



Lily Gardener, *Take Up Your Mat and Walk*

## *Raised to Walk in New Life*

### **Contemplative Worship: Space to Experience Ourselves in God**

8:45 a.m. + May 26, 2019 + Sixth Sunday of Easter

*May we sustain the confidence and courage, the compassion and humor,  
to realize the sacred power in this stunning opportunity which is ours today, and will be ours forever.*  
(Carter Haywood)

#### Opening Praise

*“O Lord, Let My Soul Rise Up to Meet You”*

*O Lord, let my soul rise up to meet you as the day rises to meet the sun. (repeat)*

*Strangers and pilgrims with no earthly city. (repeat)*

*And we find in you ev’rything we ever could call home. (repeat)*

#### Offering The Prayer of Abandonment in Silence

*Charles de Foucauld*

*Father, I abandon myself into your hands;  
do with me what you will.*

*Whatever you may do, I thank you:  
I am ready for all, I accept all.*

*Let only your will be done in me,  
and in all your creatures -  
I wish no more than this, O Lord.*

*Into your hands I commend my soul:  
I offer it to you with all the love of my heart,  
for I love you, Lord, and so need to give myself,  
to surrender myself into your hands without reserve,  
and with boundless confidence, for you are my Father.*

#### Song of the Presence

*“The Breezes at Dawn”*

*The breezes at dawn have secrets to tell you, do not go back to sleep.  
The heart-door is open and bids you to enter, do not go back to sleep.  
The two worlds are waiting. The journey before you. Stay awake.  
Stay awake, stay awake, stay awake, stay awake.*

## The Morning Gospel

**John 5: 1-9a, TPT**

*Then Jesus returned to Jerusalem to observe one of the Jewish holy days. Inside the city near the Sheep Gate there is a pool called in Aramaic, The House of Loving Kindness. And this pool is surrounded by five covered porches. Hundreds of sick people were lying there on the porches – the paralyzed, the blind, and the crippled, all of them waiting for their healing. For an angel of God would periodically descend into the pool to stir the waters, and the first one who stepped into the pool after the waters swirled would instantly be healed. Now there was a man who had been disabled for thirty-eight years lying among the multitude of the sick. When Jesus saw him lying there, he knew that the man had been crippled for a long time. So Jesus said to him, “Do you truly long to be healed?” The sick man answered him, “Sir, there’s no way I can get healed, for I have no one who will lower me into the water when the angel comes. As soon as I try to crawl to the edge of the pool, someone else jumps in ahead of me.” Then Jesus said to him, “Stand up! Pick up your sleeping mat and you will walk!” Immediately he stood up – he was healed! So he rolled up his mat and walked again!*

## Finding Our Place in the Story

## Hearing the Gospel Again

## Listening in Silence

During these 4 minutes of silence, open yourself to how God is speaking to you through the Gospel reading. Consent to God’s loving action within you as your surrender and descend into this silence. Breathe deeply. Center your attention in your heart. If it helps you to center in your heart, use a sacred prayer word such as Peace, Love, Abba, Jesus, or Spirit.

## Singing Psalm 40

**“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*

*He set my feet upon a rock  
And made my footsteps firm  
Many will see  
Many will see and fear*

## Holy Communion

*Lord God, our lives grow stale and labored as we struggle day after day to know You and to live with meaning. We fall into the ruts of sameness. We sing to You old songs, unable to imagine songs we’ve never heard.*

***Yet, our hearts tell us that there is a new song to sing.***

*When we feel trapped by life, God, show us the doors You have opened around us. Give us a new song to sing.  
We sing to You a new song.*

*Your Son lived a life of wholeness, fully human and fully God, completely the person You created him to be. His life was a new song sung into a world of old songs and closed-in living. Like Christ, God, make us whole.*

***We pray for the grace to sing the new song You have given us to sing.***

*This is the food of the new song: the bread of new life and the cup of boundless mercy. This is the life of Jesus that lives within us. In this meal, fill us with life, cover us in mercy, and live Your life through us.*

***God, feed us this meal, and we will sing to You always. Amen.***

Communion Song

*"I Will Walk"*

*My spirit longs to follow  
My spirit longs to rise  
But when I see tomorrow I'm afraid  
You call me out of darkness  
To leave the wounds I've known  
Lord help me in my weakness to come home  
And I will walk, yes I will walk  
Into Your healing, into Your heart  
You take my hand, and lead me on  
And in Your presence, my true self lies  
So I will walk*

Offering the Prayer of Abandonment

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do with me what you will.  
Whatever you may do, I thank you:  
I am ready for all, I accept all.*

*Let only your will be done in me,  
and in all your creatures -  
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*Into your hands I commend my soul:  
I offer it to you with all the love of my heart,  
for I love you, Lord, and so need to give myself,  
to surrender myself into your hands without reserve,  
and with boundless confidence, for you are my Father.*

Benediction

*"God's Eye"*

*God's eye be within me, God's foot be before me,  
God's spirit be round me to shield and restore me.  
God's freedom to choose me, God's justice to fuse me,  
God's purpose to liberate and transform and use me.*

*Depart in Silence.*

\*Please offer the gift of silence to one another in the Chapel and the gift of greeting and conversation in the foyer.

\*\*Please note your attendance at the foyer sign-in sheets. You may place offerings & prayer requests in the plate at the rear of the Chapel.

\*\*\* If you are worshipping with us for the first time today, you are invited to pick up a mug from the foyer as an expression of our welcome.

## DO YOU WANT TO BE MADE WELL? (John 5:5-6)

Sometimes not. We want to hang onto our hurt.  
We're accustomed to adapting; sanity seems odd.  
Sobriety scares us. Wholeness intimidates us.  
It's uncertain beyond the prison gates.  
There's shelter in anger, in victimhood, in helplessness.  
And how can we live without the pity?  
What would life be like without the drama?

Do you want to be forgiven?  
Sometimes not. There's stability in despair.  
You can get so far behind you don't have to run.  
You can get comfy in the doghouse.

And there is this: someone will tell you  
it is not lawful for you to carry your mat.  
Easier to stay paralyzed than to bring down the temple.

Sometimes the greatest courage is needed  
not to fight monsters, but to live an ordinary life.

Do you want to be made well?  
It will be work. It will bring on the unknown.  
You will stand on new legs. It will hurt.

Take up your mat and walk.  
He will find you.

--Steve Garnaas-Holmes, [www.unfoldinglight.net](http://www.unfoldinglight.net)

### THE CENTER FOR CHRISTIAN SPIRITUALITY

*The Center companions with persons who seek a deepening connection with God that makes a difference in who they are with God, self, others, and the created world.*



**Chapelwood and The Anchor House  
are closed tomorrow, May 27  
for the observance of Memorial Day.**  
(Centering Prayer will not meet at The Anchor House)



**CENTERING PRAYER IN THE ANCHOR HOUSE**  
Wednesday at 8:30 a.m.  
Note: The Monday group will resume at 9 a.m. on June 3  
and *Centering Prayer awakens us to God's presence. Practicing Centering prayer  
in a small group offers the silent support of others who also listen for God's voice.*



**HOW TO WALK: making an everyday pilgrimage**  
Sundays June 2 – August 11, 10 a.m. in The Anchor House  
*In this class, we will explore how we might walk through our ordinary, everyday  
lives as Pilgrimage. Our time will include a brief teaching, group reflection, and  
individual time for prayer and response. Each week stands on its own, so you may  
come and go as your summer schedule allows.*

