

# **Glebe-St. James United Church**

## *Reaching – Into Faith, Out to Others*

“Leftovers from Advent”

December 27, 2020

**PRELUDE**      Gesù Bambino ( the infant Jesus )

by Pietro A. Yon

### **WELCOME AND ANNOUNCEMENTS**

### **INTROIT**

### **LIGHTING CHRIST’S CANDLE**

As we light this candle, we see it as the eyes of Christ not just shining on us but shining on every person worshipping with us. To our unknown friends on zoom, we share this light of Christ. WE are one.

### **CALL TO WORSHIP**

We are here to declare Christ was born and to feel the spirit of Christ within us. We may be exhausted meeting all the safety rules of COVID. Limitations have worn us down. No touching, no hugging, no shaking of hands, no in person coffee hours and no singing. But WE are connected by Christ, waiting for the all clear to hug, to see smiling faces, make coffee, attend meetings and sing, sing sing.

**HYMN:**      VU 60    O Come All Ye Faithful

*Words: Latin, John Francis Wade, ca. 1743,*

*English trans, Frederick Oakeley 1841*

*Music: attrib. John Francis Wade, ca 1743*

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**O come, all ye faithful, joyful and triumphant,  
O come ye, O come ye to Bethlehem:  
come and behold him, born the King of angels;  
O come, let us adore him, O come, let us adore him,  
O come, let us adore him, Christ the Lord.**

God of God, light of light,  
lo, he abhors not the virgin's womb;  
very God, begotten, not created:  
O come let us adore him, O come let us adore him,  
O come let us adore him, Christ the Lord.

Sing, choirs of angels, sing in exultation,  
sing all ye citizens of heaven above;  
glory to God in the highest:  
O come let us adore him, O come let us adore him,  
O come let us adore him, Christ the Lord.

See how the shepherds summoned to his cradle,  
leaving their flocks, draw nigh with lowly fear;  
we too will thither bend our joyful footsteps;  
O come let us adore him, O come let us adore him,  
O come let us adore him, Christ the Lord.

Yea, Lord, we greet thee, born this happy morning;  
Jesus, to thee be glory given;  
word of the Father, now in flesh appearing:  
O come let us adore him, O come let us adore him,  
O come let us adore him, Christ the Lord.

#### **OPENING PRAYER**

Our God, our Christ, our loving Creator we ask for more patience to keep ourselves and our bubbles of family and communities safe. We thank you for helping our scientists create a vaccine for everyone in the world. It means praising you with music this time next year. We thank you for the hope, peace, joy and love during advent. We have hope from scientists, music will create peace in us, we will share our joy, and love will be boundless. For this we pray in Jesus' name. Amen

#### **CHILDREN'S TIME**

**READING**      Matthew 14: 13-21 (The Message)

Jesus went by boat to an out-of-the-way place by himself. But unsuccessfully—someone saw him and the word got around. Soon, a lot of people from the nearby villages walked around the lake to where he was. When he saw them coming, he was overcome with pity and healed their sick.

Toward evening the disciples approached him. "We're out in the country and it's getting late. Dismiss the people so they can go to the villages and get some supper."

But Jesus said, "There is no need to dismiss them. You give them supper."

"All we have are five loaves of bread and two fish," they said.

Jesus said, "Bring them here." Then he had the people sit on the grass. He took the five loaves and two fish, lifted his face to heaven in prayer, blessed, broke and gave the bread to the disciples. The disciples then gave the food to the congregation. They all had their fill. They gathered twelve baskets of leftovers. About five thousand were fed.

**GIFT OF MUSIC** Little Lord Jesus

by Frances P. Macphail

## REFLECTION

For two weeks after Christmas living in my childhood home in Windsor, Ontario, our family ate turkey leftovers. First we ate turkey pot pie because my mom knew how to fill us up with pastry. Lunch the following days was cold turkey sandwiches with lots of lettuce to hide the turkey, next day was hot turkey sandwiches with extra gravy floating in the plate. Finally many days after Christmas, turkey a la king was the signal that there was no more turkey leftovers in the fridge.

The word leftovers reminds me of one cartoon strip called Beetle Bailey and his mishaps in the army. I am speaking of the 1950's here, sometime before Gomer Pyle on TV. When Beetle's friend Killer finds him on KP duty peeling potatoes behind the mess hall, he asks him, "Beetle, what's for Supper". And Beetle replies. S L O P which he explains is stewed leftovers on potatoes. I never mentioned that cartoon to my mother during epiphany.

I think there will be many leftovers from this advent and Christmas of 2020. Our memories will not be all about food. There may be limited decorations in homes because no one will see them if you are in a lockdown province or country. No hugs, elbow touching only, washing of hands etc.. How can a virus that no one can see with the naked eye stop people from shopping and singing at Christmas? We are supposed to be safe; fire and smoke and carbon detectors in our homes and hotels, seatbelts, helmets, emergency brakes, flu vaccines, antibiotics, chemotherapy, building code changes because what was safe in the past is unhealthy in the present. The plague was way back then because there were no medicines like we have today!

Oops, the plague with a different virus has returned! Our children will have questions for generations to come. Our photo albums will be titled COVID-19, Coronavirus disease in the year 2019, and 2020 and 2021. I am not sure what year I will be safe.

However, there are some good changes: worshiping by zoom in our cozy pajamas at any time of the day we choose; new technological teams operating cameras and switches to bring the live worship services into our homes, pretty home-made masks make us look younger. Toque, mask, sunglasses and neck scarf is a whole new look for the fashion industry.

Have leftovers from social isolation made me crazy or as one said simply, the scales go up and the pocketbook goes down?

Have personal leftovers, such as anxiety, loneliness, lesser hours of sleep, loss of job, suicidal thoughts, etc. come between us and Christ or between you and whatever you name your God?

It seems that this is a good time to revisit the stable. It is two days after Jesus is born. The people bearing gifts have come and gone. The animals are out grazing. The wise men, I'm guessing, are about a week's travel away. There is no music because 'Mark the Harold angel" and his choral support group have left. The stable is quiet. Mary and Joseph greet you with a smile. What do you say to the parents of Jesus when you see the baby Jesus? What do you feel?

Pinch yourself and return to the present, same feeling, different venue. We are here with God, Jesus and the Holy Spirit, three in one. It is your choice to worship with our congregation on zoom, to connect to Christ who offers everlasting life. Nothing is powerful enough to come between us and Jesus. And then I think of all those who cannot feel that comfort due to prolonged grief or years of war and refugee camps or children who have lost everything and everyone!

What will we do today that will show that we believe in God or Jesus or whoever you claim as your leader? How will you share your light of Christ? Without changing any new rules, it is time to feel the leftovers of Christ. Remember, a miracle happened when 5000 were fed with 5 loaves and 2 fish plus there were leftovers. You may not believe in the miracle but as witnessed with our church luncheons, no one goes away hungry. It is time to give what you can and God will take care of the rest, especially in a congregational setting.

Think of the people with whom you worship. I think our leftovers from Christ are working in this congregation. Teresa is offering sermons to empty pews through masks, face protectors, and ipads. She baptized infants in two families. George Clifford is phoning most of us. Dudleigh Coyle is making chilli dinners for most of us. The friendly callers are making it through their lists of callers. Nancy Huggett offers meditation to 12 of us and we share our highs and lows and stay connected to each other. WIG just sent 150 filled tote

bags to Centre 507 on Bank street and Odawa Native Friendship Centre on St Laurent Boulevard. COVID has not shut this church down. The families who built this church are named on our stained glass windows. I am sure they would be proud of our leftover activity. Before COVID, Don Ray and Chris Burbridge took pictures of every staircase, coat hook and soup bowl for insurance purposes. Good timing on that one Don. More recently, the organ has been woken up by James and Robert for advent. We are doing our best to not let COVID close Glebe-St. James United Church.

WE see hope in the future with the vaccines, we see peace by seeking help from others, we see joy and love from knowing that Christ is with us today and forever.

Now is also the time to give to ourselves. Give to yourself by praying, give to yourself by walking to the beat of a carol, give to yourself through listening in silence. And each day, whenever you choose, thank God for you being you, a disciple, a person who celebrates the birth of Christ, the leftovers which will be a part of you and me and our communities forever. Amen

**HYMN**                      VU 55    In the Bleak Midwinter

*Words: Christina Georgina Rossetti ca 1872*

*Music: Gustav Theodor Holst 1906*

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**In the bleak midwinter, frosty wind made moan,  
earth stood hard as iron, water like a stone;  
snow had fallen, snow on snow, snow on snow,  
in the bleak midwinter, long ago.**

**Our God, heaven cannot hold him, nor earth sustain;  
heaven and earth shall flee away  
when he comes to reign;  
in the bleak midwinter a stable place sufficed  
the Lord God almighty, Jesus Christ.**

**Enough for him whom cherubim  
worshipped night and day,  
a breast full of milk, and a manger full of hay.  
Enough for him, whom angels fall down before,  
the ox and ass and camel which adore.**

What can I give him, poor as I am?  
if I were a shepherd, I would bring a lamb;  
if I were a wise man, I would do my part;  
yet what I can I give him -- give my heart.

#### **PASTORAL PRAYER**

God calls us to be a praying people. Let us join in prayer.

**Gracious God**

**We pray this day**

**For all who came with us to Bethlehem**

**We pray for all who are poor and cold**

**and hungry like the shepherds,**

**that they may hear good news.**

**We pray for all who are wandering and searching for the magi,**

**That they may have found their place to leave their gifts and their burdens.**

**WE pray for all who are busy, hurried,**

**Preoccupied like the innkeeper, that they may know the peace**

**That comes from genuine acts of hospitality.**

**We pray for all like Herod who have power,**

**That they may use it with good will.**

**We pray for ourselves-we who need comfort, peace and joy**

**Even in this starlit season, and all the days of our lives.**

**Amen**

#### **THE LORD'S PRAYER**

**Our Mother and 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;**

**And forgive us our trespasses e those who trespass against us.**

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

**For thine is the kingdom, the power and the glory**

**Forever and ever.**

**Amen**

## HYMN

VU 59 Joy to the World

*Words: Isaac Watts 1719, alt*

*Music attrib George Frideric Handel 1742, arr Lowell Mason 1836*

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**Joy to the world! the Lord is come;  
Let earth receive her King!  
Let every heart prepare him room,  
and heaven and nature sing,  
and heaven and nature sing,  
and heaven, and heaven and nature sing.**

**Joy to the earth! the Saviour reigns:  
let all their songs employ,  
while fields and floods, rocks, hills and plains  
repeat the sounding joy, repeat the sounding joy,  
repeat, repeat the sounding joy.**

**No more let sins and sorrows grow,  
nor thorns infest the ground:  
he comes to make his blessings flow  
far as the curse is found, far as the curse is found,  
far as, far as the curse is found.**

**He rules the earth with truth and grace,  
and makes the nations prove  
the glories of his righteousness  
and wonders of his love, and wonders of his love,  
and wonders, wonders of his love.**

## COMMISSIONING AND BENEDICTION

Return now to our world with its pain during lockdown  
Remembering the leftovers that Jesus gave us,  
The hope, peace, joy and love taking us into the new year.  
May God's blessing who moves in mysterious ways  
Rest upon you and abide with us, this day and forever more.  
Amen

## **MUSIC TO SEND US FORTH**

Christmas Time is Here ( From Charlie Brown's Christmas )

by Lee Mendelson and Vince Guaraldi

Thank you for joining us at Glebe-St. James United Church.

We offer a special thank you to those who have contributed to today's Ministry of Music:  
Julia Berry, Pam Fitch, Crystal Maitland, and Robert Palmai.

### **Lock down – December 26 – January 23rd**

As you will know, the provincial government has announced a lockdown of the entire province that begins on December 26 and continues for four weeks in Southern Ontario, including Ottawa.

There are various potential implications for Glebe-St James as a congregation, but the most important is that indoor religious gatherings are limited to 10 participants. Virtual services are specifically mentioned as being permitted, although this does not change the limit of 10 participants in the "live" part of the service.

The bottom line is that our livestream services, which require up to 10 people, can continue, however we will not be able admit any additional members of the congregation. In practice, this restriction will apply this coming Sunday, December 27th, and on January 3, 10 and 17<sup>th</sup>.

### **Sunday, December 27<sup>th</sup>:**

Service will be lead by Hilda Sabadash

Music: Robert Palmai

Reading: Matthew 14: 13-21 (The Message)

However you celebrate this season, may your Christmas be filled with the love of Christ – our Love-Light – gleaming.



## **Coffee Hour – Sunday afternoons at 1**

Meeting ID: 899 0156 0631

Passcode: 6505966

One tap mobile

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<https://us02web.zoom.us/j/89901560631?pwd=SFYySEcvRVlpUG03ajF0bjMvY2dtQT09>

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Meeting ID: 899 0156 0631

Passcode: 6505966

Find your local number: <https://us02web.zoom.us/j/kVgXYJof3>

## **OMRA thanks Glebe-St. James**

*“Thanks so much to Glebe St. James and its parishioners for the very generous donation. If you can, please extend our thanks for all of those involved. It’s truly amazing that OMRA can actually expand the number of families during this pandemic, thanks to the generosity of so many people.”*

## **Glebe-St. James thanks you**

Despite the reduced sale of grocery cards during COVID, Glebe-St. James was able to maintain their monthly target of \$ 500 monthly and was able to make an extra donation at the end of 2020. Thank you to all those who continue to purchase grocery cards and to those generous contributors that made donations to the Refugee Housing Fund during the year.

## **Help OMRA Win \$1000!**

OMRA has been nominated to compete in the Foxquilt Community Cup and has a chance to win the \$ 1,000 prize. The prize goes to the nominated group that receives the largest number of votes. Voting ends on January 8, 2021.

In Mid-March, when COVID-19 restrictions began to result in school and business closures, the OMRA Board had two big worries. How would our clients cope and what would happen to our grocery card fundraiser? Good news! Thanks to generous donations, OMRA has been able to continue its work without interruption. You can help OMRA help more newcomer families – vote for OMRA to win \$1000 in the Foxquilt Community Cup [go to https://www.foxquilt.com/blog/vote-2020](https://www.foxquilt.com/blog/vote-2020) and vote on-line. It only takes a minute.

### **Outreach Committee and the Central Ottawa Cluster Update**

The Outreach Committee of GSJ and the Sandy Hill Seniors' Group is attempting to better identify the needs of isolated seniors in our congregations, in terms of new technology and access to the online world. To that end, we ask for your participation in a very brief survey on seniors' needs with the online world. We promise it is very quick and easy to answer, and the results will be most helpful.

Here's the link to the survey in case the shortcut doesn't work <https://www.sondageonline.com/s/bf93b52>

The Sandy Hill Seniors Group continues to meet every Tuesday with two students from Ottawa U in attendance as part of their university program. It is simply coffee and conversation and you are free to come and go as you please between 1:00 and 3:00. Although we are finished for the Christmas Break, we will resume in the New Year. Watch the e-update for a date or speak to Susan Palmai.

### **Some great advice on Protecting Your Mental Health**

Everyone can become overwhelmed especially during the Christmas season. Too many emails and texts, too many virtual meetings and computer time, everchanging news about COVID-19 and the vaccines... Here are some tips to keep in mind.

- Switching off can be easier said than done. If you would like to take a break from being online, but are finding it hard to switch off, try these tips to help:
- Switch on the "do not disturb mode", so you won't receive notifications from apps, text messages or phone calls.
- Switch off notification sounds so it's easier to ignore notifications from apps and text messages.
- Use an app that helps you monitor and manage your phone use, including letting you restrict your app use.
- Put your mobile phone or other device in another room or somewhere else out of sight.
- Try switching off your computer, phone and any other mobile devices for a while, so you aren't tempted to check in online.

Be patient with your self and others in your household. Each member of your family will cope in their own way. Remember to give each other space in whatever way you can manage.

Find the humour and joy in the situation. Maybe it's laughing during a teleconference meeting as you all learn new technology; getting to spend more time with family or learning a new skill. Look for things that make you smile.

Limit the amount of time you spend thinking about COVID-19. Staying informed is important. However, to protect your mental health, it is important to limit your time on COVID-19 media. Keep in mind there comes a point when binging on news isn't helpful anymore and can even add to our feelings of anxiety. Dr. Bhatla, Chief of Staff at The Royal, recommends checking your favourite news source once or twice a day and then stepping away from the screen. If you want to stay up to date, go to trusted resources like [OttawaPublicHealth.ca/Coronavirus](https://OttawaPublicHealth.ca/Coronavirus).

Stay connected with loved ones. Self isolation doesn't have to be mental isolation.

You are not alone. We are all in this together!

For more information see:

- [OttawaPublicHealth.ca/COVIDMentalHealth](https://OttawaPublicHealth.ca/COVIDMentalHealth)
- <https://www.mind.org.uk/information-support/tips-for-everyday-living/online-mental-health/online-offline-balance/>



Peace Joy **Light** Love Hope

## **Our Ministry Team...**

Coordinating Minister: Rev. Teresa Burnett-Cole, ex 24  
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