# Taizé Prayerful Song & Quiet Meditation



# August 28, 2024 • 7:00 pm

116 South Highland AvePittsburgh, PA 15206412.441.3800



# 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 Taizé Musicians

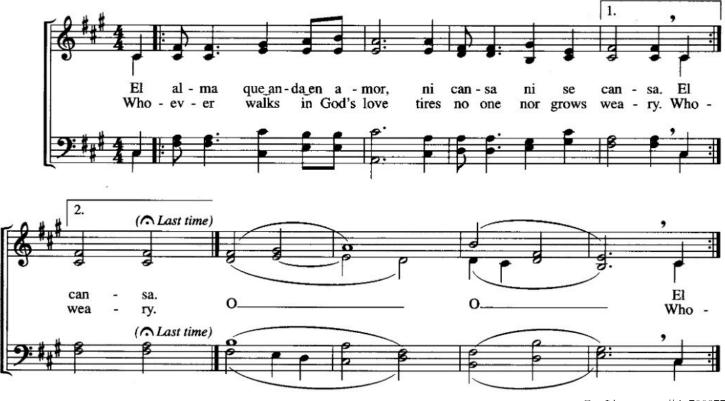
Welcome and Opening Centering by The Rev. BJ Woodworth

#### 43 Holy is the name of God



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#### CLM 16 Whoever Walks in God's Love



#### Sung Response: 1 Alleluia 4



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I address my verses to the Heart of all hearts; My tongue is like the pen of a ready scribe. My heart overflows with gratitude and peace. ALLELUIA, ALLELUIA, ALLELUIA

You are the lodestar for humankind; Grace springs forth from your Love; You, who are closer than our breath, Speak to us from the silence. Those who listen and heed Are blessed beyond belief! ALLELUIA, ALLELUIA, ALLELUIA

Put on the voice of authority, O Beloved, Speak to us in your glory and grandeur! With mercy and strength go forth For the cause of Truth to teach Love's way; With resolute authority awaken Your people toward wholeness! ALLELUIA, ALLELUIA, ALLELUIA Your ways are narrow, And few there are who choose to follow; Many stumble and fall all along the way. Your Divine Presence Endures forever and ever. Your sovereign edict is ordained with justice; Your love is unconditional, without reserve.

#### ALLELUIA, ALLELUIA, ALLELUIA

Therefore, O Creator, O Heart of Love, Anoint us with the oil of gladness To share with all; Your raiment is as fragrant blossoms, Fruit of the earth, Healing herbs from nature's bounty. ALLELUIA, ALLELUIA, ALLELUIA

From every direction stringed instruments will gladden our hearts; our friends will be mature and kind, filled with integrity, standing beside us in times of need.

ALLELUIA, ALLELUIA, ALLELUIA



### Scripture for Meditation: Song of Songs 2:8-13 (from Inclusive Bible translation)

Here comes my lover, running down the mountains like a gazelle,

Leaping the hills like a stag in search of his doe.

Look at him, standing out there staring in through window lattices like the moon.

He is calling me: "Come, sweetheart, my pretty one, come out!

Winter is over, the rains are gone, the flowers are blooming.

It's time for signing; let's walkout through the valleys and listen to the song of the dove.

The fig trees are setting fruit; and the air is full of the smell of grape blossoms.

Arise and come, my pretty darling, come away with me!"

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



#### **Breath Prayer**

*Inhale* — Come to me...

*Exhale* — my Beloved...

**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**

..."All shall be well, all shall be well...for there is a Force of Love moving through the universe that holds us fast and will never let us go."

- Julian of Norwich (1343-c. 1416) an English anchoress of the Middle Ages. Her writings, now known as Revelations of Divine Love, are the earliest surviving English-language works by a woman.

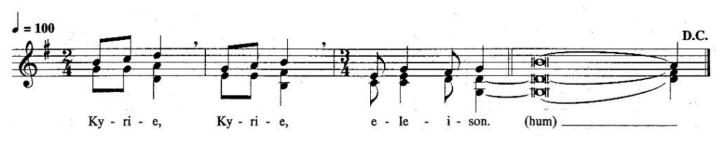
#### All Will Be Well will be well, will be all All and all well, To repeat ner of things will be well. man -Last time 0 well, well. will be well, will be

Text: The Revelations of Divine Love, Julian of Norwich; adapt. by Steven C. Warner, b.1954 Tune: Steven C. Warner, b.1954 © 1993, World Library Publications, a division of GIA Publications, Inc.



#### **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: 4 Kyrie Eleison

God, we pray for the church in every land: help all who serve the living God to be strong in the power of God and to withstand all the temptations of the evil one.

#### KYRIE, KYRIE, E LE ISON

God, we pray for those who lead your church: guide bishops, pastors, elders, deacons, teachers, and administrators who order the life of Christian community, that they may persevere in supplication for all the saints.

#### KYRIE, KYRIE, E LE ISON

God, we pray for those who govern the nations and exercise authority in civic life: give our governing officials wisdom for the administration of justice, compassion for the sake of mercy, and determination for the pursuit of the common good.

#### KYRIE, KYRIE, E LE ISON

God, we pray for the sick, the poor, and the oppressed: save those who are in need and strengthen all who minister to them.

#### KYRIE, KYRIE, E LE ISON

God, we pray for our planet Earth: save our world from the ravages of war, thoughtless waste, and the foolish exploitation of Earth's abundance.

#### KYRIE, KYRIE, E LE ISON



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#### **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**



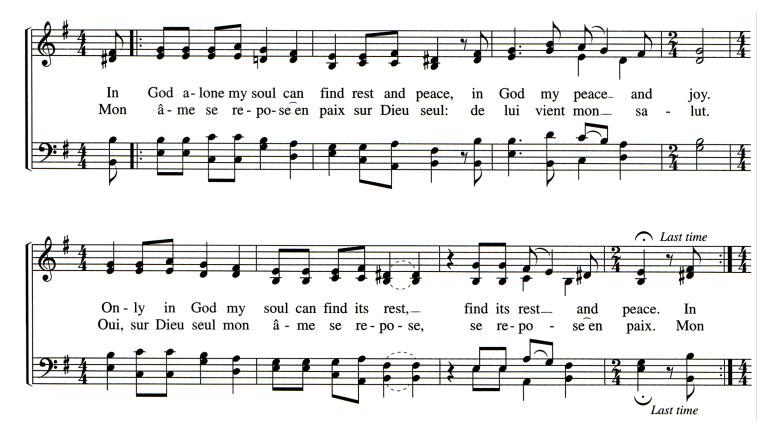
#### Prayer over the Anointing Oil (in unison)

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.

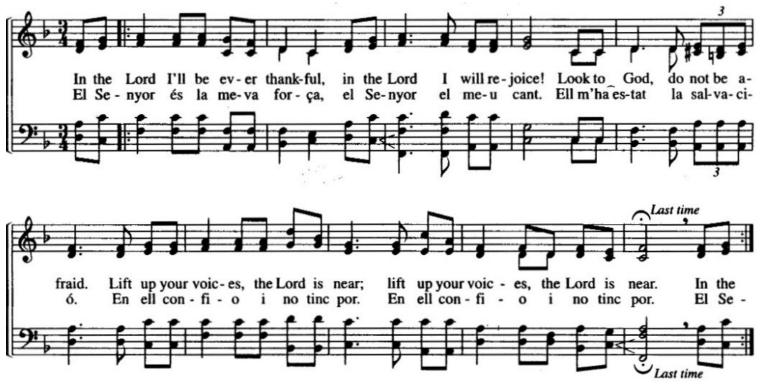
Bless this oil, O Lord, pressed from the fruit of the earth. Let it be a holy ointment for the wounds and worries of those who receive it. May it be a sign to all of us of your constant desire to touch our lives and bring us to health and wholeness. Amen.



#### **NB 8 In God Alone My Soul**

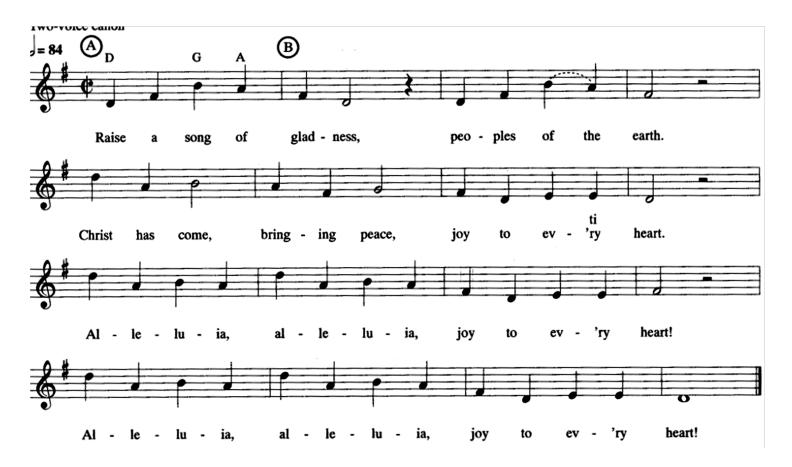


#### NB 10 In the Lord I'll Be Ever Thankful



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#### **18 Raise a Song to Gladness**



#### **Closing Unison Prayer**

The living God give you strength! The Lord Jesus Christ feed you with the bread of life! The Holy Spirit fill you with the words of life! The blessing of the Holy Trinity abide with you this night and forever

Leader: Thanks be to God. Amen. **People: Amen.** 



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



We live in a world of division and conflict. Yet, as followers of Christ, we are called to be peacemakers and bridges of unity. Here in Taizé, we are inspired by the example of reconciliation and fraternal community. Your commitment to praying together, living together and serving together is a model for the whole world. Let us remember the words of the apostle Paul to the Ephesians: "Strive to maintain the unity of the Spirit through the bond of peace." (Ephesians 4:3) It is a task that requires our daily dedication and our faith in God's transforming love.

(by His Eminence, Metropolitan Dimitrios of France, Exarch for Europe of the Ecumenical Partriarchate, addressing the brothers of the Taizé community and to young people taking part)

# **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)

Sept 20, Oct18, 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



# Let's Get Free **Art Show:**

Abolitionist Expressions Sept 22 to Oct 20

ELPC's Justice and Worship, Music & Arts Committees invite you to attend an art show from Sept 22 - Oct 20 featuring selected works from the permanent collection of Let's Get

Free: The Women and Trans Prisoner Defense Committee. The show, Abolitionist Expressions, includes paintings, collages, and other artwork created by people who are or have been incarcerated.

The mission of Let's Get Free is The artwork will be working to "...end perpetual punishment, build a pathway out of the prisons back to our communities through commutation reform, support successful possibilities for people formerly and currently incarcerated, and shift to a culture of transformative Noon - 2 pm, and justice." The organization's efforts are in line with the goals of both ELPC Committees and we are

displayed in the Highland and Trustees Rooms, and will be available for the public to view on Sundays from Wednesdays from 5:30 – 7 pm.

thrilled to partner with them on this initiative.

A panel presentation on the societal impact of the death penalty, mass incarceration, and inequities in our legal system is being planned for Sunday, Oct 13 after the 11 am sanctuary worship service.

We're in need of volunteer "gallery sitters" willing to be onsite during the times when the show will be open to the public. Contact Vivienne Selia (vselia@comcast.net).



## INQUIRERS' CLASS - SEPT 1

Attend an Inquirers' Class on Sunday, Sept 1 after the 10 am worship service in the Fellowship Room to learn more about ELPC, Presbyterian theology, and to explore membership. Lunch will be provided.

For more info or to register, please contact Jen King (JenniferK@coh.net; 412.441.3800 x222).

