



CONTEMPLATIVE WORSHIP: Deepening with God and Making a Difference

8:45 a.m. ~~ October 15, 2017

Brother Juniper, a companion of Francis of Assisi, was notorious for constantly giving his possessions away. At one point he was ordered by a superior not to give away his outer garment to the beggars anymore. But it wasn't long before he met someone in need who asked him for some clothing. He said, "My superior has told me under obedience not to give my clothing to anyone. But if you pull it off my back, I certainly will not prevent you."

Quieting Ourselves As an Act of Worship

- I sit still for just a moment. I don't need to think any thoughts. I don't need to feel any certain emotions. I sit.
- God is within me, meeting me in my depths. I want to become aware of God within me.
- God is around me, in the lives of others in this Chapel. I am aware of God's presence within this community.
- God is alive in the world, in places of beauty and of unrest, in the created world and in the ordinary lives of people everywhere. I want to be aware of God in "the big picture."
- I offer a breath prayer as I move into worship:

Exhale: *I wait patiently for You . . .*

Inhale: *You turn to me and hear me . . . (Ps. 40:1)*

Singing and Speaking the Psalm

"40" (Psalm 40)

*I waited patiently for the Lord, He inclined and heard my cry;
He lifted me out of the pit, out of the miry clay . . .*

*I will sing, sing a new song; I will sing, sing a new song
How long to sing this song; how long to sing this song
How long, how long, how long, how long, to sing this song*

*I waited patiently for you
And you leaned toward me
And heard me
And raised me up from the pit
From the mud, from the clay
And set my foot upon a rock
So that my step was firm
And put a new song on my lips
Your song
That many may hear it with awe
And have confidence in you*

*He set my feet upon a rock, and made my footsteps firm;
Many will see, many will see and fear . . .*

Our Communal Prayer (from *A New Zealand Prayer Book*)

God, you are our beginning and you will be our end; we are made in your image and likeness.

We praise and thank you for this day.

This is the day on which you created light and saw that it was good.

This is the day in whose early morning light we discovered the tomb was empty and encountered Christ, the world's true light.

This is the day you have made;

We shall rejoice and be glad in it.

*Eternal God, grant to us this day and every day such readiness and delight in following Christ,
that whether our lives are short or long we shall have lived abundantly. Amen.*

Finding Rest in God

*My soul is at rest in God alone,
my salvation comes from God.*

"My soul is at rest in God alone"

Noticing Our Seasons

- In this current period of my life, what are my gifts and strengths? What goodness do I hold in my hands?
- In this same period, what are my needs? What is my poverty? What do I lack?
- Given my gifts/strengths and my needs/poverty, what season does this seem to be for me? How would I name it?

A Sung Prayer: Lord, have mercy! Christ, have mercy! Lord, have mercy!

*Kyrie, kyrie eleison. Kyrie, kyrie eleison.
Christe, Christe eleison. Christe, Christe eleison.
Kyrie, kyrie eleison. Kyrie, kyrie eleison.*

"Kyrie" (Dvorak)

New Testament Readings

Galatians 6:1 - 5

Bearing Burdens and Being a Burden

In Every Season . . . God

*God to enfold me, God to surround me,
God in my thinking, God in my words.
God in my sleeping, and in my waking,
God in my watching, God in my hopes.

God in my life, God in my lips,
God in my heart and my soul.
In my sufficing, and in my slumber,
In my eternal and living soul.*

"God"

Holy Communion – Silent Prayer of Consecration (with "Jesus, Lamb of God")

*Jesus, Lamb of God, you take away the sin of the world,
have mercy on us.*

Jesus, Soul of Life, you take away the sin of the world . . .

Jesus, Bread of Peace, you take away the sin of the world . . .

Jesus, Cup of Love, you take away the sin of the world . . .

Jesus, Hope for all, you take away the sin of the world . . .

Gathering What We Have Experienced

Benediction

*Lord of the new day, I awake to this new day with all of its possibilities, its uncertainties, its many faces,
and its underlying mystery. May I be able – in your strength – to move through this day free of anger or
bitterness, so that when I meet my neighbour or encounter the stranger, I may recognize your face. Amen.*

*Please register your attendance on the sign-in sheets in the foyer. Place offerings and prayer requests in the basket at the rear of the Chapel.

****Common Word**, a time for listening to scripture, large group sharing, and personal reflection: this morning (10:00 a.m.) in The Anchor House.

*****Creative Space** explores spirituality through creativity in an open setting, this Saturday, October 21, 9:00 – 1:00 in The Anchor House.

