



FINDING A STILL CENTRE

In the midst of our busy lives
A quiet place in the heart of our community
April 5th 2020

Living in God's Strength-Faith for the journey

Music on arrival: Hymn of the Cherubim (Tchaikovsky)

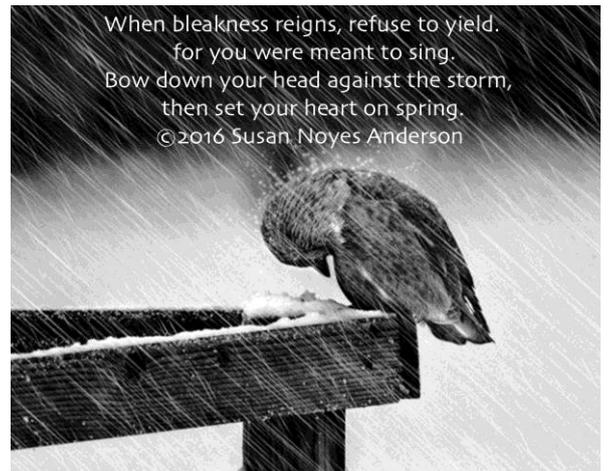
<https://www.youtube.com/watch?v=OPIK5HwFxcw>

Opening Prayers:

Prayer of confession

Holy and Merciful One,
free us from fear, we pray.
Free us from turning to human-made, flawed justice
that punishes, isolates, and divides.
Free us from thoughts of revenge and retribution.
Restore us to compassion, O God.

Mercy Instead of Sacrifice (Thea L. Racelis). p. 93
In *A Child laughs, Prayers of Justice and Hope*. Maria Mankin and Maren
C. Tirabassi



<https://susannoyesandersonpoems.com/wp-content/uploads/2016/08/bird-in-the-rain.jpg>

Give us wisdom and courage to take the small steps that build bridges across the barriers that can so easily divide us as a society.

Compel us to unity and love even when these things are hard.

And when our souls are on the verge of giving in to fatigue and we begin to tire of being compassionate and helpful, please revive our drooping heads and replenish the hope within our hearts.

Call our attention to the need to find quiet spaces so we can be still and know that you are God.

Bring people across our paths to reach out to us in our time of need and comfort us in our pain.

Adapted from *Without Walls Prayer* (Adrian Whale), p.7 in *Be Still, A book of prayers, images and blessings*

Lectio Divina: 1 Corinthians 13, 8-13.

Love never ends. But as for prophecies, they will come to an end; as for tongues, they will cease; as for knowledge, it will come to an end. For we know only in part, and we prophesy only in part; but when the complete comes, the partial will come to an end. When I was a child, I spoke like a child, I thought like a child, I reasoned like a child; when I became an adult, I put an end to childish ways. For now we see in a mirror, dimly, but then we will see face to face. Now I know only in part; then I will know fully, even as I have been fully known. And now faith, hope, and love abide, these three; and the greatest of these is love.

Centering Prayer and time of silence

Music for Meditation: Kindness (Steve Bell)

<https://www.youtube.com/watch?v=mqR7nzjJM7I>

Closing Prayer:

God-among us,
You came into a fragile time, and lived without enough.
You intimately knew the way that hunger can impale a person,
That brown dust can mark a skin for days without being washed off.
You knew what it was like to live under a hot Judean sun
With no cover,
And what it was to feel lashes on your back.
And you testified,
Over and over,
That there could be a different way.
You taught us to take the loaves and fishes of each day,
And to stand on hillsides and break them open
To feed others.
You taught us to get close enough to each other
To be healed by one another.
You taught us that we can
Be the builders of sanctuaries,
And that we can be your
Sacred shelter,
Your succor,
Your enough,
For one another.
Amen

Reflection prayer

A cycle that is centuries old

Finds a new path

A path of planting support,
Nourishment, safety, and God

A new cycle

Sanctuary (Ariene L. Drennan and Laura Martin),
p.176 in *A Child Laughs Prayers of
Justice and Hope*. Maria Mankin and Maren C.
Tirabassi

Sanctuary (Ariene L. Drennan and Laura Martin), p.174 In *A Child laughs, Prayers of
Justice and Hope*. Maria Mankin and Maren C. Tirabassi

Blessing:

Christ, the way, the truth
and the life bless us with understanding,
compassion, commitment and
perseverance.
Abide with us as a constant presence.
Amen



<https://www.bing.com/images>

Reading:

They say that in Wuhan after so many years of noise
You can hear the birds again.
They say that after just a few weeks of quiet
The sky is no longer thick with fumes
But blue and grey and clear.
They say that in the streets of Assisi
People are singing to each other
across the empty squares,
keeping their windows open
so that those who are alone
may hear the sounds of family around them.
They say that a hotel in the West of Ireland
Is offering free meals and delivery to the housebound.
Today a young woman I know
is busy spreading fliers with her number
through the neighbourhood
So that the elders may have someone to call on.
Today Churches, Synagogues, Mosques and Temples
are preparing to welcome
and shelter the homeless, the sick, the weary
All over the world people are slowing down and reflecting
All over the world people are looking at their neighbours in a new way
All over the world people are waking up to a new reality
To how big we really are.
To how little control we really have.
To what really matters.
To Love.

So we pray and we remember that
Yes there is fear.
But there does not have to be hate.
Yes there is isolation.
But there does not have to be loneliness.
Yes there is panic buying.
But there does not have to be meanness.
Yes there is sickness.
But there does not have to be disease of the soul
Yes there is even death.
But there can always be a rebirth of love.
Wake to the choices you make as to how to live now.
Today, breathe.
Listen, behind the factory noises of your panic
The birds are singing again
The sky is clearing,
Spring is coming,
And we are always encompassed by Love.
Open the windows of your soul
And though you may not be able
to touch across the empty square,
Sing.

Fr. Richard Hendrick, OFM