

**WATERFORD UNITED CHURCH**  
**Sunday, May 17, 2026 - 10:30 a.m.**  
**Rev. Kellie McComb**  
**LET GO: LEAVING BEHIND WHAT WE DON'T NEED**

**WELCOME and ANNOUNCEMENTS**

**PREPARING FOR NEW LIFE**

Just as butterflies leave behind their chrysalises, baby birds break out of their shells, and snakes shed their skin, we too discard old parts of ourselves in order to keep growing. We go through changes in work, in family structures, in friendships, in our own beliefs and values, all throughout our lives. When we give ourselves permission to say 'yes' to new experiences and ways of being, that often means letting go of old habits and patterns, a kind of decluttering the mind, body, and spirit. Today in worship, we will ponder what it means to release what is no longer necessary so that we might make room for positive changes.

**GATHERING SONG OF INVITATION: Come Out! (2X)**



1. Come out! Come out of your comfor-ta-ble spac-es.



Come, meet Je-sus in the dif-fi-cult plac-es.

**LIGHTING THE CHRIST CANDLE**

**QUESTIONS FOR METAMORPHOSIS**

**One:** While our spiritual ancestors were living in Egypt, they wondered...

**All:** ...how long must we endure this oppression?

**One:** When they left Egypt and followed Moses in the desert, they wondered...

**All:** ...is this really any better than our old life in Egypt?

**One:** When we feel the urge to make a change in our lives, we wonder...

**All:** ...how much longer can I go on like this?

**One:** When we consider the cost of change, we wonder...

**All:** ...what is the cost if I stay the same?

**One:** Then the love of the Divine reminds us,

**All:** "You too are my child. You can emerge to renewed life. Again and again." Amen.

**HYMN:** In the Bulb There Is a Flower

VU #703

**YOUNG AT HEART**

**SONG:** The B.I.B.L.E. (X2)

The B-I-B-L-E, yes, that's the book for me,  
I stand alone on the Word of God, the B-I-B-L-E.

The B-I-B-L-E, yes, that's the book for me,  
I stand alone on the Word of God, the B-I-B-L-E.

**SCRIPTURE READING:** from Exodus 16

See insert

**THE WORD IN MUSIC** Azrael Hackshaw

**MESSAGE:** Let it Go: Leave it Behind



**HYMN:** Guide Me, O Thou Great Jehovah

VU #651

**PRAYERS OF THE PEOPLE**

**Holy One, we come to you seeking the wisdom to discern what to hold onto and what to let go. When we know what is no longer serving us, we need courage and strength to make a change. Help us to release the thought patterns and behaviors that are keeping us from moving forward into healthier ways of being. Comfort us in our moments of loss and doubt, because we know that letting go can be painful. May we offer this comfort and grace to all who are ready for transformation. We pray this day for....**

## PRAYING WITH JESUS

Cleansing God, in whom is heaven, may your name be lifted in the chambers of our hearts. May the joy of transformation come, may your plans for us be unfurled here on earth as it is in the flight of heaven's glory. For the strength we need, feed us. For the forgiveness we desire, and need to give, invite us. Save us from the temptation of all that would keep us from you, and deliver us from those things that seek to harm. Unwrap your perfect kinship of love, power, and glory forever. Amen.

## OFFERING

**Doxology:** Praise God from Whom All Blessings Flow VU #541  
Praise God, from whom all blessings flow. Praise God, all creatures high and low. Praise God, in Jesus fully known: Creator, Word, and Spirit one.

**CLOSING HYMN:** "Take My Life, and Let It Be" VU #506

## BENEDICTION

Now go into your lives, leaving behind what no longer fits and trusting in the promise that yes, transformation really is possible! And may the assurance of the God who created you, the Christ who is raising you, and the Spirit that will unleash you, be with you now and always. Blessed be. **Amen.**

**CHORAL BLESSING:** Go Now in Peace

**Go now in peace, never be afraid.**

**God will go with you each hour of every day.**

**Go now in faith, steadfast, strong and true**

**Know he will guide you in all you do.**

**Go now in love, and show you believe,**

**Reach out to others, so all the world can see.**

**God will be there, watching from above.**

**Go now in peace, in faith and in love.**

**Amen, Amen, Amen.**



## WATERFORD UNITED CHURCH

May 17, 2026

10:30 a.m.

**Worship Leader:** Rev. Kellie McComb

**Music:** Azrael Hackshaw



## LET GO: LEAVING BEHIND WHAT WE DON'T NEED

---

*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.**

---

Church Phone: 519-443-5261

Church Webpage: [www.waterfordunitedchurch.org](http://www.waterfordunitedchurch.org)

Minister: Rev. Kellie McComb [rev.kellie@gmail.com](mailto:rev.kellie@gmail.com)

Office Administrator, Diane Holden [wucsecretary@bellnet.ca](mailto:wucsecretary@bellnet.ca)

Treasurer, Ted Robinson [wuctreasurer@bellnet.ca](mailto:wuctreasurer@bellnet.ca)

Bookkeeper: Kimberly Holden [kimholden4@gmail.com](mailto:kimholden4@gmail.com)

Church E-transfer Address [wucdonations@gmail.com](mailto:wucdonations@gmail.com)

## SCRIPTURE READING

Stretching to the fullness of new potential, the butterfly begins to sense the calling to new heights. Expansion of wings, however, means something profound — it cannot ever go back into the cocoon. Not even if it wanted to. And so it is time to leave it behind. The Israelites that left Egypt were aching for freedom and yet when faced with the disorientation of all that was new and familiar, many began crying to go back. Letting go of the past requires deep trust in the God who has promised to be with us always.

**From Exodus 16:** *The whole congregation of the Israelites set out from Elim and came to the wilderness of Sin, which is between Elim and Sinai, on the fifteenth day of the second month after they had departed from the land of Egypt. The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. The Israelites said to them, "If only we had died by the hand of the Lord in the land of Egypt, when we sat by the pots of meat and ate our fill of bread, for you have brought us out into this wilderness to kill this whole assembly with hunger."*

*Then the Lord said to Moses, "I am going to rain bread from heaven for you, and each day the people shall go out and gather enough for that day. In that way I will test them, whether they will follow my instruction or not. On the sixth day, when they prepare what they bring in, it will be twice as much as they gather on other days." So Moses and Aaron said to all the Israelites, "In the evening you shall know that it was the Lord who brought you out of the land of Egypt, and in the morning you shall see the glory of the Lord, because he has heard your complaining against the Lord. For what are we, that you complain against us?" And Moses said, "When the Lord gives you meat to eat in the evening and your fill of bread in the morning, because the Lord has heard the complaining that you utter against him — what are we? Your complaining is not against us but against the Lord."*

*Then Moses said to Aaron, "Say to the whole congregation of the Israelites: 'Draw near to the Lord, for he has heard your complaining.'" And as Aaron spoke to the whole congregation of the Israelites, they looked toward the wilderness, and the glory of the Lord appeared in the cloud. The Lord spoke to Moses, "I have heard the complaining of the Israelites; say to them, 'At twilight you shall eat meat, and in the morning you shall have your fill of bread; then you shall know that I am the Lord your God.'"*

*In the evening quails came up and covered the camp, and in the morning there was a layer of dew around the camp. When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. When*

*the Israelites saw it, they said to one another, "What is it?" For they did not know what it was. Moses said to them, "It is the bread that the Lord has given you to eat. This is what the Lord has commanded: Gather as much of it as each of you needs, an omer per person according to the number of persons, all providing for those in their own tents." The Israelites did so, some gathering more, some less. But when they measured it with an omer, those who gathered much had nothing over, and those who gathered little had no shortage; they gathered as much as each of them needed. And Moses said to them, "Let no one leave any of it over until morning." But they did not listen to Moses; some left part of it until morning, and it became wormy and rotten. And Moses was angry with them. Morning by morning they gathered it, as much as each needed, but when the sun grew hot, it melted.*

*On the sixth day they gathered twice as much food, two omers apiece. When all the leaders of the congregation came and told Moses, he said to them, "This is what the Lord has commanded: Tomorrow is a day of solemn rest, a holy Sabbath to the Lord; bake what you want to bake and boil what you want to boil, and all that is left over put aside to be kept until morning." So they put it aside until morning, just as Moses commanded them, and it did not rot, and there were no maggots in it. Moses said, "Eat it today, for today is a Sabbath to the Lord; today you will not find it in the field. Six days you shall gather it, but on the seventh day, which is a Sabbath, there will be none."*

*On the seventh day some of the people went out to gather, and they found none. The Lord said to Moses, "How long will you refuse to keep my commandments and instructions? See! The Lord has given you the Sabbath; therefore on the sixth day he gives you food for two days; each of you stay where you are; do not leave your place on the seventh day." So the people rested on the seventh day.*

*The Israelites called it manna; it was like white coriander seed, and the taste of it was like wafers made with honey. Moses said, "This is what the Lord has commanded: Let an omer of it be kept throughout your generations in order that they may see the food with which I fed you in the wilderness when I brought you out of the land of Egypt." And Moses said to Aaron, "Take a jar, and put an omer of manna in it, and place it before the Lord, to be kept throughout your generations." Just as the Lord commanded Moses, so Aaron placed it before the covenant, for safekeeping. The Israelites ate manna forty years, until they came to a habitable land; they ate manna, until they came to the border of the land of Canaan. (An omer is a tenth of an ephah.)*



## ANNOUNCEMENTS

**REV. KELLIE WILL BE AWAY** from May 18 to June 1, back in the office on June 2 and at Five Oaks for a clergy gathering from June 3 to 5. The pulpit will be filled by Rev. Randy MacKenzie on May 24 and by LLWL Heather King on May 31.

**BOOK STUDY** – The Worship and Faith Committee is holding another book study “The Wisdom Jesus” written by Cynthia Bourgeault to be led by Rev. Kellie in the fall, date to be determined, so you have the summer to read the book which is available for purchase through Amazon. If you need help accessing the book, please speak to Kellie.

**COFFEE HOUR** – volunteers are needed to help with coffee hour after Worship each Sunday. Please see Carol Goff for information and “training”. Coffee is made for you and we just need people to bring/serve snacks and cleanup. A signup sheet is on the bulletin board.

**LITTLE PANTRY** – please remember to continue to support the Little Pantry with your **non-perishable food items**. A collection box is located in the auditorium.

### **AREA EVENTS (details on the bulletin board):**

**Courtland United Church** is hosting a Spring Concert and Potluck on Thursday, May 21 beginning at 6:00 p.m. to support the purchase of a new piano.

**Churches Out Serving** worship and prayer event on Sunday, May 24 at 6:00 to 7:30 p.m.

**Nations Uniting Sharing Centre in partnership with Residential School Survivors and Woodland Culture Centre** invites you to “Take the Tour” of the Mohawk Institute on June 2 from 10 a.m. See bulletin board for registration and further information.

**Arcady presents Ruth**, a musical drama – St. James United Church, Simcoe on Saturday, June 27 at 7:30 p.m. Tickets required.



## ANNOUNCEMENTS

**REV. KELLIE WILL BE AWAY** from May 18 to June 1, back in the office on June 2 and at Five Oaks for a clergy gathering from June 3 to 5. The pulpit will be filled by Rev. Randy MacKenzie on May 24 and by LLWL Heather King on May 31.

**BOOK STUDY** – The Worship and Faith Committee is holding another book study “The Wisdom Jesus” written by Cynthia Bourgeault to be led by Rev. Kellie in the fall, date to be determined, so you have the summer to read the book which is available for purchase through Amazon. If you need help accessing the book, please speak to Kellie.

**COFFEE HOUR** – volunteers are needed to help with coffee hour after Worship each Sunday. Please see Carol Goff for information and “training”. Coffee is made for you and we just need people to bring/serve snacks and cleanup. A signup sheet is on the bulletin board.

**LITTLE PANTRY** – please remember to continue to support the Little Pantry with your **non-perishable food items**. A collection box is located in the auditorium.

### **AREA EVENTS (details on the bulletin board):**

**Courtland United Church** is hosting a Spring Concert and Potluck on Thursday, May 21 beginning at 6:00 p.m. to support the purchase of a new piano.

**Churches Out Serving** worship and prayer event on Sunday, May 24 at 6:00 to 7:30 p.m.

**Nations Uniting Sharing Centre in partnership with Residential School Survivors and Woodland Culture Centre** invites you to “Take the Tour” of the Mohawk Institute on June 2 from 10 a.m. See bulletin board for registration and further information.

**Arcady presents Ruth**, a musical drama – St. James United Church, Simcoe on Saturday, June 27 at 7:30 p.m. Tickets required.