

October 19th, 2025 - 10:30 am
Nineteenth Sunday of Pentecost
Taizé Service of Gratitude



Pray means Pause, Rejoice, Ask and Yield
GATHERING - PAUSE

Prelude: *Siciliana from the Sonatas for Two Flutes without Bass No. 5 in A Major* by G. Ph. Telemann

Flute Duet: Paula Nieuwstraten, Don Willms

Acknowledgment of Traditional Territory

Ann Russell

As we assemble in this holy place, we recognize that for thousands of years this territory has been a sacred gathering place for many peoples of Turtle Island. We respectfully acknowledge that we are on the traditional territory of several Indigenous Nations, and wish to pay special recognition to the Mississaugas of the Credit. The original nations continue to cry out for justice.

As treaty people, we commit to listen, learn and work to right the wrongs of the past and present.

Lighting of the Christ and Community Candles

The light of Christ.

The Community of Hope.

Thanks be to God.

Words of Welcome

Martin Pinckney

Welcome to this sacred space of prayer, song, and silence here at Trinity-St. Paul's United Church. Whether you come with hearts full of thanksgiving or spirits in need of rest, know that you are welcome, fully and completely, as you are.

Today, we gather in the gentle rhythm of Taizé worship, where stillness and simple song become our prayer. As candles glow and chants rise, may this be a time to breathe deeply, to listen inwardly, and to remember that gratitude is not only something we express, it is something that transforms us.

You are invited to join in the singing as you are able, to rest in silence when you need to, and to let your heart be held in the presence of divine peace. Together, we come, thankful, seeking, open, to dwell in the compassion that sustains all things. Welcome to this time of prayer and gratitude at TSP.

PAUSE – REJOICE

Gathering Words:

Come, people of grace and gratitude,
let all that is within us awaken to wonder.

**We come to remember the kindness that holds us,
and the mercy that renews us day by day.**

Rejoice always; let your gentleness be known to all.
The peace of God is near and within.

**In every breath and every moment,
we bring our thanks and our hope before the Holy One.**

The Spirit of Christ whispers, "Come to me, all who are weary,
and you will find rest for your souls."

**Here we come, grateful, trusting, resting,
to dwell in the quiet heart of God.**

Hymn: Voices United 208 *Veni Sancte Spiritus* (Come, Holy Spirit)

**1 Come, Holy Spirit,
 from heaven shine forth
 with your glorious light.
 Veni Sancte Spiritus.**

**2 Come from the four winds,
 O Spirit, come, breath of God;
 disperse the shadows over us,
 renew and strengthen your
 people.
 Veni Sancte Spiritus.**

**3 Guardian of the poor,
 come to our poverty.
 Shower upon us the seven gifts of
 your grace.
 Be the light of our lives.
 O come!
 Veni Sancte Spiritus.**

**4 You are our only comforter,
 Peace of the soul.
 In the heat you shade us;
 in our labour you refresh us,
 and in trouble you are our strength.
 Veni Sancte Spiritus.**

Centering Prayer

Gracious and Grounding Presence,
we come as we are, grateful and weary, joyful and searching,
seeking the stillness where your peace abides.

**You breathe life into us again and again;
you heal, forgive, and renew our hearts.
In this quiet hour, teach us to remember your goodness,
to rejoice in your nearness,
and to let gratitude become our prayer.**

When our minds are restless,
fill us with the peace that surpasses understanding.
When our bodies carry the weight of the world,
help us rest in your gentleness and learn your way of compassion.

**As we sing and sit in silence,
awaken in us the grace to give thanks,
for breath, for love, for the sacred mystery that holds us all.
In the spirit of Christ, our companion and peace, we pray.
Amen.**

Silence

Introduction to the Scriptures:

Ann Russell

As we listen to these readings, we open our hearts to gratitude and peace. The Psalm invites us to remember mercy, Paul calls us to rejoice and give thanks, and Jesus offers rest for the weary. May these words draw us into the stillness of God's love.

Scriptures: Psalm 103 (Sung - Voices United pp.825)

R: Come, bless God, O my soul, and never forget all God's blessings.

Bless God, my soul,
and all my being, bless God's holy name.

**Bless God, my soul,
and forget not all God has done for you.**

Bless God, who forgives all your sin,
who heals you in all your infirmities,
**who redeems your life from the grave
and crowns you with mercy and love,**

who fills your life with good things,
so that your youth is renewed like the eagle's,
**who works righteousness
and justice for all who are wronged. R**

O God, you showed your ways to Moses,
your deeds to the children of Israel.

**You are compassionate and merciful,
slow to anger and extravagant in love.**

You will not always accuse
nor do you keep your anger for ever.

**You have not dealt with us according to our sins
nor punished us according to our wickedness.**

For as the heavens are high above the earth,
so great is your steadfast love toward those who fear you.

**As far as the east is from the west,
so far have you put away our sins from us.**

As a father has compassion for his children,
so you have compassion for those who fear you.

***As a mother comforts her child,
so you comfort us, O God.**

For you know how we were made.

You remember that we are dust. Bless God, O my soul. R

Philippians 4:4-9 & Matthew 11:25-30 (*Inclusive Bible*)

Herein is wisdom.

Thanks be to God.

Community Reflection in small groups: (5-10 mins)

- From **Psalm 103** – What blessings or quiet mercies do you need to remember and give thanks for today?
- From **Philippians 4** – How might gratitude help you experience God's peace amid worry or uncertainty?
- From **Matthew 11** – What burdens are you being invited to release so that you may find rest in God's gentle presence?

Sharing (optional, 5 min) – 1–2 people speak briefly.

Silence

Gratitude Exercise: “Breathing in Grace”

(Each section can be done twice)

Let us enter stillness, breathing gratitude into our bodies and hearts.

1. Breathing in Compassion (Psalm 103)

Take a slow breath in.

Recall one moment, perhaps a kindness received, a glimpse of beauty, or a word of encouragement that reminded you of life’s generosity.

As you exhale, whisper inwardly: “Bless all that is good.”

2. Breathing in Peace (Philippians 4)

Breathe in again, feeling the air fill your chest.

Name quietly one worry or restlessness you hold.

With your out-breath, release it into peace, saying within: “Gratitude is enough.”

3. Breathing in Rest (Matthew 11)

Take one final deep breath in.

Hear Christ’s gentle voice: “Come and find rest.”

As you exhale, imagine laying down what is too heavy, and resting in divine tenderness.

Gratitude is the rhythm of grace, a remembering, a releasing, a returning.

Let us remain in quiet for a moment, breathing peace for ourselves and for the world.

Sung Response: MV 16 Confitemini Domino (Come and Fill Our Hearts)

Come and fill our hearts with your peace.

You alone, O Lord, are holy.

Come and fill our hearts with your peace, alleluia!

ASK - YIELD

Silence

Personal Reflection Questions (2-5 mins)

(Quiet Music or sound will be played during this time)

As we sit together in quiet gratitude, let us reflect:

- *What blessings or quiet mercies do I need to remember and give thanks for tonight?*
- *Where is God inviting me to cultivate gratitude and peace, even in the midst of worry or uncertainty?*
- *And what burdens am I being invited to lay down, so that I may rest in God’s gentle presence and find renewal for my soul?*

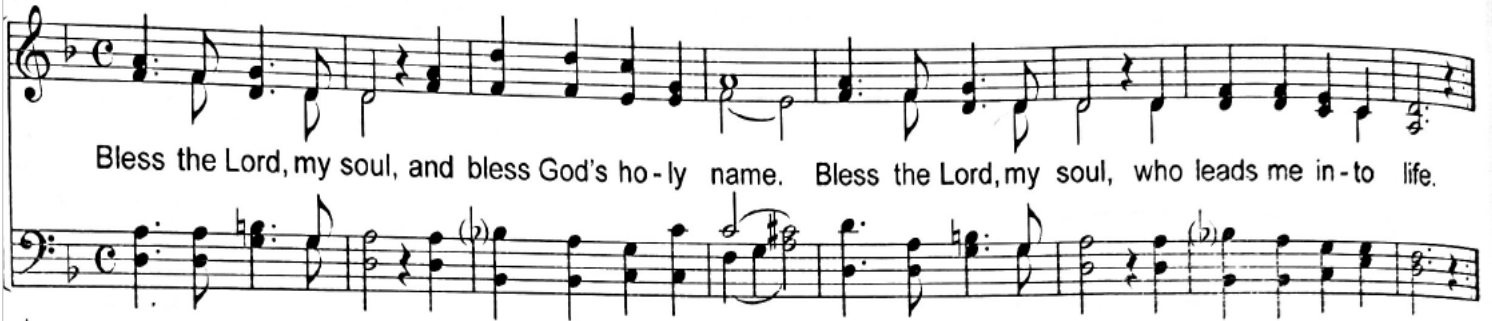
Invitation to Offering and Thanksgiving

(The offering is collected in the sanctuary. For those online, you are welcome to donate to the work of TSP with the Q R code).



Offertory Hymn: *Bless the Lord*

5 Bless the Lord



Prayer of Dedication

Holy God, we bring to you the ordinary things of our lives, and in bringing them, we bring ourselves.
Take us and our gifts this day, and use them to do your work in this place and in the world. Amen.

Prayers of the People and the Prayer of Jesus

Betsy Anderson

After each period of silence:

Loving God, hear our prayer.

And in your love, answer.

Sung Response: MV 16 *Confitemini Domino* (Come and Fill Our Hearts)

Come and fill our hearts with your peace.

You alone, O Lord, are holy.

Come and fill our hearts with your peace, alleluia!

We hold in our prayers:

All grieving Ray Whitehead, especially his daughters Cynthia, Beth, Sara, and their families
Bradley Clements and Emma Kelly
Betty Butterworth and loved ones
Greg Callaghan

Shining Waters Regional Council

Central United Church, Toronto
Seabreeze United Church, Dwight
Utterson United Church, Port Sydney

The United Church of Canada

Executive Minister of the following Regional Councils:

- Pacific Mountain, Chinook Winds – Treena Duncan
- Northern Spirit, Living Skies, Prairie to Pine– Shannon McCarthy

Ecumenical Prayer

We hold in our prayers the churches in Belize, Guatemala, Honduras, and Mexico.

The Prayer of Jesus (The Lord's Prayer)

(*Actual Alternative Version*, written by the late Rev. Jim Cotter, UK)

Eternal Spirit,
Giver of Life, Bearer of Pain, Maker of Love,
Source of all that is and shall be,
Mother and Father of us all,
Loving God in whom is heaven –

The hallowing of your name echo through the universe;
the way of your justice be followed by all peoples on Earth;
Your heavenly will be done by all created beings;
Your commonwealth of peace and freedom sustain our hope and come on Earth.

With the bread we need for today, feed us;
In the hurts we absorb from one another, forgive us;
In times of temptation and test, strengthen us;
From trials too great to endure, spare us;
From the grip of all that is evil, free us.

For you reign in the glory of the power that is Love,
Now and forever. Amen.

Closing Hymn: *Ubi Caritas (Where There Is Charity)*

15 Ubi caritas



Benediction

Postlude: *Andante Cantabile* from *Clarinet Concerto No. 3* by Karl Stamitz

Clarinet Solo: Dan Main

TRINITY ST. PAUL'S
UNITED CHURCH
FAITH JUSTICE ARTS



See this weeks' e-newsletter for the full announcements. You can sign up to receive the announcements by scanning the QR code above, or by emailing Sarah.

Trinity-St. Paul's Season of Commitment

On October 19th, we begin our annual Season of Commitment at Trinity-St. Paul's. As we enter into this Season, we invite you to consider how you might share your gifts in the year ahead — gifts of time, talents, or resources.

At Trinity St. Paul's, our giving is an expression of our shared call to faith, justice, and the arts. We share our gifts knowing that TSP values inclusion and community: We welcome people of every background, gender identity, and life story, and we celebrate the many ways each person contributes to our common life.

Whether you participate in worship, choir, social justice initiatives, hospitality events, in governance or give financially to sustain our ministry, your participation strengthens our presence and witness in the neighbourhood. Together we nurture a vibrant, compassionate community where faith, art, music, outreach, and spiritual growth all find a home.

Please take time to pray and reflect on how you feel called to participate this year — every offering of love makes a difference.

October – November Dates:

- **October 21:** Deep Listening Session 1 (4-6pm)
- **October 26:** TSP West Wing Development Info Session with Kindred Works (after service)
- **November 2:** All Saints' Sunday & Holy Communion
- **November 4:** West Wing Zoom Session (7pm)
- **November 9:** **Congregational Meeting** re. West Wing Development Proposal & Budget Approval (after service)
- **November 18:** Celebration of Life for Ray Whitehead (details to follow)
- **November 19:** *Art, Religion and Theology in Orvieto* Presentation - after service in the Memorial Room
- **December 21:** Carols by Candlelight (7pm)

Come, Share, and Be Heard – Deep Listening Sessions at TSP

As Trinity-St. Paul's begins a new chapter of ministry, you are warmly invited to join in a series of Deep Listening Sessions. These gatherings provide an opportunity to pause, share, and hear one another's stories as we reflect together on *life, community, and the church*.

Dates/Times: **October 21 - 4-6 pm (In person) and November 11**

Location: Trinity-St. Paul's United Church

All are welcome, members, adherents, newcomers, and friends of TSP.

Fall 2025 TSP Times

The Fall issue of the TSP Times is now available for reading! To access it online, visit www.trinitystpauls.ca/tsp-times-fall-2025/

Choral Development Program

Do you want to learn to sing with confidence? The Trinity-St. Paul's Choral Development Program begins on November 6th, and runs every Thursday at 6pm beginning on November 6th until November 27th. To learn more, visit <https://www.trinitystpauls.ca/fall-2025-choral-development-program/> or email Deborah at musicdirector@trinitystpauls.ca

West Wing Development Consultations & Report

A report outlining the potential redevelopment of our west wing was circulated through the congregational mailing list this week. **A few copies of this report are available at the Welcome Table for pickup.** If you have not received this report, or have difficulty accessing it, please email Sarah at church-admin@trinitystpauls.ca.

Art, Religion, and Theology in Orvieto

Art, Religion and Theology in Orvieto presentation Nov 16 after the service in the Memorial Room. Bring your coffee and join Barbara Lloyd in a presentation about the ART in Orvieto program she participated in this summer. This will include photos, storytelling, historical insights and art work.

Season of Commitment Community Gatherings – Still some space!

There is still space at some community gatherings. Please email tsplindapadfield@gmail.com to reserve a space

- **Sunday October 26 from 2 till 5** - by Lynne Stott, afternoon tea, 602 Melita Cres, apt. 752
- **Thursday October 30 at 5:30** - a vegetarian dinner by Joanne Sajtos and Carolyn Barber, 45 Lankin Blvd near Coxwell and Cosburn.
- **Saturday November 1**, dinner with Gillian Graham and Gordon MacNeill, 45 Earnscliffe Rd, near Oakwood and St. Clair
- **Saturday November 1 at 6 pm** - a potluck dinner by Susan Craig, 132 Hepbourne, near Dufferin TTC station.



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*Trinity-St. Paul's is an inclusive community of faith of the United Church of Canada, called to be **a place of faith**, where the Gospel is lived and shared; **a place of justice**, where voices are raised for peace and equity; **a place of the arts**, where beauty, imagination, and creativity reveal God's presence.*

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