

Glebe-St. James United Church

Fifth Sunday of Easter

May 3, 2026

Gathered by God

Preparing Our Hearts for Worship

"When In Our Music God Is Glorified"

Welcome

Rev. Dr. Teresa Burnett-Cole

My name is Teresa Burnett-Cole and I am the Coordinating Minister here at Glebe-St. James.

We're so glad you're here today. Whether you're a first-time guest or a longtime member, whether you are joining us in person or online, we hope you feel at home. This is a place of faith, love, and community. Glebe-St. James is an Affirming Community of Faith in the United Church of Canada. 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.

This Sunday is Mental Health Sunday – a Sunday thus designated with the hope that we search ourselves to assure that we are, indeed, a place of welcome for all.

Announcements

Great Glebe Garage Sale Dudleigh Coyle is looking for another 4 to 5 volunteers to help out at the Great Glebe Garage Sale. Not only do we need a few more for the GSJames table, we also require some for the GSJames Bathrooms!

A Brief Word on Leadership Former Chair of the Church Council has a word to share on Congregational Leadership.

Land Acknowledgement

Pam Fitch

We are privileged to gather on the unceded territories of the Anishnaabe people who have stewarded this land and our waters since time immemorial. We acknowledge their history, culture and honour brought by the Anishnaabe people to our place on Turtle Island.

This Tuesday, May 5th, marks Red Dress Day, a day established to remind us of the missing and murdered Indigenous Women, Girls and 2 spirit people. We recognize with alarm how harm and violence define their experience.

In Indigenous culture, women hold key roles as life-givers, water and land protectors, knowledge keepers, and leaders. And yet, Indigenous women and girls make up less than 5% of the Canadian population but represent approximately 24% of all homicide victims. They are 12x more likely to be murdered. Over 60% of Indigenous women experience physical or sexual violence in their lifetime. Indigenous women face compounded and gendered harms shaped by poverty, inadequate housing, gendered violence, and systemic discrimination – resulting in heightened vulnerability to both criminalization and violence.

Uplifting Indigenous women is essential to restoring community wellness, rebalancing governance systems, language and culture. As we mark Red Dress Day on May 5th, let us wear red in solidarity with our Indigenous sisters, mothers, daughters, aunties, elders and 2 spirit people. Let us speak out against the violence and systemic barriers that they face everyday. Most importantly, let us celebrate the determination, creativity, resilience and strength that allows Indigenous Women, Girls and 2 spirit people to thrive and succeed.

Candle Lighting We Light This Candle

TLUS 55

We light this candle for hope.

Await the new life within.

May our hearts now live each day,

so hope can find a way, so hope can find a way.

Call to Worship

Come, let us worship God who is creating a new heaven and a new earth. Today is a new day, a fresh start, and a day of new beginnings.

Come, let us worship God who creates peace out of chaos, calm out of anxiety, and hope out of despair. Even when we are depressed, we trust God is with us.

Come, let us praise God who chooses to be among us, one of us, a Disabled and Neurodiverse God dwelling among us living with mental health challenges, substance use disorders, brain disorders, and neurodiversity.

Come, let us praise God who says to each one of us, “no matter who we are or what medications we take or our diagnoses or where we are on life’s journey: I will be your God.”

Come, let us give thanks to God who promises to wipe away every tear from our eyes.

Come, let us give thanks to God who loves us so much that death, mourning, crying, and pain cannot stop God from loving us. This is our greatest hope: we are held in God’s love. Everyone: Come, let us rejoice, for God, the Alpha and Omega, is making all things new!

Opening Prayer

O God, come into our place of worship this day and enliven us.

Come into each heart, each story, each prayer, each song, each life here today so that we may live and love with purpose, courage, and beauty.

O God, who has created each of us in your image and made us one body, each as holy vessels of your presence to one another, create in and among us a holy place.

Give us hearts and minds, we pray, to be open to human vulnerability. To listen to each other with patient and thoughtful attention and support. To perceive the grace of the differences in our embodied experience. To resist what excludes and diminishes, and to dismantle what acts as barriers to flourishing together in love and justice

O God, help us to trust your Spirit’s work to make us whole, together in relationships of mutuality and partnership, in sacred rhythms of giving and receiving.

Gather us together to be your people in the world.

In Jesus’ name we pray,

Amen.

- 1 The spring has come, let all the church be part of it!
The world has changed, and God is at the heart of it!
New light, new day, new colour after winter grey.
New light, new day, the spring has come, let all the church be part of it!**
- 2 The sun is warm, let all God's children play in it!
The world expands, let's spread the Gospel way in it!
New leaf, new thrust, new greening for the love of Christ.
New leaf, new thrust, the sun is warm, let all God's children play in it!**
- 3 The spring has come, new people are the flowers of it.
Through wind and rain, new life is in the showers of it.
New bud, new shoot, new hope will bear the Spirit's fruit.
New bud, new shoot, the spring has come, new people are the flowers of it!**

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 mercy by
passing the peace with our neighbours.

Friends, the peace of Christ be with you!
And also with you.

**Send your peace on your world, God,
you, the creator of peace.
Our hearts fill with peace, God,
You are the source of healing peace.**

**Ya Rab as-salami,
amter a-lay-na aa-sa-lam.
Ya Rab as-salami,
im-la' qu-lu-ba-na as-sa-lam.**

Listening for Wisdom

Theme Conversation When God Cries

Rt. Rev. Bishop Desmond Tutu

I show the children a small, unopened package of tissues. I ask a volunteer to open the package and share with us what they discover inside. Carefully a tissue emerges from its package. Then I ask for a tissue from the child. I share that I need it to wipe my eyes because I had been a little teary that morning. We talk about how when we have big feelings that don't have words, they come out as tears.

I share Tutu's book, showing them the page where the boy is crying. I read to them about how when we are crying, God cries, too. We talk about how tissues are also used when we are sick and have a runny nose, a bad cold or a sinus infection. Sometimes when we are very sick, we go to the doctor and get medicine. Our brains, just like our hearts and our lungs, need to be healthy. But sometimes when we are not feeling good, we go see a doctor.

I share that my brother went to the doctor because his brain was not feeling good. The doctor gave him medicine to help him feel better. Now my brother is home from the hospital and his brain is doing better. Mental health means taking care of our whole body; including our brain. When our brain is healthy, we feel better.

Sometimes we cry when we are feeling sad. And when we cry, God is with us. When we are sick and not feeling good, God is with us. We are never alone because God is always with us. God loves us even when we cry and when we feel sick, even when we are happy and feel healthy.

Let us pray:

Thank you God for tears that express how we are feeling.

Thank you, God, for our brains that help us know your love.

Thank you, God, for mental health and for people who help us feel better when we are sick. We love you. In Jesus' name we pray. Amen

Hymn Little By Little (*Verses 1 and 5*)

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

Be with us, Loving God,
As we lean into Scripture,
That we might understand
In a new and fresh way,
Your Word of Life.
Amen.

Gospel John 14:1-10

Ruth Burnett-Cole

“Do not let your hearts be troubled. Believe in God; believe also in me. In my Parent’s house there are many dwelling places. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, so that where I am, there you may be also. And you know the way to the place where I am going.” Thomas said to him, “Sovereign Teacher, we do not know where you are going. How can we know the way?” Jesus said to him, “I am the way and the truth and the life. No one comes to our Heavenly Parent, except through me. If you know me, you will know God also. From now on you do know God and have seen God.”

Philip said to him, “Lord, show us our Heavenly Parent, and we will be satisfied.” Jesus said to him, “Have I been with you all this time, Philip, and you still do not know me? Whoever has seen me has seen God. How can you say, ‘Show us God? Do you not believe that I am in God and God is in me? The words that I say to you I do not speak on my own, but our Heavenly Parent who dwells in me does God’s works. Believe me that I am in God and God is in me, but if you do not, then believe because of the works themselves. Very truly, I tell you, the one who

believes in me will also do the works that I do and, in fact, will do greater works than these, because I am going home to our Heavenly Parent. I will do whatever you ask in my name, so that God may be glorified in me. If in my name you ask me for anything, I will do it.

This is wisdom from the gospel of John.

Gift of Music

"The Untroubled Heart"

by Eugene Butler, based on John 14

Let not your heart be troubled,
You believe in God, believe in me.
In my Father's house there are many rooms,
I go to prepare a place for you.

Let not your heart be troubled,
You believe in God, believe in me.
And where I am, there you shall be
And you shall know the way.

I am the way and the truth,
The way and the truth and the life.
If you have known me, you have known the Father
You who have seen me have seen the Father.
He who believes in me will also
Do the works that I do.

Let not your heart be troubled,
You believe in God, believe in me.
And where I am there you shall be
And you shall know the way.

If you love me, keep my commandments
And I will pray the Father,
And he will give you another Counsellor
To be with you forever.

Let not your heart be troubled,
You believe in God, believe in me.
In my Father's house there are many rooms,
I go to prepare a place for you.

Reflection You Don't Have to Find the Way Alone

Rev. Dr. Teresa Burnett-Cole

“Do not let your hearts be troubled.”

It's a gentle opening. But for many of us, it lands in a complicated place. Because troubled hearts are not rare. They are not unusual. They are not a sign of weak faith.

They are part of being human.

Some of us here today know what it's like to wake up already tired.

Some of us carry worry that doesn't switch off.

Some of us smile on the outside, while inside we feel lost, or numb, or overwhelmed.

So when Jesus says, “Do not let your hearts be troubled,” it's worth listening carefully—not as a command to “snap out of it,” but as an invitation into something deeper.

There's a story about a child who wandered away from their parent in a large shopping mall.

At first, it was just curiosity—looking at something interesting. But then they turned around... and their parent was gone.

The noise got louder. The space felt bigger. Panic set in.

And the child began to cry.

Now here's the important part: the solution wasn't for the child to figure out a map of the mall.

The solution was for the parent to find the child.

And when that parent finally appeared—kneeling down, arms open—the child didn't say, “Explain the layout to me.”

They just ran into those arms.

That's the kind of moment Jesus is speaking into.

The disciples are about to feel lost. Everything they thought was stable is about to fall apart.

And Jesus doesn't hand them a map.

He says,
“I am the way.”
Not: *Here is the way.*
But: *I am the way.*

I remember visiting someone in the congregation who was struggling deeply with depression.

We sat in the living room together. Long silences. Very few words.
At one point, I felt uncomfortable and said, “I wish I knew what to say.”
And the person replied,
“I’m just glad you came.”

When we’re struggling with mental health, advice is often not what we need most.
We don’t need someone to fix us.
We don’t need someone to explain everything.
We need presence.
And that is exactly what Jesus offers.
“I am the way, and the truth, and the life.”
He doesn’t stand at a distance, pointing.
He comes close, walking with us.

Jesus says,
“In my Father’s house there are many dwelling places... I go to prepare a place for you.”
There’s a story of a young adult who had been struggling with anxiety for years.
They described walking into a gathering where they expected to feel out of place—too awkward, too different.
But instead, someone greeted them warmly, remembered their name, and made space for them at the table.
Later they said,
“It felt like there was a place for me before I even arrived.”

That’s what Jesus is describing.
Not just a future heaven—but a present truth.
There is already space for you.

Not the polished version of you.
Not the version that has it all together.
But the real you.
In a world that often says, “Get yourself together, then you can belong,”
Jesus says,
“You belong—and that’s where your healing begins.”

Philip says to Jesus,
“Lord, show us our Heavenly Parent, and we will be satisfied.”
And Jesus responds,
“Whoever has seen me has seen God.”

So what does God look like?

Let me tell you a story.

A woman once described her darkest season of grief and anxiety. She said the days felt endless, and the nights even longer.

One evening, there was a knock at her door. A friend stood there holding a container of soup.

They didn’t say much. They didn’t offer advice. They simply said,

“I thought you might need this,”

and sat with her while she ate.

Later, she said,

“That’s when I felt God closest to me.”

If you want to see what God is like—look there.

In quiet compassion.

In simple kindness.

In presence without judgment.

That is the heart of Christ.

And that is the heart of God.

Jesus says something surprising:

“The one who believes in me will also do the works that I do... and greater works than these.”

Greater works?

Not necessarily bigger miracles—but wider reach.

Because now, Christ’s presence moves through us.

There's a story of someone who was struggling silently. They didn't want to burden anyone. They didn't think anyone would understand.

And then one day, they received a short message:

"Hey, you've been on my mind. How are you really doing?"

That message didn't solve everything.

But it opened a door.

And they later said,

"That was the moment I realized I didn't have to carry it alone."

Those are the "greater works."

A text.

A visit.

A listening ear.

Simple acts that become sacred.

"Do not let your hearts be troubled."

Jesus says this knowing what is coming—fear, loss, uncertainty.

Which tells us something important:

Troubled hearts are not a failure.

They are part of the journey.

Faith is not the absence of anxiety.

Faith is trusting that we are not alone in it.

There's a story told about a small group that met regularly at a church for people living with anxiety and depression.

At the beginning of each gathering, they would light a candle and place it in the center of the room.

One evening, a new person arrived. They were quiet, hesitant, unsure if they belonged. When it came time to speak, they simply said,

"I don't have much light to bring right now."

And the leader gently responded,

"That's okay. You don't have to bring the light. Just sit near it."

So they did.

Week after week, they came back. Sometimes they spoke. Sometimes they didn't.

But they kept sitting near the light.

And over time, something began to shift. Not all at once. Not dramatically. But slowly, gently—they began to feel a little less alone, a little more steady.

Later, they said,
“I didn’t find the light. It found me.”

That is the promise of this passage.
Not that we will never feel lost.
Not that our hearts will never be troubled.
But that we are never alone.
There is a place for you.
There is a presence with you.
There is a love that carries you.
And you do not have to find the way alone—
because Christ is already walking it with you.

I’m going to conclude by sharing the scripture again.
This time I’m going to share it in the way I was called to share it
Years ago at the funeral for a neurodiverse woman
Who lived in one of the Group Homes for neuro-diverse adults.
As I stood to share scripture, I realized that reading it wasn’t going
To be enough for this crowd of differently abled adults.
So I told the story instead...

Responding in Thanksgiving

Hymn I Have Called You by Your Name

MV 161

- 1. I have called you by your name, you are mine;
I have gifted you and ask you now to shine.
I will not abandon you; all my promises are true.
You are gifted, called, and chosen; you are mine.**
- 2. I will help you learn my name as you go;
read it written in my people, help them grow.
Pour the water in my name,
speak the word your soul can claim,
offer Jesus’ body given long ago.**

3. I know you will need my touch as you go;
feel it pulsing in creation's ebb and flow.
Like the woman reaching out,
choosing faith in spite of doubt,
hold the hem of Jesus' robe, then let it go.

4. I have given you a name, it is mine;
I have given you my Spirit as a sign.
With my wonder in your soul,
make my wounded children whole;
go and tell my precious people they are mine.

Invitation to Give

To be a community that supports flourishing life for all people, we must create new ways of being together that honour and celebrate the neuro-diverse gifts that each of us bring. We must create new economies that do not attempt to quantify, judge or label what we bring into the community, but that gives thanks for generous hearts willing to share. The ushers may now come forward to collect tithes and offerings. Thank you

Offering Hymn 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.**

Offering Prayer

Loving God, open us to a new world.
Where there is no longer least and greatest, rich and poor, haves and have nots.
A world where all are treated as beloved precious children.
A world where mental health is understood to be physical health
and cared for without stigma or judgement.
Until that day comes, bless our small contributions of time,
talent and treasures and may it work towards the building of your new world. Amen.

**Send your peace on your world, God,
you, the creator of peace.
Our hearts fill with peace, God,
You are the source of healing peace.**

Prayer of Jesus

**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
as we forgive 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.**

Sent by the Spirit

Hymn Healer of Our Every Ill

VU 619

**Healer of our every ill,
light of each tomorrow,
give us peace beyond our fear,
and hope beyond our sorrow.**

- 1 You who know our fears and sadness,
grace us with your peace and gladness.
Spirit of all comfort, fill our hearts. R**
- 2 In the pain and joy beholding,
how your grace is still unfolding.
Give us all your vision, God of love.**

- 3 Give us strength to love each other,
every sister, every brother.
Spirit of all kindness, be our guide. R**

Refrain

**Healer of our every ill,
light of each tomorrow,
give us peace beyond our fear,
and hope beyond our sorrow.**

- 4 You who know each thought and feeling,
teach us all your way of healing.
Spirit of compassion, fill each heart. R**

Sending Forth

God, we thank you for the hope of a new day and a fresh start.

We give thanks for the reminder that “it’s ok to not be ok” and that it’s better to tell the truth about what’s really going on for us, get support and help, than to suffer in silence and alone.

We thank you God that you never give up on us even when we feel like giving up on ourselves.

We thank you that we can hold onto hope one day at a time. We are grateful for this faith community where we can experience sacred welcome, inclusion, support, and engagement for mental health.

Bless us with the power of your Spirit that is holy as we share your love with others in our mission to end the stigma and shame of mental illness. In the name of the Disabled and Neurodiverse God, we sing,

Sung Amen

VU 974

Music to Send Us Forth

“Trumpet Postlude”

End of Worship | Beginning of Service

Welcome to Glebe-St. James United Church.
Thank you for joining with us for our morning worship.
Please join us in Fraser Hall, following the service for a time of fellowship and refreshments.

This week's Music

"When In Our Music God Is Glorified" is based on the tune ENGELBERG, found in Voices United #533. If you listen carefully to the ending, you may make out the melody from the "Hallelujah" banner hanging at the front of the sanctuary. The setting is by Sue Mitchell Wallace (b. 1944), a Georgia, U.S.-based Episcopal church organist who just retired last year.

"Trumpet Postlude" by Rex Koury uses a registration that combines bright German and French flutes, reeds and diapasons.

Musical Acknowledgements

Used with permission, All rights reserved.
Re-printed under ONE LICENSE A-722049

Photo Directories are in

If your photo, included in the directory, was taken by Universal, then we have a complimentary copy of the Photo directory for you. They are available for pick-up today during Coffee Hour.

If you did not have your photo taken by Universal and would like a copy of the directory, then the cost is \$20. Copies are available through the Church office. If you did not have your photo included in the directory but still wish to purchase a copy there are extras available - \$ 20.

*Please note that the contact information
included in the directories is for personal use only.*

Glebe-St. James United Church
650 Lyon St. S., Ottawa, ON K1S 3Z7
www.glebestjames.ca 613-236-0617, x 221
admin@glebestjames.ca

Glebe-St James: April 27 – May 2nd

Monday			
	12 noon – 9 pm	GNAG: Guitar lessons	Tower Room
	1 pm	Monday Crafts	Judy Wolanski's
	1 – 3 pm	GMS: Art Class	Art Room
	3:30 – 7 pm	GNAG: after school programming	Art Room & Lounge
	6 – 7:30 pm	Embers	Fraser Hall
	8 pm	Monday Meditation	Zoom
Tuesday			
	10 am	Chess	Sanctuary
	12 noon – 4 pm	GNAG: Guitar lessons	Tower Room
	1:30 pm	Knitting	Lounge
	3:30 – 7 pm	GNAG: after school programming	Art Room, Lounge & Sanctuary
	6:30 – 7:30 pm	Beavers	Fraser Hall
Wednesday			
	3:30 – 5:30 pm	GNAG: after school programming	Art Room & Lounge
	6:30 – 11: pm	Czech Group Seniors	Art Room
	6:30 – 9:30 pm	Canterbury Trebles Rehearsal	Sanctuary
Thursday			
	3:30 – 6:15pm	GNAG: after school programming	Art Room & Lounge
	7 pm	Writing Group	Art Room
	7 pm	GSJ Choir	Sanctuary
	7:30 pm	Venturers	Lounge
Friday			
	1 - 4 pm	GMS: Art Class	Art Room
	3:30 – 6:15pm	GNAG: after school programming	Art Room & Lounge
	5 – 7:30 on	GMS: Dinner	Fraser Hall
	6:30 – 9:30 pm	Canterbury Trebles Rehearsal	Sanctuary
Saturday			
	to 5 pm	Music (Paul)	Sanctuary
	9 am – 1 pm	Exercise with Cate (2 sessions)	Fraser Hall
	5: – 9:30 pm	Canterbury Trebles	Sanctuary/ Art Room
	6:00 – 7:00 pm	Queer Space	Lounge

If you are interested in any of the above events, please contact Jennifer (admin@glebestjames.ca) and she will provide you with contact info.