

# TAIZÉ:

PRAYERFUL SONG & QUIET MEDITATION



February 21, 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.

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**

## 43 Holy Is The Name Of God

♩ = 100      F      Dm      Am      ESUS      E      A      B♭      F      Gm      C

San - ctum no - men Do - mi - ni ma - gni - fi - cat a - ni - ma me - a.  
Ho - ly is the name of God. Sing out my soul, prais - ing God ev - er - more.

F      Dm      Am      ESUS      E      A      B♭      F      Gm      C      F

San - ctum no - men Do - mi - ni ma - gni - fi - cat a - ni - ma me - a.  
Ho - ly is the name of God. Sing out my soul, giv - ing praise to God.

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## NB8 In God Alone

In God a-lone my soul can find rest and peace, in God my peace and joy.  
Mon â - me se re - po - se en paix sur Dieu seul: de lui vient mon sa - lut.

On - ly in God my soul can find its rest, find its rest and peace. In  
Oui, sur Dieu seul mon â - me se re - po - se, se re - po - se en paix. Mon

*Last time*

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**Psalm 147** (selected verses from "Psalms for Praying" by Nan C. Merrill)

**Sung Response: 48 Sing Praises**

*p*  $\text{♩} = 63$   $\text{E}\flat$   $\text{A}\flat$   $\text{E}\flat$   $\text{B}\flat$   $\text{Cm}$   $\text{G}$   $\text{Cm}$   $\text{B}\flat$   $\text{E}\flat$   $\text{A}\flat$   $\text{B}\flat$   $\text{E}\flat$

Lau - da - te om - nes gen - tes, lau - da - te Do - mi - num. Lau -  
Sing prais - es, all you peo - ples, sing prais - es to the Lord. Sing

*p*  $\text{A}\flat$   $\text{E}\flat$   $\text{B}\flat$   $\text{Cm}$   $\text{A}\flat$   $\text{B}\flat$   $\text{E}\flat$  *fine*

da - te om - nes gen - tes, lau - da - te Do - mi - num! Lau -  
prais - es, all you peo - ples, sing prais - es to the Lord! Sing

*fine*

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Praise the Beloved, Heart of all hearts!  
We are blessed as we sing  
Praises to the Beloved;  
For as we give ourselves to love,  
So we receive Love.  
The Beloved abides in our heart,  
In every open heart that welcomes Love.  
**SING PRAISES, ALL YOU PEOPLES**

Through Love we are sent  
To the brokenhearted,  
A mutual balm to the soul.  
We seek out the downtrodden,  
Those without shelter or food,  
Recognizing our own poverty with them.  
Those in prison also await  
Willing hearts to visit them,  
That forgiveness might free all from bondage.  
**SING PRAISES, ALL YOU PEOPLES**

Sing to the Beloved with thanksgiving;  
Mingle with the melodies of the spheres!  
Awaken to your inheritance in all the universe!  
For you belong to heaven,  
To the stars and galaxies.  
You come also from the earth,  
From mineral and plant,  
Pure water courses through your veins.  
**SING PRAISES, ALL YOU PEOPLES**

Every creature—those that swim and fly  
And walk on land—knows you as of old;  
And each human—in body or in spirit—  
Welcomes you in the heart-song of Love,  
Where we know we are all One Being.  
**SING PRAISES, ALL YOU PEOPLES**

Praise the Beloved, Life of all life!  
Invite Love into your heart!  
For Divine Love gives strength to the weak,  
With courage to face their fears.  
**SING PRAISES, ALL YOU PEOPLES**

*Continued on next page....*

Yes, the Divine Word is written  
On every heart-scroll,  
A guide to pilgrims on the way.  
May everyone awaken to Divine Love,  
That peace and integrity and assurance  
May be born again in every land.  
O my soul, praise the Beloved!  
**SING PRAISES, ALL YOU PEOPLES**



**Visual Meditation** (*"Gathering Her Brood" by Phuc Luu, produced by The Work of the People*)

*During the season of Lent our meditations will be visual, spoken and written.  
Notice where your own being is drawn in words or images.*

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

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### **Breath Prayer**

*Inhale* — Gather me up...

*Exhale* — Hold me close...


**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.

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## "Gathering Her Brood" by Phuc Luu

*In a land where prophets are killed  
Where God is crucified  
Over and over again  
Where people abandon each other  
For the sake of ideas  
Making enemies of sisters and brothers  
Fighting wars because of fear  
Because of figments of our imagination  
The war of terror within us  
Tearing at the bonds that join us*

*God is still with us  
Among us  
Emanuel  
Who is with the demonized and disenfranchised  
The outcasts and other  
To bring them together*

*As a mother hen  
Desiring to gather her brood  
To keep them safe from foxes  
Who seek to kill, steal, and destroy  
Holding them close  
Into her chest  
If we chose to listen to her heart  
And be comforted by the warmth of her wings  
If we choose the care  
That promises to never leave us  
Never to abandon us to ourselves  
God abiding in love and loyalty  
God ever present*



## 11 It Is Good To Trust

♩ = 58

Dm A SUS A Dm C F

Bo - num est con - fi - de - re in the Do - mi - no,  
It is good to trust in the Lord our God,

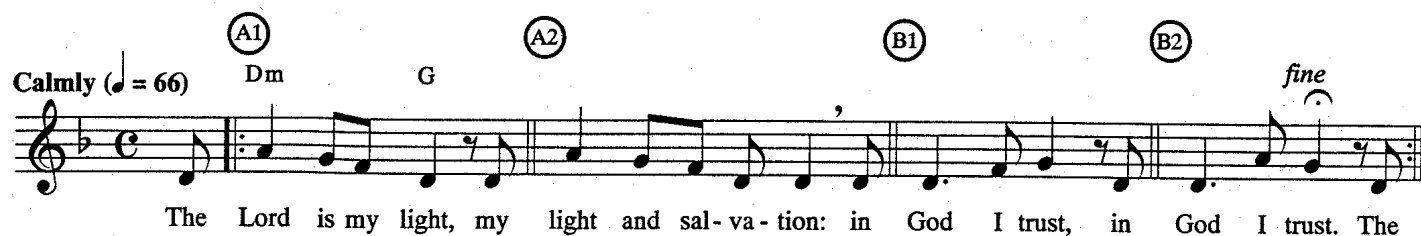
Gm C F Dm Gm<sup>7</sup> Am Dm

bo - num spe - ra - re in the Do - mi - no.  
trust and hope in the Lord our God.

## Prayers of Intercession *(adapted from Ted Loder in "Guerillas of Grace")*

*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: 36 The Lord Is My Light



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O God, gather us now to be with you as you are with each of us. Soothe our tiredness; quiet our fretfulness; curb our aimlessness; receive our compulsiveness; let us be easy for a moment.

#### **THE LORD IS MY LIGHT**

O Lord, release us from the fears and guilts which grip us so tightly; from the expectations and opinions which we so tightly grip, that we may be open to receiving, to learn something refreshingly different.

#### **THE LORD IS MY LIGHT**

O God, gather us to be with you as you are with each of us. Forgive us for claiming so much for ourselves that we leave no room for gratitude; for confusing exercises in self-importance with acceptance of self-worth; for complaining so much of our burdens that we become a burden; for competing against others so insidiously that we stifle celebrating them and receiving your blessing through their gifts.

#### **THE LORD IS MY LIGHT**

O God, gather us to be with you as you are with us. Keep us in touch with ourselves, with our needs, our anxieties, our angers, our pains, our corruptions, that we may claim them as our own rather than blame them on someone else.

#### **THE LORD IS MY LIGHT**

O Lord, deepen our wounds into wisdom; shape our weaknesses into compassion; gentle our envy into enjoyment, our fear into trust, our guilt into honesty, our accusing finger into tender ones. O God, gather us to be with you as you are with each of us.

#### **THE LORD IS MY LIGHT**



## 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 bearing 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.**



## 38 My Soul Is At Rest

A Dm ASUS A Dm C F C Dm A Dm

*fine*

My soul is at rest in God a-lone, my sal - va - tion comes from God. My

*fine*

## 14 Our Darkness

♩ = 66      F#      Bm      Am      D      G      F#

Our dark - ness is nev - er dark - ness in your sight: the  
 La té - nè - bre n'est point té - nè - bre de - vant toi: la

Bm      A      D      Em6      F#SUS      fine F#

deep - est night is clear as the day light. Our  
 nuit com - me le jour est lu - miè re. La té -

*fine*

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# A VERY SIMPLE REALITY



When we open the Gospel, each of us can say, "These words of Jesus are rather like a very ancient letter written in an unknown language. But since it is written to me by someone who loves me, I am going to try to understand its meaning, and to put into practice right away the little I have grasped."...

Extensive knowledge is not important at the outset. In time that will be of great value. But it is through the heart, in the depths of themselves, that human beings begin to grasp the Mystery of Faith. Everything is not granted at once. An inner life is developed step by step. Today, more than in the past, we enter into the faith by going forward in stages.

Right at the depth of the human condition, lies the longing for a presence, the silent desire for a communion. Let us never forget that this simple desire for God is already the beginning of faith.

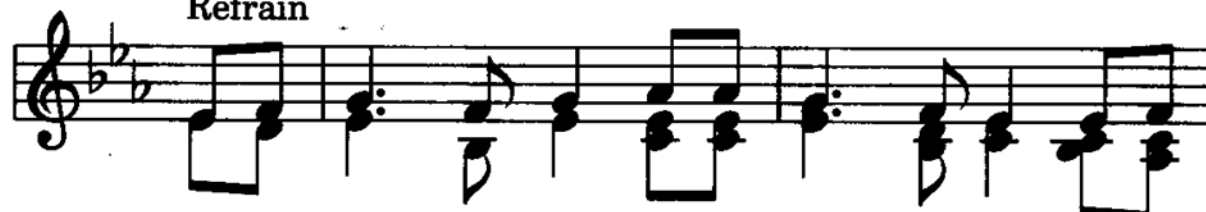
Moreover, no one is able to understand the entire Gospel in isolation from others. Each person has to say, "In this unique communion that is the Church, what I do not understand of the faith is understood by others who are living from it. I do not rely on my faith alone but on the faith of Christians of all times, those who have gone before us, from the time of Mary and the apostles to those of today. And day after day I prepare inwardly to put my trust in the Mystery of Faith."

So it becomes clear that faith – trusting in God – is a very simple reality, so simple that everyone could receive it. It is like surging upwards again and again, a thousand times, throughout our life, and until our very last breath.

— Brother Roger of Taizé

## G134 Saranam

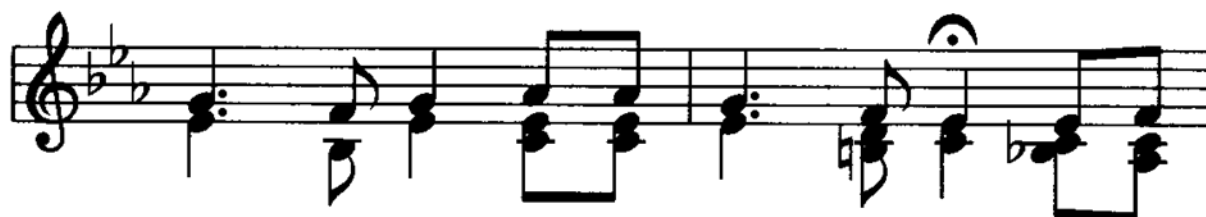
### Refrain



Je-sus Sa - viour, Lord Lo to Thee I fly; Sa - ra -  
Je-sus, Ret - ter, zu dir hin flie - he ich: Du bist



nam, Sa - ra - nam, Sa - ra - nam, Thou the  
Schutz, du bist Hil - fe und Halt. Sei mir



Rock, my Re - fuge that's higher than I: Sa - ra -  
Fels und Zu - flucht be - schüt - ze mich: Du bist

### VERSES:



nam, Sa - ra - nam, Sa - ra - nam. In the midst of foes I  
Schutz, du bist Hil - fe und Halt. Mit - ten in der Angst schrei

Lied zu Psalm 61 aus dem Punjab und Sri Lanka. Satz: Hartmut Bietz. 1: D. T. Niles, 2: Dieter Trautwein. © E.A.C.C. Hymnal 1972. © 2: Strube, München

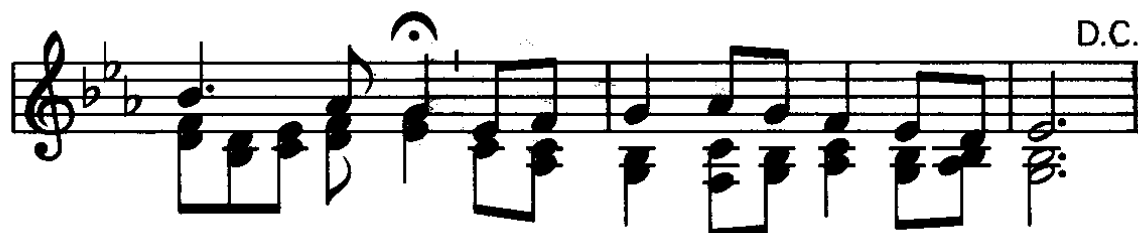
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cry to Thee. From the ends of earth where-ev - er  
ich zu dir, wo das En - de droht und nichts mehr



I may be, My strength in help-less-ness, O  
wei - ter - geht. Gib Ant - wort, wenn die Stim-me



an - swer me: Sa - ra - nam, Sa - ra - nam, Sa - ra - nam.  
helf - los fleht: Du bist Schutz, du bist Hil - fe und Halt.

2. In Thy tent give me a dwelling place, / And beneath Thy wings may I  
find sheltering grace, / let fall on me the sunshine of Thy face: / Sara-  
nam, Saranam, Saranam. / Jesus Saviour, Lord . . .

3. O that I my vows to Thee may pay, / And that by Thy faithfulness to  
me each day: / May live, and on Thy love my burdens lay: / Saranam,  
Saranam, Saranam. / Jesus Saviour, Lord . . .

4. Yesterday, today, for e'er the same, / Lo, the heritage of all who bear  
His name / To ransom them from sin the Saviour came; / Saranam, Sa-  
ranam, Saranam. / Jesus . . .

**2** 2. Laß dein Zelt mir Haus und Wohnung sein, / wo die Gnade deiner  
Flügel mich bedeckt, / wo mich dein Antlitz gleich der Sonne weckt: /  
Du bist Schutz, du bist Hilfe und Halt. / Jesus, Retter, . . .

3. Hilf, Gelübde, die ich gab, zu tun / und zu sehn, was deine Treue täg-  
lich schenkt, / wie Liebe auch an meine Lasten denkt: Du bist Schutz,  
du bist Hilfe und Halt. / Jesus, . . .

4. Gestern, heute und zu aller Zeit / soll, wer seinen Namen trägt, auch  
Erbe sein, / daß Jesus kam von Sünden zu befrei'n: / Du bist Schutz,  
du bist Hilfe und Halt. / Jesus, Retter, . . .

1 = englisch, 2 = deutsch

**Unison Lenten Prayer** *(adapted from Jan Richardson in "Circles of Grace")*

In this Lenten season,  
let us remember we were built for this ancient path,  
inscribed upon our bones,  
the persistent pattern echoing in our heartbeats.

Let this be the season where we turn our faces  
towards the One who calls to us:

*Return, return.*

May we open wide our arms to the wind  
that knows how to bear us home.

Leader: Thanks be to God. Amen.

People: Amen.

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





# SPIRITUAL LIFE & CHURCH EVENTS

## Contemplative Prayer

During Lent, Pastor BJ will be practicing *Centering Prayer*, “a method of silent prayer that prepares us to receive the gift of contemplative prayer, prayer in which we experience God’s presence within us, closer than breathing, closer than thinking, closer than consciousness itself.” (*from Contemplative Outreach*).

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).

March 15, April 19, May 17, June 21  
7:00-8:30 pm

## Soup & Sustenance – Thursdays

Beginning Feb 15, join us from 5:30– 6:45 pm any Thursdays (through March 28) in the McKelvy Room for soup, bread and fellowship. Soup and bread are provided; if you want to volunteer to bring a soup one week, contact Pastor BJ (BJW@coh.net).

## Food Drive

Please bring canned goods to worship throughout the season of Lent for the EECM Food Pantry.

## Cathedral Concert: Singing Our History – Feb 25

ELPC’s *Cathedral Concerts* series will continue on Sunday, Feb 25 at 3 pm with *Singing Our History*—a special performance commemorating Black History Month with Robert Ray’s timeless *Gospel Mass* and Women’s History Month with choral and solo works by women composers and arrangers. The concert is free and open to the public.

## “Necessary Risks” Event – March 9

Anyone who seeks a more just and equitable world is invited to a day of worship, learning, discussion, and good food on Saturday, March 9 from 9 am–3 pm, sponsored by Presbyterian Women. The Rev. Dr. Teri McDowell Ott will be our guide. She is the author of *Necessary Risks*, which grew out of her experiences as a college chaplain and volunteer at a men’s prison. Registration must be received by noon, Wednesday, March 6. You do not have to be Presbyterian or a woman to participate. For info, email PW.ELPC@gmail.com.

## LABYRINTH available in LENT

You are invited to come and walk the labyrinth on the stage in the Social Hall, beginning Feb 15 to March 26.



Born in Vietnam and raised in Houston, Texas, Phuc Luu seeks the integration and writes about the intersection of art, philosophy, and theology. His work has appeared in the *Amerasia Journal* (UCLA), *The Journal of Pastoral Care and Counseling*, the *Truett Journal of Church and Mission*, and NPR’s *This I Believe*. He has been interviewed by the *Houston Chronicle* on the subject of art and religion and has published on a variety of topics such as Medieval philosophy, pastoral care, theology and culture, philosophy of religion, and art and culture.

Phuc Luu holds advance degrees in theology and philosophy. He has served on the Nobel Peace Prize Committee for the American Friends Service Committee (Quakers) for seven years as a task group member. He has taught philosophy and theology at Sam Houston State University and Houston Baptist University and working on a forthcoming book, *Jesus of the East*.



The Visual Liturgy was produced by, The Work of the People, [www.workofthepeople.com](http://www.workofthepeople.com).

# Brother Roger

founder of Taizé

## ON PRAYER

From the depths of the human condition, a secret aspiration rises up. Caught up in the anonymous rhythms of schedules and timetables, men and women of today are implicitly thirsting for the one essential reality: an inner life, signs of the invisible.

Nothing is more conducive to a communion with the living God than a meditative common prayer with, as its high point, singing that never ends and that continues in the silence of one's heart when one is alone again.

In a technological society, there is a clear separation between prayer and work. When inner life and human solidarity appear to be in competition with one another, as if people had to choose between them, that opposition tears apart the very depths of the soul.

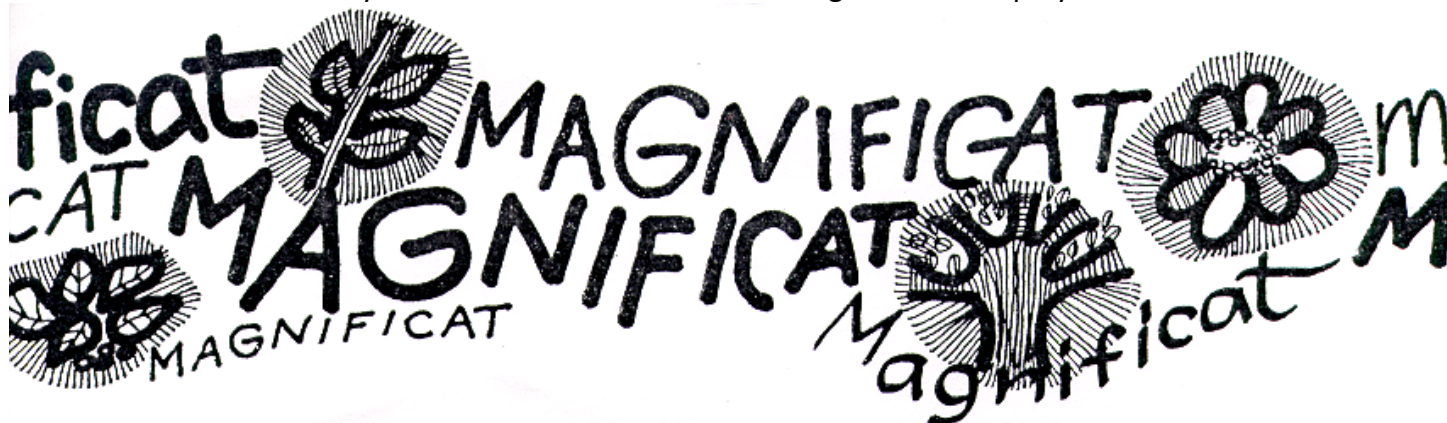
Prayer is a serene force at work within human beings, stirring them up, transforming them, never allowing them to close their eyes in the face of evil, of wars, of all that threatens the weak of this world. From it we draw the energy to wage other struggles—to enable our loved ones to survive, to transform the human condition, to make the earth a place fit to live in.

## ON SINGING

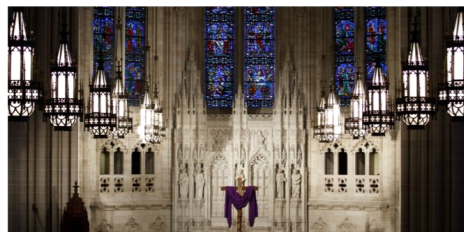
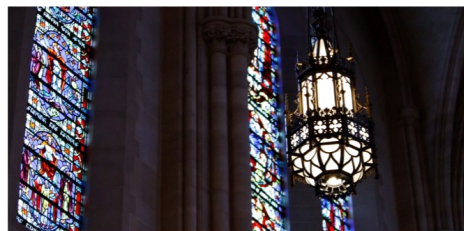
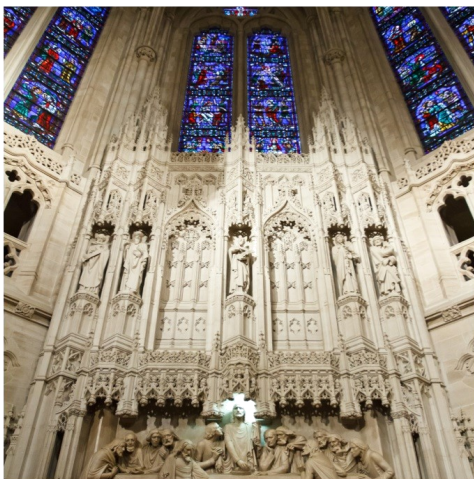
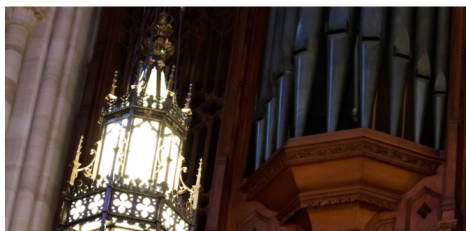
Singing is one of the most important forms of prayer. A few words sung over and over again reinforce the meditative quality of the prayer. They express a basic reality of faith that can quickly be grasped by the intellect, and that gradually penetrates the heart and the whole being. These simple chants also provide a way of praying when one is alone, during the day or at night, or even in the silence of one's heart while one is working.

## ON SILENCE

When we try to express communion with God in words, we rapidly reach the end of our capacities. But in the depths of our being Christ is praying, far more than we imagine. Compared to the immensity of that hidden prayer of Christ in us, our explicit praying dwindles to almost nothing. That is why silence is so essential in discovering the heart of prayer.







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

**www.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:

<b>Address:</b>	Taizé Community, 71250 TAIZE, France
<b>To contact Taizé:</b>	community@taize.fr
<b>To visit Taizé:</b>	meetings@taize.fr
<b>List of useful info:</b>	info@taize.fr
<b>Web site:</b>	www.taize.fr
<b>Telephone:</b>	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.)*

<b>ELPC Web site:</b>	www.ELPC.church
<b>E-mail:</b>	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 x241).