

**Sunday March 5, 2023**



*"Be a Light Unto the World" Lucie Nisson. 1998. Interfaith Centre for Spiritual Growth.*

**St. Andrew's  
Presbyterian Church**

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

[www.StAndrewsKingston.org](http://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

<b>Preludes</b>	Erbarm' dich mein, O Herre Gott O Rest in the Lord (from <i>Elijah</i> )	J.L. Krebs Mendelssohn
<b>Entry of the Bible</b>		
<b>Call to Worship</b>		
<b>Lent Liturgy</b>		see insert
<b>Hymn</b>	Teach me, O Lord, your way of truth	80
<b>Prayer of Approach</b>		
<b>The Lord's Prayer</b>		see insert
<b>Greetings &amp; Announcements</b>		Paul
<b>Time with Children</b>		Rev. Paul Kern
<b>Anthem</b>	Fight the Good Fight	Harold Rhodes
<b>Scripture Lessons</b>	Responsive Psalm 121 Genesis 12:1-4a Matthew 17:1-9 1 Peter 2:1-12; 3:8-12	Ken
<b>Sermon</b>	Therefore Part 2 <i>The Reverend Heather Kern</i>	
<b>Hymn</b>	Here, O my Lord, I see thee	543
<b>Apostles' Creed</b>		see insert
<b>Prayers of Thanksgiving and Intercession</b>		
<b>Doxology</b>	Praise God from whom all blessings flow	830
<b>The Sacrament of the Lord's Supper</b>		
<b>Hymn</b>	You that know the Lord is gracious	470
<b>Benediction and Choral Amen</b>		
<b>Postlude</b>	If Thou But Suffer God to Guide Thee	J.S. Bach

## 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

## The Apostles' Creed

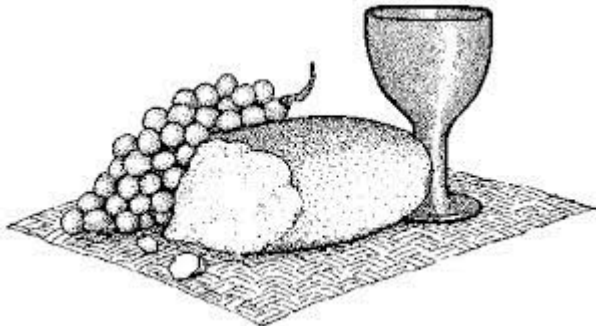
I believe in God, the Father almighty,  
creator of heaven and earth.

I believe in Jesus Christ, God's only Son, our Lord,  
who was conceived by the Holy Spirit  
born of the virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died, and was buried;  
he descended to the dead.

On the third day, he rose again;  
he ascended into heaven

and is seated at the right hand of the Father,  
and he will come to judge the living and the dead.

I believe in the Holy Spirit,  
the holy catholic church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting. Amen.



## SCRIPTURE LESSONS

### Responsive Psalm 121

I lift up my eyes to the hills;  
from where is my help to come?

**My help comes from the Lord,  
the maker of heaven and earth.**

The Lord will not let your foot be moved  
**and the One who watches over you will not fall asleep.**

Behold, the One who keeps watch over Israel  
shall neither slumber nor sleep.

**The Lord, the Lord, watches over you;**  
the Lord is your shade at your side,  
**so that the sun shall not strike you by day,  
nor the moon by night.**

The Lord shall preserve you from all evil  
and shall keep you safe.

**The Lord shall watch over your going out  
and your coming in,  
from this time forth for evermore.**

### Genesis 12:1-4a

Now the Lord said to Abram, 'Go from your country and your kindred and your father's house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed.' So Abram went, as the Lord had told him; and Lot went with him.

### Matthew 17:1-9

Six days later, Jesus took with him Peter and James and his brother John and led them up a high mountain, by themselves. And he was transfigured before them, and his face shone like the sun, and his clothes became dazzling white. Suddenly there appeared to them Moses and Elijah, talking with him. Then Peter said to Jesus, 'Lord, it is good for us to be here; if you wish, I will make three dwellings here,

one for you, one for Moses, and one for Elijah.’ While he was still speaking, suddenly a bright cloud overshadowed them, and from the cloud a voice said,

‘This is my Son, the Beloved; with him I am well pleased; listen to him!’

When the disciples heard this, they fell to the ground and were overcome by fear. But Jesus came and touched them, saying,

‘Get up and do not be afraid.’

And when they looked up, they saw no one except Jesus himself alone.

As they were coming down the mountain, Jesus ordered them,

‘Tell no one about the vision until after the Son of Man has been raised from the dead.’

### **1 Peter 2:1-12; 3:8-12**

Rid yourselves, therefore, of all malice, and all guile, insincerity, envy, and all slander. Like newborn infants, long for the pure, spiritual milk, so that by it you may grow into salvation— if indeed you have tasted that the Lord is good.

Come to him, a living stone, though rejected by mortals yet chosen and precious in God’s sight, and like living stones, let yourselves be built into a spiritual house, to be a holy priesthood, to offer spiritual sacrifices acceptable to God through Jesus Christ. For it stands in scripture:

‘See, I am laying in Zion a stone,  
a cornerstone chosen and precious;  
and whoever believes in him will not be put to shame.’

To you then who believe, he is precious; but for those who do not believe,

‘The stone that the builders rejected  
has become the very head of the corner’,

and

‘A stone that makes them stumble,  
and a rock that makes them fall.’

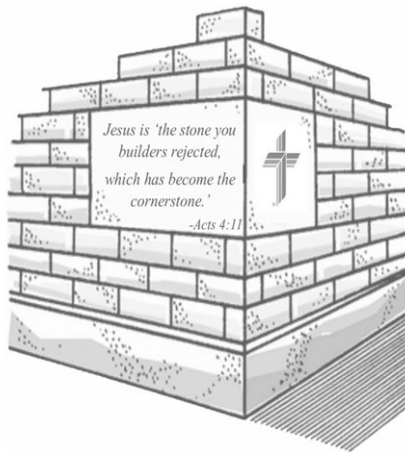
They stumble because they disobey the word, as they were destined to do. But you are a chosen race, a royal priesthood, a holy nation, God’s own people, in order that you may proclaim the mighty acts of him who called you out of darkness into his marvellous light.

Once you were not a people,  
but now you are God's people;  
once you had not received mercy,  
but now you have received mercy.

Beloved, I urge you as aliens and exiles to abstain from the desires of the flesh that wage war against the soul. Conduct yourselves honourably among the Gentiles, so that, though they malign you as evildoers, they may see your honourable deeds and glorify God when he comes to judge.

Finally, all of you, have unity of spirit, sympathy, love for one another, a tender heart, and a humble mind. Do not repay evil for evil or abuse for abuse; but, on the contrary, repay with a blessing. It is for this that you were called—that you might inherit a blessing. For

‘Those who desire life  
and desire to see good days,  
let them keep their tongues from evil  
and their lips from speaking deceit;  
let them turn away from evil and do good;  
let them seek peace and pursue it.  
For the eyes of the Lord are on the righteous,  
and his ears are open to their prayer.  
But the face of the Lord is against those who do evil.’



## **Anthem ~ Fight the Good Fight**

Fight the good fight with all thy might,  
Christ is thy strength, and Christ thy right;  
Lay hold on life, and it shall be  
Thy joy and crown eternally.

Run the straight race through God's good grace,  
Lift up thine eyes, and seek His face;  
Life with its way before us lies,  
Christ is the path and Christ the prize.

Cast care aside, lean on thy Guide;  
His boundless mercy will provide;  
Trust, and thy trusting soul shall prove  
Christ is the life, and Christ the love.

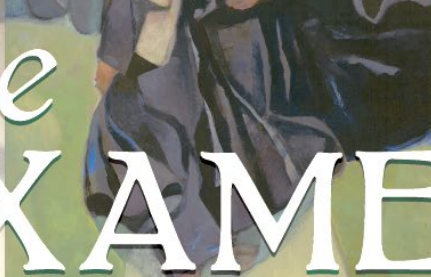
Faint not nor fear, His arms are near,  
He changeth not, and thou art dear;  
Only believe, and thou shalt see  
That Christ is all in all to thee.

*Text: J.S.B. Monsell  
Music: Harold Rhodes*

## **Sermon Notes**

For more information on “The Examen”, see the poster on the next page, and visit: <https://www.ignatianspirituality.com/ignatian-prayer/the-examen/how-can-i-pray/>

The 2 books that Heather referenced for further reading are:  
“Spirit of the Disciplines” by Dallas Willard  
“Celebration of Discipline” by Richard Foster



# the EXAMEN

The *Examen* is a method of reviewing your day in the presence of God. It's actually an attitude more than a method, a time set aside for thankful reflection on where God is in your everyday life. It has five steps, which most people take more or less in order, and it usually takes 15 to 20 minutes per day. Here it is in a nutshell:

- 1** **Ask God for light.**  
*I want to look at my day with God's eyes, not merely my own.*
- 2** **Give thanks.**  
*The day I have just lived is a gift from God. Be grateful for it.*
- 3** **Review the day.**  
*I carefully look back on the day just completed, being guided by the Holy Spirit.*
- 4** **Face your shortcomings.**  
*I face up to what is wrong—in my life and in me.*
- 5** **Look toward the day to come.**  
*I ask where I need God in the day to come.*



# 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 the ministry team of The Reverends Dr. Paul and Heather Kern, who faithfully continue to provide pulpit supply for our congregation the first 2 Sundays of every month during this time of transition.

## 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

March 12 – The Revs. Paul and Heather Kern

March 19 – The Rev. Stephen MacAllister

March 26 – Julielee Stitt

April 2 - Palm Sunday - The Revs. Paul and Heather Kern

April 9 – Easter Sunday - The Revs. Paul and Heather Kern

## Holy Week

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.

## 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.

## 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](mailto:mjchall@telusplanet.net)

**Taizé services:** 2<sup>nd</sup> and 4<sup>th</sup> 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:** 3<sup>rd</sup> Tuesday of each month, 9:30, St. Andrew's Hall

**Imago Dei:** 1<sup>st</sup> of each month, 4:30 – 5:30, by zoom  
[dotmessenger@gmail.com](mailto:dotmessenger@gmail.com)

**Bible Study:** Last Thursday of the month, 1:30, by zoom.  
[lorikim@standrewskingston.org](mailto:lorikim@standrewskingston.org)

## WAYS TO CONTRIBUTE AND REACH OUT

### Circle of Prayer

This team of St. Andrew's members is ready to add their prayers to yours. If you would like to join our circle, or if you have a prayer request (confidentiality assured), please contact our co-ordinator Dorothy at [dotmessenger@gmail.com](mailto: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.

### PWS&D Earthquake Response

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

## Centre for Christianity, Culture and the Arts

... has a beautiful devotional series called The Lent Project, which you can have delivered to your email inbox daily February 21-April 15. This link will bring you to their calendar where there is a big red bar to sign up: <https://ccca.biola.edu/lent/>

## Lent Study Opportunities

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

- 1) "Aging with Wisdom and Grace" –A 5-week **in-person** study, Thursdays, 1:30-3:00, Feb. 23 - Mar. 23 at St. Luke's Anglican.
- 2) "Becoming Rooted: 100 Days of Reconnecting with Sacred Earth" –A 6-week, **zoom** study, Wednesdays, 6:30-8:00, March 1 - April 5. Hosted by St. James' Anglican. contact: [sharon@stjameskingston.ca](mailto:sharon@stjameskingston.ca)

## Free Online Seminar from Knox College

Wednesday, March 8, 11 a.m. Dr. Christine Mitchell, Academic Dean and Professor of Hebrew Bible, will lead a reading of Genesis 1-3, paying special attention to depictions of gender. Register at:

<https://knox.utoronto.ca/alumni-seminars/> Scroll down to "Women, Gender, and Genesis", and click on "Register here"

## SERVING THIS MORNING

- Beadle:** Larry  
**Livestreaming:** Benjamin, Christopher  
**Flowers:** Nancy, lovingly placed in memory of her mother and brother  
**Ushers this week:** Elders  
**Ushers March 5:** Philippe, Rory

### Financial Review to February 28, 2023

General Offerings

### Budgeted

\$38,290

### Received

\$28,514

## Mission Moment – Emergency Assistance



In Pakistan, Gauri learned how to cut and sew at an early age. As an adult, this knowledge allowed Gauri to contribute to her family's income by working as a seamstress. After her husband was killed in an accident, Gauri's income was not enough to provide for her family on her own. **Gauri was selected for a Presbyterian World Service & Development project that provides emergency food assistance to families in need, as**

**well as longer-term support through small business training and development.** The food aid the family received made it possible for Gauri to save a portion of her monthly income that would have otherwise been spent on food. With the money she saved, Gauri could further her child's education and stock her tailoring shop with more materials.



Presbyterian  
World Service  
& Development

*In 2023, through offerings designated "Mission", members of St. Andrew's Kingston have a goal of donating \$4,515 to the work of Christ through PWS&D.*

Convener of Property and Maintenance – John Sanger

Treasurer – Paul Payne

Chair of Trustees – John Marshall

Clerk of Session – David Holland

Office – Lori-Kim den Otter [lorikim@standrewskingston.org](mailto:lorikim@standrewskingston.org)

Bookkeeper – Candace Gomes [candace@standrewskingston.org](mailto:candace@standrewskingston.org)

Weekday Custodian – Glen Mercer

Weekend Custodian – Larry Moore

Director of Music – John Hall – [mjchall@telusplanet.net](mailto:mjchall@telusplanet.net)

Interim Moderator – Rev. Marianne Emig Carr

[imstandrewskingston@gmail.com](mailto:imstandrewskingston@gmail.com)