baked items (please include the ingredient list) for the Manse residents should call Jane Bailey (Manse Administrator) at 613-766-4432 to arrange a drop-off time.

Food Basket

Remembering neighbours in need, we have resumed collecting foodstuffs for distribution through the Partners In Mission food bank. You are invited to bring a contribution on Sunday mornings.

Lent and Holy Week Services

Ash Wednesday – 22 Feb, 2 p.m., St. Luke's Anglican, 236 Nelson St.

Good Friday – 7 April, 10 a.m., Sydenham St. United, 82 Sydenham St.

Anyone interested in singing in the joint choir should come for a 9:00 rehearsal.

Lent Study Opportunities

We now have access to 3 Lent studies, including 2 new local events!

1) "Aging with Wisdom and Grace" – a study of this book by Wilkie and Noreen Au. A 5-week **in-person** study, Thursday afternoons, 1:30-3:00, Feb. 23 - Mar. 23 at St. Luke's Anglican/Princess St. United

2) "Becoming Rooted: 100 Days of Reconnecting with Sacred Earth" – a study of this book by Randy Woodley. A 6-week, **zoom** study, Wednesday evenings, 6:30-8:00, March 1 - April 5. Hosted by St. James' Anglican through the reconciliation ministry. To register, email sharon@stjameskingston.ca

3) Wrestling with Faith – a study of Bradley Jersak's book: *Out of the Embers: Faith After the Great Deconstruction*. Hosted by Roland deVries, principal of Presbyterian College. A 5-week **zoom** study, Thursdays, 3:30-4:30, March 2-30th. \$20. Capped at 24 participants. For more info, and to register: presbyteriancollege.ca/2022/12/10/lent-book-study-2023/

PWS&D Earthquake Response

To read about PWS&D's work in the aftermath of the Syria-Türkiye, or to donate to their efforts, visit: presbyterian.ca/pwsd/2023/02/07/syria-turkey-earthquake-response/

SERVING THIS MORNING

Beadle:	Larry
Livestreaming:	Benjamin, Christopher
Flowers:	den Otter-Versteeg family
Ushers this week:	Dorothy, Lori-Kim
Ushers Feb 19:	Rory, John

Mission Moment



In many small rural communities in Ghana, lay preachers, evangelists and catechists play a crucial role. Under the direction of a district minister, who has many congregations under their care, lay leaders provide much-needed spiritual

leadership. While they share a deep commitment to their call to ministry and service in the church, many have not received formal theological training. To equip these lay leaders with helpful tools for effective ministry, the Presbyterian Church of Ghana established three Lay Training Centres (Tamale, Ramseyer and Nsaba), which receive support through Presbyterians Sharing.

****To view a short “thank you” video from Presbyterians Sharing, go to: <https://youtu.be/MVuZZWvRtU>**



**Presbyterians
Sharing**

In 2022, through offerings designated “Mission”, members of St. Andrew’s Kingston donated \$31,849 to the work of Christ through Presbyterians Sharing

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Director of Music – John Hall – mjchall@telusplanet.net

Interim Moderator – Rev. Marianne Emig Carr