



# Mountainside United Church

3520 Rue University Montreal, Qc, H3A 2A7

Sunday Worship, 10:30 am

Tel: (514) 486-1165 [www.mountainsideunited.ca](http://www.mountainsideunited.ca)

*Lent II Year A*  
*March 1, 2026*

## Deep Spirituality, Bold Discipleship, Daring Justice

@indicates the text the minister is reading and the basis of the sermon

### **Territorial Acknowledgement:**

McGill University is on land which has long served as a site of meeting and exchange amongst Indigenous peoples, including the Anishinabeg and Kanien'kehá:ka. We acknowledge and thank the diverse Indigenous peoples whose presence marks this territory on which peoples of the world now gather.

### **Prelude:**

Ich ruf' zu dir, Herr (BWV 639) - J. S. Bach, arr. Busoni  
Piano: Alberto Santos

### **Holy Greeting**

The grace of our Sovereign Jesus Christ, the love of God, and the fellowship of the Holy Spirit be with you!

**And also with you!**

### **Hymn: VU# 409 *Morning Has Broken***

1. Morning has broken  
like the first morning,  
blackbird has spoken  
like the first bird.  
Praise for the singing!  
Praise for the morning!  
Praise for them, springing  
fresh from the Word!

2. Sweet the rain's new fall  
sunlit from heaven,  
like the first dewfall  
on the first grass.  
Praise for the sweetness  
of the wet garden,

sprung in completeness  
where God's feet pass.

**3. Ours is the sunlight!**  
Ours is the morning  
born of the one light  
Eden saw play!  
Praise with elation,  
praise every morning,  
God's re-creation  
of the new day!

**Opening Prayer:**

*(UCC Resource for Lent- Rt. Rev. Richard Bott)*

God of the hungry times,  
God of the difficult times,  
God of all the times of our lives,  
we need to talk.

**Sometimes it's difficult to understand  
the direction we need to go.**

With all the choices we have in our lives,  
sometimes we're not sure  
when to say "Yes,"  
or when to say "No."

**So we ask for your guidance.  
We ask for wisdom.  
We ask for Spirit.**

In our worship, in our work,  
in our choices, in our lives.  
May it be so, loving God!

Silent Prayers

God in your love,  
**Hear our prayer.  
Amen**

**Hymn: VU#108 *Throughout These Lenten Days and Nights***

**1.** Throughout these Lenten days and nights  
we turn to walk the inward way,  
where, meeting Christ, our guide and light,  
we live in hope till Easter Day.

**2.** The pilgrim Christ, the Lamb of God,  
who found in weakness greater power,  
embraces us, though lost and flawed,  
and leads us to his Rising Hour.

**3.** We bear the silence, cross and pain  
of human burdens, human strife,  
while sisters, brothers help sustain  
our courage till the Feast of Life.

**4.** And though the road is hard and steep,  
the Spirit ever calls us on through  
Calvary's dying, dark and deep,  
until we see the coming Dawn.

5. So let us choose the path of One  
who wore, for us, the crown of thorn,  
and slept in death that we might wake  
to life on Resurrection Morn!

6. Rejoice, O sons and daughters! Sing  
and shout hosannas! Raise the strain!  
For Christ, whose death Good Friday brings  
on Easter Day will rise again!

**Epistle : Romans 4: 1 – 7**

**Reader:** Joy Pasabing

What then are we to say was gained by Abraham, our ancestor according to the flesh? For if Abraham was justified by works, he has something to boast about, but not before God. For what does the scripture say? "Abraham believed God, and it was reckoned to him as righteousness." Now to one who works, wages are not reckoned as a gift but as something due. But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness. So also David speaks of the blessedness of those to whom God reckons righteousness apart from works: "Blessed are those whose iniquities are forgiven, and whose sins are covered; blessed is the one against whom the Lord will not reckon sin."

This is the witness of the Early Church!

**Thanks be to God!**

**Psalm: 121VU# 844 with refrain (R)**

**Reader:** Joy Pasabing

**Refrain:**

Our help is in the name of our God who made heaven and earth.

I lift up my eyes to the hills.

From where will I look for help?

**My help comes from God, who has made heaven and earth.**

God will not let your foot stumble;

the One who protects Israel will not slumber.

**The One who protects you will neither slumber nor sleep. R.**

It is God who protects you,  
your defence at your right hand.

**The sun shall not strike you by day,  
nor the moon by night.**

God will protect you from all evil,

God will protect your life.

**God will protect your going and coming,  
now and forever. R.**

**@Gospel: John 3: 1- 17**

Now there was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, "Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God." Jesus answered him, "Very truly, I tell you, no one can see the kingdom of God without being born from above." Nicodemus said to him, "How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?" Jesus answered, "Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, 'You must be born from above.' The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit." Nicodemus said to him, "How can these things be?" Jesus answered him, "Are you a teacher of Israel, and yet you do not understand these things? "Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I

tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. "For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. "Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.

Hear what the Spirit is saying to the Church!  
**Write these words on our hearts, dear God!**

**Hymn:** VU#375 *Spirit, Spirit of Gentleness*

**Refrain:**

Spirit, Spirit of gentleness,  
blow thro' the wilderness calling and free,  
Spirit, Spirit of restlessness,  
stir me from placidness,  
Wind, Wind on the sea.

**1.** You moved on the waters,  
you called to the deep,  
then you coaxed up the mountains  
from the valleys of sleep;  
and over the eons  
you called to each thing:  
wake from your slumbers  
and rise on your wings. **R.**

**2.** You swept thro' the desert,  
you stung with the sand,  
and you goaded your people  
with a law and a land;  
and when they were blinded  
with their idols and lies,  
then you spoke thro' your prophets  
to open their eyes. **R.**

**3.** You sang in a stable,  
you cried from a hill,  
then you whispered in silence  
when the whole world was still;  
and down in the city  
you called once again,  
when you blew through your people  
on the rush of the wind. **R.**

**4.** You call from tomorrow,  
you break ancient schemes,  
from the bondage of sorrow  
the captives dream dreams,  
our women see visions,  
our men clear their eyes,  
with bold new decisions  
your people arise. **R.**

**Sermon** The Answer Is Blowing in the Wind Rev. Dr. Douglas Throop

**Offertory Reflections:** Acknowledging How Givings Grow into Lives Changed

**Music for Spiritual Centering:**

Adoramus te Christe - Théodore Dubois  
Voices: Leah Weitzner, Colleen Bartley,  
Joseph Grenier, & John Johnston

**Silent Prayer:**

**The Prayer of Jesus**

**Our 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,  
and the power, and the glory,  
for ever and ever. Amen.**

**Hymn:** *Blow'in in the Wind* Bob Dylan

1. How many roads must a man walk down  
Before you call him a man?  
How many seas must a white dove sail  
Before she sleeps in the sand?
2. Yes, and how many times must the cannonballs fly  
Before they're forever banned?  
The answer, my friend, is blowin' in the wind  
The answer is blowin' in the wind
3. Yes, and how many years must a mountain exist  
Before it is washed to the sea?  
Yes, and how many years can some people exist  
Before they're allowed to be free?
4. Yes, and how many times can a man turn his head  
And pretend that he just doesn't see?  
The answer, my friend, is blowin' in the wind  
The answer is blowin' in the wind
5. Yes, and how many times must a man look up  
Before he can see the sky?  
Yes, and how many ears must one man have  
Before he can hear people cry?
6. Yes, and how many deaths will it take 'til he knows  
That too many people have died?  
The answer, my friend, is blowin' in the wind  
The answer is blowin' in the wind

**Benediction:**

**Postlude:**

Prelude in G Major, Op. 32, No. 5 - Sergei Rachmanionff  
Piano: Alberto Santos

**Reference and Information**  
**for the week of March 1, 2026**

- ❖ March 1. Lent II. Worship at 10:30, BHC. After the service you are welcome and invited for coffee and conversation on Level 1.

The Outreach Committee meet today.

- ❖ March 4.” Eyes To See” Meditation with Rev Throop. 7:30-8:00pm on Zoom. A meditation for spiritual and personal time. The Zoom link is available from the church office.
- ❖ March 8. Lent III. **DAYLIGHT SAVING TIME begins.** Worship at 10.30am BHC.
- ❖ March 11. “Eyes to See” Meditation with Rev. Throop at 7:30-8:00pm on Zoom.
- ❖ There will be a meeting on Sunday March 8th after church to plan a new direction for our Thursday morning zoom study group. All are welcome to attend.
- ❖ The Thursday morning zoom study group will be taking a break until after Easter. We are working on moving from viewing and discussing DVDs to a new format involving more flexibility. We welcome any suggestions for this project.

Please consider giving to the church. Your gift will help serve our local community and far beyond. For that, we are grateful. You may leave your offering in the plate at the back of the sanctuary. If you are at home, you can send a cheque, e-Transfer funds, or arrange for Pre-Authorized Remittance (PAR). See details on giving at [www.mountainsideunited.ca](http://www.mountainsideunited.ca).

**The service is livestreamed on Zoom on Sunday Mornings.**

**In the event of poor reception, the Service may be viewed later on our YouTube Channel:**

**Please visit our website for regular updates and more information!**[www.mountainsideunited.ca](http://www.mountainsideunited.ca)