

Open to Spirit, Open to You!

Order of Worship April 16th 2016 at 10:30 a.m. Easter Sunday

Welcome! Help yourself to a cup of coffee and a name tag, at the back of the sanctuary, prior to the service starting.

Following the service, everyone is invited for an informal time of conversation and refreshments in the parlour. Our members will be happy to assist you with any questions or needs you may have.

Gathering

Music Gathers Us

*Hymn: Jesus Christ Is Risen Today VU 155

Acknowledgement of Traditional Territory
Words of Welcome and Announcements

Call to Worship:

One: Easter begins in despair.
Our life, our love, our hope forever dead,
crushed by a boulder, bottled up in a cave.

All: Who will roll away the stone?

One: Easter takes us by surprise, early in the morning.
The obstacles we expect to face are removed.
Where once death and despair laid
locked in time

now the bright light of hope sprouts wings
to fly from emptiness.

It is, at first, too good to be true.

All: Where have you laid him?

One: When faced with a miracle,
our first reflex is to run.

All: Be not afraid.

Ye seek Jesus. He is risen.

One: Suddenly the realization dawns. It may rise
as quietly as the sun creeping over the horizon,
or it may explode like fireworks, painting the world
with dazzle. We recognize the One who was dead
has he comes to life in us.

All: Christ is risen, risen indeed!

One: And all who encounter the Risen One
whether gently roused by the sunrise
or surprised by the sudden burst of joy
will join the Resurrection Procession
one by one, slipping into step,
some singing, some silently soaking it in,
and all of us feeling like dancing.

All: Alleluia! Christ is risen, risen indeed!

Transforming the Cross with Signs of Life

*Hymn: Hey Now! Singing Hallelujah!

MV 121

*The words will be on the screen as you process to the front with your
flower to place on the cross, transforming it with signs of new life.*

Join in the singing when you feel comfortable.

*The children are invited to join Rev. Alexa at the steps
after they have decorated the cross.*

Young at Heart Time

Young at Heart Time

Good News Candle

Our Lord's Prayer (said in multiple languages)

*Hymn: Thine is the Glory VU 173

The children go to Sunday school as we sing the final verse.

The Word of God Proclaimed

First Lesson: Acts 10:34-43

Sung Response:

VU 951

*Santo, Santo, Santo
Mi corazón te adora!
Mi corazón te sabe decir:
Santo eres Dios!*

Second Lesson: Psalm 136

One: Give thanks to the Lord, for God is good.

God's love endures forever.

All: Give thanks to the God of gods.

God's love endures forever.

One: Give thanks to the Lord of lords:

God's love endures forever.

All: to the Divine who alone does great wonders,

God's love endures forever.

One: who by Holy understanding made the heavens,

God's love endures forever.

All: who spread out the earth upon the waters,

God's love endures forever.

One: who made the great lights—

God's love endures forever.

**All: the sun to govern the day,
God's love endures forever.**

One: the moon and stars to govern the night;
God's love endures forever.

Santo, Santo, Santo
Mi corazón te adora!
Mi corazón te sabe decir:
Santo eres Dios!

VU 951

Gospel Lesson: Matthew 28:1-10

*Hymn: I Danced In The Morning

VU 352

Sermon

I Won't Back Down

music and lyrics by Tom Petty
soloist: Adrian Marchuk

Our Response to God

The Offering is Given

The Offering is Received

*The Offertory Hymn:

What Can I Do?

MV 191

What can I do? What can I bring?
What can I say? What can I sing?
I'll sing with joy. I'll say a prayer.
I'll bring my love. I'll do my share.

*Prayers of Dedication

*Don't be afraid, my love is stronger,
my love is stronger than your fear.
Don't be afraid, my love is stronger,
and I have promised,
promised to be always near.*

*Closing Hymn: Go, Make A Difference

MV 209

*Commissioning and Benediction

Music sends us out into the world

*We move into the parlour for fellowship time. Feel free to ask
a greeter to show you the way if this is your first time with us.*

* Indicates to please stand if you are able.

Call to Worship, modified from *Touch Holiness*, Duck & Tirabassi,
p75-76.

Happy Easter to all!!

Thank you to our fabulous guest musicians, David Atkinson
(piano), John David Williams (clarinet) and Karl Silveira
(trombone). If you are visiting with us this Sunday, thank you
for celebrating this special day with us. We hope you'll join us
for fellowship time in the parlour, immediately after the
service.

ANNOUNCEMENTS

A Minute for Mission: The United Church of Canada is launching an Extreme Hunger Appeal as the humanitarian crisis in Kenya, Nigeria, Somalia, South Sudan, and Yemen reaches grave levels.

Starvation and extreme hunger are rapidly reaching a scale the world has not seen before in Nigeria, Somalia, South Sudan, and Yemen. There is also extreme hunger, malnutrition, and starvation in Kenya. Vulnerable people are most impacted, including children.

Visit the website at <http://www.united-church.ca/hunger-appeal%20> to donate or write a cheque to Windermere United Church with "Extreme Hunger Appeal" in the memo line and we'll send it on your behalf.

Making a noise more joyful

The Windermere Church Council has asked Arian Marchuk to work with a small group to assess our music ministry needs going forward. This working group includes Paulina Derbez, Susan Hinchcliffe, Alexa Gilmour and Doug Tindal.

Susan has conducted informal conversations with a number of Windermere congregants spanning various age groups and terms of membership. She found consistent support for the role of music leader; appreciation for the variety of musical styles we use; interest in occasional choir participation (but caution about too great an ongoing commitment); and no strong feelings about the use of the organ.

During the recent annual general meeting, music ministry was one of the topics for small group discussion, and about half a dozen people participated. Based on this discussion:

We place a very high value on the role of music in worship:

- It must be *integrated* with the theme of the worship: scriptures, prayers, music and homily all reinforce each other (implies coordination, planning)
- It should *enable participation and engagement* by the congregation; the cantor (music leader) role is important
- It embodies a deliberate *variety* of musical forms and styles (from Celtic combo to conga line)
- We value choir and other music that uses skills present in our congregation.

We lean toward the contemporary:

- Traditional hymns are beloved *and*
- We'd also like to see more contemporary music
- We welcome soloists and performance groups such as the Celtic music leaders
- We're not sure the organ should continue to have an important role.

We understand that music also has a role in Christian formation and community outreach

- Ideally, the "stage" area should be remodelled to make it more flexible as a performance space
- Ideally, those responsible for Christian education would also have capacity for leading children in music.

In other words, between the informal conversations and the small group discussion, there was broad agreement.

The working group is now preparing some recommendations for the next meeting of council, April 26. Anything you'd like to contribute?

- Do the observations and recommendations listed above seem accurate and appropriate to you?
- Are we missing anything?
- Did we get anything wrong?
- Do you have suggestions, hopes or concerns for the future of our music ministry?

Please email your thoughts to

Adrian, adrianmarchuk@gmail.com, or speak to any member of the working group.



APRIL ORAL HEALTH MONTH

National Oral Health Month, is supported by the Canadian Dental Health Association and is held each April.

By promoting better oral health, this month-long event encourages Canadians to have a better quality of life.

Why This Event?

Compared to other parts of the body, people often ignore problems with their mouths. Bleeding and tender gums, oral pain, and mouth infections, are common problems which are often ignored but can affect a persons quality of life.

Oral problems can affect the way a person eats, speaks and even socializes. Quite often people who consider

their teeth to be 'poor' will not consciously smile with their mouth open. In some cases people with oral health problems avoid social interactions.

Oral Problems May Be A Sign Of Serious Disease

If there are problems with your mouth, it is important that medical assistance is soon sought as problems could be a sign of serious disease such as oral cancer. In Canada, over 1000 people die from oral cancer each year. Often, the cancer is diagnosed when it is at a late stage and treatments are not effective. By visiting a dentist on a regular basis, any problems can be diagnosed earlier when there is better treatment outcome.

The Canadian Dental Health Association have published '5 Steps To Oral Health'.

1. Visit Your Dentist On A Regular Basis - your dentist will advise on how frequently you should see them. Depending on individual circumstances, regular checkups may be every 3,6 or 9 months.
2. Keep Your Mouth Clean - brush your teeth at least twice a day and use floss. Floss helps to remove food and plaque which gets lodged or forms between the teeth and gums. Flossing helps to reduce bad breath and gum disease. Using a mouthwash can help reduce plaque from forming, reduces infection and eliminates bad breath.

Eat, Drink But Be Wary - healthy, unprocessed nutrient rich foods help the body fight any infection. Reduce sugar intake. Sugar is a major cause of dental problems. It's advised to brush your teeth after consuming sugary drinks and food.

3. Check Your Mouth Regularly - gum disease (periodontal disease) is the most common cause of tooth loss. Warning signs include bad breath, sensitive gums which are red, sore, shiny or swollen, and gums which bleed after brushing or flossing.

Check also for the warning signs of oral cancer. Oral cancer normally occurs on the sides of the mouth, on the floor of the mouth and on the lower side of the tongue.

Oral Cancer Warning Signs Include:

- small lumps or thickened areas in the mouth
 - red or white patches in the mouth
 - a feeling of tingling or numbness in the mouth
 - bleeding in the mouth with no obvious cause
 - sores in the mouth which do not heal
4. Avoid All Tobacco Products - using tobacco (chewing or smoking) can cause minor and major oral health problems. Minor problems include bad breath and teeth staining. Major problems include heart disease, oral cancer and other cancers.

As part of National Oral Health Month, and also to promote oral health year-round, the Canadian Health Association distribute posters which highlight these 5 points.

Promotional materials & resources for this event include:

- Fact Sheets & Posters
- Adult Educational Tools
- Children's Activities
- Prepared Questions And Answers About Oral Health
- Newspaper Articles For Media Campaigns

For more information visit the Canadian Dental Associations dedicated [National Oral Health Month website](#).

OPPORTUNITIES TO MAKE A DIFFERENCE

Stone Soup Network - is a not-for-profit project of Windermere United that builds stronger communities by making it easier for neighbours to share with each other. There are many ways to get involved; contribute your company's products or service to help a neighbour; volunteer with us and be part of the team; donate funds to help sustain the project. If you have questions about Stone Soup please talk to Doug Tindal or Rev. Alexa. www.stonesoupnetwork.ca

“There for You” Project - “when I was hungry, you fed me” these are the words of Christ but also the words of some of us who have needed a helping hand and received it from folks in this congregation. In light of the fact that we all need help from time to time when the unexpected happens we have the “There for You” project. There is a sign up list in the parlour that you can add your name to. It means that you'd be willing to help out when someone's life takes a turn and help is needed. If you are preparing dinner, please consider making a little extra to add to our church freezer that is used to store emergency meals. We are pleased to let everyone know that your generous contributions have helped many families over the last six months. See Rev. Alexa for more information or sign up in the parlour if you want to be part of this project.

TWERP Good News! - We are happy to announce that Hamza has signed a work contract with Freedom Mobile, and begins working for them this week as a systems analyst. Thanks to all volunteers who provided Hamza with contacts in Toronto's IT sector to help him in his job search. He is very pleased to be working in his field of expertise, and grateful for all the support of this congregation.

Lay Readers and Fellowship Time Volunteers – We are recruiting volunteers to be Lay Readers and to help with offering Fellowship Time. If you can help with lay reading and/or fellowship time, please sign up on the sheets in the Parlour. Mary McConnell is available to help you with the details of set-up for Fellowship. Please speak to Rev. Alexa if you have questions about being a Lay Reader.

UPCOMING EVENTS



East meets West Tuesday Morning Drop-In Yoga classes Rev. Alexa and yoga teacher, Lorna Roberts, are inviting you to share in a healing journey of scripture, poetry, and restorative yoga for the body and soul. **Every Tuesday from 9:30-10:45 am.**

Join us for “A Spirited Conversation” a Monthly Drop In event for a small group discussion in one of our local pubs. What we discuss will be up to you! Send your conversation topics questions to minister@windermerechurch.ca. **Please note the next ‘Spirited Conversation’ is on Tuesday, May 9th at 7:30 pm at THE DARK HORSE on Bloor Street. A warm welcome to everyone who would like to join our discussion group.**

Book Study - starting Thursday, April 20 to May 25 from 7-9 pm in the Parlour. The book you will be studying is “*Embers: One Ojibway’s Meditations*” by Richard Wagamese.



Let's Make a



The next **Messy Church**
will be celebrating **“EARTH DAY!”**
please join us on **Wednesday, April 26th**
5:30 – 7 pm in the parlour.
There will be crafts, games, and activities!
Complimentary Dinner: 6:30-7pm
Arrive when you can, leave when you have to.

UPCOMING SERVICES

April 23rd, 10:30 am - Earth Sunday!! Guest speaker, Mark Hathaway, will invite us into an exploration of creation-centered spirituality and ecological wisdom. Mark is co-author, with Brazilian theologian Leonardo Boff, of *The Tao of Liberation: Exploring the Ecology of Transformation* (Orbis Books, 2009).

April 30th, 10:30 am - The 3rd Annual West End Pulpit Exchange. We now have 6 churches involved in the pulpit exchange this year. The exchange offers an opportunity to hear great preaching from around the city in the comfort of your own pew! Rev. Joan Smith from Welsey-Mimico United will be preaching at Windermere United. Rev. Alexa will be preaching at College St. United.

AND THE GLORY

The silence breaks into morning.
That One Star lights the world.
The lily springs to life and
not even Solomon...

Let it begin with singing
And never end!
Oh, angels, quit your lamenting!
Oh, pilgrims,
upon your knees in tearful prayer,
rise up
and take your heats
and run!

We who were no people
are named anew
God's people,
for he who was no more
Is forevermore.

By Anne Weems

WELCOME

Windermere United Church (1912-)

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Ministers: All of Us

Worship and Pastoral Care Minister:

The Reverend Alexa Gilmour

Parish Nurse: Anne Marie Mohler

Sunday School: Jenny Eum

Church Administrator: Katie Mior

Office Hours: Mon. to Fri. from 9:00am - 3:00pm

windermerechurch@bellnet.ca

Look for Windermere United on Facebook

Follow us on Twitter: @wind_uc

www.windermerechurch.ca

www.OpenToSpirit.org