

TAIZÉ:

Prayerful Song and Quiet Meditation



**East Liberty
Presbyterian Church**

www.ELPC.church

July 31, 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

NB13 Let Us Sing To The Lord

Let us sing to the Lord!
Bé-nis - sez le Sei - gneur!

Let us sing to the
Bé-nis - sez le Sei -

This system of the musical score consists of three staves. The top staff is the vocal line in G major and 2/4 time, with lyrics in French. The middle staff is the piano accompaniment in the right hand, and the bottom staff is the piano accompaniment in the left hand. The music begins with a whole rest in the vocal line, followed by a quarter rest, then a series of eighth and quarter notes.

Lord!
gneur!

Let us sing to the Lord!
Bé-nis - sez le Sei - gneur,

Let us sing to the Lord!
bé - nis - sez le Sei - gneur!

Let us sing to the Lord!
Bé-nis - sez le Sei - gneur,

Let us sing to the Lord!
bé - nis - sez le Sei - gneur!

This system of the musical score continues the piece. It features the same three-staff layout. The vocal line has a whole rest followed by a quarter rest, then continues with the lyrics. The piano accompaniment provides harmonic support throughout. The system concludes with a double bar line.

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NB31 With You, O Lord

With you, O Lord, is life in all its full - ness, and

The first system of musical notation features a treble and bass clef with a key signature of three sharps (F#, C#, G#) and a 4/4 time signature. The melody is written in the treble clef, and the accompaniment is in the bass clef. The lyrics are placed below the treble staff.

in your light we shall see true light. With you, O Lord, is

The second system of musical notation continues the melody and accompaniment. The lyrics are placed below the treble staff.

life in all its full-ness, and in your light we shall see true light.

The third system of musical notation concludes the piece with a double bar line. The lyrics are placed below the treble staff.

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Psalm 105 (from "Psalms for Praying" by Nan C. Merrill)

Sung Response: NB37 Alleluia 1

The musical score is for a 4/4 time signature piece. The Soprano part, labeled 'Soprano ad lib.', begins with a rest followed by a melodic line with lyrics: 'Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia, al - le - lu - ia!'. The Cantor part, labeled 'Cantor', begins with a melodic line and lyrics: 'Al - le - lu - ia.' The accompaniment consists of chords in the right hand and bass notes in the left hand.

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As the earth produces abundant harvests,
When the sun and rain nourish the seeds,
So our fruits bless others
As we grow in trust and love.

ALLELUIA

Teach us, O Merciful One,
To have generous hearts,
Offering all we are in the name of Love.
As spring and summer follow
The autumn and winter,
So our lives have their seasons.

ALLELUIA

Help us to live in the eternal moment,
Awaiting your perfect timing in all things.
May we be content to wait in peace,
Until you stir the waters within to act;
May we be patient
With ourselves and with others.

ALLELUIA

O that we may have the light of wisdom,
The steadfastness of faith!
In you alone is our trust, O Holy One,
Walking your way
Is the truth that sets us free.

ALLELUIA

O that we may open our minds and hearts,
And welcome you into our home,
That we may live each day
Conversing with you,
O Loving Companion Presence!

ALLELUIA

As you have led all generations
Through times of turmoil and war,
Guide us now, O Blessed One,
Along the paths of peace.

ALLELUIA

May the people of all nations
Break the bonds of fear-filled oppression;
May they bless one another with forgiveness.
Blessed be the One who lives
And dwells among us!

ALLELUIA

Scripture for Meditation: John 6:27, 32-35 *(from Inclusive Bible translation)*

“You shouldn’t be working for perishable food, but for life-giving food that lasts for all eternity: this the Chosen One can give you, for the Chosen One bears the seal of Abba God.”

Jesus said to them, “The truth of the matter is, Moses hasn’t given you bread from heaven; yet my Abba gives you the true bread from heaven. For the bread of God is the one who comes down from heaven and gives life to the world.”

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



Breath Prayer

Inhale — I hunger...

Exhale — I thirst...

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

One who looks up to God never ceases in that desire... the wanting itself is its own reward.

— *Gregory the Great (540-604),*

64th Bishop of Rome and the first with a monastic background, with a powerful political and spiritual influence

NB10 In The Lord



In the Lord I'll be ev-er thank-ful, in the Lord I will re-joice! Look to God, do not be a-
El Se-nyor és la me-va for-ça, el Se-nyor el me-u cant. Ell m'ha és-tat la sal-va-ci-



fraid. Lift up your voic-es, the Lord is near; lift up your voic - es, the Lord is near. In the
ó. En ell con - fi - o i no tinc por. En ell con - fi - o i no tinc por. El Se -

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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 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: 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 image shows a musical score for the song 'Christ, You Are Light'. 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 4/4. The first system of music has the lyrics: 'Chri - ste, lux mun di, qui se - qui - tur te ha -' on the top staff and 'Christ, you are light for those who fol - low you. You' on the bottom staff. The second system of music has the lyrics: 'be - bit lu - men vi - tae, lu - men vi - tae.' on the top staff and 'come to bring to all the light of life.' on the bottom staff. There are dashed lines under some of the notes in the original image, likely indicating breath marks or phrasing.

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God of tears, you are the giver of joy. Hear us as we pray for the sick. We pray for those with chronic illness, for those who have life threatening conditions, and those with inadequate medical care. Bring the healing we need.

CHRIST, YOU ARE LIGHT

Hear us as we pray for all who are hungry. We pray for those who live in regions of drought and famine, for those who cannot afford nutritious food and the vulnerable who are not adequately fed. Give us the food we need.

CHRIST, YOU ARE LIGHT

Hear us as we pray for those who grieve. We pray for those who mourn a loved one, for those who whose communities are no more, for those who cannot imagine a joyful future. Give us the comfort to restore hope.

CHRIST, YOU ARE LIGHT

Hear us as we pray for the world's victims. We pray for those who are caught in violence, for those who are trapped in others' self-seeking, for those who suffer from neglect. Grant us freedom from all evil.

CHRIST, YOU ARE LIGHT

God of the poor and the poor in spirit, we pray for your help against all that oppresses, as we look forward to the Kingdom you have promised and are bringing even now through Jesus Christ, in whose name we offer all these prayers.

CHRIST, YOU ARE 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 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.

CLM25 Jesus, Your Spirit

Kris - tus, din An - de i oss är en käl - la med por - lan - de va - ten.
Je - sus, your Spir - it in us is a well - spring of life ev - er - last - ing.

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NB7 Eat This Bread

May be sung as an ostinato by omitting verses.

p *f*

Eat this bread, drink this cup, come to him and nev - er be hun - gry.
Je - sus Christ, bread of life, those who come to you will not hun - ger.

mf

Eat this bread, drink this cup, trust in him and you will not thirst.
Je - sus Christ, Ris - en Lord, those who trust in you will not thirst.

Verses

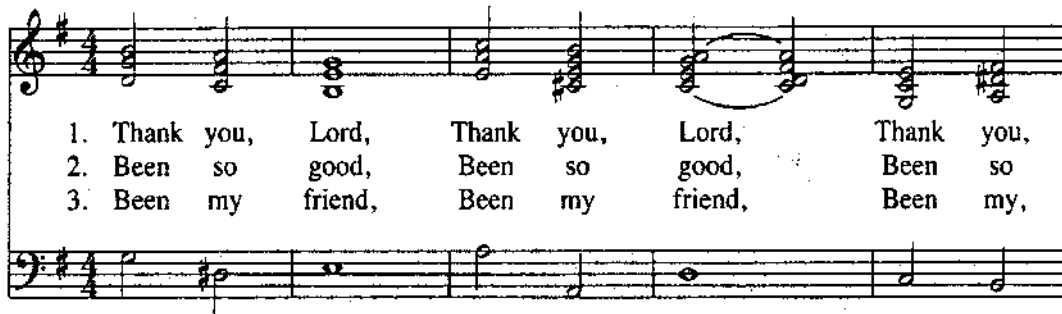
Choir (humming) or keyboard

D.C.

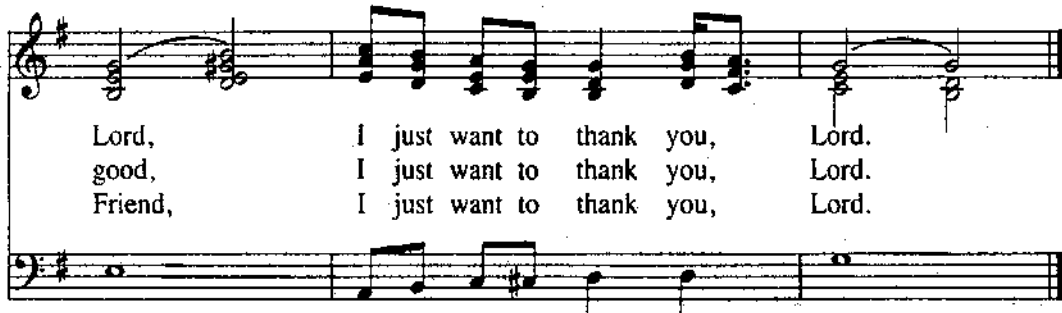
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G65 Thank You, Lord



1. Thank you, Lord, Thank you, Lord, Thank you,
2. Been so good, Been so good, Been so
3. Been my friend, Been my friend, Been my,



Lord, I just want to thank you, Lord.
good, I just want to thank you, Lord.
Friend, I just want to thank you, Lord.

Text: Traditional

Tune: Traditional; Harm. by J. Jefferson Cleveland, b. 1937, and Verolga Nix, b. 1933, from *Songs of Zion* © 1981 by Abingdon OCLI #689547

4. Been my Light ...
5. Been my Peace ...
6. Been my Joy ...
7. Been my Life ...

Closing Unison Prayer

We have been upheld and raised up by God the Creator. May God's Spirit continue to strengthen your inner being and carry you out into the splendor of God's marvelous and majestic world.

Leader: Thanks be to God. Amen.

People: Amen.

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