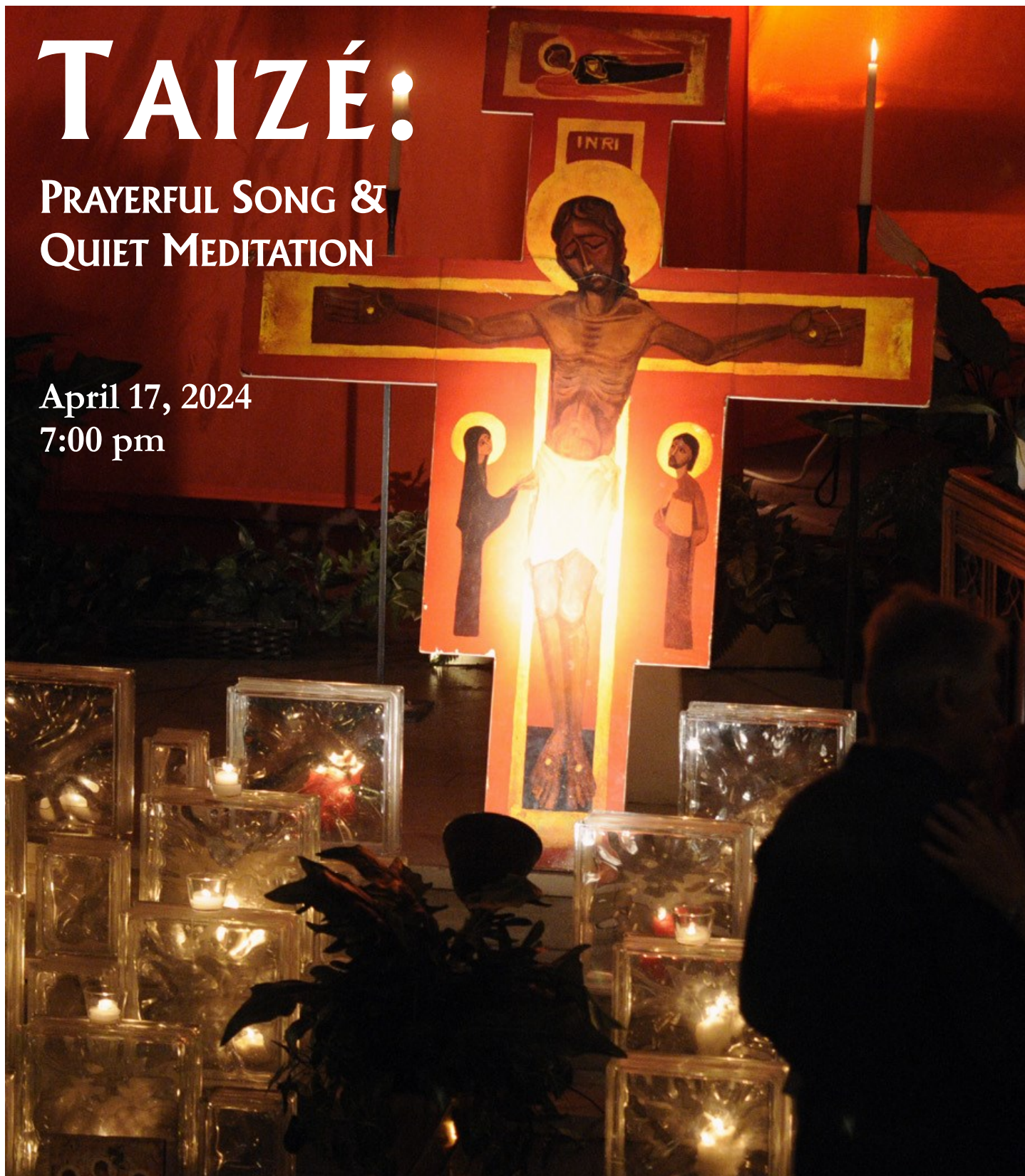


# TAIZÉ:

PRAYERFUL SONG &  
QUIET MEDITATION

April 17, 2024

7:00 pm

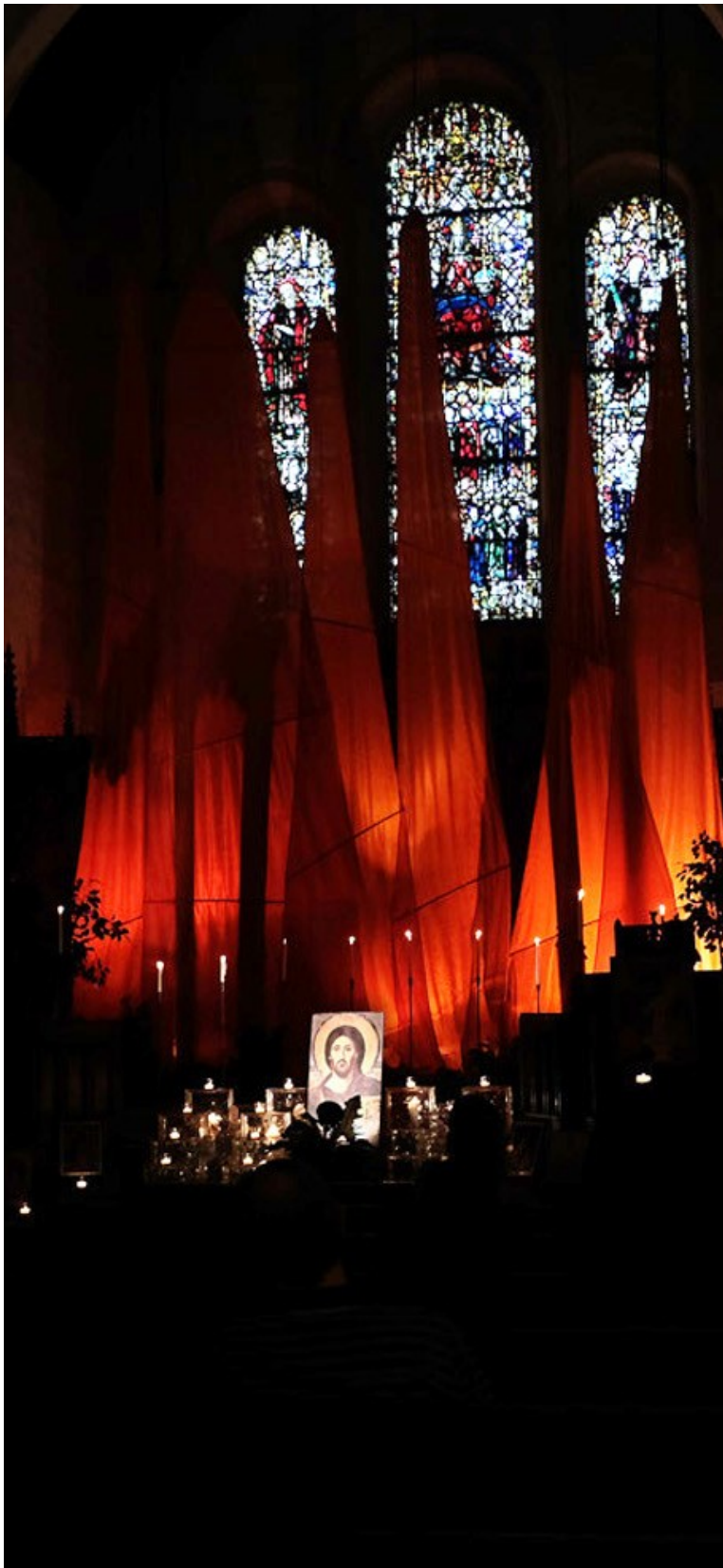


**East Liberty  
Presbyterian Church**

[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.

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**

## CLM22 The Heavens And The Earth Rejoice

In re - sur - rec - ti - o - ne tu - a, Chri - ste,  
The heav - ens and the earth re - joice, Lord Je - sus,

coe - li et ter - ra lae - ten - tur. In re - sur - rec - ti - o - ne  
raised from the dead, you are liv - ing. The heav - ens and the earth re -

tu - a, Chri - ste, coe - li et ter - ra lae - ten - tur. In  
joice, Lord Je - sus, raised from the dead, you are liv - ing. The

*(Last time)*

*(Last time)*

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## 20 O Lord, Hear My Prayer

♩ = 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  
The Lord is my song, the Lord is my praise: All my hope comes from God. The

Em C<sup>6</sup> Em 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  
Lord is my song, the Lord is my praise: God, the well - spring of life. The

*fine*

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**Psalms 3, 4** (from "Psalms for Praying" by Nan C. Merrill)

**Sung Response: CLM2 Alleluia 20**

The musical score is written in 4/4 time with a key signature of one flat (B-flat). It features two vocal parts: Cantor (Soprano and Alto) and Tenor/Bass. The lyrics are: "Al - le - lu - ia! Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia! Al - le - lu - ia!" The score includes various musical notations such as slurs, ties, and repeat signs.

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O Beloved, how numerous are my fears!  
They rise up within me whispering  
There is no help for you.  
Yet you, O Beloved, radiate Love  
Around me, my glory; gratitude becomes my song,  
When I cry out to you,  
You answer within my heart.

**ALLELUIA**

I lie down to sleep;  
If I should awaken, my Beloved is there  
Holding me with strength and tenderness.  
I feel secure. Now, I shall forgive all illusions  
That my ego tries to build.  
For my courage is in you, O Love,  
You who are the Lover hidden in every heart.

**ALLELUIA**

Rise up, Love! Set me free!  
For through your guidance,  
My fears will fade into love.  
Free from fear, I will know the Oneness of Being  
That encompasses everything!  
I shall be free to serve Love  
With a glad and open heart.

**ALLELUIA**

Answer me when I call, O Beloved of my heart!  
You enveloped me in Love when I was in dire distress.  
Be gracious to me now; hear my prayer!  
O friends, how long will my reputation  
Suffer shame?  
How long will you listen to false words?  
I seek only what is life-giving.

**ALLELUIA**

You know that the Beloved dwells with all  
Who are filled with love;  
Love hears when our hearts cry out.  
Though you may feel angry, do not give into fear;  
Commune with the Heart of your heart  
As you rest; be in silence. Bask in the stillness.  
Face your fears with forgiveness, and trust in Love.

**ALLELUIA**

There are many who say,  
"Grant us special favors, O Mighty One!  
Bestow upon us your grace that we may prosper!"  
Love has brought more joy to my heart  
Than they have when their banks are filled.  
In peace will I spend my days and sleep at night;  
For you alone, my Beloved, teach me the way of Love!

**ALLELUIA**

## Scripture for Meditation: 1 John 3:1-3 *(Inclusive Bible Translation)*

See what love Abba God has lavished on us in letting us be called God's children! Yet that in fact is what we are. The reason the world does not recognize us is that it never recognized God. My dear friends, now we are God's children, but it has not been revealed what we are to become in the future. We know that when it comes to light we will be like God, for we will see God as God really is. All who keep this hope keep themselves pure, just as Christ is pure.

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



### Breath Prayer

*Inhale* — I am ...

*Exhale* — lavished with  
Love...

**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

If you can feel the love of God in your heart, know that you are indeed known by God. And as much as we experience the sensation of the love of God in our hearts, we have truly entered into the love of God.

— *Diadochus of Photike (400-486)*  
*an ascetic and bishop of Photiki, in modern-day Greece*  
*and championed the spiritual practice of stillness or hesychasm*

## CLM31 I Delight And Rejoice

O Que j'e - xul - te et ju - bi - le en ton a - mour!  
I de - light and re - joice in your love!

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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

## 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: 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 - diant 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 ☺)

The musical score is written for voice and piano. It features a treble and bass clef, a key signature of one flat (Bb), and a 4/4 time signature. The melody is simple and repetitive, with lyrics in French and English. The score includes a repeat sign and a 'Last time' instruction with a smiley face.

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Holy One, as the risen Christ opened the minds of the disciples to understand the scriptures and gave them power through the Holy Spirit to walk boldly in this world, open unto us the healing, wisdom, and faith present in your Word.

#### **LOOK TO GOD AND BE FILLED**

Prince of Peace, as Christ Jesus showed his wounded hands and feet to the terrified apostles, reveal to your church, and to people of prayer in every faith, the wounds of our neighbors, the fears of individuals and families, and the paths you are offering them to move toward healing.

#### **LOOK TO GOD AND BE FILLED**

Author of Life, we beg for peace among nations, peace throughout communities, and peace within families. Guide leaders and voters, legislatures and parliaments, judges, and juries. Teach diplomacy and let our ways be formed in the way of peace and justice so that all creatures, plants, and people may flourish.

#### **LOOK TO GOD AND BE FILLED**

Light in our darkness, let your brightness burn in places shrouded in violence. Reveal the pains that are hidden in secret. Unveil the needs of our own hearts so that we may know the power of vulnerability, as your son was raised to life even from the grave. Show us again that life comes from death.

#### **LOOK TO GOD AND BE FILLED**

Wounded Healer, we pray for those in need, for refugees of war and all who are displaced by storms, for rescue workers and medical teams, for those bones that are weary, for those who show us the power of community to give hope to the frightened, and for all who have asked for us to pray for them.

#### **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.**



## NB25 Where There Is Charity

U - bi - ca - ri - tas et a - mor,  
Where there is char - i - ty, self - less love,

The first system of musical notation for the hymn 'Where There Is Charity'. It consists of two staves: a treble clef staff and a bass clef staff. The key signature is three sharps (F#, C#, G#) and the time signature is 2/4. The melody is written in the treble clef, and the bass line is in the bass clef. The lyrics are written below the notes.

u - bi - ca - ri - tas De - us i - bi est.  
where there is char - i - ty, God is tru - ly there.

The second system of musical notation for the hymn 'Where There Is Charity'. It consists of two staves: a treble clef staff and a bass clef staff. The key signature is three sharps (F#, C#, G#) and the time signature is 2/4. The melody is written in the treble clef, and the bass line is in the bass clef. The lyrics are written below the notes.

# NB57 Psalm 103: God Can Only Give Faithful Love

God can on - ly — give faith - ful love: ten - der - ness and for - give - ness!  
Dieu ne peut que don - ner son a - mour, no - tre Dieu est ten - dres - se!

*Last time*

## Verses (Cantor)

**A** *freely* *a tempo* **B** *freely* *a tempo* D.C.

O ————— God ev - er car - ing. O ————— God who for - gives us.  
Dieu est ten - dres - se. Dieu qui par - don - ne.

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## CLM13 Sing A New Song To The Lord, All You Peoples

Canon

1



Can - ta - te Do - mi - no can - ti - cum no - vum. Al - le - lu - ia,  
Sing a new song to the Lord, all you peo - ples.

2



3



al - le - lu - ia. Can - ta - te Do - mi - no om - nis ter - ra.  
Sing out to God and re - joice, all na - tions.

4



Al - le - lu - ia, al - le - lu - ia.

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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

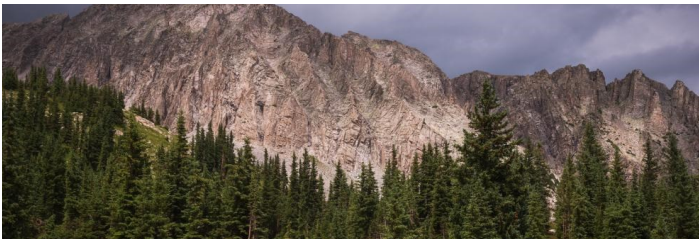
Yamuna will lead yoga in-person in the Sanctuary before the 7 pm Taizé Prayer service.

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).

## 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).

## Gun Violence Prevention Letter Writing Event – April 21

Please join the Peace Committee after the 11 am service on Sunday, April 21 for a *Social Hour* and to write letters to Pennsylvania legislators regarding gun violence prevention legislation.

The PA House of Representatives passed two bills — HB 714: *Universal Background Checks* and HB 1018: *Extreme Risk Protection Order* — which have been proven to save lives. Even though they have bi-partisan support, the chair is unwilling to bring them to the full Senate for a vote.

Sample letters will be available for you to send to Judiciary Chair Senator Lisa Baker and Majority Leader Senator Joe Pittman and your State Senator requesting hearings on these bills. Without hearings in the next few months these bills will “die” and the process to get gun legislation will have to begin again in January 2025. Bills must be voted on in the two-year legislative session.

## 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.

## 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](http://ELPC.church).

