



Forest Hill United Church
'open doors, open hearts, open minds'



4th Sunday in Lent
March 10, 2024 11:30 a.m.

WELCOME to worship!

Gathering

** Please rise in spirit or in body as you are able

Prelude: Like a River of Tears MV 98

Welcome, Announcements & Acknowledgement:

Land Acknowledgement

At Forest Hill United Church, we acknowledge that our church is built on ancestral, traditional and unceded Wolastoqiyik (wolas-to-qiyik) land.

Declaration of a Safe Place

Forest Hill United Church is a safe place for people to gather, regardless of race, creed, age, cultural background, family status, sexual orientation and gender identity.

Extinguishing the Fourth Lenten Candle

**Introit: Gather Us In MV 7

**Gather us in, ground us in you.
Gather us in, ground us in you.
Gather us in, gather us in,
Ground us, ground us in you.**

Call to Worship:

One: Come in and gather together.

All: We gather together in community.

One: Come in and greet each other.

All: We gather together and feel the bond of community.

One: Today, we gather together in anticipation.

All: We gather to worship together.

Gathering Prayer: (All)

All Loving God, it is You who have gathered us in on this the 4th Sunday in Lent. It is in You that we are grounded. You are always with us. You sense our anticipation today. Help us to be more aware of your presence as we worship together. Amen

**Opening Hymn: Come, Let Us Sing of a Wonderful Love VU 574

Intergenerational Time: Impatience

Prayer that Jesus Taught: adaptation from the original Aramaic
Translations by Neil-Douglas Klotz in Prayers of the Cosmos

Creator God, Father-Mother of the Cosmos.

Focus your light within us, and make it useful.

Create your reign of unity now.

Through our fiery hearts and willing hands,

help us love beyond our ideals and sprout acts of compassion for all creatures. Animate the earth within so that we can feel the wisdom underneath supporting all.

Untangle the knots within so that we can mend our hearts' simple ties to each other.

Don't let surface things delude us, but free us from what holds us back from our true purpose.

Out of you, the astonishing fire, returning light, and the sound the cosmos. Amen.

**Hymn of Praise: Amazing Grace VU 266

Those going to Sunday School will leave after the first verse

Prayer of Self Reflection:

Amazing Grace, and unconditional Love. Let's reflect quietly on this. We can't do enough to earn it, but we can work on ourselves to be the best of our potential. Let's quietly contemplate what this means to each of us and recognize that God knows our thoughts.

Words of Assurance

Exploring

Words from Our Bible:

Psalm 107: 1-9, 17-22 VU 831 parts 1&2

Ephesians 2: 1-10

John 3: 14-21

One: In this is the word of God for the people of God

All: **Thanks be to God**

**Hymn of Reflection: God of Still Waiting MV 20

Reflection

Special Music:

Responding

Presentation and Dedication of our Gifts:

Sung Response: 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.**

Dedication of Offering:

**Loving God, take these our gifts, bless them and help us to
use them as You would want us to. Amen**

Prayers of the Community:

Sung Response: Stay With Us Through the Night VU 182 Verse 1

**Stay with us through the night.
Stay with us through the pain.
Stay with us,
blessed stranger till the morning breaks again.**

**Closing Hymn: God Says MV 172

Commissioning and Blessing:

**Choral Amen: May the God of Peace (X2) MV 224

**May the God of peace and of all good,
may the God of peace and of all good
be always with you. Amen!
May God's peace be with you.
Amen!**

Postlude: O Love that Will Not Let Us Go VU 658

OFFICE

(506) 455-0988 | foresthillunited.com

Worship Leader – Mary Grant, LLWL
Pastoral Care – Diane Robinson 506-459-8779

Usher – May Houston
Teller – William Hughes
Hospitality – Diane Robinson
Music – Alex Good, Brian Cassidy and Libby Cassidy

Administrative Assistant - Kris Yarych
Tuesday & Thursday 8:45 to 11:45 a.m.