

A prayer as I put on my mask:

Creator,
as I prepare to go into the world,
help me to see the sacrament
in the wearing of this cloth -
let it be "an outward sign
of an inward grace" -
a tangible and visible way of living
love for my neighbours,
as I love myself.

Christ,
since my lips will be covered,
uncover my heart,
that people would see my smile
in the crinkles around my eyes.
Since my voice may be muffled,
help me to speak clearly,
not only with my words,
but with my actions.

Holy Spirit,
As the elastic touches my ears,
remind me to listen carefully -
and full of care -
to all those I meet.
May this simple piece of cloth be
shield and banner,
and each breath that it holds,
be filled with your love.

In your Name and
in that love,
I pray.

May it be so.
May it be so.

By Moderator Rev Richard Bott,
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St. Thomas United Church

Open Hands – Open Hearts – Open Minds

Online VU = Voices United MV = More Voices

You will find the link to our online service
via our website: <https://stthomasunited.ca/>

Sunday, Sept 20 2020

Theme: Creation Time: The Bread We Eat

Prelude: Kari Orosz: *Bread of Life, Feed My Soul* **MV#194**

Welcome to our Online Worship Service

Acknowledgement of Treaty 7, Métis Region 3 Land

Candle Lighting & Silence

Introit: *All Things Bright and Beautiful* V2, V5 & refrain

VU#291

Call to Worship

Opening Prayer: *Holy God, with each bite we take we relish in the blessing of each mouthful. From your hands and through others toil, we eat each day largely unaware of where and who and how our food has come to be. Help us to pause in this time to notice the details, to reflect on the process, and give thanks for all those that make our meals possible, Amen.*

Ministry of Music: Youth Choir, The Gift of Love by Hal Hopson

Hymn: *All Who Hunger*

VU#460

Scripture: Exodus 16: 2-15 Reader: John Latter

The Message: *The Food We Eat*

Ministry of Music: The Adult Choir *Bread from Heaven*

by J Paul Williams & Ruth Elaine Schram

Invitation to Open Hands

Offertory Prayer: *Holy One, with thanks for that which we have received, we offer our gifts back to your table. That together we might share the abundance that you given to us. Help us to use these gifts to build larger tables, share more abundantly, and hear your stories of love shared in each bite the world over, Amen.*

Hymn: *We Are Pilgrims vs 3&4*

VU#595

Pastoral Prayers & Prayer of Jesus

Hymn: *For the Fruit of All Creation*

VU#647

Commissioning & Benediction

Postlude: Kari Orosz: *Cornflake Girl* by Tori Amos

UPDATES



Youth Choir meets Wednesdays at 7:00 pm. We have been meeting via ZOOM, but hope to move into “live” practices in the Sanctuary very soon. Please send your e-mail to Barb at barbrob@telus.net so that she can keep you up to date with choir practice updates, and send your child the ZOOM link. We may have some Sunday outdoor sessions. Stay “tuned”.

Coffee Chat Sunday Mornings! Join us Sunday mornings as we gather via Zoom for a time to watch the online worship service together as community starting around 9:45 am with the service starting at 10 am. Then stay after the service for a time of checking in and conversation. To register and receive the Zoom invite, send us an email at coffee-chat@stthomasunited.ca and we'll email the info out on Friday afternoons.



join us, please email the youth leaders at youth@stthomasunited.ca.

Junior Youth Group is NOW meeting virtually through ZOOM every two weeks. The next meetings are Sept 11, 25, Oct 9 & 23. Interested and in grades 4-6? Email junioryouth@stthomasunited.ca and we'll add them to the distribution list.

UPDATES



Grocery Gift Card Sales are available for Safeway/Sobeys, Co-op and Superstore in \$50's and \$100's. Email fundraising@stthomasunited.ca with your order and we can arrange pickup/delivery. Thank you for your support. Richard Taylor-Kerr

Veterans Association Food Bank Thank you so much to those folks who have sent cheques or have dropped off food at the church. The Food Bank is so appreciative. As COVID-19 continues the Outreach Committee now has two options for supporting Food Bank: You can donate gifts cards (purchased as per above) and we can arrange pick up of the cards with delivery to the Food Bank. **OR** mail your cheque to Veterans Association Food Bank #10, 820 – 28 Street NE T2A 6K1. Receipts are issued for donations of \$20 or more. A big thank you for your continued support! - Loree Irving

If you are dividing perennials this fall, we might be able to use some in the church gardens. Please call Loeta for more info and to arrange. Thanks! - Loeta Black, 403-239-9235



Fair Trade Coffee: I hope you enjoyed your Fair-Trade coffee over the summer. I suspect your supply must be getting low by now. So I will once again take orders and deliver them to your door. If you cannot remember what you have ordered in the past, that's not a problem – I keep records! Prices remain the same: \$12 for the 300g bags and \$60 for 5 lb. boxes (\$70 for Ethiopian). New customers are always welcome, and I will be happy to provide you with all the information you need. Please let me know if you would like to place an order by contacting me via email: jabooth@telusplanet.net or phone: 403.547.8988 (please leave a message and I will call you back). **I will be taking orders until Monday, Sept 28th** Thank you so much for your support! Judy Booth

BEYOND ST THOMAS

HUB and School Support Group Initiative: Hi everyone - My name is Sharon Ramraj-Thompson and I am a member of St. Thomas United Church (as well as St. David's United Church). I have three children ages 6, 9, and 12. My oldest child is attending junior high school, and my two younger children are HUB schooling in Grades 2 and 4.



I am hoping to start a HUB support group where parents can email, check in on how things are going, and support each other --no matter what grades our children are in, or what school they are attached to. We could also create a Google Meets group. The goal is to offer another community of connection in these, sometimes challenging, times. If you are interested in participating, please email me at sharon_ramraj@shaw.ca. Hope to hear from you! Sharon



Right Relations: Join us on **September 22 at 7 pm** to commemorate the 1877 signing of Treaty 7 with a virtual Kairos Blanket Exercise based on the history of Indigenous people and settlers in southern Alberta. All are welcome to take part in this workshop for Truth and Reconciliation Calls to Action. This Blanket Exercise is sponsored by the Calgary Interfaith Council, I-CARE, U of C Faith and Spirituality Centre, Urban

Indigenous Circle, Chinook Winds Region and Hillhurst United Church Right Relations. Zoom Link:

<https://united-church.zoom.us/j/97714877263?pwd=U21FbWF2emhVcWhpRitnNHFSU3VuQT09#success>

BEYOND ST THOMAS

Virtual Premiere: The Road

You are invited to the virtual premiere screening of *The Road* on **Thursday, Sept. 24, 4-7 PM**. The Road explores various themes pertaining to the Missing and Murdered Indigenous Women and Girls and the legacy and inter-generational impact of colonialism in Canada. Through discussions with women with lived experiences under the direction of Dr. Linda Many Guns, investigations of their cultural backgrounds and history, and illustrations of their feelings and insights, the girls discover methods and practices to challenge social norms, inspire reconciliation, advocate for their aspirations and strengthen their communities. [Click here to reserve your spot and register for the event!](#)

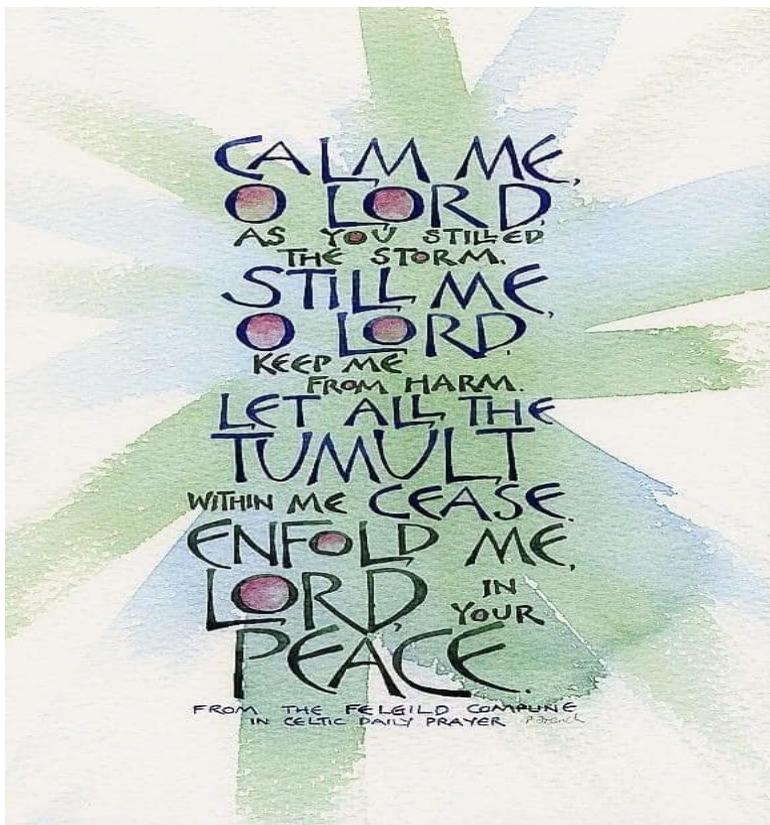


This week is International Basic Income Week!



Basic Income (BI), is a program where a regular, predictable income is unconditionally available to recipients who need it. BI provides an amount of money capable of supporting a stable, healthy life, and enables all who receive it to be full participants in the economy.

There are many aspects to consider in adopting a Basic Income program including costs, implementation challenges, marketplace impact and social benefits. Find out more about Basic Income by watching Calgary Alliance's webinar on Basic Income [here](#), checking out [Basic Income Alberta](#) or engaging with the online exhibition, [Basic Income Through the Lens of the Disabled, Deaf, and Mad](#), on September 18 at 7:00 p.m. Learn more about the exhibition and check out Basic Income Calgary [here](#). Take action by contacting your MP or signing the Calgary Alliance's petition for Basic Income [here](#).



We encourage you to keep in touch via:

Facebook: <https://www.facebook.com/st.thomasunitedchurch/>

and Twitter: https://twitter.com/st_thomas_yc

Contact our office to receive our **email announcements**.

St Thomas is also on YouTube! It's easy to subscribe to our bi-weekly videos and worship services and watch them at your leisure. Just go to:

<https://www.youtube.com/channel/UCvt-BXFGvS5ATsSMot2xguQ>

and click on "subscribe" on the top right corner.

Please also share this link with others and help us get to 100 subscribers!

Any announcements, advertisements, or requests for non-church related products, services or donations to organizations contained in this bulletin should not be interpreted as recommendations, endorsements, or permissions by St Thomas United Church.

THIS WEEK AT ST. THOMAS

Sunday, Sept 20 12:30 pm	Online Worship only In-person Youth Group
Monday, Sept 21	No events
Tuesday, Sept 22 4—10 pm	Karate
Wednesday, Sept 23 7:00 pm 7:00 pm	12 Step Group Youth Choir
Thursday, Sept 24 4—10 pm 6— 7 pm 7-8:30 pm	Karate Children’s Choir –outdoors Virtual Adult Choir
Friday, Sept 25 1:30 pm 6:30 pm 7:00 pm	Al Madinah Islamic Assembly Virtual Junior Youth Group Virtual Youth Group
Saturday, Sept 26 8:30—5 pm	Karate

Ministers: Rev. Tracy Robertson
Rev. Justin McNeill

Office Administrator: Halyna Kinasevych

Music Team: Pam Bazinet, Barb Robertson,
Dick Worton, Erin MacLean-Berko

Accompanists: Kari Orosz, Kloria Wen

Youth Leaders: Heather Robertson,
Eden Middleton, Caitlin Hornbeck

Sunday School Coordinator: Erin MacLean-Berko

Upcoming Service Themes:

Creation Time:

Sept 20: The Bread We Eat

Sept 27: The Water We Drink

Stewardship Campaign:

Oct 4: Our Unease Talking About Money

Oct 11: In What Do We Put Our Faith

Oct 18: It’s About Quality not Quantity

Each Sunday we acknowledge that we are on Treaty 7 land, not out of guilt or shame, but in recognition of the land on which we gather. We give thanks for the traditional territories and oral practices that have lived on this land for thousands of years through the Indigenous Nations of the Siksika, Kanai, Piikani. Stoney-Nakota and Tsuut’ina and all people who make their homes in this, our Treaty 7 region of Alberta, and the Region 3 Métis Nation.



Through our gifts we commit ourselves to live out the mission and ministry of the church. Please give generously to the **Mission and Service Fund** to make this possible.



St. Thomas is an **Affirming Ministry** within The United Church of Canada. LGBTQ2 people are whole people and full members in this community of faith.



The United Church of Canada St. Thomas is proud to be part of the United Church of Canada which ministers to close to 3 million people in 3,500 congregations across the country. For more info about the United Church **visit www.united-church.ca**

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