

TAIZÉ

PRAYERFUL SONG AND QUIET MEDITATION



April 10, 2024 • 7:00 pm

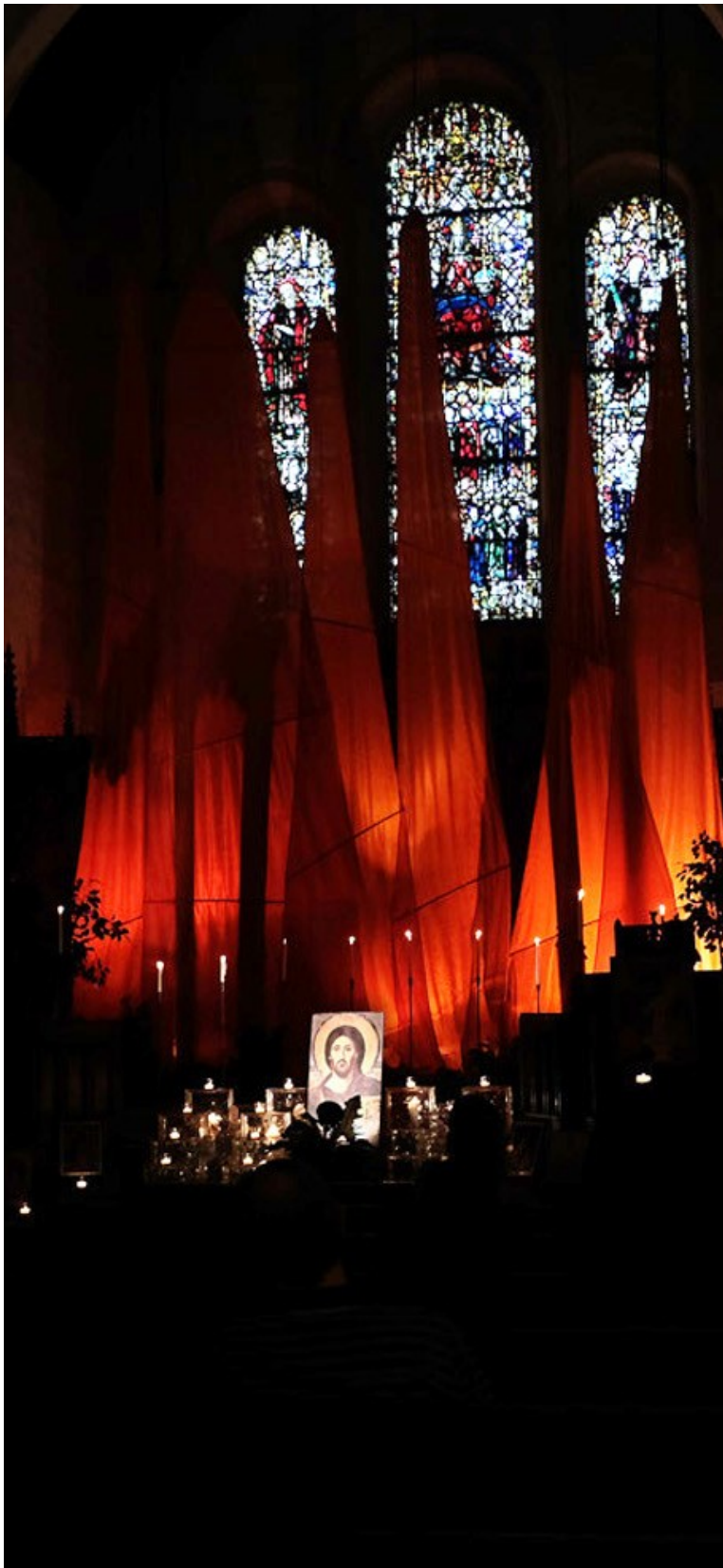


East Liberty
Presbyterian Church

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 Rohlif

Welcome and Opening Centering by The Rev. BJ Woodworth

48 Sing Praises

$\text{♩} = 63$ *p*

E♭ *A♭ E♭* *B♭ Cm* *G Cm* *B♭ E♭ A♭ B♭ E♭*

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

A♭ E♭ *B♭ Cm* *A♭* *B♭ E♭* *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

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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.

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Psalms 131, 133, 134 (selected verses from "Psalms for Praying" by Nan C. Merrill)

Sung Response: 3 Alleluia 11

♩ = 104

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

(Al - le - lu - ia)

D.S.

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Most gracious Presence, let me not be arrogant,
Nor boast of my virtuous deeds;
Let me not seek fame or set my heart
On the riches of the world.
Help me to calm and quiet my soul,
Like a child quieted at its mother's breast;
Like a child that is quieted, be so my soul.

ALLELUIA

I shall be at peace in you, O Breath of my breath,
From this time forth and forevermore. Amen.

ALLELUIA

Behold, how good and pleasant it is
When brothers and sisters dwell in unity!
It is like vistas seen from atop a mountain
One has climbed...
Or like the stillness of a sunset
After a long day's work.

ALLELUIA

It is like a shimmering rainbow,
Breaking through a summer rain.
When men and women dwell in harmony,
The star of Truth appears!

ALLELUIA

Come, bask in the Light of Love,
All you who would serve the Divine Plan!
Lift up your hands to the Holy One,
Singing songs of praise!
Bow down and receive blessing
From the Giver of Life!
All praises be to you,
Whose Love created heaven and earth!

ALLELUIA



Scripture for Meditation: 1 John 1:1-7 *(Inclusive Bible Translation)*

That which was from the beginning, which we have heard and seen with our eyes, and have looked at and touched with our hands: the Word, who is Life... That life came to be; we saw it and bear witness to it. We proclaim to you the eternal life which was with Abba God and was manifested to us. What we have seen and heard we declare to you, so that you may be one with us, as we are one with Abba God and with the only Begotten, Jesus Christ... This, then, is the message we heard from Jesus and declare to you: God is light, and in God there is no darkness at all. If we say we have intimacy with God while still living in darkness, we are liars and do not live in truth. But if we live in the light, as God is in the light, we are one with each other.

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



Breath Prayer

Inhale — God is Light ...

Exhale — I dwell in the Light
...

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 Light of Christ illumines all.

— *Gregory Palamas (died 1357)*

a Byzantine Greek theologian and Eastern Orthodox cleric of the late Byzantine period

CLM15 Lord And Giver Of Life

Do - mi - nus Spi - ri - tus est. Spi - ri - tus au - tem vi -
Lord and giv - er of life, Spir - it of light and of

vi - fi - cat. Spi - ri - tus au - tem vi - vi - fi - cat. _____
ho - li - ness, Spir - it of light and of ho - li - ness. _____

The image shows a musical score for the hymn 'Lord And Giver Of Life'. It consists of two systems of music. Each system has a treble clef staff on top and a bass clef staff on the bottom. The time signature is 2/4. The lyrics are written below the notes. The first system covers the first two lines of the hymn, and the second system covers the last two lines. The lyrics are: 'Do - mi - nus Spi - ri - tus est. Spi - ri - tus au - tem vi - / Lord and giv - er of life, Spir - it of light and of / vi - fi - cat. Spi - ri - tus au - tem vi - vi - fi - cat. _____ / ho - li - ness, Spir - it of light and of ho - li - ness. _____'.

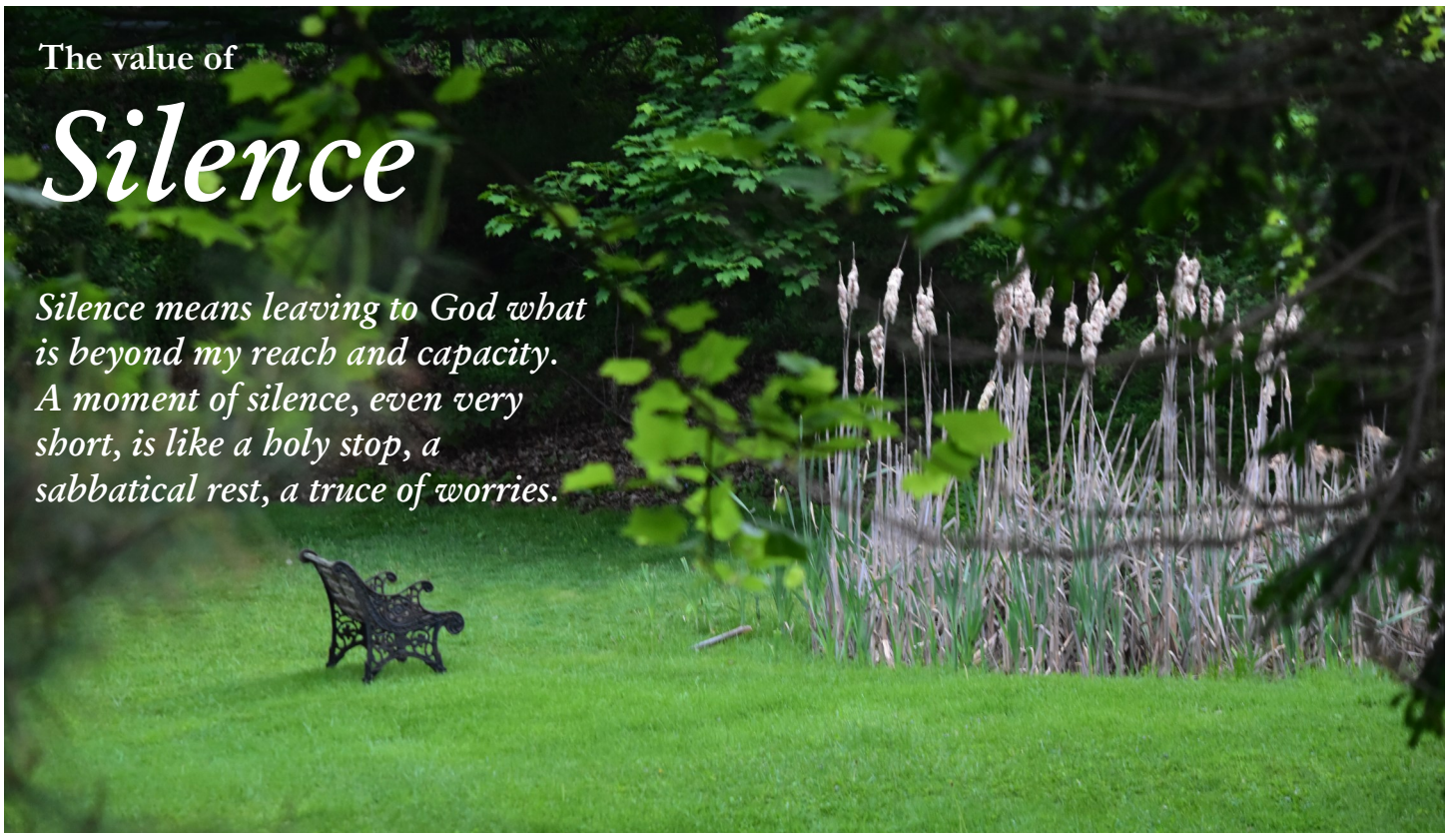
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The value of

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.



Prayers of Thanksgiving & 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: 36 The Lord Is My Light

Musical notation for the song "The Lord Is My Light". The tempo is marked "Calmly" with a quarter note equal to 66 (♩ = 66). The key signature has one flat (B-flat). The melody is written on a single staff. Chords are indicated above the staff: Dm and G. The lyrics are: "The Lord is my light, my light and sal-va-tion: in God I trust, in God I trust. The". The piece ends with a "fine" marking. There are four circled letters above the staff: A1, A2, B1, and B2, which likely correspond to different versions or sections of the song.

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Living God, giver of Life and Light, hear us as we pray this evening, stir up in us an awareness of our deep desires, pour out your blessings on all in need and send your spirit of peace.

THE LORD IS MY LIGHT

Living God, giver of Life and Light, we pray for people seeking guidance and direction. Reveal your guidance, wisdom and direction into their hearts, minds and bodies and they may stay in step with your Spirit.

THE LORD IS MY LIGHT

Living God, giver of Life and Light, we pray for governmental leaders at all levels who are charged with establishing justice and seeking the common good of all people. May they be humble and open to change and seek to institute policies to protect the poor and oppressed.

THE LORD IS MY LIGHT

Living God, giver of Life and Light, we pray for all those who are struggling in their bodies with various forms of illness, weaknesses, aging, or injury. Comfort them and heal them and may we all listen to our bodies when they tell us to slow down, rest and care for them.

THE LORD IS MY LIGHT

Living God, giver of Life and Light, we pray for the natural world, the land, the rivers, the mountains, the moon, stars, and planets; for birds, fish, and all animals and the very soil itself. Awaken us to the reality that we are interconnected to all living things and may that shape our attitudes and actions.

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.



49 Live In Charity

Chord progression: F C Dm Bb D G C ,

U - bi ca - ri - tas et a - - - mor,
Live in char - i - ty and stead - fast love,

Chord progression: F C Dm Gm C F

u - bi ca - ri - tas De - us i - bi est.
live in char - i - ty; God will dwell with you.

NB15 Jesus, Your Light

Je — sus your light is shi — ning with - in us. Let not my
Jé - sus le Christ, lu - mière in - té - rieu - re, ne lais - se

doubts nor my dark - ness speak to me. Je — sus your light is
pas mes té - nè - bres me par - ler. Jé - sus le Christ, lu -

shi — ning with - in us. Let my heart al - ways wel - come your love.
mière in - té - rieu - re, don - ne - moi d'ac - cueil - lir ton a - mour.

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NB21 Sing To God

A

Sing to God with joy - ful hearts. Praise the Lord for
Singt dem Herrn ein neu - es Lied. Lob - singt ihm

ev - er - more, praise the Lord singt for ihm ev - er - more.
al - le - zeit, lob - singt ihm al - le - zeit!

Last time

Verses (Cantor)

B

O

D.C.

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Closing Unison Blessing

Be with us, risen Christ, at the close of this day. Enter into our hearts and fill them with your peace so that we may rejoice and rest in your presence.

Leader: Thanks be to God. Amen.

People: Amen.

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

SPIRITUAL LIFE & CHURCH EVENTS

Contemplative Prayer

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

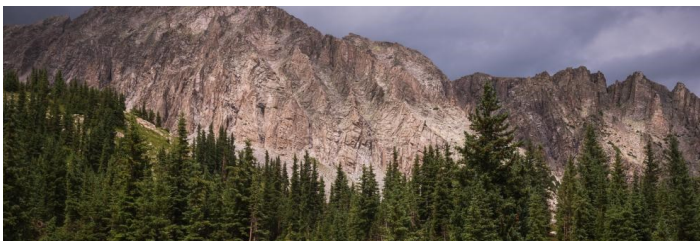
Yamuna will lead yoga in-person in the Sanctuary before the 7 pm Taizé Prayer service.

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).

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



Attending to Wilderness: A Day Retreat

Join us for a contemplative retreat on Saturday, June 1 from 9 am–4 pm at Jennings Environmental Center (2951 Prospect Rd, Slippery Rock, PA 16057).

There will be time in groups and in solitude, time for creative expression, prayer, and integrating what we discover within ourselves and our natural environment. Hiking options will be available for all skill levels. We will be led by Megan Shelly, a spiritual director and the founder of bewilderpgh (bewilderpgh.com), where she designs and leads retreats and contemplative backpacking trips. The cost is \$40. Beverages, snacks, and lunch will be provided. RSVP to Norma by Sunday, May 19 (412.441.3800 x211).

LGBTQIA+ Ministry – April 14

You are invited to attend our LGBTQIA+ Ministry’s Spiritual Gathering on Sunday, April 14 after 11 am worship. Join us and share conversation and lunch. Allies and LGBTQIA+ folks alike welcome! Contact Wil Forrest to attend or for more info (Wil@coh.net).

Young Adult Ministry Walks Highland Park – April 20

Come along on Saturday, April 20 as we walk and talk at Highland Park. We will be at Tazza D’oro in the Highland Park neighborhood from 9:30–10 am, and then walk through Highland Park starting at 10 am. Contact Sara Hackett for more info (SaraH@coh.net).

Connections Ministry Potluck – April 28

The Connections Ministry invites everyone to a potluck lunch on Sunday, April 28 at 12:15 pm in the Good Samaritan Room. RSVP to connectelpc@gmail.com, and let us know what you’re bringing to share at tiny.cc/connections-potluck.

Find Out How the Wildflowers Grow – May 4

Each spring a group of dedicated members and friends refresh the Highland Ave entrance, the courtyard and the rain garden. Join us on Saturday, May 4 from 9 am-1 pm to tidy up the church landscaping. Green thumbs are not required. Just bring your energy, curiosity, and a pair of work gloves to the Highland driveway around 9 am. Email Don Breitbarth (donbreitbarth@gmail.com) to help.

VACATION CHURCH SCHOOL

June 24 to 28

Vacation Church School at ELPC will be held June 24–28 from 9 am–3 pm for children in pre-K (age 4 and potty-trained) through grade 5 (completed). Our theme this summer is *Seekers in Sneakers: Discover Jesus!* and children will use their investigative skills to discover Jesus and explore the stories of those who experienced and brought about change in the world around them after an encounter with Jesus. Spots are filling up fast, so don’t delay, register today!

Youth in grades 6-12 are invited to serve as volunteers, and adult volunteers of all ages will be needed to help ensure our program is a success!

Campers and volunteers can register at ELPC.church.

