

*Welcome to the
Bergthaler Mennonite Church
of Altona*

Bergthaler Mennonite Church of Altona

WORSHIP SERVICE

August 1, 2021

“Honor your father and mother, so that your days may be long in the land that the Lord your God is giving you.”

~ Exodus 20: 12



Sunday, August 1, 2021

GATHERING and PRAISE

Welcome and Announcements

Music **Lord, You've Searched Me**

Call to Worship and Prayer

Music **Kindness**

LISTENING

Moment in Mission

Children's Story

Scripture Reading **Exodus 20:12; Eph 6:1-4, Deut 6:20-25**

Sermon **“To be worthy of honour”**

RESPONDING

Music **God Made from One Blood VT 523**

Prayer for the Offering, the Church and World

SENDING

Benediction

Music **As You Go Out from Here VT 841**

Sermon: Virginia Gerbrandt Richert **Worship Leader:** Josh Janzen

Children's Story: Laurie Enns **Scripture Reader:** Craig Neufeld

Music: Camps With Meaning, Steve Bell, Voices Together Musicians

Our worship service will be available on the church website
[abchurchcommunity.ca] Sunday morning at 10:30 a.m.

PRAYER & PRAISE CORNER

- ~ **Hospitalized:** Harold Sawatzky, Waldo Schulz, and Helen Schulz at Altona Health Centre; Henry and Helen Thiessen at Morris Hospital.
- ~ **Let's join in prayer** for:
 - ~ Nora Hildebrant as she has recently been diagnosed with stage 4 cancer. May God grant her strength and peace during her journey with cancer.
 - ~ for Peter & Linda Elias as Peter is journeying with Parkinson disease.
 - ~ Pray for all who are homebound due to health conditions.
- ~ **Condolences to** James & Sharon Friesen, Trevor & Jolene Friesen-Stoesz, families and extended family, at the passing away on July 19 of mother, grandmother, great grandmother Helen Hiebert of Morden.
- ~ **Thank you** to our ABC family for the thoughts, prayers, cards, and food, said and brought on our behalf before, during, and after Larry's surgery. We are so gracious. Blessings to all, Larry & Rose Tryon
- ~ **Let's join in celebration** for God's gift of love and marriage. Congratulations to Frank & Irene Kehler who celebrated 50 years of marriage on July 30th.
- ~ **Mennonite Church Canada**
Pray: Africa Inter-Mennonite Mission asks us to join them in thanking God for the recent training in assets-based community development (ABCD) that AIMM offered to the Christ Salvation Mennonite Church in Sierra Leone. Twenty-six church leaders learned strategies for building sustainability and making good use of local resources.

WORSHIP CALENDAR

We continue our worship series exploring the Ten Commandments and how these instructions continue to help us orient our lives to Christ's call.

- | | |
|-------------------------------|------------------------------|
| Aug 8 : Don't kill | ~ Mark Tiessen-Dyck |
| Aug 15: Don't commit adultery | ~ Virginia Gerbrandt Richert |
| Aug 22: Don't steal | ~ Mark Tiessen-Dyck |
| Aug 29: Don't testify falsely | ~ Josh Janzen |
| Sept 5 : Don't covet | |

Bergthaler Mennonite Church of Altona 117 2ND Street NW Altona, MB R0G 0B1
Web Page Address: abchurchcommunity.ca Office: 324-6717 E-mail: office@abchurch.ca
Worship Services available online at: abchurchcommunity.ca Facebook: ABC community
Lead Pastor: Mark Tiessen-Dyck, 324-5990 cell 1-204-771-3406 marktd@abchurch.ca
Assoc Pastor: Virginia Gerbrandt Richert, cell 304-6119 virginiagr@abchurch.ca
Assoc Pastor of Youth Min: Josh Janzen, 204-502-1991, cell 1-402-631-3481 joshj@abchurch.ca
Children's Ministry Coordinator: Amanda Wiens, 324-6719 amandaw@abchurch.ca

FROM the PASTOR – Josh Janzen

This week, following my sermon on the Sabbath, I wanted to dig deeper into our inner relationships with God. And in this searching, I came across the idea of emotionally healthy spirituality. This phrase comes from pastor Pete Scazzero. He contends that our emotional health is deeply connected to our spiritual maturity. When we grow in our emotional health and in our own awareness, we are able to cultivate deeper relationships with ourselves, with others, and with God. Opportunities to dig deeper into our inner selves go hand in hand with contemplative spirituality, slowing down to rest and be with God.

One such way that we can begin working at emotionally healthy spirituality is by practicing the prayer of Examen. This spiritual practice calls on us to develop a regular rhythm of examining our days and reflecting on where we have found God's presence in the midst of them. As we all continue on in the Sabbath challenge of seeking rest to dwell with God, I invite you to spend time resting and responding to God with this version of the prayer of Examen below:

Begin with a pause and a slow, deep breath or two; become aware that you are in the presence of the Holy.

Offer Thanksgiving and reflect on the question - *What am I especially grateful for in the past day or week?*

As you prepare to reflect on your day or week, invite God's presence to be with you - *I am about to review my day; I ask for the light to know God and to know myself as God sees me.*

Review and reflect on your day or week -

- o *Where have I felt true joy?*
- o *What has troubled me?*
- o *What has challenged me?*
- o *When have I succeeded?*
- o *When have I failed?*
- o *Where and when did I pause?*
- o *Have I noticed God's presence in any of this?*

Respond to the review of your day or week - *In light of my review, what is my response to the God of my life?*

Look ahead and respond - *As I look ahead, what comes to mind? With what spirit do I want to enter tomorrow?*

Close in thanksgiving - *To the God of my life who has made me and knows me, I offer thanks for what has been and ask for the Spirit's presence with me in what will be. AMEN*

Ir Youth

- **Aug 4 [Wed] 7pm** - Incoming grade 7 welcome party.

CHURCH ANNOUNCEMENTS

- **Summer Office hours** [July & August] are 8:30am to 12 noon.
- **Tuesday morning Coffee Time – 10am – outside** – bring a mug and a lawn chair. Coffee will be provided. In case of inclement weather, we will meet inside.
- **Moment in Mission** - This week's video will highlight the work that MCC has done in the past 100 years and what they are doing now. <https://www.youtube.com/watch?v=aANGFrKWSc>

COMMUNITY ANNOUNCEMENTS

Mennonite Church Canada – office@mennonitechurchcanada.ca

- Our nationwide service this Sunday comes from Peace Mennonite Church in Richmond BC. This week's message tackles judgmentalism. The service is available at mennonitechurch.ca/worshipservices

Mennonite Church Manitoba – mennochurch.mb.ca 204-896-1616

- **Camps With Meaning** - invites applications for three permanent positions at Camp Assiniboia. Head of Maintenance, Food Services Coordinator, Custodian/General Assistant. [Find the job description on the CwM website www.campswithmeaning.org.](#)

Canadian Mennonite University – cmu.ca

- **There's still space** in our Youth Basketball Camp running August 23-27 (1-5pm) for kids in grades 8-10. Contact sportscamp@cmu.ca for more information.
- **Work at CMU!** We are recruiting for: Food Services Cook and Director of Finance. Visit: cmu.ca/about/employment.

Mennonite Central Committee Manitoba – manitoba@mccmb.ca

- **Join us Sept 30-Oct 2 for MCC at 100:** Mennonites, Service and the Humanitarian Impulse. A virtual Mennonite Studies Conference hosted by the University of Winnipeg. To learn more and register click [here](#) or visit mennonitestudies.uwinnipeg.ca. This event is supported by MCC.
- **Join GO! 100 today!** Challenge yourself, or a team, to complete 100 of anything before Aug 31 and help raise funds for peacebuilding projects around the world. Run, bake or swim. The possibilities are endless! Get started [here](#) or at mccmb.ca/go-100.
- **Join** the MCC UN Office for an Online Global Student Seminar on Sept 30 and Oct 1. Listen in on topics about climate change, conflict and peacebuilding. Learn more [here](#) or at mccmb.ca/events.

Eden Health Care Services – www.edenhealthcare.ca

- **Aug 14** – Eden Foundation Charity Golf Tournament at Oakview G.C.

Mennonite Disaster Service - mdscanada@mds.org

- **In the July edition** of *On the Level* is available from MDS, volunteers celebrate creativity during the pandemic, how the Covid Relief Fund kept church doors open, and what hope looks like in small town Texas.

Mennonite Collegiate Institute – info@mciblues.net