



116 South Highland Ave Pittsburgh, PA 15206

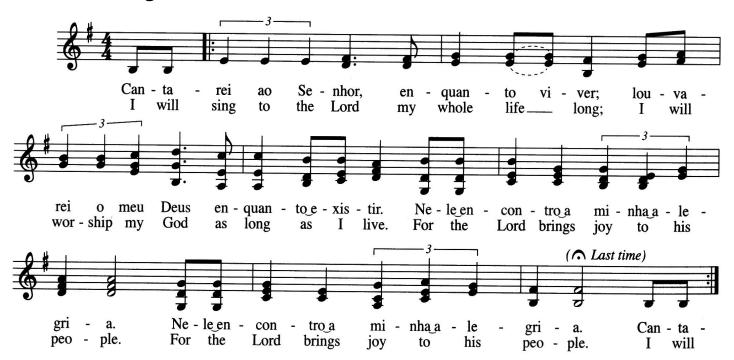
412.441.3800

Prelude by Gerard Rohlf

Welcome and Opening Centering by Rev. BJ Woodworth

This worship space is created to enhance your prayer. As you enter, grab a prayer stone or palm cross to hold. Feel free to come forward to the craft table to doodle or color a mandala, come sit on prayer cushion and be closer to the front, pray with one of the icons, light a candle, or move with the music. During Lent there are two prayers stations up on the altar! If the songs are new to you, let their simple repeated refrains be sung over you and join in as you are able. 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.

CLM12 I Will Sing to The Lord



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CLM33 O Lord, You Hold And Protect Me

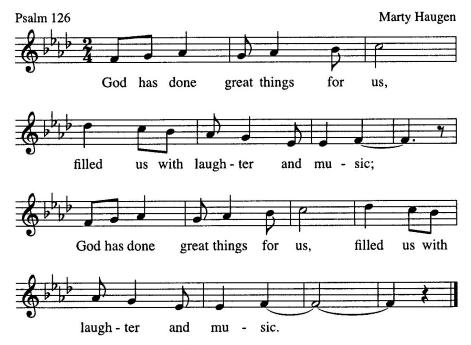


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Psalm 126 (selected verses; from "Psalms for Praying" by Nan C. Merrill)

Sung Response: * God Has Done Great Things For Us



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When the Divine Lover Enters the human heart, All yearnings are fulfilled!

GOD HAS DONE GREAT THINGS FOR US

Then will our mouths ring forth with laughter, And our tongues with shouts of joy; Then will we sing our songs of praise, To You, O Beloved of all hearts.

GOD HAS DONE GREAT THINGS FOR US

For gladness will radiate out for all to see; So great is your Presence among us. Restore us to wholeness, O Healer, Like newborn babes Who have never strayed from you!

> GOD HAS DONE GREAT THINGS FOR US

May all who sow in tears
Reap with shouts of joy!
May all who go forth
Weeping tears of repentance,
Bearing seeds of Love,
Come home to you
With shouts of joy, leaving sorrow behind.

GOD HAS DONE GREAT THINGS FOR US



The Word/Meditation: John 12:1-8

Six days before the Passover Jesus came to Bethany, the home of Lazarus, whom he had raised from the dead. There they gave a dinner for him. Martha served, and Lazarus was one of those at the table with him.

Mary took a pound of costly perfume made of pure nard, anointed Jesus' feet, and wiped them with her hair. The house was filled with the fragrance of the perfume. But Judas Iscariot, one of his disciples (the one who was about to betray him), said, "Why was this perfume not sold for three hundred denarii and the money given to the poor?" (He said this not because he cared about the poor, but because he was a thief; he kept the common purse and used to steal what was put into it.)

Jesus said, "Leave her alone. She bought it so that she might keep it for the day of my burial. You always have the poor with you, but you do not always have me."

Silent Meditation (for 5 minutes)

During the season of Lent, we will hold silence after the Word.

If this is new to you, simply notice if a word or phrase strikes you, intrigues you or even troubles you.

Ponder it, repeat it, be with it, and above all simply **REST** in the quiet.

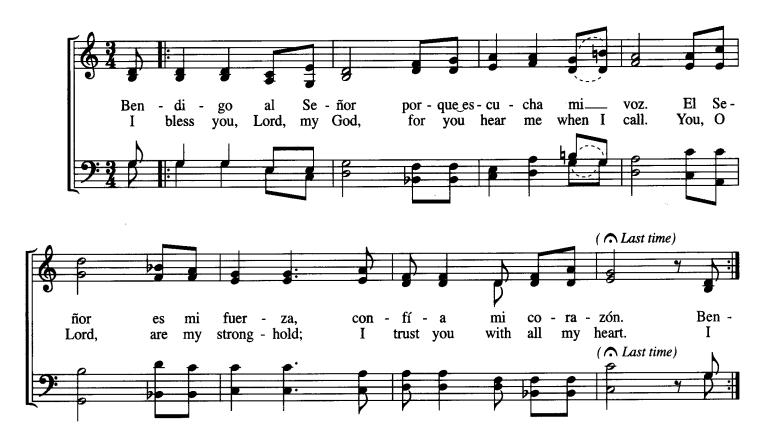
Words from Phuc Luu (Vietnamese author,

teacher, theologian, pastor, community builder)

She took costly perfume
And poured it on his feet
Wiping it with her hair
Long, flowing
To touch him
With her heart
To love him
Just as he loved her brother
How he cared for Lazarus
How he wept for him

And called him out from
The depths of death
His voice that constantly calls her
Even from the pit
To tend to his body
As a preparation for a funeral
As a celebrant during communion
Sharing the pieces of his life
For all to taste and see

CLM8 I Bless You, Lord, My God



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Intercessory Prayers (adapted from Jan Richardson)

Sung Response: NB40 Lord, Hear Our Prayer



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When we see the body of Christ still broken in this world, may we meet it with lavish grace and pour ourselves out with extravagant love.

LORD, HEAR OUR PRAYER

When we see the body of Christ still broken in this world, in refugees, fleeing war, volatility, oppression, deprivation and injustice, may we meet it with lavish grace and pour ourselves out with extravagant love.

LORD, HEAR OUR PRAYER

When we see the body of Christ still broken in this world, in the Church filled with division, apathy, fear, and a lack of vision, may we meet it with lavish grace and pour ourselves out with extravagant love.

LORD, HEAR OUR PRAYER

When we see the body of Christ still broken in this world, in the creation aching from pollution, loss of species and forests, rising global temperatures, and severe weather, may we meet it with lavish grace and pour ourselves out with extravagant love.

LORD, HEAR OUR PRAYER

When we see the body of Christ still broken in this world, with fear of another's race, ethnicity, sexual orientation, and political or social location, may we meet it with lavish grace and pour ourselves out with extravagant love.

LORD, HEAR OUR PRAYER

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.

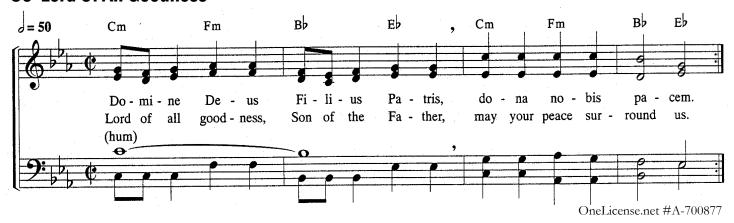


Bless this oil, O Lord, pressed from the fruit of the earth. Let it be a holy ointment for the wounds and worries of those who receive it. May it be a sign to all of us of your constant desire to touch our lives and bring us to health and wholeness. Amen.

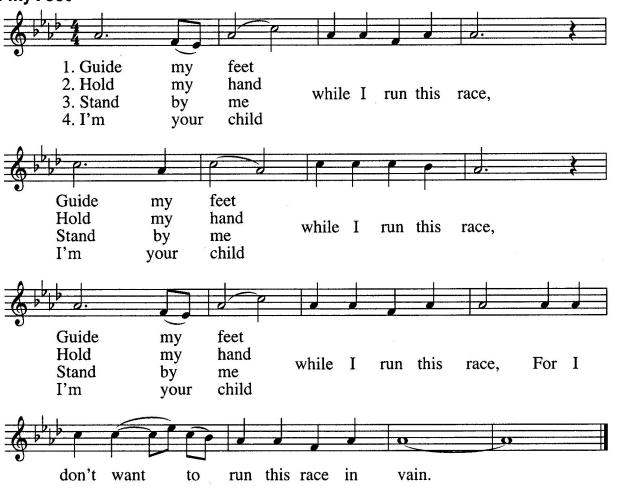
CLM17 Consoling Spirit Of God



30 Lord Of All Goodness



* Guide My Feet



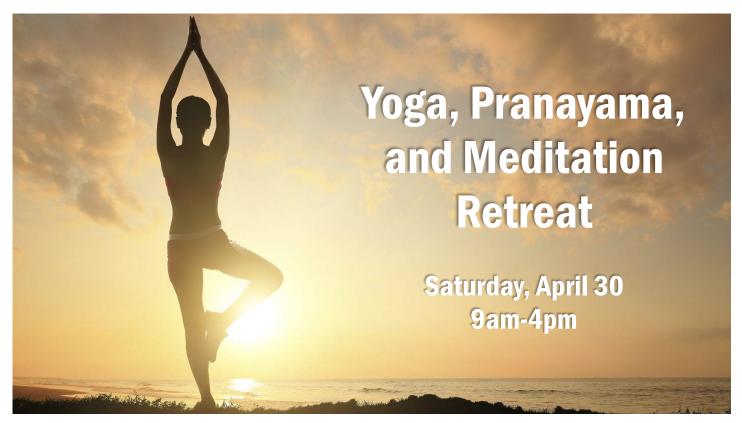
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The Closing Blessing (in unison)

In this season of Lent, may you know that God waits to be gracious to you, and will rise to show mercy to you. May you know that in returning and rest you shall be saved, and in quietness and trust is your strength.

Leader: Thanks be to God. Amen.

People: Amen.



On April 30 from 9am-4pm, join Yamuna Morgenstern and Katrina Woodworth for a day of enjoying practicing yoga in the Sanctuary and learning pranayama (yogic breathing techniques) to facilitate meditation, relaxation and good health in your daily life. Take time for intentional rest and develop practices that nurture the opportunity to commune with the Divine.

The day will include 2 yoga classes, pranayama instruction, time for reflection and group activity, meditation practices, and lunch. Class will be limited to 15 people. The first yoga retreat filled up fast, so don't wait to reserve your space! Suggested donation is \$35-\$60 (lunch included).

Register and donate on Eventbrite (tinyurl.com/April-Yoga-Retreat). Contact Pastor BJ with questions (BJW@coh.net).

Contemplative Prayer

Join Rev. BJ Woodworth on Zoom during the season of Lent for Contemplative Prayer, involving the reading of a Psalm and Centering Prayer (20 minutes of silence), in community with one another.

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

Cathedral Yoga

Yamuna will lead yoga in-person in the Sanctuary before the 7 pm Taizé Prayer service. Wednesdays, 6 to 7 pm

Lenten JourneyDance — April 8

Experience Lent in a unique way this year. Join Yamuna for her Lenten JourneyDance in the Chapel on Friday, April 8 from 6:30-7:45 pm. Take a musical, dancing journey as we approach the end of Lent, with songs from Godspell among other songs, including "Guide me, God," "Song of the Pharaohs," "Joyful, Joyful," and "Prayer of St. Francis." All ages and body types welcome. Wear comfortable clothes and come with an open heart to dance your Lenten journey. A donation from the heart is very much appreciated. Call or text Yamuna with any questions at 412.728.8645.

Lenten Taizé Service — April 3

Mother of Good Counsel Church, part of St. Mary Magdalene Parish, will be holding a special Lenten Taizé Service this **Sunday, April 3, 2022 at 3 pm.** The address is 7700 Bennett St, 15208, and there is a parking lot. Let us take an opportunity to come together, slow down, and use song, prayer, and reflection in hopes for peace and a world that embraces all of God's children. **Please contact Jennifer Gorske (jgorske@stmarymagpgh.org) for more information.**

Tread Lightly for Lent 2022

Daily Reflection / Action Calendar

The *Presbyterian Hunger Program* strives to walk with people in moving towards sustainable choices that restore and protect all of God's children and creation. As people of faith, we seek to "serve and preserve" God's world. However, some of our collective choices have led to a changing global climate. To turn this tide, we must commit to treading lightly on God's Earth.

In Lent, we reflect on Christ's ministry, death, and resurrection. We slow down, take time, and examine our internal spiritual lives and the way we live out our Christian faith in the world around us.

Our hope is that this Lenten calendar will be the beginning of actions intended to create more mindful behaviors throughout the year.

March 30

Pick up as many pieces of litter as you can and challenge a friend to do the same.

March 31

For Easter baskets, buy Fair Trade chocolate, dried fruit, tea and coffee or small gifts made by women's cooperatives! Fair trade helps farmers and workers around the world. pcusa.org/fairtrade.

April 1

Use the map online at https://bit.ly/3IgW2xf to find the closest Earth Care Congregation to you and say a prayer for them.

April 2

Unplug the chargers for your cell phone and laptop when you leave your home or office today to minimize the energy many electronics and appliances continue to draw power even when they are off.

April 3

Celebrate the Animal Kingdom by singing along to A Place in the Choir: www.youtube.com/watch?v=-iP27eatYxE

April 4

Read and Reflect on Philippians 3:4b-14.

April 5

Sign up for Blessed Tomorrow's Climate Ambassador Program: www.presbyterianmission.org/eco-journey/2021/11/22/btclimateambassadortraining/

April 6

U.S. driver's consumption of 500 gallons of gasoline every year per driver creates as much as 10,000 pounds of carbon dioxide. Walk somewhere you would have driven today.

