

# TAIZÉ

PRAYERFUL SONG AND QUIET MEDITATION



January 17, 2024 • 7:00 pm



**East Liberty  
Presbyterian Church**

[www.ELPC.church](http://www.ELPC.church)

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.
- Come up onto the altar to sit and contemplate at a prayer station.
- Bring forward and lay on the altar steps, any symbol of your gratitude, prayers or an intentions.

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**

**Welcome and Opening Centering by The Rev. BJ Woodworth**



# CLM1 I Lift Up My Soul To You

Canon

1

2

3\*

4\*

Ad te lift Je - su Chri - ste le - va - vi a - ni - mam  
I lift up my soul to you, Christ Je - sus, my re -  
me - am. Sal - va - tor mun - di, in te spe - ra - vi. Ad  
deem - er. All earth's sal - va - tion, my hope is in you. I

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## 20 O Lord, Hear My Prayer (verse 1 only)

♩ = 72

Em C<sup>6</sup> D G C Am<sup>6</sup> B

O Lord, hear my prayer, O Lord, hear my prayer. When I call an - swer me. O

Em C<sup>6</sup> D G<sup>6</sup> Am B Em *fine*

Lord, hear my prayer, O Lord, hear my prayer. Come and lis - ten to me. O

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**Psalm 17** (from "Psalms for Praying" by Nan C. Merrill)

**Sung Response: 2 Alleluia 7**

♩ = 116

Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia. Al - le - lu - ia! (hum)

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Listen to my heart, O Love Divine;  
Hear the cry within me!  
Heed my prayer from lips  
That would utter truth!  
For in you do I seek justice!  
Be thou my eyes that I may see with clarity.

**ALLELUIA**

If you try my heart, if you visit me by night,  
If you test me, you will discover  
My only desire is to draw closer to you.  
I see the injustice and the oppression  
Piercing the hearts of your people.

**ALLELUIA**

Be thou my feet  
That I may walk along your paths;  
That I may be a benevolent presence  
On life's highway.

**ALLELUIA**

I call upon you knowing you will answer me,  
Heart of my heart;  
Incline your ear to me, hear my words.  
Wondrously show your steadfast love,  
O Love Divine, you walk beside me,  
Giving me strength to face  
The fears that dwell within.

**ALLELUIA**

Keep me as the apple of your eye;  
Hide me in the shadow of your wings,  
From all that would separate me from your love.  
Open my heart that compassion  
May be my companion;  
Where I meet pride, humble me;  
Where I meet anger, calm my fears;  
Where I meet injustice,  
Cause me to act in love's way.

**ALLELUIA**

May I be as gentle as the doe,  
As fearless as the lion,  
As faithful as the dog.  
Arise, O Heart of Love!  
Confront all within me that is not whole!

**ALLELUIA**

Deliver me from deadly fears and doubts,  
Shine your Light into my darkness.  
May my heart receive  
The bounty of your love,  
May my children and their children  
Walk with you in gratitude and joy.

**ALLELUIA**

For I shall behold your face in truth,  
When I am fully awake, I shall dwell  
In the house of Love and peace and joy!

**ALLELUIA**

## The Word/Meditation: Exodus 33:12-20 *(New Inclusive Bible)*

Moses said to YHWH, “Look, you have told me to lead this people, but you have never told me who you will send with me. You have said to me, ‘I know you by name,’ and ‘You have found favor with me.’ So if I have found favor with you, teach me your ways so that I might truly know you, and that I might find favor in your eyes. Remember that these people are the nation you have chosen as your own.”

YHWH replied, “My Presence will go with you. let this set your mind at ease.”

Moses continued, “If your Presence does not come with us, do not send us from this place. How can it ever be known that we have found favor in your eyes — I, and your people — if you do not accompany us? It is your Presence alone that will mark us — I, and your people — from all others of the people on the earth.”

And YHWH said to Moses, “As you have asked, I will do, for you have found favor in my eyes, and I have known you by name.” Then Moses said, “Please, show me your glory!” YHWH said, “I will make all of my goodness pass before your eyes, and I will pronounce my Name, I AM, in your presence: I will show my grace to whom I will show my grace, and I will show my compassion to whom I will show my compassion. But you cannot see my face,” God continued. “No human can see my face and live.”

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

### Breath Prayer

*Inhale* — I AM.

*Exhale* — with you.

**Breath Prayer** is an ancient practice that connects short phrases with our breathing, help ground us in this moment, focuses us and refreshes us body, mind, and soul.

*On your inhale say or be mindful of the first phrase.*

*On your exhale say or be mindful of the second phrase.*

You may also carry this with you throughout your week, and let this embodied practice hold you, knowing that many across space and time are breathing and praying with us.

## Words from Saints and Ancestors

The eye through which I see God is the same eye through which God sees me; my eye and God's eye are one eye, one seeing, one knowing, one love.

— Meister Eckhart (1260-1328),  
a German Catholic theologian, philosopher and mystic

## NB17 Our Eyes Are Turned



O - cu - li nos - tri ad Do - mi - num Je - sum,  
Our eyes are turned to the Lord Je - sus Christ.



o - cu - li nos - tri ad Do - mi - num nos - trum.  
Our eyes are turned to the Lord God, our Sav - ior.

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**Christ Jesus, in your Gospel we find  
a hope for all human beings.**

**The Kingdom, the Life of God in  
fullness, is already present among  
us and within us.**

**Even if we sense hardly anything of  
your presence, we place our trust in  
you. And your love and your joy can  
blossom in our lives.**

(Brother Alois of Taizé)

## Prayers of Intercession

*If you would like to read aloud one of our prayers, please see our greeter in the back to volunteer before we begin.*

### Sung Response: 12 Wait For The Lord

Lento (♩ = 48)

The musical score is written for piano in G major (one sharp) and 4/4 time. It consists of two systems of staves. The first system has a treble and bass staff. The treble staff starts with a half note E4, followed by a quarter note G4, a half note A4, and a quarter note B4. The bass staff starts with a half note E3, followed by a quarter note G3, a half note A3, and a quarter note B3. The lyrics 'Wait for the Lord, whose day is near.' are written below the staves. The second system also has a treble and bass staff. The treble staff starts with a half note E4, followed by a quarter note G4, a half note A4, and a quarter note B4. The bass staff starts with a half note E3, followed by a quarter note G3, a half note A3, and a quarter note B3. The lyrics 'Wait for the Lord: be strong, take heart!' are written below the staves. The score includes various musical notations such as chords (Em, C, Am6, B, D, G, Am, B, Em), dynamics (p, mf), and articulation marks.

Wait for the Lord, whose day is near.

Wait for the Lord: be strong, take heart!

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Loving God, we hold in your healing presence those who, like Moses, desire to see your face and glory revealed in their lives and the broader world.

**WAIT FOR THE LORD**

Loving God, we hold in your healing presence those who suffer pain and ill-health, with their families, friends, and those who care for them.

**WAIT FOR THE LORD**

Loving God, we hold in your healing presence the suffering people of our world, and the places where people are experiencing division, injustice, and violence.

**WAIT FOR THE LORD**

Loving God, we hold in your healing presence those facing bereavement and grief amidst the loss of loved ones.

**WAIT FOR THE LORD**

Loving God, we hold in your healing presence those whose needs are not known to us... And those whose names we do not know, but who are known to you, and for whom we have been asked to pray.

**WAIT FOR THE LORD**

## 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

Our Fa - ther who art in heav - en, hal - lowed be thy name; thy king - dom come;

thy will be done, on earth as it is in heav - en. Give us this day our dai - ly bread;

for - give us our tres - pass - es as we for - give those who tres - pass a - gainst us;

lead us not in - to temp - ta - tion, but de - liv - er us from e - vil. For thine is the King - dom,

and the pow - er, and the glo - ry, for - ev - er and ev - er. A - men.



## 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.**



## CLM28 I Lift Up My Eyes

Canon

1

L'a - ju - da em vin - drà del Se - nyor, del Se -  
I lift up my eyes to the hills; from -

2

nyor, el nos - tre Déu, que ha fet el cel i la  
where shall come my help? My help is in God who cre -

3

4

(Last time ☺)

ter - ra, el cel i la ter - ra. L'a -  
at - ed the earth and the heav - ens. I

## 28 Come And Fill

♩ = 66

D Bm , D A ,

Con - fi - te - mi - ni Do - mi - no quo - ni - am — bo - nus.  
Come and fill our hearts with your peace. You a - lone, O Lord, are ho - ly.

Em C , Em A D ,

Con - fi - te - mi - ni Do - mi - no, al - le - lu - ia!  
Come and fill our hearts with your peace, al - le - lu - ia!

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The value of

# Silence

*Silence means leaving to God what is beyond my reach and capacity. A moment of silence, even very short, is like a holy stop, a sabbatical rest, a truce of worries.*



# \* Come, Bring Your Burdens To God

*Solo:*

Come, bring your bur-dens, oh,

Come, bring your bur-dens to God, Wo - za nom - thwa - lo wa-kho, come, bring your wo - za nom-

come, bring your bur - dens, oh, come, bring your bur-dens,

bur - dens to God, thwa - lo wa-kho, come, bring your bur - dens to God for wo - za nom-thwa - lo wa-kho U-

*To repeat* *Last time*

Je-sus will nev-er say no.

Je-sus will nev-er say no. ye-s's-ka - so-za-thi hayi. Come, bring your no. Wo - za nom - hayi.

*African phonetics:*

Woh-zah nohm-thwah-loh wah-khoh, U-yehs skah-soh-zah-thee hahyee

Text: South African; tr. by Barbara Clark, Mairi Munro, and Martine Stermerick, © 2008, Iona Community, GIA Publications, Inc., agent  
Tune: South African melody; arr. by Welile Sigabi, © 2008, Iona Community, GIA Publications, Inc., agent

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## Epiphany Prayer (in unison)

Loving God, in the journey of life, guide us by the star that leads to Jesus, the Christ, that we may return to you transformed by his love.

Leader: Thanks be to God. Amen.

People: Amen.

## Postlude by the Taizé Musicians *(depart as you so desire)*

# SPIRITUAL LIFE EVENTS

### Contemplative Prayer

Rev. BJ Woodworth will lead a time on Zoom of 30 minutes of communal silence and guided meditation on scripture. We will meditate on the Psalms, using the translation *Psalms for Praying* by Nan C. Merrill.

Mondays, 7:30 to 8 am

Meeting ID: 959 8065 3992 • Passcode: bestill

### Meditation Hour

The Spiritual Life Committee invites you to join John Benedict in the Chapel each Tuesday 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.

Tuesdays, 6-7 pm

### 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 19, Feb 16, March 15, April 19, May 17, June 21

7:00-8:30 pm

### A Wintering Retreat – Feb 2 to 4

Join us for a time of rest and retreat, community and conversation and play and prayer from Feb 2-4 at Villa Maria Retreat Center. Lean into the simple, slow, and still rhythms of winter. The retreat schedule will flow naturally with morning, midday and evening prayers that gather us together and scatter us in time alone, inviting us into community and sending us into solitude, stillness, and silence. Consider the gift and invitation of winter in the words of Katherine May: *Plants and animals don't fight the winter; they don't pretend it's not happening and attempt to carry on living the same lives that they lived in the summer. They prepare. They adapt. They perform extraordinary acts of metamorphosis to get them through.* (taken from "Wintering: The Power of Rest and Retreat in Difficult Times") RSVP to Norma by Jan 21 (412.441.3800 x211).



Cost options:

1. One Night (Fri-Sat or Sat-Sun) Shared Bath | \$70
2. One Night (Fri-Sat or Sat-Sun) Private Bath | \$110
3. Two Nights (Fri-Sun) Shared Bath | \$85
4. Two Nights (Fri-Sun) Private Bath | \$135

## The Rev. BJ Woodworth is Minister of Taizé Prayer 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 x241 • BJW@coh.net