



December 7, 2022 • 7:00 pm

116 South Highland Ave Pittsburgh, PA 15206 **412.441.3800**

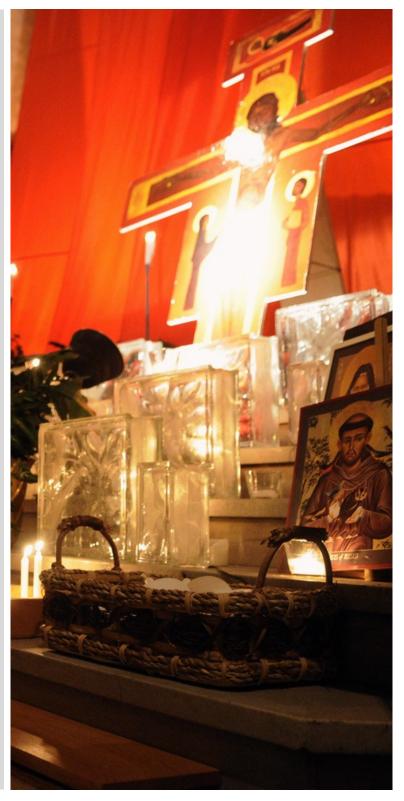
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Welcome to Taizé

We hope this time and space of prayerful song and quiet meditation will give you rest in body, mind and spirit. We invite you to pray and meditate in a variety of ways as you are so inclined.

- Hold a prayer stone, palm cross or prayer beads.
- Allow the simple repeated refrains to be sung over you and join in as you are able.
- Come forward to the table to doodle or color a mandala.
- Sit on a prayer cushion or chair at the front to be closer to the icons and artwork.
- Light a candle in prayer for another.
- Visit one of the prayer stations up on the altar.

May you awaken to the restful and restorative presence of the Spirit, and may you carry that awareness with you out into the world.



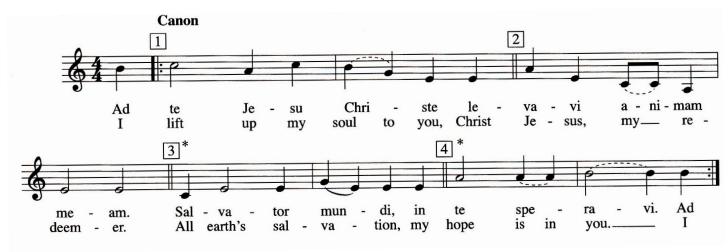
Prelude by Gerard Rohlf

NB13 Let Us Sing To The Lord



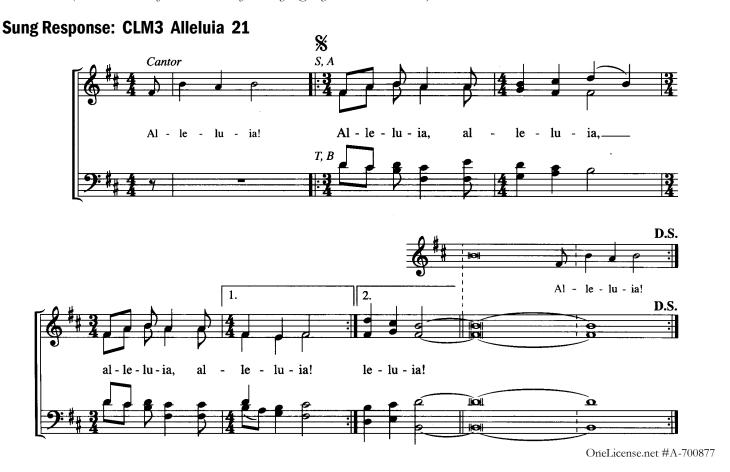
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CLM1 I Lift Up My Soul To You



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Psalm 16 (selected verses; from "Psalms for Praying" by Nan C. Merrill)



Remain ever before me, O Living Presence, For in you am I safe. You are my Beloved, In you and through you I can do all things.

ALLELUIA

I look to those who are at one with you, And learn from them of your ways; My delight increases each time I sense your presence within me! Songs of praise well up from my heart!

ALLELUIA

Love is my chosen food, my cup, Holding me in its power. Where I have come from, Where'er I shall go, Love is my birthright, my true estate.

ALLELUIA

I bless the Counselor who guides my way; In the night also does my heart instruct me. I walk beside the Spirit of Truth; I celebrate the Light. I bask in The Oneness of All!

ALLELUIA

Thus my heart is glad, and my soul rejoices; I shall not be afraid,
Nor fall into the pit of despair;
For in Love's presence I know fullness of joy.
You are my Beloved and,
In you will I live forever!

ALLELUIA

The Word and Meditation: Luke 1:43-55 (written by John Philip Newall)

And Mary said, "My soul sings of you, O God. My spirit delights in your presence. You have cherished my womanhood. You have honored earth's body. All will know the sacredness of birth. All will know the gift of life. Your grace is to those who are open. Your mercy is to the humble of heart. The dreams of the proud crumble. The plans of the powerful fail. You feed the hungry with goodness. You deny the rich their greed. The hopes of the poor are precious. The birth pangs of creation are heard. You have been faithful to the human family. You are the seed of new beginnings.



Quiet Meditation and Reflection (lasting approximately 5-7 minutes)

Words from Saints and Ancestors

We're all meant to be mothers of God, for God is always waiting to be born. What good is it to me, if this eternal birth of the divine Son takes place within Mary, but does not take place within myself?

— Meister Eckhart, a Medieval Christian mystic, theologian, and preacher from the 13th century

G108 My Soul Proclaims



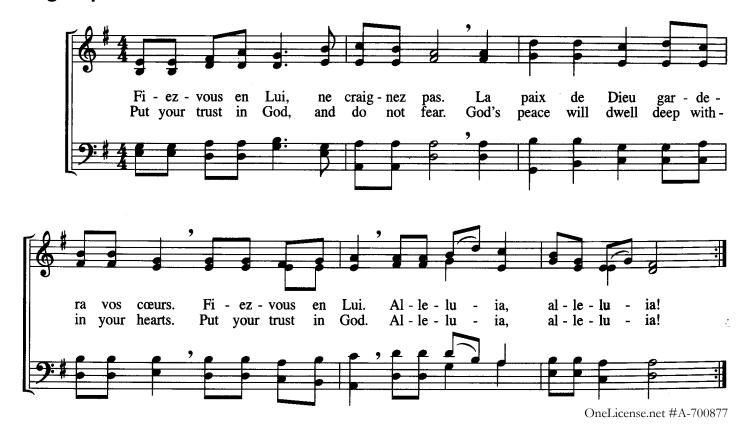
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CCLI #689547

Prayers of Intercession (adapted from Mirabai Starr)

Sung Response: CLM18 Put Your Trust In God



May we, like Mary, become pregnant with the Word of God. May we not simply read the scriptures but allow ourselves to be fully absorbed in the perennial wisdom they illumine and embody them in word and deed.

PUT YOUR TRUST IN GOD

May we, like Mary, be willing to say yes to your divine messengers that come to us whispering in the night. May we courageously say yes to the Holy Spirit and be quickened by her divine teaching and guidance.

PUT YOUR TRUST IN GOD

May we, like Mary, ponder your word in our hearts, may we chew and contemplate the living and active word that it may accomplish your will in us and through us.

PUT YOUR TRUST IN GOD

God, help us, like Mary, leave scattered thoughts behind and enter the secret refuge of our souls, carrying the Prince of Peace within us, giving birth to truth with every word we utter.

PUT YOUR TRUST IN GOD

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.



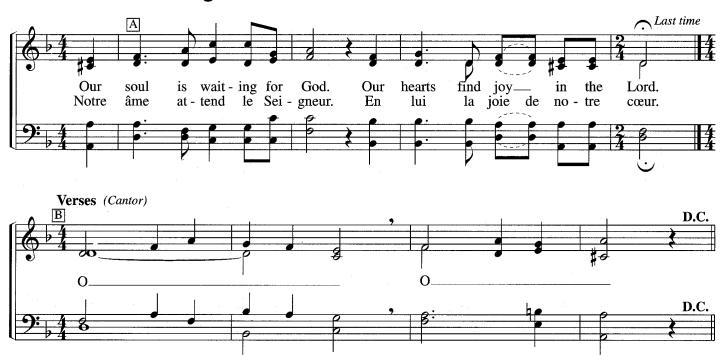


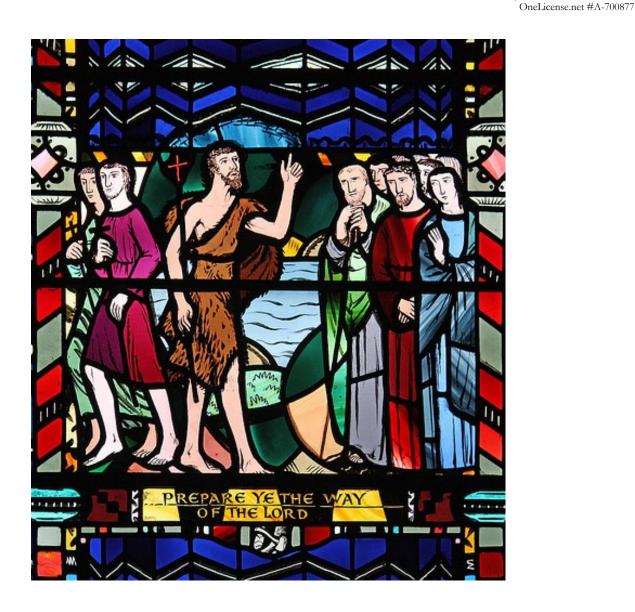
G60 Salvator Mundi



Savior of the world, save us, free us.

NB19 Our Soul Is Waiting For God





* We Are Marching



This lively Zulu/Xhosa freedom song originated in a Methodist young men's group in South Africa and has gone on to become popular in many other languages around the globe. Some additional stanzas are suggested, but others may be improvised as appropriate to the occasion.



We are praying...
We are singing...

Unison Advent Blessing

May each of us, like Mary, say yes to God's invitations, make room in the sacred womb of our souls, and be the midwives of God in the world.

Leader: Thanks be to God. Amen.

People: Amen.

SPIRITUAL LIFE EVENTS

Contemplative Prayer on Mondays

On Mondays from 7:30–8 am, you're invited to a weekly time of quiet contemplation and reflection. The Rev. BJ Woodworth will lead us through a variety of contemplative prayer practices utilizing fixed prayers, scripture, music, silence, art, and our bodies to help us start our day and week in communion with God and one another. Join us online at www.tiny.cc/contemplative-prayer. Enter meeting ID: 959 8065 3992 and passcorde: bestill. Contact Pastor BJ (BJW@coh.net) for more info.

Cathedral Yoga

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

Wednesdays, 6 to 7 pm

JourneyDance

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

Dec 9 (second Friday), 6:30-7:45 pm

Save the Date: Sabbath Day Workshop — Jan 14

Join us on Saturday, Jan 14 from 9 am-3pm for a day of rest, reflection, and conversation about how to faithfully practice *Sabbath* in our fast paced, production oriented, consumer culture. Our day together will embody a *Sabbath* day of rest. We will collaboratively experiment with a variety of *Sabbath* practices and reflect upon them. There will be time for solitude, being in our body, instruction from Pastor BJ, and personal reflecting with the aim of developing a plan for practicing *Sabbath* in your own life. Whether you are retired, parenting young kids, a single young adult or in height of your career, our time together will aim to help you design a *Sabbath* practice for your season of life. Suggested donation: \$10; lunch included.

EMAIL and TEXT SCAM ALERT

An email and text scam with Pastor Heather Schoenewolf's name has circulated. If you receive a text or email with Pastor Heather listed as the "sender" requesting you purchase gift cards, please know it is not valid, and please take no action with such messages. We apologize for the inconvenience.

ELPC EVENTS



César Franck: The Three Chorales Concert — Dec 10

ELPC organist Dr. Edward Alan Moore will perform works by César Franck on Saturday, Dec 10 at 4 pm, commemorating the 200th anniversary of Franck's birth. The concert is free, but a freewill offering will be received. Join us in the Sanctuary or live on YouTube or Facebook.

LGBTQ Ministry Spiritual Gathering — Dec 11

All allies and LGBTQIA+ folks alike are invited to the next monthly spiritual gathering on Sunday, Dec 11 at 12:30 pm with the YAMs. For more info or to attend, contact Wil Forrest (Wil@coh.net; 412.441.3800 x218).

Christmas in East Liberty — Dec 16

The highly anticipated Cathedral Concert and East Liberty tradition *Christmas in East Liberty* returns on Friday, Dec 16 at 7:30 pm, and will feature The Brass Roots, the ELPC Chancel Choir, organist Dr. Edward Alan Moore, and conductor Daniel Nesta Curtis. Join us in the Sanctuary or virtually on YouTube or Facebook. The concert is free; a freewill offering will be received.

