

Glebe-St. James United Church

Eighth Sunday after Pentecost

July 19, 2026

Please note: the livestream camera only captures the chairs at the front of the church. Sitting in the pews or at the back will keep you off camera. During the theme conversation, only the backs of children's heads are shown. – The Worship Team

Gathered by God

Preparing Our Hearts for Worship

"Softly and Tenderly"

Dan Forrest and Douglas E. Wagner

Welcome

Joanne Tanner

In the name of the Holy Mystery, who is Wholly Love, we welcome you to Creator's House. Thanks be to God!

Good morning and welcome, everyone, to our summer worship service at Glebe-St. James United Church in central Ottawa on Sunday, July 19.

My name is Joanne Tanner and I am one of the Licensed Lay Worship Leaders here at Glebe-St. James.

We're so glad you're here today. Whether you're a first-time visitor or a longtime member, whether you are joining us in person or online, you are welcome and we hope you feel at home.

We are an Affirming Community of Faith in the United Church of Canada - a place of faith, love and community. We are committed to creating a safe and inclusive environment where people of all ages, backgrounds, and identities feel loved and supported.

Thank you for being here.

Announcements

Jim Louter

We welcome Joanne to Glebe-St. James and thank her for leading worship this morning. A time of fellowship and refreshments will follow the service.

Next week, the Summer services move to Southminster United Church. They are located on Aylmer Ave just West of Bank Street.

Queer Space will be open on Saturday, July 25th, 6 pm in the Lounge. Please enter through the Lyon Street doors. There is a chair lift at that door for anyone needing assistance with the stairs.

Roof work is progressing nicely. There are pictures in the last e-update and a link to others on facebook. There is also a video clip of the boom truck in motion. If you don't get the e-update and would like to, e-mail Jennifer in the office. The e-update is also available on the website.

Land Acknowledgement

Joanne Tanner

We gather today on the ancestral territory of the Algonquin Anishinaabe People - unceded and unsurrendered. For both Indigenous Peoples and People of The Way, land is not commodified. Instead, both Peoples are called by the Creator to steward creation with the understanding that we live within the sphere of God – the Creator of creation. The Great Spirit of God infuses all life, and we are called to guard and keep this gift as we would guard and keep our own families, our own bodies. Ours right now is a space and time of gathering and respect, of love in action. So, as we gather to connect with God and each other, we acknowledge that we do so in a space connected with our Algonquin brothers and sisters, and a in time that also acknowledges the wrongs of our shared past.

Candle Lighting

We light this Christ candle as a reminder that Jesus is in us and around us always.

Call to Worship

The love of God has been poured into our hearts through the Holy Spirit who has been given to us;

we dwell in him and he in us.

Give thanks to the Lord and call upon his name;

make known his deeds among the peoples.

Sing to him, sing praises to him,
and speak of all his marvellous works.
Holy, holy, holy is the Lord God almighty,
who was and is and is to come! Amen

Opening Prayer

Heavenly Father, we ask for your help in being a light in every place you've given us to walk. Give us care and wisdom as we live and work with one another. Help us to look to another's needs before our own, and to always be ready to serve those around us by the power of your love within us. Even in every dark and broken place, for the times we feel like we're barely making it through, give us your joy Lord, your grace, and the powerful presence of your peace. Amen

Hymn

All Who Are Thirsty

MV 4

**All who are thirsty, all who are weak,
Come to the fountain.
Dip your heart in the stream of life.
Let the pain and sorrow be washed away
In the waves of His mercy
As deep cries out to deep.**

**We sing come, Lord Jesus, come
Come, Lord Jesus, come.
Come, Lord Jesus, come.
Come, Lord Jesus, come.**

**All who are thirsty, all who are weak,
Come to the fountain.
Dip your heart in the stream of life.
Let the pain and sorrow be washed away
In the waves of His mercy
As deep cries out to deep.**

**We sing come, Lord Jesus, come
Come, Lord Jesus, come.
Come, Lord Jesus, come.
Come, Lord Jesus, come.
Holy Spirit, come.**

Sign of Peace

Family of faith, God's grace is good news.
God's grace is worth celebrating!
So in the spirit of joy and abundant gratitude,
we are going to celebrate this gift by
passing the peace with our neighbours.

Peace be with you.
And also with you.

Hymn Peace for the Children

MV 149

**Peace for the children, peace, peace.
Peace for the children we pray.
Following the path of One of peace,
we work for healing, we work for peace;
peace for the children today.**

**Peace for the planet, peace, peace.
Peace for the planet, we pray.
Following the path of One of peace,
We work for healing, we work for peace,
Peace for the children today.**

Listening for Wisdom

Theme Conversation

Joanne Tanner

Have you ever felt small, weak and overwhelmed and didn't know what to say to God.

Sometimes we think our prayers need to be perfect or filled with big words. But you know what, the strongest and most powerful prayers come from your heart.

Today the grownups are going to talk about psalm 86 and this psalm teaches us that God is always listening. We could be thinking happy thoughts or sad ones, nice thoughts or mean ones, God hears them all.

This psalm reminds us that we can talk to God if we are feeling worried or scared, and it also reminds us that God is faithful, forgiving and full of love.

It reminds us that it is very important to keep God at the center of our lives, and if we do that we will always feel safe.

We need to talk to God every day and trust that he will always love us and forgive us. This psalm gives us permission to bring all our fears and worries to God because he is always listening to us and caring for us.

Finally this psalm reminds us to live with gratitude, it reminds us that even if we are worried or scared, we have many blessings that we should thank God for every day. Remember your prayers don't have to be fancy and you don't have to use big words, it just has to come from your heart.

Prayer

Heavenly Father, thank You for always listening to me. Help me to follow Your truth today and give me a heart that loves and honours You. Amen."

Hymn Little by Little (*Verses 1 and 2*)

TLUS 134

**Little by little by little.
Little by little by little.
Little by little by little I know,
The tiniest seed will grow.**

**Habits of peace and justice,
habits of peace and justice,
habits of peace and justice:
tools to change our world.**

**Little by little by little.
Little by little by little.
Little by little by little I know,
The tiniest seed will grow.**

Prayer for Wisdom

May You grant me wisdom to discern between good and evil in all that is around me in all that is within me and to know only that which is holy.
May You grant me wisdom to love others as You do; to understand their value fully; to accept them unconditionally; and give of myself wholly.
May You grant me wisdom to treasure Your many blessings; all that You have given me; all that You have shown me; and, in gratitude, live my life purely.
May You grant me wisdom that comes only from above. Wisdom so divine yet wisdom that is mine and strongest when meek and lowly.
Amen.

Scripture Psalm 86:11–17

Jim Louter

Teach me your way, Lord,
that I may rely on your faithfulness;
give me an undivided heart,
that I may fear your name.
I will praise you, Lord my God, with all my heart;
I will glorify your name forever.
For great is your love toward me;
you have delivered me from the depths,
from the realm of the dead.
Arrogant foes are attacking me, O God;
ruthless people are trying to kill me—
they have no regard for you.
But you, Lord, are a compassionate and gracious God,
slow to anger, abounding in love and faithfulness.
Turn to me and have mercy on me;
show your strength on behalf of your servant;
save me, because I serve you
just as my mother did.

Give me a sign of your goodness,
that my enemies may see it and be put to shame,
for you, Lord, have helped me and comforted me.

Gift of Music

"Alla Hornpipe"

from Handel's Water Music Suite II

Reflection

I am Poor and Needy

Joanne Tanner

When I was a kid, I enjoyed watching westerns on TV. It seemed that no matter how much trouble the hero got into, he would always be saved by the Cavalry.

Today, as an adult, life sure seems to be full of trouble. It seems that no matter what we do, we have trouble of some kind, but there doesn't seem to be men on horseback racing to save us.

A wife told her husband that there was trouble with the car. She said it had water in the carburetor. He said that was ridiculous. Nevertheless, she insisted that there was water in the carburetor. He said she didn't even know where the carburetor was, but he would check it out. He asked her where the car was, and she responded in the swimming pool.

JOB 5:7 says,

"Yet man is born to trouble as surely as sparks fly upward."

When the golf ball was first invented, it was smooth on the outside like a big ping pong ball. But it was soon discovered that the more the ball got roughed up on the golf course, the further it would travel. So the factory was instructed to start putting the ball under a great deal of pressure when they were making it. This pressure causes all the dimples you see on them, and those dimples cause the ball to travel much further than a ball that has not been under pressure.

As Christians, sometimes we find that we do our best work when put under pressure. I know that is certainly true for me. I find for myself, working under pressure makes me feel closer to God, comforted by his presence,

The Psalmist, David, knew about how tough life could get.

PSALM 86:1-4 tells us,

‘Hear, O Lord, and answer me, for I am poor and needy. Guard my life, for I am devoted to you. You are my God; save your servant who trusts in You. Have mercy on me, O Lord, for I call to You all day long. Bring joy to Your servant, for to You, O Lord, I lift up my soul.’

David says; Hear my prayer - Guard my life - Have mercy on me - Increase my joy. Let’s review these things as they are still relevant in our lives today..

David says,

“Hear, O Lord, and answer me, for I am poor and needy.”

A woman was at work when she received a phone call that her daughter was sick. She left work and stopped by the pharmacy to get some medication. She returned to her car to find that she had locked the keys inside the car when she went into the pharmacy.

The woman looked around and found an old rusty coat hanger that had been thrown down on the ground, possibly by someone else who also had locked their keys in their car. Then she looked at the hanger and said, "I don't know how to use this." So she bowed her head and asked God to send her some help.

Within five minutes an old rusty car pulled up in the parking space next to her car. An older, rough looking man got out and asked if he could help her. The woman thought, "This is what you sent to help me, God???"

She told him yes, she was in a hurry and needed to get home. He walked over to the car, and in less than one minute the car was opened. She hugged the man and through her tears she said, "Thank you so much! You are such a nice man."

The man replied; "No, actually I'm not. I just got out of prison for car theft." The woman hugged the man again and with sobbing tears cried out to God, "You even sent me a professional."

You just never know how God is going to answer your prayers. I always heard it said that God answers prayer in four ways:

- Yes
- No
- Later, and
- You're kidding, right?

But no matter how He answers them, God hears every prayer that is spoken by His children. His children are those who have made a choice to follow Jesus as their Savior.

MATTHEW 7:7-8, tells us,

"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened."

In JAMES 4:2, we are told,

"You do not have, because you do not ask God."

David continues with,

"Guard my life, for I am devoted to you. You are my God; save your servant who trusts in you."

Everyone has an occasional 'bad-hair' day, and we all get stressed out from time to time in this day and age. We all deal with a certain amount of stress in life and much of it comes from those who are around us. We need help, but more than anything we need divine guidance. Amazingly divine guidance comes to us when we make time for prayer.

We need God to guard our lives and help us. But to get God's help, we must be devoted to His Son. This can be a problem for some. How devoted to Jesus are you? How much do you trust him?

A Presbyterian Minister from the 1700's, Matthew Henry, once said,

"Well armed against the strongest temptation are they who are filled with the Holy Spirit."

Christians – baptised, believing in God, following in the steps of Jesus Christians, will be protected by God. When the day comes when you bow before the throne of God, -your mark of acceptance will be your Holiness. Not your wealth. Not how smart you were, or who you knew, but your faith in Jesus Christ. Take time to pray and talk to God, take time to listen.

How many times in our lives have we gotten angry with somebody and have carried that anger and relived that anger day after day? Perhaps they did something very hurtful to you and you feel that you are entitled to that anger. I know that feeling, I have experienced that anger.

Anger will destroy you, suck out all your joy but will do nothing to the person who wronged you. Remember how much Jesus has forgiven you. How many sins, big or small are you guilty of throughout your life. When you went to Jesus in prayer and asked for forgiveness, it was given. Forgiving the person who wronged you and praying for them will surprisingly give you peace and joy. We don't deserve the love Jesus gives us and we certainly can't earn it, but he gives it anyway because he is a merciful God.

You are never to be a giver of condemnation but always a giver of mercy, because that is what God gave you. Mercy is forgiveness - soaked in the love of God.

David continues with

“Have mercy on me, O Lord, for I call to you all day long.”

Whether we would admit it or not, we all sin although we can come up with very creative reasons justifying it. Let me ask you a question. Have you ever run a red light, not like really red but just fresh red where breaking hard would be required? Have you ever borrowed a pen promising to bring it back but you don't. Have you ever forgotten to scan something at the store but you don't go back because they make enormous amounts of money? It doesn't matter how you justify it, if you did it, that's a sin. It may not seem like much to us but it is to God.

ROMANS 3:23 confirms this.

‘... we have all sinned and come short of the glory of God.’

This brings us back to prayer. We need to confess our sins, no matter how small, and ask for forgiveness.

And then finally David says

"Joy is an evidence of the presence of God in your life."

If you are filled with the Spirit of God, then this fruit of the Spirit will be obvious in your life. If we keep focused on God rather than the world, we can still keep our joy. True joy comes from a relationship with the Lord who created us. He alone produces joy in us. And He will increase our joy if we continue to trust Him and follow Him.

It is in these times of great stress we must remember that, just like those cowboys on TV so many years ago, we also have the Calvary coming to our rescue. And the person leading the rescue is none other than Jesus- our Savior. The Cross of Calvary is leading the Cavalry. Amen

Responding in Thanksgiving

Hymn Touch the Earth Lightly

VU 307

**Touch the earth lightly, use the earth gently,
nourish the life of the world in our care:
gift of great wonder, ours to surrender,
trust for the children tomorrow will bear.**

**We who endanger, who create hunger,
agents of death for all creatures that live,
we who would foster clouds of disaster,
God of our planet, forestall and forgive!**

**Let there be greening, birth from the burning,
water that blesses and air that is sweet,
health in God's garden, hope in God's children,
regeneration that peace will complete.**

**God of all living, God of all loving,
God of the seedling, the snow and the sun,
teach us, deflect us, Christ reconnect us,
using us gently and making us one.**

Invitation to Give

And now it is our turn to give back to God some of the blessings we have received our offering will now be collected.

Offering Hymn Your Work, O God, Needs Many Hands

VU 537

- 1 Your work, O God, needs many hands
to help you everywhere,
and some there are who cannot serve
unless our gifts we share.**
- 2 Because we love you and your work,
our offering now we make:
be pleased to use it as your own,
we ask for Jesus' sake.**

Offering Prayer

Gracious God in response to your loving kindness, we dedicate these gifts and our lives to service in Christ's name. May your Spirit of care be felt through each and every act of our daily living. And through our offerings, may we share your blessing. Amen

Prayers of the People

Holy God, we come before you in prayer, lifting to you the joys and concerns, the hopes and dreams of our lives.

May we also be open to your voice in our lives that we may see with new eyes, and hear with new ears, the direction you will have us go.

Bless this gathering of your people that we may grow and flourish in your love and grace for the purpose to which you have called us.

Hear our prayers for those whose lives have touched us those who are in pain, those who are ill, those who grieve. May we touch their lives not only through our prayers, but through our lives and actions as well.

Guide us, bless us, uplift us, and hold us, for we are your children called to our purpose in your world. Hear our prayers, those spoken and those hidden in our hearts, we pray in the name of Christ our Lord. Amen.

Please join me as we read the words of “A New Creed”

We are not alone, we live in God’s world.

We believe in God:

**who has created and is creating,
who has come in Jesus, the Word made flesh,
to reconcile and make new,
who works in us and others by the Spirit.**

We trust in God.

We are called to be the Church:

**to celebrate God’s presence,
to live with respect in Creation,
to love and serve others,
to seek justice and resist evil,
to proclaim Jesus, crucified and risen,
our judge and our hope.**

In life, in death, in life beyond death, God is with us.

We are not alone.

Thanks be to God.

Sent by the Spirit

Hymn Jesu, Jesu, Fill Us with Your Love

VU 593

**Jesu, Jesu, fill us with your love,
show us how to serve
the neighbours we have from you.**

**Kneels at the feet of his friends,
silently washes their feet,
master who acts as a slave to them.**

Refrain

**Jesu, Jesu, fill us with your love,
show us how to serve
the neighbours we have from you.**

**Neighbours are rich and poor,
varied in colour and race,
neighbours are near and far away. R**

**These are the ones we should serve,
these are the ones we should love,
all are our neighbours to us and you. R**

**Kneel at the feet of our friends,
silently washing their feet,
this is the way we should live with you. R**

Sending Forth

Go into this world to be the hands and feet of Christ.

We go in the name of our Creator, our Redeemer, and our Sustainer.

As you labour, rest, and play this week, rest in God's promise:

Christ is with you.

The peace that surpasses all understanding goes with us. Amen.

Sung Amen

VU 972

Music for the Journey

Postlude on 'LANCASHIRE'" - Jason D. Payne

End of Worship | Beginning of Service

Welcome to Glebe-St. James United Church.
Thank you for joining with us for our morning worship.

**Today's Licensed Lay Worship Leader: Joanne Tanner
(Rideau Park United)**

Musical Acknowledgements

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Summer services – 10 am

Welcome to those joining us from St. Giles Presbyterian, Centretown and Southminster United and from the Glebe-St. James Community. All are welcome! Next week's service will be held at Southminster United located at 15 Aylmer Ave at 10 am. More details will follow in the e-update on July 22nd.

Southminster will host on July 26, August 2 & 9th
St. Giles on August 16, 23 & 30th.

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