

TAIZÉ:

Prayerful Song & Quiet Meditation



**East Liberty
Presbyterian Church**

www.ELPC.church

March 6, 2024 • 7:00 pm

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 Rohlif

Welcome and Opening Centering by The Rev. BJ Woodworth

CLM14 Christ, You Are Light

Chri - ste, lux mun - di, qui se - qui - tur te ha -
Christ, you are light for those who fol - low you. You

be - bit lu - men vi - tae, lu - men vi - tae.
come to bring to all the light of life.

The musical score is written for voice and piano in 4/4 time, key of B-flat major. It consists of two systems. The first system has two staves (treble and bass clef). The second system also has two staves. The lyrics are in Latin and English. There are some musical notations like slurs and ties.

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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 3
nyor, el nos - tre Déu, que ha fet el cel i la
where shall come my help? My help is in God who cre -

4 (Last time ☺)
ter - ra, el cel i la ter - ra. L'a -
at - ed the earth and the heav - ens. I

The musical score is written for voice and piano in 3/2 time, key of B-flat major. It consists of four systems. The first system has one staff (treble clef). The second system has one staff. The third system has one staff. The fourth system has one staff. The lyrics are in Latin and English. There are some musical notations like slurs and ties.

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Psalm 32 (selected verses from "Psalms for Praying" by Nan C. Merrill)

Sung Response: CLM9 God Is Forgiveness

Bóg jest mi - łoś - cią miej - cie od - wa - gę żyć dla mi - łoś - ci.
God is for - give - ness. Dare to for - give and God will be with you.

Bóg — jest mi - łoś - cią. Nie lę - kaj - cie się.
God — is for - give - ness. Love, and do not fear.

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Blessed are you whose wrongdoings
Have been forgiven,
Whose shame has been forgotten.
Blessed are you in whom Love Divine
Finds a home,
And whose spirit radiates truth.

GOD IS FORGIVENESS

When I acknowledged not my shortcomings,
I became ill through all my defenses.
And day and night, guilt weighed heavy
Constricting my heart;
My spirit became dry as desert bones.

GOD IS FORGIVENESS

I cried out, "Forgive me, O Comforter,
For those times I have sinned in my thoughts,
My words, and my deeds;"
And the Beloved created within me
A clean and open heart.

GOD IS FORGIVENESS

Therefore, let everyone who is sincere
Give thanks to the Beloved;
For whenever we feel paralyzed by fear,
We shall be embraced by Love.
Dwelling in the Heart of the Beloved,
We are free from distress,
Free to live more creatively.

GOD IS FORGIVENESS

O my Beloved, you are my guide,
You reach me to walk in the Light.
Be watchful of me, counsel me
As I listen to you in the silence.
I pray for the gifts of inner peace and wisdom,
For the grace to reverence all of Creation.

GOD IS FORGIVENESS

Many are the heartaches
Of those separated from love;
Steadfast love abides with those who surrender
Their lives into the hands of the Beloved.
Be glad and rejoice!
Let your life give witness to Love's Way;
And shout for joy, all you upright of heart!

GOD IS FORGIVENESS

Visual Meditation (*"Returning to Life" 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*)

Breath Prayer

Inbale — I am here...

Exbale — I am home...

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.

"Returning to Life" by Phuc Luu

*The younger brother
Who saw his father as dead
Who took his inheritance and spent his fortunes
Found himself lost in the squalor of his life
In feeding the pigs
And desiring food not fit for him to eat
A famine had crossed over his soul
Casting a cloud of poverty and disease*

*This younger son
Saw himself as a sinner
An outcast, to be despised and shamed
And hated
In his self-exile, he came to his senses
And returned home
Returned to himself*

*And the Father, who was waiting all this time
Seeing him from far off
Embraced his child,*

*lavished on him a party
Saw his tattered clothing
The worn soles of his shoes
Adorned him richly
With all that he had
In abundance
In plenty*

*The elder
Perceived someone not estranged
Not other and alien
But as a child
To be loved
Tenderly
Compassionately
Extravagantly
Found
To be finally one
Becoming whole
As he finally came home*

CLM16 Whoever Walks In God's Love

1.

El al - ma que an - da en a - mor, ni can - sa ni se can - sa. El
Who - ev - er walks in God's love tires no one nor grows wea - ry. Who -

2. (Last time)

can - sa. O O El
wea - ry. O Who -

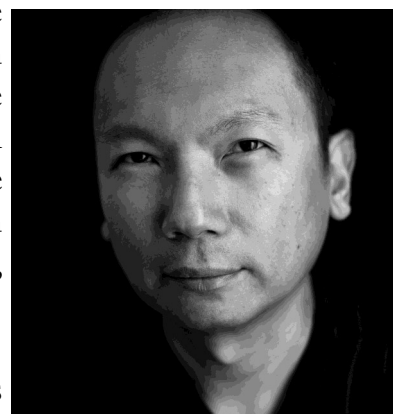
(Last time)

The musical score is written for voice and piano. It features a key signature of two sharps (F# and C#) and a 4/4 time signature. The first system includes a first ending bracket. The second system includes a second ending bracket with a 'Last time' instruction. The lyrics are in Spanish and English, with the English lyrics in parentheses. The piano accompaniment consists of chords and single notes, with some measures featuring a 'Last time' instruction.

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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.

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: CLM32 Look To God And Be Filled

Qui re - gar - de vers Dieu res - plen - di - ra, sur son vi -
Look to God and be filled with ra - dant joy. Lift up your

sa - ge, plus d'a - mer - tu - me, sur son vi - sa - ge, plus d'a - mer - tu - me.
heads for God hears our prayer, - lift up your heads for God hears our prayer. -

(Last time ☺)

(Last time ☺)

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O God, who waits and longs for our return home to you and ourselves, thank you for your patient, persistent, loving, and watchful gaze that looks and longs for our return. Free us from the internal and external realities that separate us from dwelling at peace with you and ourselves.

LOOK TO GOD AND BE FILLED

We pray for all who are lost, who have wandered from the path of life and strayed into thoughts, habits, and actions that have led them to discouragement, despair, and sadness.

LOOK TO GOD AND BE FILLED

We pray for the unhoused in the city of Pittsburgh and throughout the world. We pray that they might know that you also lived with “no place to lay your head.” May they sense your companionship, and may your Spirit move in all people to see affordable housing as a human right.

LOOK TO GOD AND BE FILLED

We pray for healing for those who are suffering from illnesses, disease, and sickness in their bodies. We pray for relief from the stress, anxiety, fear, and social alienation for those who struggle with mental illness in its variety of forms.

LOOK TO GOD AND BE FILLED

We pray for immigrants and refugees and all who have come to our country seeking a better life. May we greet them with kindness, assistance, and compassion as they seek a new home, safety health, and employment.

LOOK TO GOD AND BE FILLED

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.



NB14 Lord God, You Love Us

Lord God, you love us, source of compassion.
Toi, tu nous aimes, source de vie.

29 Nothing Can Trouble

$\text{♩} = 72$ Am p Dm⁷ G Em/C 1. F Dm⁶ *mf*

Na - da te tur - be, na - da te es - pan - te. Quien a Dios tie - ne
 Noth - ing can trou - ble, noth - ing can fright - en. Those who seek God shall

E Am *f* 2. F Dm⁶ E Am

na - da le fal - ta. So - lo Dios bas - ta.
 nev - er go want - ing. God a - lone fills us.

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NB16 Let Your Servant Now Go In Peace

Nunc di - mit - tis ser - vum tu - um Do - mi - ne, se -
 Let your ser - vant now go in peace, O Lord, now

ne, Do - mi - ne,
 Lord, O Lord,

cun - dum ver - bum tu - um in pa - ce, Nunc di -
 go in peace ac - cord - ing to your word, Let your

(Do - mi - ne.)
 (to your word.)

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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

Join us from 5:30– 6:45 pm any Thursday (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.

ELPC Rainbow T-Shirts for Sale – Through March 17

Buy an ELPC rainbow tie-dyed shirt through March 17 online at <http://tiny.cc/elpcpride> (\$16 each; credit card only; includes small fee). They will also be sold in-person on Sunday, March 10 after the Journey and Sanctuary worship services (\$15 each; cash/check payable to ELPC).

They are available in short- and long-sleeved options, with sizes ranging from S-4XL. The front of the shirt says *East Liberty Presbyterian Church* and the back says *God created you. God loves you. Be yourself.* They are perfect for the upcoming Pittsburgh Pride marches in June, or for wearing around each day as you share God’s love for all in a colorful, stylish way.

You will be contacted when the shirts are ready for pick up at ELPC. For more info, please contact Wil Forrest (Wil@coh.net; 412.441.3800 x218).

LABYRINTH available in LENT

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



- ♦ Tuesdays, 10 am–2 pm
- ♦ Thursdays, 10 am–7 pm
- ♦ Sundays, 10 am–2 pm

Cathedral Concert:

The Mendelssohn Choir

Sunday, March 10 at 3 pm

Critically acclaimed as one of the finest choruses in the country, The Mendelssohn Choir of Pittsburgh returns to ELPC on Sunday, March 10 at 3 pm for their first post-Covid *Cathedral Concert*, along with their new music director, Daniel Singer. The concert is free. Contact Dr. Ed Moore for more info (EdM@coh.net).

Download the brochure for the 13th season of *Cathedral Concerts* at <http://tiny.cc/elpcconcerts>

