February 14, 2016
First Sunday of Lent

Clergy
Rev. Blair Lewis

Organist
Martha Vickers

Office Adm.
Isabel Clouston

Greeters
Julie & Harvey Spence

Custodian
Alan Wilcox

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Lectionary for today
Deuteronomy 26:1-11
Psalm 91:1-2, 9-16
Romans 10:8b-13

Lectionary for next Sunday
Genesis 15:1-12, 17-18
Psalm 27
Philippians 3:17-4:1

The Community Gathers

The asterisk * identifies those times in the service where the congregation is invited to stand as able.

We welcome Helen Knowles today and thank her for leading our worship.

*Choral Opening: ‘Spirit, Open My Heart’ #MV 79

Spirit, open my heart to the joy and pain of living.
As you love may I love, in receiving and in giving,
Spirit, open my heart.

Welcoming:

Welcoming Friends Worshipping by CD:

Lighting of the Christ Candle & Call to Worship:
One: As we light the Christ Candle,
we are reminded of the power of God,
the Father, Son & Holy Spirit,
revealed in this Holy Season.

All: Thanks be to God.
One: The light shines in the darkness and the darkness has never put it out.
All: Thanks be to God.
One: May the peace of Christ be with you.
All: And also with you.
One: We come with curiosity & longing.
All: We come with our gifts and our weaknesses.
One: We come, hoping for change in our lives.
All: Renew us, fill us.
One: Bless us with your spirit, that we may touch your world with love.

A Lenten Candle Liturgy:

Extinguishing of One Candle:

Choral Response: ‘Take, O Take Me as I Am’ #85 MV

Take, O take me as I am;
Summon out what I shall be;
Set your seal upon my heart
And live in me, in me.

Prayer of Approach:

*Opening Hymn:

‘Come In, Come In and Sit Down’ #395VU

Announcements:

Time for all Ages:

*Hymn: ‘Simon, Simon, a Fisherman’ #597 VU
Prayer for Understanding:

Scripture Readings: Pat MacIntosh
Old Testament Lesson: Ruth 4:7-17
‘Boaz Marries Ruth’
Responsive Psalm: Psalm 146, #868VU
‘In Praise of God the Saviour’
Gospel Lesson: Matthew 23:1-12
‘A Warning from Jesus’

Meditation: ‘The Family of God’
Anthem: ‘Young Apple Trees’

Prayer of Confession:
One: We confess to you, our God,
that too often we remain silent.
We have so much, while others have so little
and the rights of others are not respected.
All: Forgive us, O God,
that we have set different priorities.
One: We confess that we do not respond adequately
to the cries of injustice within Canada and beyond its borders.
All: Forgive us, O God,
that we have set different priorities.
One: We confess that we have sinned
through our proud and self-centered attitudes,
in thoughts, words and deeds,
forgetting that you, O God,
rejoice when we reach out to the oppressed.
All: Forgive us, O God,
that we have set different priorities.
Have mercy upon us. Amen.

Choral Response: ‘And When You Call for Me’ #96 MV
And when you call for me,
I have already answered.
And when you call for me,
I am already there.

Assurance of Pardon:

Pastoral Prayer and Lords Prayer:

Prayer of Dedication:

Choral Closing: ‘Stay with Us through the Night’ #182 VU vs.1
Stay with us through the night.
Stay with us through the pain
Stay with us, blessed stranger
Till the morning breaks again.

Organ Postlude:
Church News

This Week at First United –Feb. 15–Feb. 20

<table>
<thead>
<tr>
<th>Monday</th>
<th>9am</th>
<th>Ways &amp; Means – Eddy Rm.</th>
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<tr>
<td></td>
<td>6:15</td>
<td>Beavers – Rms. 1.2&amp;3 DEMH</td>
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<tr>
<td>Tuesday</td>
<td>2pm</td>
<td>Bible Study – Eddy Rm</td>
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<td></td>
<td>6:15</td>
<td>Cubs &amp; Scouts – DEMH GYM</td>
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<td>Wednesday</td>
<td>9-12pm</td>
<td>TAB – Rms. 1.2&amp;3</td>
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<td></td>
<td>6:30</td>
<td>Choir Practice</td>
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The bulletin today has been placed in loving memory of

Annan MacKenzie
by Margaret and family.

***

Blair Eddy
by Marjorie and family

A donation has been made to the South Tetagouche Cemetery Fund in loving memory of Gordon and Ethel Vance by the family.

** Confirmation Classes:** If anyone is interested in attending confirmation classes, please contact the church office at 546-3532. Classes will be held on Sunday afternoons and Confirmation will take place at Easter.

**Miller Bursary Guidelines:** The recipient of the Miller Bursary must be a student from BHS or ESN, a member of First United Church and have achieved the highest overall average of those eligible.

**The Upper Room** for March and April are in the Narthex. Please feel free to take one. A container for donations is located with the publication.

Community Events

**Note date change:** Acadian pianist Julien LeBlanc will perform a solo piano recital at the First United Church on Tuesday, February 16 at 7:30 pm. This recital is part of a tour promoting his new album and the program will include works by Chopin, Dutilleux and Poulenc. Tickets on sale at the door: Adults/15$, Students/10$. Copies of his new CD “Mélancolies” will be available at the price of 20$

**Bathurst Christian Women** invite you to our Sweetheart Luncheon Wednesday, February 24, 2016 at Danny’s Inn and Conference Center $15 from 11:30am - 1:00pm. Andrea from “Andrea Confectionery” a popular candy store will be bringing us various gift ideas, and guest speaker Peter Scott, local Bathurst resident will bring his message of “Love”. Reservations are necessary. Please contact Joanne at 542-1118 or ejgodin@rogers.com or contact Connie at 546-2127.

**The Ladies Auxiliary to Herman J. Good VC Branch 18,**
Royal Canadian Legion Turkey Dinner
Includes coffee, tea, and dessert Sunday, March 6, 2016
Served from: 5:00pm-6:00pm Cost: $14.00
Tickets are on sale at the Legion.

**World Day of Prayer:** March 4th, 3pm. Holy Family Parish Church.
Written by the World Day of Prayer Committee of Cuba.
Theme: Receive Children, Receive me.
Contact Sybil Hill for information 545-6399
Refugee Sponsorship:
Today's bulletins include special envelopes to help you in supporting the ongoing efforts of the MPUCC Refugee Sponsorship Committee. Both monetary donations & gift cards are receiptable & may be placed in the envelopes, returned to the church office or placed on an offering plate. Cheques are to be made payable to First United Church & gift cards, accompanied by their purchase receipts. All contributions will be gratefully accepted. For more information, contact Helen M Knowles at 546-9563

Bulletin update #8 (Feb. 14th):
UCC Mir. Presbytery Refugee Project

Family Info:
No news on the arrival of our family as yet. However, another one of our sponsoring groups in the city welcomed their 8-person family on Feb. 8th. We will continue with our preparations ... clearing up loose ends.

I attended the New Bandon service last Sunday and will be in New Richmond today with information on our presbytery’s Syrian initiative. I’ll report that we have confirmed another dwelling and notified the federal government that we are ready to choose a second family.

If you have not already done so, please consider a donation to the initiative. Efforts will continue until our goals as a refugee sponsor are met. Thank you in advance for your interest in this matter.

Presbytery/project news:

➢ Sensitivity training 3:30pm Feb. 14th @ Vogue Theatre in Miramichi East
*All interested persons are welcome!

*** Join use on Facebook:
https://facebook.com/groups/1158737514137610/
(Contact Rev. Blacquiere at 779-4461 if you want to contribute)
DID YOU KNOW...
PSYCHOLOGY WORKS FOR SUICIDE RISK

SUICIDE RISK
Suicide is a complex event. There are biological, psychological, and sociological causes of suicide and suicidal behaviour (e.g., thinking about or attempting suicide).

WHAT ARE THE RISK FACTORS FOR SUICIDE?
Studying those who have completed suicide has given us a growing understanding of what leads to it. The following psychological aspects appear to be the key in moving into a suicidal state:

- Unbearable Psychological Pain. The common trigger for suicide is unbearable pain, a deep anguish, in which the person feels especially hopeless and helpless.
- Narrow Thinking. Tunnel vision, or rigid thinking, is common and one of the deadliest aspects of the suicidal state. The individual sees suicide as the one and only solution for their current difficulties. They think everything is hopeless and things will never be better.
- Ambivalence. The suicidal person is deeply ambivalent — he or she wants both to live and to die.
- Mental illness. About 90% of suicidal people have a psychiatric disorder, the most common being depression or psychosis. Suicidality is not mental illness, but suicidal people are often suffering from a mental illness.
- Sense of vulnerability. The suicidal person often feels very vulnerable, even fragile, and lacks a positive view of themselves and a sense of personal strength.
- Problem Relationships. The suicidal person often feels alone and cut off from others. They may have experienced conflict and rejection from others. They may think they have been dishonourable or failed family, friends, society, etc.

- Loss. An experience of loss, or concern about anticipated loss (for example, spouse leaving, fired from a job, ill health, social embarrassment or humiliation) is often a trigger for suicide. Research suggests that those who react with anger or aggression may be more at risk for suicide.
- Escape. Suicide is seen as an escape from what feels hopeless and unbearable.

CAN PSYCHOLOGY HELP?
PREVENTION, INTERVENTION, AND POSTVENTION.

Prevention: Prevention is education. Education about the fact that suicide is a problem, what clues to look for, and where to get help, is effective.

Intervention: Intervention is the care and treatment of the person who is in crisis or who has suicidal concerns.

Postvention: Postvention means what happens after someone has committed suicide. Suicide can profoundly affect family and friends.

Those at risk for suicide can be helped, but there is no single or easy solution. Be part of the solution.

Julie Spence
Coordinatrice en éducation communautaire
Community Education Coordinator
ACSM du N-B
CMHA of NB
165, St-Andrew, Bathurst, NB, E2A 1C1
Tel: Bathurst (506) 547-2949 Alnwick (506) 776-3895
www.nb.acsm.ca / www.nb.cmha.ca
Ruth 4:7-17 New International Version (NIV)

7 (Now in earlier times in Israel, for the redemption and transfer of property to become final, one party took off his sandal and gave it to the other. This was the method of legalizing transactions in Israel.)

8 So the guardian-redeemer said to Boaz, “Buy it yourself.” And he removed his sandal.

9 Then Boaz announced to the elders and all the people, “Today you are witnesses that I have bought from Naomi all the property of Elimelek, Killon and Mahlon.

10 I have also acquired Ruth the Moabite, Mahlon’s widow, as my wife, in order to maintain the name of the dead with his property, so that his name will not disappear from among his family or from his hometown. Today you are witnesses!”

11 Then the elders and all the people at the gate said, “We are witnesses. May the LORD make the woman who is coming into your home like Rachel and Leah, who together built up the family of Israel. May you have standing in Ephrathah and be famous in Bethlehem.

12 Through the offspring the LORD gives you by this young woman, may your family be like that of Perez, whom Tamar bore to Judah.”

Naomi Gains a Son

13 So Boaz took Ruth and she became his wife. When he made love to her, the LORD enabled her to conceive, and she gave birth to a son.

14 The women said to Naomi: “Praise be to the LORD, who this day has not left you without a guardian-redeemer. May he become famous throughout Israel!

15 He will renew your life and sustain you in your old age. For your daughter-in-law, who loves you and who is better to you than seven sons, has given him birth.”

16 Then Naomi took the child in her arms and cared for him.

17 The women living there said, “Naomi has a son!” And they named him Obed. He was the father of Jesse, the father of David.

Matthew 23:1-12 New International Version (NIV)

A Warning Against Hypocrisy

23 Then Jesus said to the crowds and to his disciples:

2 “The teachers of the law and the Pharisees sit in Moses’ seat.

3 So you must be careful to do everything they tell you. But do not do what they do, for they do not practice what they preach.

4 They tie up heavy, cumbersome loads and put them on other people’s shoulders, but they themselves are not willing to lift a finger to move them.

5 “Everything they do is done for people to see: They make their phylacteries[a] wide and the tassels on their garments long;

6 they love the place of honor at banquets and the most important seats in the synagogues;

7 they love to be greeted with respect in the marketplaces and to be called ‘Rabbi’ by others.

8 “But you are not to be called ‘Rabbi,’ for you have one Teacher, and you are all brothers.

9 And do not call anyone on earth ‘father,’ for you have one Father, and he is in heaven.

10 Nor are you to be called instructors, for you have one Instructor, the Messiah.

11 The greatest among you will be your servant.

12 For those who exalt themselves will be humbled, and those who humble themselves will be exalted.