

# Cochrane Street United Church

81 Cochrane Street ♦ St. John's, NL ♦ A1C 3L7



## February 10th, 2019

Minister: Rev. Miriam Bowlby, B.A. (Hons) M.Div

Minister Emeritus: Rev. Eric Hillier

Minister of Music: Patricia Young

Director of Music: Evan Smith

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# Welcome to Cochrane Street United Church

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Whether you are here for the first time or this is your church home – welcome to our community of faith.  
Following worship there is a time of fellowship.

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## USHERING TEAM FOR FEBRUARY

Robert Mercer, Peter Crosbie, Brian Johnston,  
Harris Flight, Robert Evans

## THIS WEEK AT COCHRANE STREET FEBRUARY 11 – FEBRUARY 17

Tuesday: 6:30 PM Choir Practice Bannerman Street Entrance  
Wednesday: 12:15 PM Prayer Group  
Sunday: 10:00 AM Choir Practice

### OFFICE

**Office Hours:** Tuesdays 10:00 am – 4:00 pm  
Wednesdays 1:00 pm – 4:30 pm  
Thursdays 10:00 am – 1:00 pm  
Fridays 9:30 am – 12:00 pm

Email: [info@cochranestreetuc.com](mailto:info@cochranestreetuc.com)

Phone: 709-722-3023

Website: [www.cochranestreetuc.com](http://www.cochranestreetuc.com)

Cochrane Centre Contact information for bookings  
709-754-2532 or [info@cochranecentre.ca](mailto:info@cochranecentre.ca)

## CONTACT REV. MIRIAM

Have a question or need to make an appointment?

You can reach Rev. Miriam in the following ways:

Email: [revmiriam@cochranestreetuc.com](mailto:revmiriam@cochranestreetuc.com) or Cell: 709-728-8410

Like us on Facebook or Follow us on Twitter!

[www.facebook.com/Cochranestreetuc](http://www.facebook.com/Cochranestreetuc) and [@CochraneStreet](https://twitter.com/CochraneStreet)

# GATHERING AS GOD'S PEOPLE

\*please stand as you are able

## PRELUDE:

**\*INTROIT: VU #87: I am the Light of the World**

**CHORUS** I am the light of the world!

**You people come and follow me!**

**If you follow and love you'll learn the mystery  
of what you were meant to do and be.**

## **\*WELCOME AND ANNOUNCEMENTS**

### **\*PASSING OF THE PEACE:**

Let our hospitality towards each other reflect God's love.  
The Lord be with you.

**And also with you.**

Let us greet one another with the peace of Christ.

**REFLECTIVE MUSIC MV # 85: Take, O Take Me As I am**

**CHORUS** Take, O take me as I am;

**summon out what I shall be;**

**set your seal upon my heart and live in me.**

### **\*CALL TO WORSHIP:**

Your love flows like a stream  
**into the ocean of your Grace.**

Your love encircles this world,  
**displaying your faithfulness.**

Your love is patient and kind,  
**bringing wholeness and true peace.**

Your love is all we desire  
**to heal our brokenness.**

As all things pass and fade away  
**love remains eternally.**

### **\*PRAYER OF APPROACH:**

**Holy God,**

**When the journey is hard,**

**strength is failing, we lose the path, stumble or fall,**

**You raise us up,**

love, encourage, give hope.  
Your love helps us continue on our way,  
climb mountains or simply follow day by day. Amen.

**\*HYMN VU #372: Though I May Speak**

**PRAYER OF CONFESSION:**

Love has its source in you, Creator God.  
Flows from you like an ocean,  
into a world as unyielding as any shoreline cliff.  
And like the ocean which batters, erodes,  
and wears away even the hardest stone  
Your love persists, finds cracks and inlets,  
in hardened hearts,  
flows inside and works a miracle.  
Who would think that water was more  
powerful than granite,  
love mightier than the hardest heart?  
Thank you, Creator God,  
for the power of your love. Amen.

**ASSURANCE OF PARDON:**

On mountaintops and in valleys, in our homes and in our hearts,  
God knows us better than we know ourselves,  
and God forgives us when we cannot forgive ourselves.  
By God's mercy, we are forgiven;  
by God's mercy, we are made whole;  
**Thanks be to God. Amen.**

**CHILDREN'S TIME**

**\*HYMN: Lean On Me**

Sometimes in our lives we all have pain  
We all have sorrow  
But if we are wise  
We know that there's always tomorrow

Lean on me, when you're not strong  
And I'll be your friend  
I'll help you carry on  
For it won't be long

'Til I'm gonna need  
Somebody to lean on

Please swallow your pride  
If I have things you need to borrow  
For no one can fill those of your needs  
That you won't let show

You just call on me brother, when you need a hand  
We all need somebody to lean on  
I just might have a problem that you'll understand  
We all need somebody to lean on

Lean on me, when you're not strong  
And I'll be your friend  
I'll help you carry on  
For it won't be long  
'Til I'm gonna need  
Somebody to lean on

If there is a load you have to bear  
That you can't carry  
I'm right up the road  
I'll share your load  
If you just call me

Lean on me, when you're not strong  
And I'll be your friend  
I'll help you carry on  
For it won't be long  
'Til I'm gonna need  
Somebody to lean on

## **OFFERING INVITATION**

## **OFFERTORY VOLUNTARY & PRAYER**

### **\*OFFERTORY HYMN MV #182: Grateful**

Grateful for the life you give us, thankful for your Holy Son,  
joyful in your Spirit flowing over all, O God of Love.  
Grateful for the Bread of Heaven, thankful for your Holy Word,  
joyful in your mercy flowing, we will praise you.

## **GOD'S WORD FOR US TODAY**

### **PRAYER OF ILLUMINATION:**

**God of Courage, be in our speaking.  
Be also in our listening,  
and speak to our souls' deep understanding.  
In Christ's name we pray. Amen.**

### **RESPONSIVE PSALM 139 page 861**

Reader: Tim Reynolds

### **SCRIPTURE READING**

**John 4:3 - 18**

**The Word of the Lord – Thanks be to God.**

Reader: Faith Roberts Pike

**ANTHEM:** To Make You Feel My Love

**SERMON:** True Colours

### **\*HYMN: True Colours**

You with the sad eyes  
Don't be discouraged  
Oh I realize  
Its hard to take courage  
In a world full of people  
You can lose sight of it all  
And the darkness inside you  
Can make you feel so small

**But I see your true colors  
Shining through  
I see your true colors  
And that's why I love you  
So don't be afraid to let them show  
Your true colors  
True colors are beautiful  
Like a rainbow**

Show me a smile then  
Don't be unhappy, can't remember  
When I last saw you laughing  
If this world makes you crazy

And you've taken all you can bear  
You call me up  
Because you know I'll be there

**And I'll see your true colors  
Shining through  
I see your true colors  
And that's why I love you  
So don't be afraid to let them show  
Your true colors  
True colors are beautiful**

**And I'll see your true colors  
Shining through  
I see your true colors  
And that's why I love you  
So don't be afraid to let them show  
Your true colors  
True colors are beautiful  
Like a rainbow**

## **SACRAMENT OF HOLY COMMUNION**

### **Invitation to Communion**

In the name of the One who said,  
"I am the bread of life,"  
I invite you to come and eat.  
In the name of the One who said,  
"I am the true vine,"  
I invite you to come and drink.  
In the name of the One who said,  
"Love one another as I have loved you,"  
I invite you to the table of Jesus Christ.  
This is the table of the risen Christ

**In this feast gleams the promise of the earth  
and glory of all creation.**

In this feast comes the Christ  
Saviour and Friend to all.

### **Prayer of Great Thanksgiving**

The Lord be with you.

**And also with you.**

Lift up your hearts.

**We lift them up to the Lord.**

Let us give thanks to the Lord our God.

**It is right to give our thanks and praise.**

Holy God, Holy One, Holy Three!

Before all that is, You were God.

Outside all we know, You are God.

After all finished, You will be God.

Archangels sound the trumpets,

Angels teach us their songs,

Saints pull us into your presence.

And this is our song:

**Holy, holy, holy God**

**our life, our mercy, our might.**

**Heaven and earth are full, full of your glory.**

**Save us, we pray, you beyond all.**

**Blest is he who comes in your name.**

**Save us, we pray, you beyond all.**

Holy God, Holy One, Holy Three!

You beyond the galaxies,

You under the oceans

You inside the leaves,

You pouring down rain,

You opening the flowers,

You feeding the insects,

You giving us your image,

You arcing us through the waters,

You holding us in the night,

Your smile on Sarah and Abraham,

Your hand with Moses and Miriam,

Your worlds through Deborah and Isaiah,

You giving us Jesus

Who lived among us,

Healing, teaching, dying rising

Inviting us all to the fest.

On the night Jesus was betrayed,  
Jesus took bread, and gave thanks;  
He broke the bread and gave it to his disciples saying,  
“Take and eat; this is my body given for you.  
Do this in remembrance of me.”  
And again after supper he took the cup, gave thanks,  
And gave it for all to drink, saying:  
“This is the cup of the new covenant in my blood,  
Shed for you and all people  
For the forgiveness of sin.  
Do this in remembrance of me.”

Great is the mystery of faith:

**Christ has died.**

**Christ has risen.**

**Christ will come again.**

Holy God, Holy One, Holy Three!  
Pour out your Holy Spirit on us and on this meal.  
Enliven this bread,  
Awaken this body,  
Pour us out for each other  
Open our minds,  
Ignite your church,  
Nourish the life of the earth.  
Make us, while many, one.  
Make us, though broken, whole,  
Makes us, despite death, alive.

This sacrifice of praise and thanksgiving  
we offer you, loving God,  
through Jesus Christ, our Saviour,  
in the unity of the Holy Spirit,  
one God, forever and ever.

Holy God, Holy One, Holy Three!  
We praise you now and forever.  
Through Christ, with Christ and in Christ, in the unity of the Holy

Spirit,  
all glory is yours, God most Holy.

**Amen**

### **The Lord's Prayer**

**Our Father, who art in heaven, Hallowed be thy name.  
Thy Kingdom Come, Thy will be done on earth as it is 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.**

### **Breaking of the Bread and Sharing of the Cup**

The bread we break

**Is our sharing in the life of Christ.**

The cup for which we give thanks

**Is our sharing in the life of Christ.**

### **Prayer After Communion**

**We give thanks that bread broken brings wholeness;  
that wine poured out replenishes;  
that time spent with the Risen Christ  
and one another is gift and grace.  
Amen**

### **\*HYMN VU #333: Love Divine, All Loves Excelling**

#### **PRAYER FOR GUIDANCE**

**Holy God, Dreamer of dreams,  
We offer Cochrane Street United Church to you. We are your  
people, this is your church. We come to you seeking your  
guidance, your purpose, your vision. Align our will with yours,  
so that we will be willing to do whatever it takes to carry out  
your plan. We ask you to break through in new ways in our  
church. Show us the great ministry you have in store for us.  
Help us dream your dreams. Pour out your Holy Spirit on us,  
giving us the vision, boldness, and confidence to do all that you  
call us to do. Amen.**

## COMMISSIONING AND BENEDICTION

**CHORAL BENEDICTION MV #220: Hope Shines as the Solitary Star**  
Love shines as the solitary star,  
Faith is the inner light.  
You and I together mirror the Light of Lights,  
and illumine the pathway home.

## POSTLUDE

### MARK YOUR CALENDARS

**Sunday, February 10<sup>th</sup>** – Love Sunday: I See Your True Colours  
**Saturday, February 16<sup>th</sup>** – Messy Church (4pm – 6pm)  
**Tuesday, March 5<sup>th</sup>** – Pancake Supper (5:30 – 7:00)  
**Sunday, March 10<sup>th</sup>** – First Sunday in Lent  
**Saturday, March 16<sup>th</sup>** – Messy Church (4pm – 6pm)  
**Sunday, March 24<sup>th</sup>** – Irish Stew Luncheon & Annual  
Congregational Meeting

### ANNOUNCEMENTS

**Announcements:** If you wish to have an announcement included in the bulletin, please have it into the office by Wednesday at 5:00 pm.

**Sanctuary Sound System:** We have a looped system for the hearing impaired. Please ask one of the ushers for a headset.

**No Scents Makes Good Sense!** A friendly reminder that members of our congregation are sensitive to scented products. Reactions can vary from not being able to breathe to severe headaches. Thank you for helping.

**Yoga:** Are you interested in a Tuesday lunchtime gentle flow yoga? If so let Rev. Miriam know ([revmiriam@cochranestreetuc.com](mailto:revmiriam@cochranestreetuc.com)) or 728-8410. The cost would be \$5.75 and we need 12 - 15 people to make it work.

**Shrove Tuesday Pancake Supper Volunteers:** We are having a pancake supper on Tuesday, March 5, and we are looking for volunteers. You can sign up for the time that works best for you. A sign up sheet is on the bulletin board on the way into coffee time or you can contact the office [info@cochranestreetuc.com](mailto:info@cochranestreetuc.com)

Set up volunteers: 3:30 - 5: 00

Cooks: 4:30 - 7:00

Clean up: 5:30 - 7:30

**Shrove Tuesday Pancake Supper:** Please join us for a time of fellowship and friendship at our pancake supper **March, 5:30 - 7:00pm** at Cochrane Centre. We will be serving pancakes, sausages, apple sauce, tea and coffee. Cost is \$7.00 per adult and \$5.00 per child. Tickets available next Sunday.

**Cochrane Street AGM:** Mark your calendars! Our Annual Meeting will take place on **March 24 after church**. It is a great time to look back at what we accomplished together last year and look ahead to the future as we plan for the next few years.

**CHURCH COUNCIL 2019:** We have vacancies on Church Council which is the governing body for the congregation. The church council meets monthly from September to June and as needed for the rest of the year. The church council does important work on behalf of the congregation, have engaging conversations, and fellowship. If you are interested in being part of the church council, please email Rev. Miriam at [revmiriam@cochranestreetuc.com](mailto:revmiriam@cochranestreetuc.com).

**Yu Hang Tan Graduation Recital:** The choral conducting graduation recital will take place on March 12, 7:30 pm, at D.F. Cook Recital Hall. Everyone is invited and admission is free to everyone. From Yu Hang, "I have had quite some detours in my musical journey (studying business instead of music for my undergraduate). I wouldn't be doing what I'm doing today if it weren't for the amazing and supportive people I met in my journey of learning choral conducting. That's why I'm ending my recital with a Malaysian piece called "Rasa Sayang" (literally translates to feeling loved in Malay) and naming the recital as "Rasa Sayang | Love is..." because I feel loved and blessed. Cantus Vocum Chamber Choir and Suara Chamber Choir, a choir of 23 singers that I founded last September, will be singing in my recital. We'll be performing a few Malaysian folksongs. It's going to be quite different from the choral music we usually hear in Atlantic Canada."

**HOPE FOR A WINTERS NIGHT** – please join us at Gower Street United Church, Feb. 10 at 4:00 p.m. for a quiet time of reflection through inspirational song, reading and prayer. This service is for those who are grieving a loss of anyone or thing, find winter difficult, have a mental or physical illness, or would like a quiet space of inspiration and hope. St. John Ambulance Therapy Dogs will be in attendance. Any questions you can call Linda or Rev. Pamela at 753-7286 or email [gsuc@nl.rogers.com](mailto:gsuc@nl.rogers.com).

**Hymns For All Hands** is being offered on Feb. 17, from 3-4pm, at Gower Street United Church. We will be singing popular hymns together, lead by Dr. Doug Dunsmore. The event is free. Hymns For All Hands is one of the many programs we offer, as a not-for-profit charitable organization, that has been established to get more people singing - together!