**Westworth United Church**

1750 Grosvenor Avenue, Winnipeg, Manitoba

on Treaty One Territory in the heart of the Métis Nation

Thanksgiving Sunday

October 9, 2022

**We Gather to Worship**

**Welcome**

**Introit:** “I Will Give Thanks” *Douglas E Wagner*

**Candle Lighting and Prelude:** “We Gather Together” *B.H. Fisk*

**Treaty Acknowledgement**

**Children’s Time**

**Hymn:** VU 218 “We Praise You Oh God” KREMSER

**Prayer of Confession:**

**Gracious God,**

**Often frustration and fear are our automatic reflex to upset.**

**Teach us how to change our default to pause and patience.**

**Help us, even in the midst of challenges,**

**To offer deep thanks for all that we do have.**

**Remind us to practice gratitude every day;**

**Grant us a light heart that can smile in peace,**

**Grateful for all that brings wholeness and healing.**

**Silent Meditation**

**Words of Assurance**

**Passing the Peace:**

 May the peace of Christ be with you.

 **And also with you.**

 “Now Thank We All Our God” J*ohann Cruger/John Carter*

**We Hear the Word**

**Responsive Reading** VU 784 “Psalm 66” Refrain 2

**Scripture Reading:** Luke 17:11-19

 This is the Gospel of Christ.

 **Thanks be to God.**

**Sung Response**: VU 956 “Your Word is a Lamp”

**Anthem:** “Let All Things Now Living” *John Cowley*

**Sermon**: “Healing Faith”

**We Respond to the Word**

**Hymn** VU 236 “Now Thank We All Our God” NUN DANKET

**Offertory Prayer**

**Ministry of the People**

**Prayers of the People**

 Prayer Introit: MV 175 “May We But Wait”

 Prayers of Thanksgiving and Intercession

 The Lord’s Prayer: VU 921

**Hymn** VU 227 “For the Fruit of All Creation” AR HYD Y NOS

**Benediction**

**Sung Response** “Hallelujah” ST. GEORGE’S

**Postlude: “**Thanksgiving” *arr. Charles Callahan*

Reader: Mac Watts QR Code for Westworth donations

Camera & Production: Peter Sim & Kevin Sim

Ensemble: Max Fingerote, Shafy Shahhat, Claire Wright

Interim Director of Music: Ruth Wiwchar

Organist: Dorcas Windsor

Minister: Loraine MacKenzie Shepherd

Coordinator of Children, Youth and Family Ministries:

 Katie Anderson

**Fostering Gratitude**

* **Prayer of Gratitude**

At the end of each day, offer thanks for the blessings of the day, no matter how small

* **Thank Family**

Try not to take the habitual chores of family for granted. Thank them for cooking, cleaning, washing dishes, taking out the garbage. Noticing is the first step in fostering a spirit of gratitude within yourself.

* **Thank Strangers**

Develop a habit of thanking strangers for what they do—the car that pulled over to let you pass or waited to let you in, the cashier, the postal worker, the teller. If you cannot thank someone personally, thank them in your mind. This will foster gratitude within you.

* **Gratitude Journalling**

Make a daily list of things for which you are grateful. Don’t agonize over this—let it flow quickly. There is always tomorrow to add what you have missed today.

* **Smile**

Buddhists teach that the very act of smiling relaxes facial muscles and gladdens the heart. A smile of gratitude speaks a thousand words.

* **Write Thank You Cards or Emails**

Send a card or an email just to say thanks. Resist the temptation to say more. A simple thanks indicates that gratitude is the primary focus.

* **Offer Grace**

Develop a practice of giving thanks before meals. You could offer words or simply join hands and ask everyone to take three deep, slow breaths of gratitude.