

# Taizé:

Prayerful Song & Quiet Meditation

SAN SALVADOR 16 XI, 1989



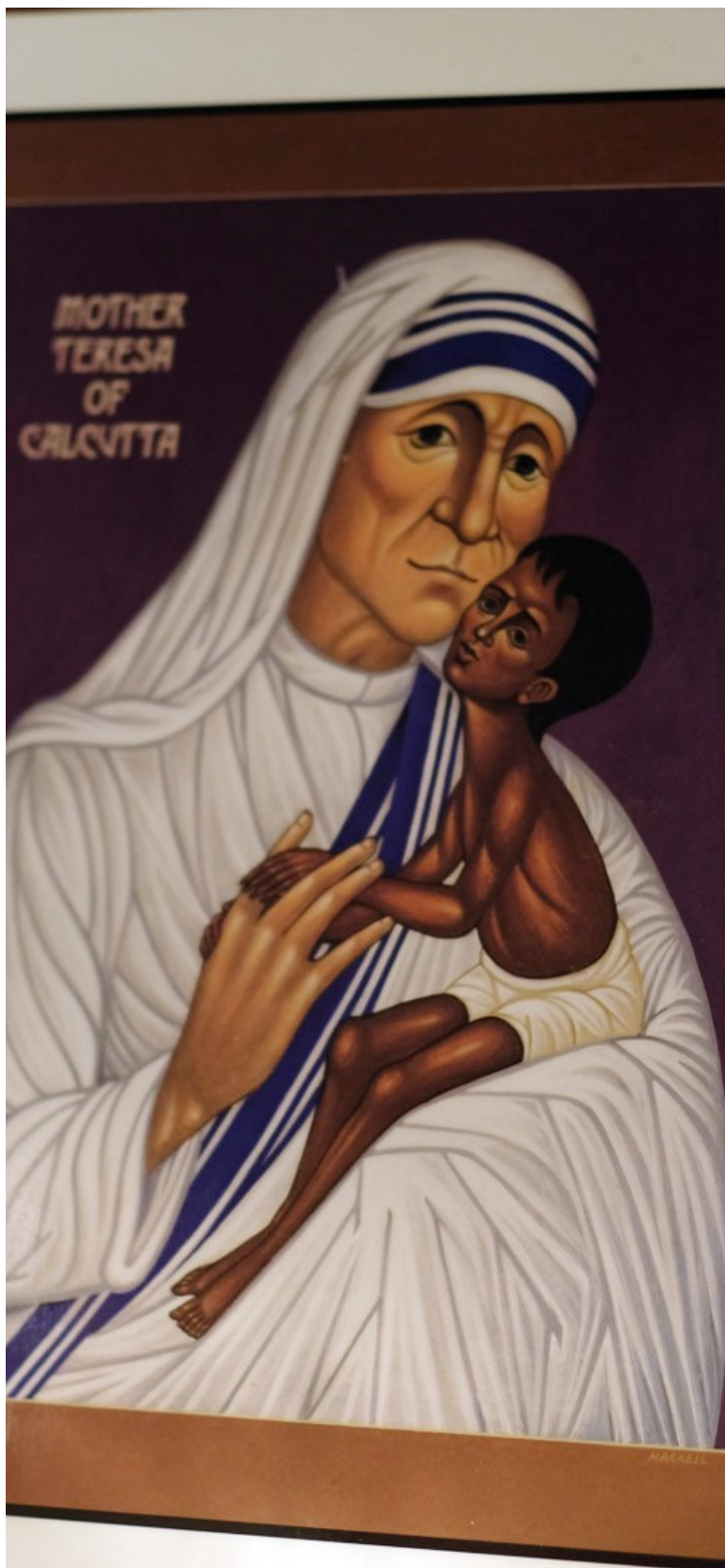
**East Liberty  
Presbyterian Church**

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

**July 17, 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**

## 42 Come And Pray In Us

Canon

♩ = 89

(A) Cm G Cm Fm G (B)

Come and pray in us, Ho - ly Spir - it, come and pray in us,  
Vie - ni, Spi - ri - to cre - a - to - re, vie - ni, vie - ni,

(C) (D)

come and vis - it us, Ho - ly Spir - it, Spir - it, come, Spir - it come.  
vie - ni, Spi - ri - to cre - a - to - re, vie - ni, vie - ni!

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## CLM8 I Bless You, Lord, My God

Ben - di - go al Se - ñor por - que es - cu - cha mi voz. El Se -  
I bless you, Lord, my God, for you hear me when I call. You, O

(♩ Last time)

ñor es mi fuer - za, con - fí - a mi co - ra - zón. Ben -  
Lord, are my strong - hold; I trust you with all my heart. I

(♩ Last time)

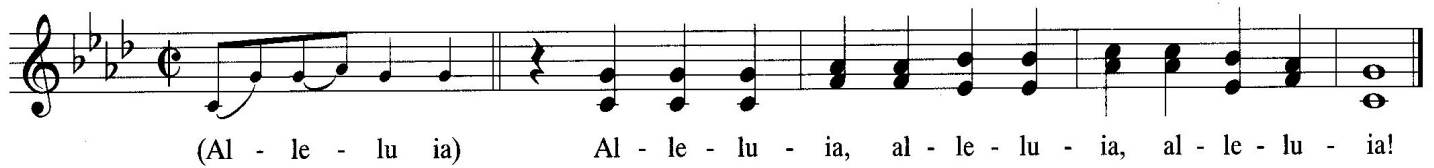
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**Psalm 23** (from "Psalms for Praying" by Nan C. Merrill)

**Sung Response: 1 Alleluia 4**

$\text{♩} = 66$



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O my Beloved, you are my shepherd,  
I shall not want;  
You bring me to green pastures for rest  
And lead me beside still waters renewing my spirit,  
You restore my soul.  
You lead me in the path of goodness  
To follow Love's way.

**ALLELUIA**

Even though I walk through the valley  
Of the shadow and of death,  
I am not afraid;  
For you are ever with me;  
Your rod and your staff they guide me,  
They give me strength and comfort.

**ALLELUIA**

You prepare a table before me  
In the presence of all my fears;  
You bless me with oil,  
My cup overflows.

**ALLELUIA**

Surely goodness and mercy will follow me  
All the days of my life;  
And I shall dwell in the heart  
Of the Beloved forever.  
Amen.

**ALLELUIA**

## Scripture for Meditation: Mark 6:30-34 *(from Inclusive Bible translation)*

The apostles came back to Jesus and reported all that they had done and taught. Jesus said to them, “Come away by yourselves to someplace more remote, and rest awhile.” For there were many people coming and going; and the apostles hadn’t had time to eat. So they went away in a boat to a deserted area.

The people saw them leaving and many recognized them, so they ran together on foot from all the cities and got there ahead of the apostles. When Jesus went ashore, there was a large crowd waiting for him, and he felt compassion for them because they were like sheep without a shepherd. So he began to teach them many things.

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

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### Breath Prayer

*Inhale* — I come away ...

*Exhale* — I choose rest ...


**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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## Words from Saints and Ancestors

We must believe we are worthy of rest.  
We don't have to earn it.  
It is our birthright.  
It is one of our most ancient and primal needs.

— Tricia Hersey, from "Rest Is Resistance: A Manifesto"

### NB7 Eat This Bread

Je - sus Christ, bread of life, those who come to you will not hun - ger.

The first system of music is in 4/4 time with a key signature of one sharp (F#). The vocal line starts with a piano (*p*) dynamic and ends with a forte (*f*) dynamic. The bass line also starts with a piano (*p*) dynamic and ends with a forte (*f*) dynamic. The lyrics are: "Je - sus Christ, bread of life, those who come to you will not hun - ger."

Je - sus Christ, Ris - en Lord, those who trust in you will not thirst.

The second system of music continues in 4/4 time with a key signature of one sharp (F#). The vocal line starts with a mezzo-forte (*mf*) dynamic. The bass line also starts with a mezzo-forte (*mf*) dynamic. The lyrics are: "Je - sus Christ, Ris - en Lord, those who trust in you will not thirst."

### Verses

Choir (humming) or keyboard

D.C.

The verses section consists of two staves of music. The top staff is for the vocal line, and the bottom staff is for the keyboard accompaniment. The music is in 4/4 time with a key signature of one sharp (F#). The vocal line features a long note with a sharp sign (#) and a fermata. The keyboard accompaniment features a long note with an 8 (octave) sign and a fermata. The section ends with a double bar line and the instruction "D.C." (Da Capo).

## Prayers of Intercession (*"When Rest Feels Like a Risk"* by Cole Arthur Riley)

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: 30 Lord Of All Goodness

The musical score is written for a single melodic line on a treble clef staff. The tempo is marked as quarter note = 50. The key signature has two flats (B-flat and E-flat). The time signature is common time (C). The score consists of two lines of music. The first line contains the lyrics: "Do - mi - ne De - us Fi - li - us Pa - tris, do - na no - bis pa - cem. Lord of all good - ness, Son of the Fa - ther, may your peace sur - round us." The second line contains the lyrics: "(hum)". Above the second line, there is a long horizontal line with a curved arrow underneath it, indicating a hum. The chords are indicated above the staff: Cm, Fm, Bb, Eb, Cm, Fm, Bb, Eb.

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Rested God, you want more than a life lived exhausted, and that you have woven healing rhythms of rest into our minds and bodies remind us we are worthy of habitual restoration.

#### LORD OF ALL GOODNESS

Keep us from apologizing for our own healing, that we would know that when we pause or rest, we are restoring not only our bodies, but the very condition of a world held captive by greed and utility.

#### LORD OF ALL GOODNESS

We grow weary of societies who view us as more machine than human, more product than soul. Free us from the fear that we won't survive without overworking stalking our days.

#### LORD OF ALL GOODNESS

Liberate us from the depraved socioeconomic structures that require that the poor and vulnerable sacrifice their own rest at the altar of survival and opportunity.

#### LORD OF ALL GOODNESS

Protect us from fear as we rest with you, breathe with you. Remind us that the beauty and paradox of our own humanness is that we were made to close our eyes, that we might see.

#### LORD OF ALL GOODNESS

## 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.**

## 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

The image shows a musical score for the hymn 'My Soul Is At Rest'. It consists of two staves: a treble clef staff for the melody and a bass clef staff for the accompaniment. The key signature has one flat (B-flat), and the time signature is common time (C). The melody starts with a quarter note G4, followed by a quarter note A4, a quarter note Bb4, and a quarter note C5. The accompaniment starts with a quarter note G3, a quarter note Bb3, and a quarter note D4. The score ends with a 'fine' marking and a repeat sign.

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## 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!

The musical score for 'Come And Fill' is written in 3/4 time with a tempo of 66. It features a treble and bass clef. The first system includes chords D, Bm, D, and A. The second system includes chords Em, C, Em, A, and D. The lyrics are: '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.' The second system continues with '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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## 16 Glory To God

Canon

♩ = 80

(A) Dm Gm C F (B)

Glo - ri - a, glo - ri - a, in ex - cel - sis De - o!  
 Glo - ry to God, glo - ry to God, glo - ry in the high - est!

(C) (D)

Glo - ri - a, glo - ri - a, al - le - lu - ia, al - le - lu - ia!  
 Glo - ry to God, glo - ry to God, al - le - lu - ia, al - le - lu - ia!

The musical score for 'Glory To God' is written in 3/4 time with a tempo of 80. It features a treble clef. The first system includes chords Dm, Gm, C, and F, with sections A and B circled. The lyrics are: 'Glo - ri - a, glo - ri - a, in ex - cel - sis De - o! Glo - ry to God, glo - ry to God, glo - ry in the high - est!' The second system includes sections C and D circled. The lyrics are: 'Glo - ri - a, glo - ri - a, al - le - lu - ia, al - le - lu - ia! Glo - ry to God, glo - ry to God, al - le - lu - ia, al - le - lu - ia!'.

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**Closing Unison Prayer** *(written by Cole Arthur Riley)*

Go in courage to lie down, in sacred defiance of a world that would rather own your body than protect it... In a time of frenzied activity, may you choose stillness, and this breath, and this silence... and sleep that you might dream.

Leader: Thanks be to God. Amen.

People: Amen.

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



Photo by  
KATHLEEN S.



# CHURCH EVENTS

## 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).

July 19, Aug 16, Sept 20,  
Oct 18, Nov 15, Dec 27 • 7:00-8:30 pm



## The Sacrament of Letting Go Retreat – Sept 27 to 29

We glibly advise others and admonish ourselves to “let go” of the patterns that no longer serve us well and the concerns that continue to haunt us, but it doesn’t seem to be quite that easy...in fact, if it was, we would! The desire to let go comes from deep within us and what it is that we are being invited to let go of is often obscured. Nature understands and is a ready guide.

Whether you embrace the season of fall or are an autumn struggler, join us at Villa Maria from Sept 27-29 to open yourself up to the bittersweet beauty and the invitations autumn has for you, and receive a liberating measure of divine grace. We will be led by Lynn Holden, a spiritual director, professional counselor, and founder of Cultivating Awareness, where she creates and holds space for individuals and groups as they awaken to a Greater Reality.

RSVP to Norma by Sunday, Sept 15 (412.441.3800 x211). Cost options are:

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 (Friday-Sunday) Shared Bath | \$85
4. Two Nights (Friday-Sunday) Private Bath | \$135

Visit us online at  
[www.ELPC.church](http://www.ELPC.church)

to learn more about our ministries and opportunities  
at East Liberty Presbyterian Church.

## OHM House Rehab Workdays – Wednesdays

Help us work with Open Hand Ministries to renovate their current property and make it available to a qualified and deserving family! We’re now in the construction phase, where the house will begin to take shape and look like a home. Volunteers are needed on Wednesdays, 9 am -3 pm. No special skills are needed and lunch is provided! Contact Frank Bauerle for details (frbauerle@yahoo.com).

## Children & Family Ministry Listening Sessions – July 21+29

We are listening to God’s Spirit and to parents/grandparents this summer as we evaluate our Children & Family Ministry at ELPC and make plans for the fall. We want to know how we can support YOU and your kids! Join us following worship on Sunday, July 21 from 11 am -12:30 pm, or on Monday, July 29 from 6-7:30 pm. Contact Sara Hackett for more info (SaraH@coh.net).

## Mission Trip & Pilgrimage to Washington, D.C. – Aug 4 to 9

Students who have finished grade 7-12 are going to Washington, D.C. to stay at the Friends Place, a Quaker guest house and learning center just blocks from our Nation’s Capitol from Sunday, Aug 4 to Friday, Aug 9. The cost for the week is \$450; scholarships available. Contact Sara (SaraH@coh.net).

## See Dr. Ed in Concert – Aug 11

Dr. Ed Moore will be playing a concert on Sunday, Aug 11 at 4 pm at Ingomar United Methodist Church (1501 West Ingomar Rd, 15237), as part of their summer recital series. A freewill offering will be accepted. The concert will also be live-streamed on the church’s YouTube channel.



## Donations for Chapel Market

The Chapel Market is in need of men’s shorts, pants, underwear and socks. Donations can be left at the Highland Lobby, or dropped off at the Chapel Market when open (first and third Tuesday of each month from 5-7 pm, or Thursdays from 10 am-12 pm).