



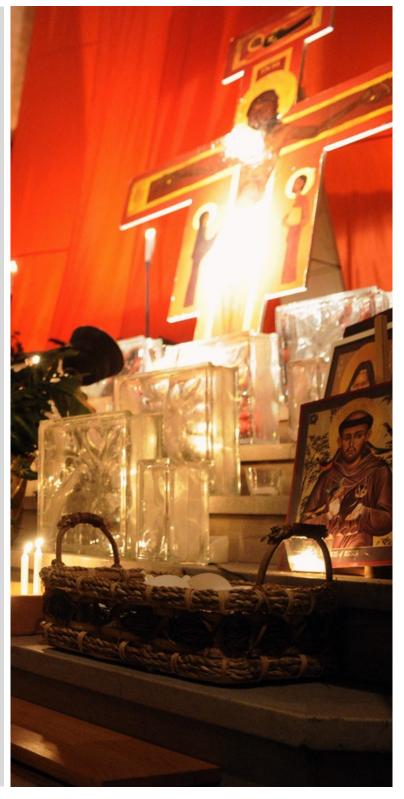
116 South Highland Ave Pittsburgh, PA 15206 **412.441.3800**

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.

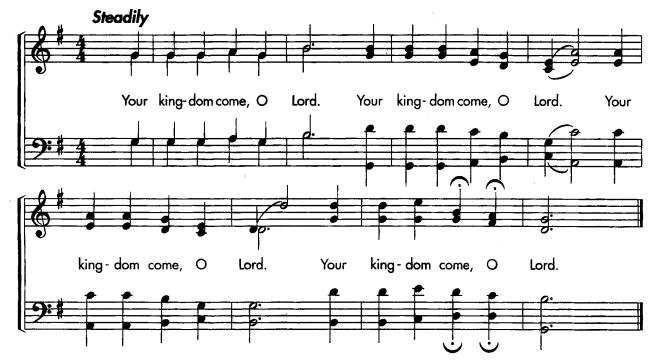
- Hold a prayer stone, palm cross or prayer beads.
- Allow the simple repeated refrains to be sung over you and join in as you are able.
- Come forward to the table to doodle or color a mandala.
- Sit on a prayer cushion or chair at the front to be closer to the icons and artwork.
- Light a candle in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

G133 Your Kingdom Come, O God



Words: From the Lord's Prayer

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Music: Melody © 1980 Prof. Nicolai A. Zabolotski; arrangement © 1990 Iona Community

NB29 O Come And Let Us Sing To God



Psalm 45:10-17 (from 'Psalms for Praying" by Nan C. Merrill)

Sung Response: 2 Alleluia 7



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Hear, O peoples, consider, And incline your ear; Forget what has gone before you; Turn your feet to the path of Love.

ALLELUIA

Open your hearts to the Beloved, Learn of humility, Be blessed even in brokenness, For those are the treasures Stored in eternity.

ALLELUIA

All glorious is the soul within,
The abode of the Merciful One;
Through many trials and suffering
Do you come to the Beloved,
Refined by fire as you follow Love's way.

ALLELUIA

With joy and gladness you are led along, As you awaken to the Heart of your heart. Instead of a house of fear, You will come to dwell with Love.

ALLELUIA

You will radiate the light of truth To all the earth.
There will you celebrate the Beloved For all generations to come,
The people will praise
Love's way for ever and ever.

ALLELUIA



The Word and Meditation: Luke 1:42-55 (The Inclusive Bible translation)

In a loud voice Elizabeth exclaimed, "Blessed are you among women and blessed is the fruit of your womb! But why am I so favored, that the mother of the Messiah should come to me? The moment your greeting reached my ears, the child in my womb leaped for joy. Blessed is she who believed that what our God said to her would be accomplished!"

Mary said:

"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."

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

Words from Saints and Ancestors

Mary's courageous response to the Spirit's call is encouragement for both women and men. Faithful to God through all uncertainty, she becomes part of the community's story. Companion in memory, Mary becomes through solidarity with the struggles of women, a companion in hope. She is truly, subversively, our sister.

— Elizabeth A. Johnson, C.S.J.

(Excerpted from "Truly Our Sister: A Theology of Mary in the Communion of Saints")

NB15 Lord, Jesus Christ



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Prayer of Response to Mary's Magnificat (by Monica Scheifele)

Sung Response: 24 Magnificat (refrain only)



My soul seeks to magnify the Lord as my spirit rejoices in God, my Savior, for the Almighty has done good things and though change feels slow and is sometimes hard to find, I know that it comes. I know that it happens.

MAGNIFICAT

For those who experience racial hatred and suffer the bigotry of the narrow minded,
I pray that they might know the Lord has shown the strength of his arm and the proud will be scattered in their conceit of their heart.

MAGNIFICAT

For those suffering under the oppression of tyrants and dictators, I pray they may take comfort in knowing justice is coming for the Lord has brought down the powerful from their thrones, and lifted up the lowly.

MAGNIFICAT

For the poor and hungry,
I pray they may experience what it means
to be filled with good things
while the rich are sent away empty.

MAGNIFICAT

To the one who helped his servant Israel, in remembrance of his mercy, I pray with longing that all may have the joy of the Magnificat, as its promise is fulfilled with God among us.

MAGNIFICAT

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.



G105 Jesus Christ, Inner Light



* When God Is A Child



WORDS: Brian Wren, 1985 MUSIC: Joan Collier Fogg, 1987 MOON BEAMS Irr. w. refrain

Soon And Very Soon



This spirited African American gospel hymn draws on John's vision of the new heaven and the new earth in Revelation 21:3-4, with its wonderful promise that God will wipe away the tears from all eyes, that death will be no longer, and that there will be no more mourning or pain.

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. 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).

Jan 20, Feb 17, March 17, April 21, May 12 (2nd Friday) 7-8:30 pm (note new time for 2023)

Save the Date: Sabbath Day Workshop — Jan 14

Join us on Saturday, Jan 14 from 9 am-3 pm 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. RSVP to Norma by Jan 10 (412.441.3800 x211).

Meditation Hour – Begins Jan 17

The Spiritual Life Committee invites you to join John Benedict in the Prayer Room each Tuesday, starting Jan 17, from 6-7 pm for an hour devoted to meditation. The session will include an opening reading, silent sitting, and walking. John is a retired psychologist and a long time student and practitioner of insight meditation. No experience is necessary, and all are welcome!

