



FINDING A STILL CENTRE

In the midst of our busy lives
A quiet place in the heart of our community
November 5th, 2017

God's Call into relationship: Returning in trust.

Music on arrival: Karl Jenkins: The Armed man, A Mass for Peace, X11. Benedictus

Opening liturgy:

O God, we cry to you in our anger that people hurt each other. We pray for all in our world who are victims of hurt and for those who are doing the hurting.

Loving God, be with us and heal us

We feel the fear and pain of those who have no assurance of love, no potential for peace, no desire for new life. We pray for all throughout the world, who seek to show the way to your healing heart.

Loving God, be with us and heal us.

We carry the things that have been done to us: in ignorance, in impatience, inadvertently and thoughtlessly. We carry those things that hurt and destroy us and keeps us from fullness of life. We pray for all our communities who bear their own and other's burdens in their lives and in their work. We pray for the liberation and refreshment for all who are overwhelmed by life.

Loving God, be with us and heal us.

We pray for all for whom we seek healing. In a moment's silence, we call to mind those on our hearts that are in need of your healing presence... We pray for ourselves. Pour your spirit over us.

Loving God, set us free with your peace and your power.

For you are stronger than all the forces that stand against us. You are stronger than all that causes us to fear.



**Loving God, set us free, heal our wounds.
Give us hope in your eternal presence.**

Adapted from Middlemore hospital church service (October 2017)

Reading:

There are times when I've cried out,
"God, give me back my heart of stone
and a ladder so that I can climb
up to my head and live there
with doors and windows shut on feeling.
God, God, I'm tired of all the hurt.
For a little while, let me live
a second-hand life. Let me tread
the safe path of other people's ideas.
Just let me drop this awesome responsibility
You have given me, to grow
Through love and pain."

Then I remember what it is like
to exist with a heart of stone.
How cold and dead I felt inside, and how divided I
was when viewed without love in my heart.

Remembering, I pour myself before God
and whisper into His waiting,
"My God, there is no going back.
It has to be a soft heart,
One that is always vulnerable
to the love and wounding
which is life,
which is growth,
which is you."

Keep within me, my God,
The heart of flesh.



Heartsease

Joy Cowley, from Aotearoa Psalms, Prayers for a new people, p.40.

Lectio Divina: Psalm 42. V. 1-6 (NRSV)

As a deer longs for flowing streams, so my soul longs for you, O God.

My soul thirsts for God, for the living God.

When shall I come and behold the face of God?

My tears have been my food day and night,

while people say to me continually, "Where is your God?"

These things I remember, as I pour out my soul:

*how I went with the throng, and led them in procession to the house of God,
with glad shouts and songs of thanksgiving, a multitude keeping festival.*

Why are you cast down, O my soul, and why are you disquieted within me?

Hope in God; for I shall again praise him, my help and my God.

Centering Prayer and time of silence:

Music for meditation: Karl Jenkins: *The Armed Man, A Mass for Peace, X. Agnus Dei.*

Reflection:

Sometimes when we look out, the world seems so dark. War, violence, hunger and misery seem to abound. This makes us anxious and helpless, what can we do in our private corner of the world that could have any effect on world events? We live in times when the call to full and critically aware citizenship could not be more urgent. When we yield to helplessness we strengthen the hand of those who would destroy. Yet the world is not decided by action alone. It is decided by consciousness and spirit. The spirit of a time is an incredibly subtle, yet hugely powerful force, comprised of the mentality and spirit of all individuals together. In this way, we can become a powerful agent of transformation in a broken, darkened world. There is a huge force-field that opens when intention focusses and directs itself towards transformation.

Adapted from John O'Donohue, *Benedictus*, "Blessing our world now" p. 224.

Final Blessing:

We pray together:

In our fragility, companion us
In our woundedness, heal us
In our vulnerability, defend us
In our weakness, forgive us
In our humility, transform us
In our doubt, confirm us
In our staleness, animate us
Loving God

From *Act, Love, Walk* (Gilroy et al p. 99).

Suffering

Open your heart
To noticing and being aware
Of suffering throughout the world.

When you are touched
Offer these words.

"Bring healing; bring peace."

Prayerbench.ca



World Peace (artist Sarah Hage)