



East Liberty Presbyterian Church

www.ELPC.church

116 South Highland Avenue Pittsburgh, PA 15206

412.441.3800

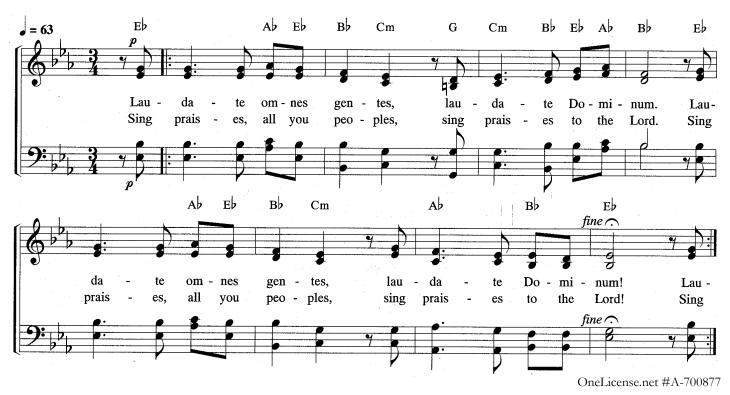
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### **Prelude by Gerard Rohlf**

## Welcome and Opening Centering by Rev. BJ Woodworth

This worship space is created to enhance your prayer. Please feel free, at any time, to come to the front to sit on the rug and be closer to the light, to pray with one of the icons, to light a candle with your prayer, to move with the music, or to sing in whatever language is comfortable to you. We hope that you will become aware of the presence of the living God as you pray in this place and that you might take that awareness out with you into the world.

# **48 Sing Praises**







Last time



## **Psalm 80** (selected verses; from "Psalms for Praying" by Nan C. Merrill)

# Sung Response: 3 Alleluia 11



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Restore us, O Holy One; Let your face shine upon us, Teach us to love! Gentle Teacher, Help us to turn to you in prayer, Fasting from our negative thoughts.

#### **ALLELUIA**

In your steadfast Love, You weep with our tears, Tears that rise from fear, Doubt, and illusion.

#### **ALLELUIA**

You uphold us when we feel the sting of pride, When our anxiety threatens to paralyze us. Restore us, O Holy One; Let your face shine upon us, Teach us to love!

#### **ALLELUIA**



#### The Word/Meditation: Luke 1:39-45

In those days Mary set out and went with haste to a Judean town in the hill country, where she entered the house of Zechariah and greeted Elizabeth. When Elizabeth heard Mary's greeting, the child leaped in her womb. And Elizabeth was filled with the Holy Spirit and exclaimed with a loud cry, "Blessed are you among women, and blessed is the fruit of your womb. And why has this happened to me, that the mother of my Lord comes to me? For as soon as I heard the sound of your greeting, the child in my womb leaped for joy. And blessed is she who believed that there would be a fulfillment of what was spoken to her by the Lord."



## **Words from Mary, The Mother Of Jesus**

My soul proclaims your greatness, O God, and my spirit rejoices in you, my Savior. For you have looked with favor upon your lowly servant, and from this day forward all generations will call me blessed. For you, the Almighty, have done great things for me, and holy is your name. Your mercy reaches from age to age for those who fear you. You have shown strength with your arm; you have scattered the proud in their conceit; you have deposed the mighty from their thrones and raised the lowly to high places. You have filled the hungry with good things, while you have sent the rich away empty. You have come to the aid of Israel your servant, mindful of your mercy — the promise you made to our ancestors — to Sarah and Abraham and their descendants forever.

#### **G108 My Soul Proclaims**



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CCLI #689547

#### **Prayers of Intercession**

In the season of Advent, you may also write your prayers of waiting using the insert in the bulletin, and bringing it forward and placing it in the basket.

# Sung Response: CLM1 | Lift Up My Soul To You



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Lord our God, as Mary proclaimed, you are One who brings about justice and true peace among people; so in a world that looks away from injustice, cast your eyes on the destitute, the poor, and the wronged.

#### I LIFT UP MY SOUL TO YOU

God, continue to beckon us, your people, to follow you, preach good news to the poor, proclaim release for the captives and recovery of sight for the blind, to set at liberty those who are oppressed and proclaim the time of your blessing.

#### I LIFT UP MY SOUL TO YOU

Be present with your church, Lord, as we respond to your call. Open our eyes to the downtrodden. Fill us with compassion for the plight of the alien, the refugee, and the immigrant. Lead us into ministries that help orphans and widows.

#### I LIFT UP MY SOUL TO YOU

Set us free from pious exercises that prevent us from the true worship you choose: Sharing bread with the hungry, sharing homes with the homeless, sharing clothes with the naked, sharing hearts with our own kin.

#### I LIFT UP MY SOUL TO YOU

Have mercy, O God: Scatter the proud, put down the mighty, lift up the lowly, fill up the hungry, and send the rich away empty-handed, so justice may roll down like waters, righteousness like an ever-flowing stream.

#### I LIFT UP MY SOUL TO YOU

# **Silent and Spoken Prayers**

Please feel free to add your spoken petitions.

A note about praying for others out loud: Some people are comfortable with having their prayer concerns lifted up in public worship. Others are not. Before you share aloud any prayer concerns, please be sure that you are not breaking confidentialities.

Whether or not you say the person's name out loud, God hears and receives the intentions of your heart.

# **NB53 The Lord's Prayer**



## Prayer over the Anointing Oil (in unison)

We have an anointing station this evening for those seeking individual prayer to share joys or concerns. Any desiring prayer, and/or anointing with oil, are invited to come forward, waiting in the center aisle if the station is full. To assist in hearing prayer concerns, anointing happens to the left in the columbarium.

Bless this oil, O Lord, pressed from the fruit of the earth. Let it be a holy ointment for the wounds and worries of those who receive it. May it be a sign to all of us of your constant desire to touch our lives and bring us to health and wholeness. Amen.



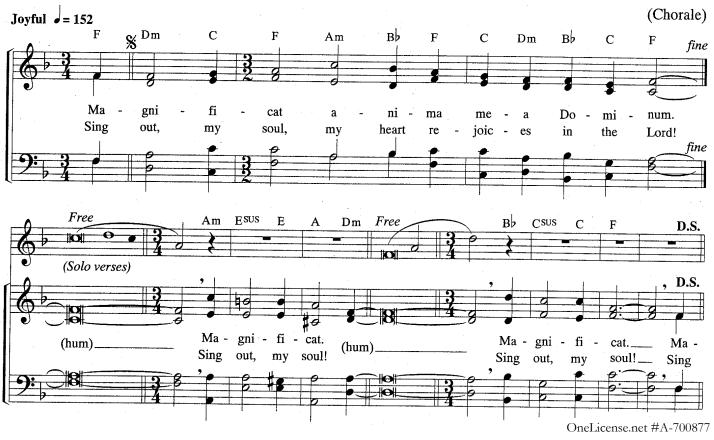
# **NB9 Christ Of Compassion**



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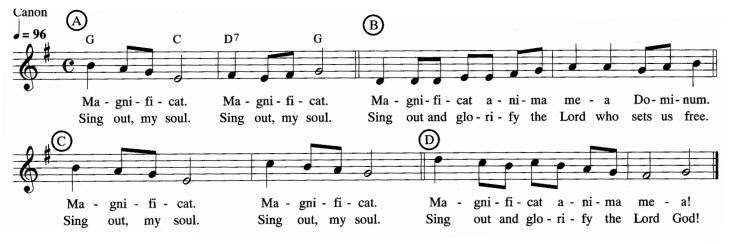


# 24 Magnificat (Chorale)





# 45 Sing Out My Soul



#### The Closing Blessing (in unison)

O Wisdom, Lord and Ruler, Root of Jesse, Key of David, Rising Son, King of the Nations, Emmanuel, Come, Lord Jesus!

Leader: Thanks be to God. Amen.

People: Amen.

PLEASE NOTE: There will be no Taizé service on Wednesday, December 29.

# **© SPIRITUAL LIFE EVENTS №**

#### **Contemplative Prayer**

Rev. BJ Woodworth will lead a time on Zoom to practice a variety of contemplative prayer practices utilizing fixed prayers, scripture, music, silence, art and our bodies.

> Mondays, 7:30 am to 8 am Meeting ID #959 8065 3992 Passcode: bestill

#### Yoga and Centering Prayer Offering in December

The ELPC Spiritual Life Committee is excited to offer Yoga and Centering Prayer throughout December! Sessions will be led by Katrina Woodworth on Zoom. The suggested donation is \$0-\$15. Register online at www.tiny.cc/yoga-and-prayer.

Mondays and Wednesdays, 8-9 am

#### Enneagram Lunchtime Discussion Group

Each month on Zoom we will explore and reflect upon different aspects of the Enneagram, our Enneagram's approach to time, spiritual practices, our bodies etc. These topics are chosen by those within the group from month to month, often through an article or podcast to reflect upon.

3rd Tuesdays of the month, 12:20-1:30 pm Meeting ID: 966 6904 5127 Passcode: 9types

#### Cathedral Yoga

Yamuna will lead yoga in-person in the Sanctuary before the 7 pm Taizé Prayer service.

Wednesdays, 6 to 7 pm

#### Journey Dance

Enjoy an evening of healthy, energizing, funky and divine dancing on the 3rd Friday of every month (with a few exceptions) from

Third Friday of every month (mostly), 6:30-7:45 pm (Jan 21, Feb 18, Mar 18, Apr 15, May 13)

#### Yoga Retreat

Treat yourself to the first ever yoga retreat at ELPC! Whether you are a regular attendee to Wednesday night Cathedral Yoga or not, consider joining Yamuna Morgenstern and Katrina Woodworth for a yoga retreat in the church. We will begin the day with yoga, followed by moments for movement, reflection, meditation, and lunch. We hope also to offer the experience of kirtan (sacred call and response chanting in Sanskrit) and perhaps the labyrinth. We will end the day with a luscious restorative yoga class to send you on your way with a divine sense of renewal. Register by Jan 23 to Norma (Norma@coh.net).

Saturday, Jan 29, 9 am-5pm Suggested donation \$35-\$60 (includes lunch)

The Rev. BJ Woodworth is Minister of Taizé Prayer here at ELPC. BJ is also Director of Spiritual Life Ministries and is available to provide spiritual direction to anyone who is a part of the ELPC community (attending Taizé makes YOU a part of that community). He can be reached at 412.441.3800 x141 or at BJW@coh.net.

# **GELPC EVENTS** &

PECIAL HOLIDAY EVENTS

#### LGBTQ Ministry Spiritual Gathering—Dec 19

You are invited to the next spiritual gathering of ELPC's LGBTQ Ministry on Sunday, Dec 19 at 12:30 pm to share food and fellowship. Allies and LGBTQIA+ folks alike are welcome! This month



we will meet in person and via Zoom. Contact Wil Forrest for more info and/or to attend (412.441.3800 x118; Wil@coh.net).

#### New Yoga and Centering Prayer Offering in December

The ELPC Spiritual Life Committee is excited to offer Yoga and Centering Prayer on Mondays and Wednesdays from 8–9 am throughout December! Sessions will be led by Katrina Woodworth on Zoom. The suggested donation is \$0-\$15. Register online at www.tiny.cc/yoga-and-prayer.

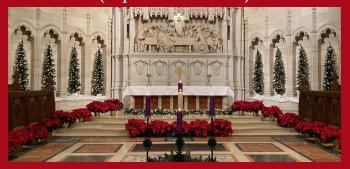


#### Sanctuary/Chapel Tour — Dec 26

Following the 11 am service on Sunday, Dec 26, join a tour with Steve Evrard of ELPC highlighting church history and architectural contrasts of the Chapel and Sanctuary. The Narthex, Trinity Chapel, and Chancel will be included. Please gather at the Highland Lobby after worship.



(in-person and virtual)



**5 PM**Family Service

**Pastor Heather** 

COMMUNION SING-A-LONG

# 10 PM

Candlelight
Music at 9:30 pm

**Pastor Randy** 

COMMUNION SPECIAL MUSIC

# CHRISTMAS IN EAST LIBERTY CONCERT

Friday, Dec 17 • 7:30 pm

This highly anticipated concert and East Liberty tradition will feature The Brass Roots and conductor Daniel Curtis, the ELPC Chancel Choir and conductor Dr. Edward Alan Moore, and organist Ethan LaPlaca. Hear holiday favorites and the premiere of two newly commissioned pieces by Mary Beth Bennett and Marcus Grant.

Join us in the Sanctuary or virtually on YouTube or Facebook.
The concert is free (freewill offering).

### 5TH ANNUAL BLUE CHRISTMAS: A TAIZÊ SERVICE

Saturday, Dec 18 • 6:00 pm

Setting aside the lights and other holiday trappings, the Deacons of ELPC invite you to join them in a worship service acknowledging the pain and struggle that can come alongside the season's joy. This service in the Chapel will include candlelight, chants, thoughtful readings and meditative silence; and a time for comfort and hope that has us looking toward the promise of Christmas.

## O ANTIPHONS TAIZÉ SERVICE Wednesday, Dec 22 • 7:00 pm

Join us for a special Taizé prayer service that combines scripture readings, singing of the *O Antiphons*, and silence to welcome the Christ Child.

An antiphon is a prayer said or sung during worship, especially in connection with the Psalms and Canticles.

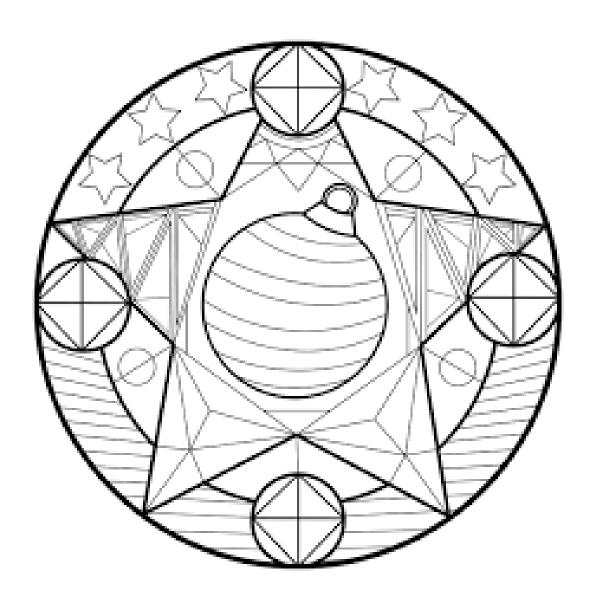


# Praying in Color with

# MANDALAS

Grab some colored pencils in the back

One of the most ancient forms of prayer is the mandala and it's used across many different religions. The word mandala means "container of sacred essence" in Sanskrit. It originated as a spiritual practice in the 6th century BC out of the Hindu and Buddhist religions, but is now used by many others, including Christians. Mandala coloring can be a calming and focusing prayerful activity – beyond thoughts, feelings and words – amidst our Taizé prayer.













Please visit our website for more information about the ministries of East Liberty Presbyterian Church.

# **ELPC**.CHURCH

# INFORMATION ABOUT TAIZÉ

**ABOUT TAIZÉ:** Taizé is an international ecumenical prayer community in Taizé, France which was founded in 1940 by a young seminary student, Roger Schultz, as a place of hospitality and reconciliation during World War II. Today, thousands of young people come each week to Taizé to pray with the brothers and discern God's purpose for their lives. Taizé Prayer Pilgrimages and Intercontinental Meetings around the globe bring together thousands more in an effort to become the prayerful, reconciled presence of Christ wherever they live.

Taizé prayers at East Liberty Presbyterian Church were begun in the Spring of 1992 in preparation for an intercontinental meeting in Dayton. The experience proved to be so meaningful that we have continued to pray every Wednesday evening since then, inviting people of all backgrounds to join with us.

Taizé is located in eastern France, southeast of Paris, north of Lyons, due west of Geneva, Switzerland, between the towns of Chalon-sur-Saône and Macon. Here are the ways to get Taizé information:

Address: Taizé Community, 71250 TAIZE, France

To contact Taizé: community@taize.fr
To visit Taizé: meetings@taize.fr
List of useful info: info@taize.fr

Web site: www.taize.fr

**Telephone:** 011-33 385 50 30 02 Fax: 011-33 385 50 30 16

**YOU ARE WELCOME AT EAST LIBERTY PRESBYTERIAN CHURCH:** Our congregation seeks to promote peace, justice and human dignity; to reflect a spirit of openness, sharing and learning in our ministry and mission; to build a richly diverse faith community that witnesses to our oneness in Christ across all boundaries of race, social class, ability, culture, age, gender and sexual identity. (From our Strategic Plan.)

ELPC Web site: www.ELPC.church
E-mail: BJW@coh.net

You are welcome at any of our programs and worship services. It is possible to have more than one church home. Perhaps you would be interested in becoming a member or friend of this Church. If so, please speak to The Rev. BJ Woodworth, Minister of Taizé Prayer (BJW@coh.net or 412.441.3800 x141).