

ANTHEM: Thank You for the Valleys words printed

MESSAGE: "So much is out of our control."

HYMN: Breathe on me Breath of God VU #382

OFFERING - Doxology - Old 100th VU #541

Praise God from whom all blessings flow,
Praise Jesus Christ, our burdens know,
Praise Spirit through whom our hearts grow,
Praise Three-in-One, from here below.

Prayer after Offering: *Generous God, in light of your extravagant blessings—no matter what the state of the world or our imperfect lives—we offer our gifts and ourselves, and know that you transform what we plant into the produce of love. Amen.*

PRAYERS OF THE PEOPLE and LORD'S PRAYER

CLOSING HYMN: Jesus Calls Us VU #562

A BLESSING FOR WHEN YOU REALIZE EVERYONE IS STRUGGLING

"Blessed are you who see things clearly, where struggle is everyone's normal.

You walk among the fellowship of the afflicted, a club no one wants to join.

And while this life isn't shiny, it does come with superpowers.

Superpowers of ever-widening empathy and existential courage

that gets you back up after another fall

and a deepened awe at the beauty and love that can be found amid life's rubble.

Like flowers that grow from the cracks in the sidewalk.

These virtues blossom in you. And thank God for you.

Blessed are all of us who struggle, for we are in good company, and we'll never walk alone."

BENEDICTION (together): **And now, may the God who loves all of creation, especially when it's painful, and Jesus, our companion along this crooked path called life, and the Holy Spirit, who loves to improvise in surprising ways, go with you, dwell among you, and give you joy. Amen.**

CHORAL ENDING: God Be with You till we Meet Again (vs. 3)

God be with you till we meet again, when life's perils thick confound you,
put unailing arms around you, God be with you till we meet again.

WATERFORD UNITED CHURCH

March 1, 2026

Worship Leader: Rev. Kellie McComb

Music: Chris Savory



SECOND SUNDAY OF LENT

Today we are gathered in the traditional territories of several indigenous nations with gratitude. As settlers, we take on the responsibility of learning about historic and current relationships, and our desire to engage in building right relations. We are also mindful of broken covenant, and the need to commit ourselves to deep reconciliation and healing.

The Waterford United Church is a place where everyone is welcome regardless of their ability, age, class, ethnicity, gender, race, or sexual orientation.

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ANNOUNCEMENTS

All are invited to a **LABYRINTH WALK** led by Rev. Kellie on Maundy Thursday, April 2 at 4:30 and 6:30 p.m.

Labyrinth Walking Meditation is an ancient, active, and meditative practice that uses a single, non-branching path to guide participants into a state of quiet reflection, grounding, and, often, spiritual, emotional, or mental clarity.



Unlike a maze, which is designed for puzzles, a labyrinth has no dead ends and simply invites a slow, mindful, and intentional journey to the center and back out. Please bring slippers.

THE WORLD DAY OF PRAYER service for the Waterford area will be held on Friday, March 6 at 2 pm at Villa Nova Baptist church. Please join us for this ecumenical service, written this year by the women of Nigeria.

GARDEN ALERT - the Trustees are looking for volunteers to work on a clean-up day for the church yard and gardens. Probably mid-April, date TBA. Also we hope to have volunteers for summer and fall maintenance. See the bulletin board to sign up or speak to a trustee. Thanks!

GOD SIGHTINGS – you are invited to send “God Sightings” photographs to include on our overheads for the “Young at Heart” time during the service. Please include a brief description or meaning for your photo. Send to Cori at waterforducmedia@gmail.com

WORSHIP AND FAITH COMMITTEE THOUGHTS

For our reflection this week, we focus on the words from Psalm 121, words which have been inspirational to composers of music throughout the years. At the beginning of the church, the Psalms were the only music acceptable for use during worship. This is a favourite Psalm for many people, because it expresses how to find hope during difficult circumstances. Christians express God as the rock of salvation and so we are invited to look up to the mountains.

THANK YOU FOR THE VALLEYS

Sometimes I'm lifted to the mountaintop, where I soar on eagle's wings.
Joy overflows and I give you praise as You make my spirit sing.
There are times when the road ahead leads through the valley of despair.
Then You take my hand saying, "Follow me, my child. You are in my care."
So I thank You for the valleys, in the valleys my faith can grow.
In the darkest times, I can trust in You, and more of Your love I can know.
In the alleys You will carry me, and give me strength anew.
So I thank You for the valleys Lord; they draw me closer to you.

Even though I walk through the valley, I know that Your way is best.
And, as You lead me through the darkness in Your arms I can safely rest.
So I thank You for the valleys, in the valleys my faith can grow.
In the darkest times, I can trust in You, and more of Your love I can know.
In the valleys, You will carry me, and give me strength anew.
So I thank You for the valleys, Lord; they draw me closer to You.

