



## FINDING A STILL CENTRE

In the midst of our busy lives  
A quiet place in the heart of our community  
May 6th 2018

As Marcus Borg notes, the way of transformation involves trusting radically in the compassion of God and letting go (or dying to) the self and the world as the basis of security and focus of concern. Jesus died to the world by living without possessions, family or home. Yet he did not make the details of his way normative, but only the basis pattern itself.

From, Days of Awe and Wonder, Marcus Borg p.84-86

## The Passion of God: The Kingdom of Heaven comes near

**Music on arrival:** J.S.Bach. Orchestral Suite No. 3 in D Major, BWV 1068:11. Air "On a G String"

**A Reading:** Refreshment

### Opening Prayer:

Leader: Let us be still;

All: and realise God's yearning and desire to enter into a relationship with us.

Leader: Let us be still;

All: and open our hearts to the indwelling of God's Holy Spirit.

Leader: Let us be still;

All: And bring before God all our worries, stresses and sorrows.

Leader: Let us be still;

All: and let ourselves be enveloped in God's all embracing love.

Leader: Let us be still;

All: and receive the peace of God that passes all understanding.

Leader: Let us be still;

All: confess our wrong doings and receive God's forgiveness.

Leader: Let us be still;

All: and receive God's grace, a gift beyond compare.

Leader: Let us be still;

All: and give thanks to God in all things

That filled with joy

We may go out to be a light in the world.



Photos by Liz Farrands

**Lectio Divina:** Matthew 11:28-30 (NRSV)

*“Come to me, all who are weary and carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light”.*

**Centering Prayer and time of silence**

**Music for meditation:** J.S. Bach. Sicilienne ( from Concerto in D minor, BWV 596).

**Closing Prayer:**

God in the midst, come close to us,  
and help us come close to you,  
as, for a fraction of time,  
we step back from the activities of the day.  
May we treasure such moments with you.  
Moments when we can bring to you  
the things we are doing,  
and find new meaning for them,  
and new strength for doing them.  
And moments for recalling  
how we are meeting you already.  
in the stuff of daily living and engagement,  
when faith is tested  
and compassion is translated into action.  
So if, as the day goes on, we forget you,  
We know that you do not forget us, o God.

AMEN.

Adapted from Iona Abbey Worship Book, The Iona Community P.158

**Blessing**

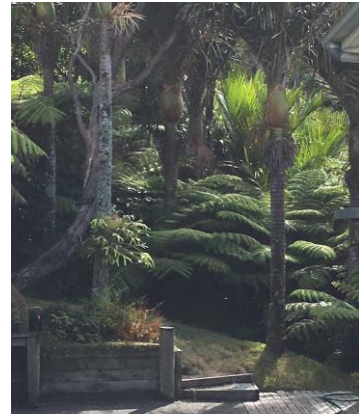
God who gave us life  
Christ who gave us new life.  
and the Spirit who is new life, send us out to be  
channels of life to the world.

Amen

from David Clowes " 500 Prayers for all Occasions" Prayer no. 501,  
p.410

As swimmers dare  
to lie face to the sky  
and water bears them,  
as hawks rest upon air  
and air sustains them,  
so would I learn to attain  
freefall, and float  
into Creator Spirit's deep embrace,  
knowing no effort earns  
that all-surrounding grace.

From Life Prayers by Denise Levertov p. 357



**REFRESHMENT**

Today, Lord, I do not have a loving heart.  
It has grown tired, like a wilting flower  
in a drought-stricken garden,  
and I am burdened with self reproach  
because I have nothing more to give the world.  
It happens, this, from time to time,  
and being tough on myself is dry comfort.

Great lover, I need time to rest beside your oasis,  
to fill up with the waters of your sweetness  
and be nourished by your eternal kindness.  
You will hold me until all my should and should not's  
fall away like last year's leaves and I will feel again,  
green growth beginning a new season.

Then my heart will remember what my head forgets,  
that the greatest gift of your love  
is your life in me.

From 'Come and See', Joy Cowley P38