

TAIZÉ

PRAYERFUL SONG &
QUIET MEDITATION



Wednesday
September 4, 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 Taizé Musicians

Welcome and Opening Centering by The Rev. BJ Woodworth

28 Come And Fill Our Hearts

♩ = 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.

The musical score for 'Come And Fill Our Hearts' is written in 3/4 time with a key signature of one sharp (F#). The tempo is marked as ♩ = 66. The score consists of two systems. The first system has four measures with chords D, Bm, D, and A. 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 has four measures with chords Em, C, Em, A, and D. The lyrics are: '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 music features a melody in the treble clef and a bass line in the bass clef.

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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

fine ☺

The musical score for 'My Soul Is At Rest' is written in 6/8 time with a key signature of one flat (Bb). The score consists of two systems. The first system has ten measures with chords A, Dm, ASUS, A, Dm, C, F, C, Dm, A, and Dm. The lyrics are: 'My soul is at rest in God a - lone, my sal - va - tion comes from God. My'. The second system has two measures with the same chords as the first system. The lyrics are: 'My'. The music features a melody in the treble clef and a bass line in the bass clef. Both systems end with a 'fine' marking and a smiley face.

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Psalm 62 (excerpts 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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For you alone my soul waits in silence;
From the Beloved comes my salvation,
Enfolding me with strength
And steadfast love,
My faith shall remain firm.

ALLELUIA

Yet, how long will fear rule my life,
Holding me in its grip like a trembling child,
A dark and lonely grave?
Fear keeps me from living fully,
From sharing my gifts;
It takes pleasure in imprisoning my soul.
Fear pretends to comfort,
So long has it dwelled within me;
Truly, it is my enemy.

ALLELUIA

For you alone my soul waits in silence;
My hope is from the Beloved.
Enfolding me with strength and steadfast love,
My faith shall remain firm.
In the silence rests my freedom
And my guidance;
For you are the Heart of my heart,
You speak to me in the silence.

ALLELUIA

Trust in Love at all times, O people,
Pour out your heart to the Beloved;
Let silence be a refuge for you.
Being of low estate is but a sigh,
Being of high estate is misleading.

ALLELUIA

In the balance, either high or low,
It is of little consequence —
They are gone in one breath.
Riches, whether obtained by right
Or through extortion,
Rarely lead to nought but greed —
Set not your heart on them.

ALLELUIA

Once you have spoken, twice have I heard;
Our potential gifts belong to you;
To you, O Beloved, belongs our faithful love.
For you render to us all that we offer to you —
Fear begets fear, love begets love,
For you alone my soul waits in silence;
From the Beloved comes Life, Love and Light.

ALLELUIA

Scripture for Meditation: Matthew 11:27-30 *(The Message translation)*

Jesus resumed talking to the people, but now tenderly. “The Father has given me all these things to do and say. This is a unique Father-Son operation, coming out of Father and Son intimacies and knowledge. No one knows the Son the way the Father does, nor the Father the way the Son does. But I’m not keeping it to myself; I’m ready to go over it line by line with anyone willing to listen. Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

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



Breath Prayer

Inhale — I rest in grace ...

Exhale — freely and lightly...

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

Rabi Levi saw a man running in the street and asked him, “Why do you run?” He replied, “I am running after my good fortune!” Rabi Levi tells him, “Silly man, your good fortune has been trying to chase you, but you are running too fast.”

— *Traditional Tale told by Wayne Muller in his book “Sabbath”*

44 Give Peace

Canon
♩ = 72

The musical score is written for a single melodic line in treble clef, 2/4 time, with a key signature of one flat (B-flat). It consists of two staves. The first staff begins with a repeat sign and a circled 'A' above it. The second staff begins with a circled 'B' above it. The lyrics are written below the notes. Chord symbols Cm, F, and Cm are placed above the first staff. The lyrics are: 'Da pa - cem cor - di - um. Da pa - cem cor - di - um. Da Give peace to ev - 'ry heart. Give peace to ev - 'ry heart. Give pa - - - - - cem. Da pa - - - - - cem. Da Give peace, _____ Lord. Give peace, _____ Lord. Give'.

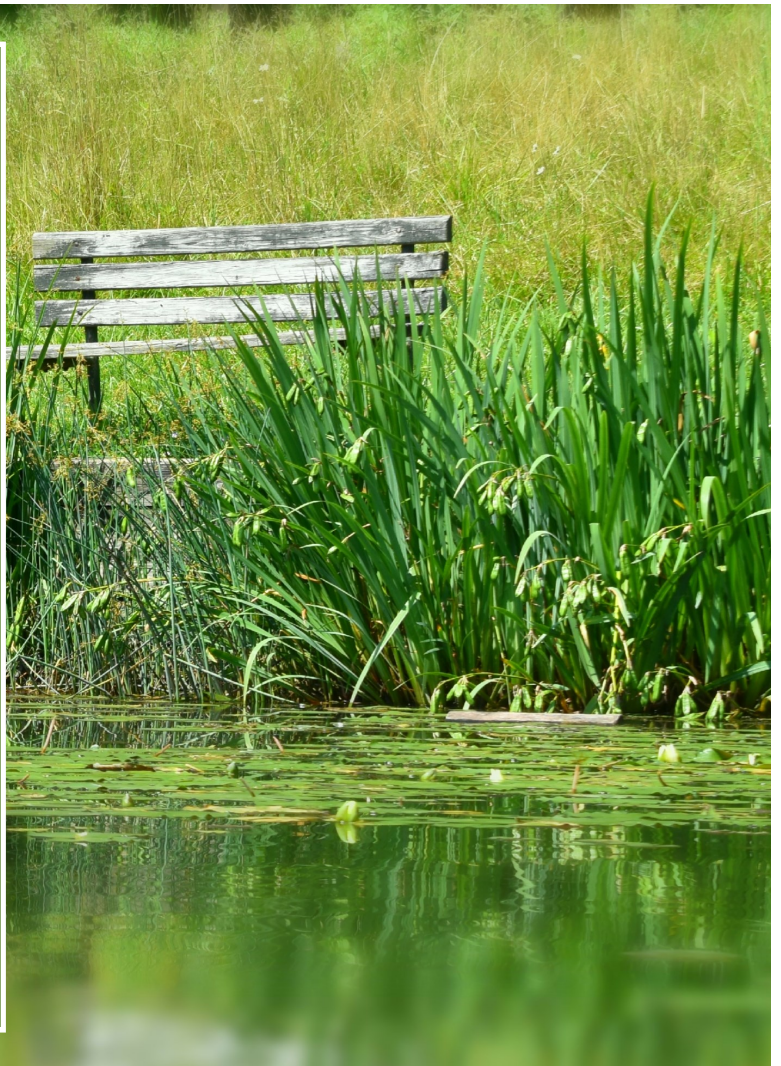
Da pa - cem cor - di - um. Da pa - cem cor - di - um. Da
Give peace to ev - 'ry heart. Give peace to ev - 'ry heart. Give
pa - - - - - cem. Da pa - - - - - cem. Da
Give peace, _____ Lord. Give peace, _____ Lord. Give

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Silence and Love

Christ says: "This is my commandment, that you love one another as I have loved you" (John 15:12). We need silence in order to welcome these words and put them into practice. When we are agitated and restless, we have so many arguments and reasons not to forgive and not to love too easily. But when we "have calmed and quieted our soul", these reasons turn out to be quite insignificant. Maybe we sometimes avoid silence, preferring whatever noise, words or distraction, because inner peace is a risky thing: it makes us empty and poor, disintegrates bitterness and leads us to the gift of ourselves. Silent and poor, our hearts are overwhelmed by the Holy Spirit, filled with an unconditional love. Silence is a humble yet secure path to loving.

— *Brother Alois of Taizé*



A Prayer Against Efficiency (by Micha Boyett from "A Rhythm of Prayer," edited by Sarah Bessey)

Sung Response: NB58 Psalm 62: In You Our Hearts Find Rest

The image shows a musical score for a song. It consists of two staves: a treble clef staff on top and a bass clef staff on the bottom. The key signature has two flats (B-flat and E-flat), and the time signature is 4/4. The melody is written in the treble clef, and the bass line is in the bass clef. The lyrics are written below the treble staff. The lyrics are: "In you our hearts find rest, and peaceful gladness. In En tout, la paix du cœur, la joie se-rei-ne. En".

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God beyond time, we come to you pulled by the bullet points in our calendars, by the titles we keep beside our names, by the goals we've charted and the accomplishments we list to define our value. You see each image we upload to our pocket screens; altered, filtered, and pinned to virtual walls. You, God, touch our distortions and soothe the edges of our efficiency, and only you can make us real.

IN YOU OUR HEARTS FIND REST AND PEACEFUL GLADNESS

God beyond the boxes we build to contain our lives, the hours we track and tally. God outside of time, yet here: Come to us, relieve our ragged breaths, slow our steps, relax the red lines that spike in our brains. Tell us what is true. Show us how time rolls like calm water, let us cup it quietly in our hands.

IN YOU OUR HEARTS FIND REST AND PEACEFUL GLADNESS

God, teach us to pause in this moment, to tuck ourselves into the curve of your slow arm, that we may know the miracle of now, the gift of this moment: you beside and beyond us, welcoming us outside of all we measure, and standing with us in it.

IN YOU OUR HEARTS FIND REST AND PEACEFUL GLADNESS

May we see the goodness of our still hours and days, sunrises, sunsets, and the darkness where our rest is found.

IN YOU OUR HEARTS FIND REST AND PEACEFUL GLADNESS

Order us, that we may stand within time holding your hand. That we may know we are enough, not because of what we make of these hours, but because within these hours – with you – we are being made.

IN YOU OUR HEARTS FIND REST AND PEACEFUL GLADNESS

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)*

Anyone desiring prayer and a simple blessing is invited to come down the center aisle to receive an anointing with oil, waiting in the center aisle if the station is full.

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.



36 The Lord Is My Light

Calmly (♩ = 66) Dm G *fine*

The Lord is my light, my light and sal-va-tion: in God I trust, in God I trust. The

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47 In The Lord

♩ = 69 Dm C F B♭ C Dm C F C B♭ A 3

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'hae-stat 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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G86 Lead Me, Guide Me

Lead me, guide me, a - long the way,

The first system of the sheet music features a vocal line and a piano accompaniment. The key signature is B-flat major (two flats) and the time signature is 3/4. The vocal line begins with a half note 'Lead me,' followed by a quarter note 'guide me,' and then a half note 'a - long the way,'. The piano accompaniment consists of chords in the right hand and a bass line in the left hand, with several triplet markings (indicated by a '3' above the notes) in both hands.

For if you lead me, I can - not stray.

The second system continues the melody. The vocal line has a half note 'For if you lead me,' and a quarter note 'I can - not stray.'. The piano accompaniment continues with chords and a bass line, featuring triplet markings in both hands.

Lord, let me walk each day with thee.

The third system continues the melody. The vocal line has a half note 'Lord, let me walk each day with thee.'. The piano accompaniment continues with chords and a bass line, featuring triplet markings in both hands.

Lead me, oh Lord, lead me.

The fourth system concludes the melody. The vocal line has a half note 'Lead me, oh Lord, lead me.'. The piano accompaniment continues with chords and a bass line, featuring a triplet marking in the right hand.

3

I am weak and I need thy strength and power
 Help me tread in the paths of righteousness,
 I am lost if you take your hand from me,

to help me over my weakest hour.
 Be my aid when Satan and sin oppress.
 I am blind without thy Light to see,

Help me through the darkness thy face to see,
 I am putting all my trust in thee.
 Lord, just always let me thy servant be.

Lead me, oh Lord, lead me.
 Lead me, oh Lord, lead me.
 Lead me, oh Lord, lead me.

Closing Unison Blessing

As we continue to learn and grow in mind, body, and spirit, may we remember that it is in returning and rest that we shall be saved, and in quietness and in trust shall be our strength. (*Isaiah 30:15*)

Leader: Thanks be to God. Amen.

People: Amen.

Postlude by the Taizé Musicians

Taizé Worship with Pittsburgh Theological Seminary (PTS)

**Saturday, September 7 at 11:15am-12:15pm
Followed by a FREE box lunch in the courtyard**

You are invited to join together with the PTS Hybrid Program students, staff and faculty for a joint Taizé Prayer service, led by Pastor BJ and our ELPC Taizé musicians.

The PTS *Hybrid Program* is comprised of students from throughout the region and nation that gather in Pittsburgh twice each semester to work, worship and study together.

A commitment of the program is to provide opportunities for these students to experience the rich and vibrant worship lives found within our East Liberty neighborhood.

All are welcome, please join us!



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, Oct 18, Nov 15, Dec 27
Fridays, 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

Rally Day – Sept 8

Plan on joining our faith family on Rally Day Sunday, Sept 8! We will celebrate with breakfast between our services from 9:45–10:45 am in the Fellowship and Garth Overlook Rooms.

New Sunday Schedule for Children – Starts Sept 8

Children PreK-6th grade will go to *Sunday School: Sacred Stories for Kids* after the Moments with our Children during 11 am Sanctuary worship. Parents will pick up their kids after worship. Youth in grades 7–12 will meet for breakfast on the first Sunday of every month. The nursery is open and staffed from 8:30 am-12:30 pm. Adult Education Classes will begin on Sunday, Sept 15.

Club 116 – Begins Sept 11

Kids in grades 1–6 are invited to our midweek ministry, Wednesdays, 4:30–6:30 pm. We have Bible study, crafts, games in the gym, and dinner together! Our first meeting will be Wed, Sept. 11th.

Youth Group – Begins Sept 12

Kids in grades 7-12 will meet on Thursdays from 4:30–7 pm. Together with Sixth Presbyterian Church, we will share dinner, pray, play, and explore faith. *Youth Group* begins on Thursday, Sept 12.

Special Congregational Meeting – Sept 30

A special *Congregational Meeting* will follow worship on Sunday, Sept 15 to act on Pastor Heather’s request to dissolve her call as ELPC’s Acting Co-Pastor and Associate Pastor for Educational Ministries, effective Sept 30. All members are encouraged to attend.

And plan on joining us on Sunday, Sept 22 to celebrate Pastor Heather’s service to our worship community. Effective Oct 1, Pastor Heather will begin serving as the solo pastor of the Community Presbyterian Church of Ben Avon.

Young Adult Ministry (Ages 18-40) Jam with the YAMs!

Are you 18–40? We will gather on the third Sunday of each month starting Sunday, Sept 15. Contact Sara Hackett for more info (SaraH@coh.net).

Church Tower Tour – Sept 15

All are welcome to join guide Steve Evrard for a tour of the church tower on Sunday, Sept 15. Please gather at the Highland Lobby after the 11 am worship service.

Brother Roger

founder of Taizé

ON PRAYER

From the depths of the human condition, a secret aspiration rises up. Caught up in the anonymous rhythms of schedules and timetables, men and women of today are implicitly thirsting for the one essential reality: an inner life, signs of the invisible.

Nothing is more conducive to a communion with the living God than a meditative common prayer with, as its high point, singing that never ends and that continues in the silence of one's heart when one is alone again.

In a technological society, there is a clear separation between prayer and work. When inner life and human solidarity appear to be in competition with one another, as if people had to choose between them, that opposition tears apart the very depths of the soul.

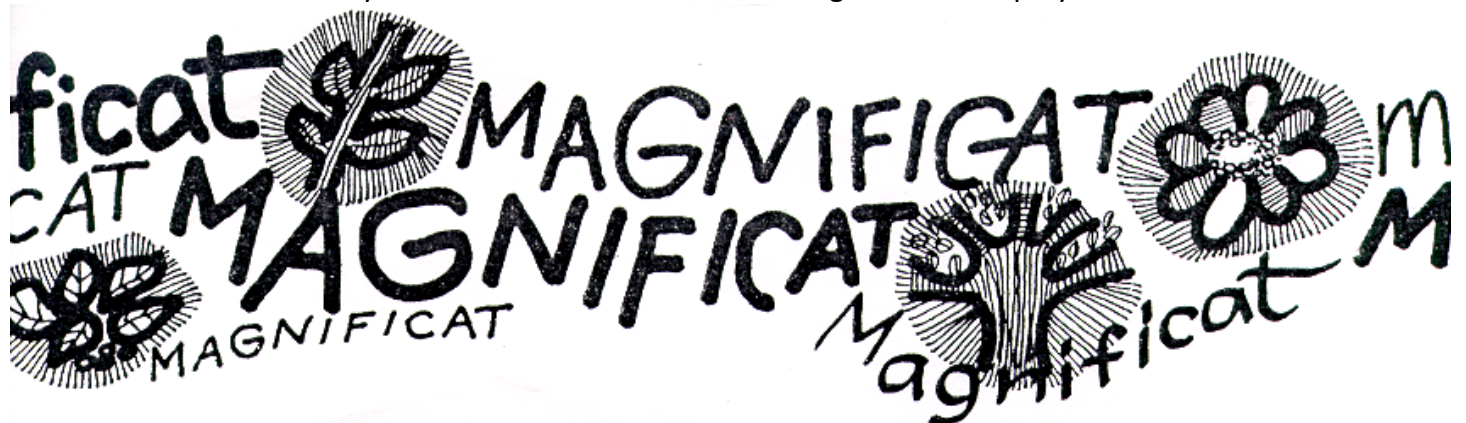
Prayer is a serene force at work within human beings, stirring them up, transforming them, never allowing them to close their eyes in the face of evil, of wars, of all that threatens the weak of this world. From it we draw the energy to wage other struggles—to enable our loved ones to survive, to transform the human condition, to make the earth a place fit to live in.

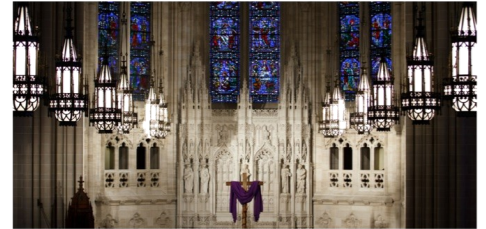
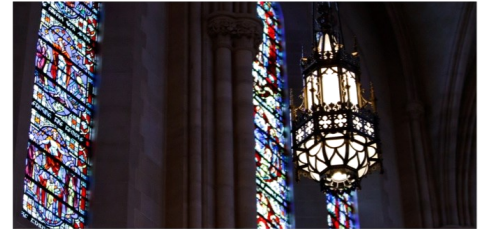
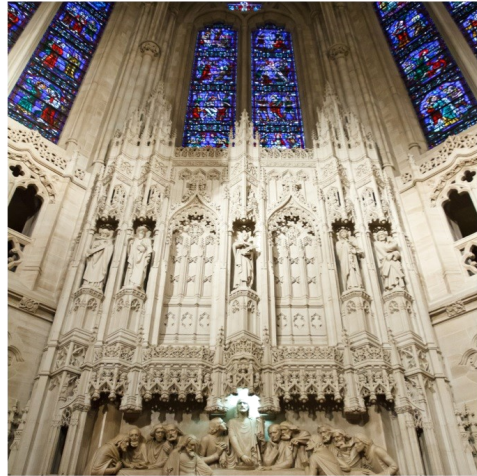
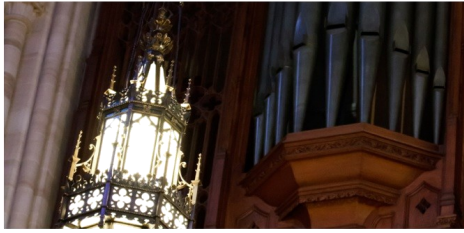
ON SINGING

Singing is one of the most important forms of prayer. A few words sung over and over again reinforce the meditative quality of the prayer. They express a basic reality of faith that can quickly be grasped by the intellect, and that gradually penetrates the heart and the whole being. These simple chants also provide a way of praying when one is alone, during the day or at night, or even in the silence of one's heart while one is working.

ON SILENCE

When we try to express communion with God in words, we rapidly reach the end of our capacities. But in the depths of our being Christ is praying, far more than we imagine. Compared to the immensity of that hidden prayer of Christ in us, our explicit praying dwindles to almost nothing. That is why silence is so essential in discovering the heart of prayer.





Please visit our website for more information about the ministries of East Liberty Presbyterian Church.

www.ELPC.CHURCH

INFORMATION ABOUT TAIZÉ

ABOUT TAIZÉ: Taizé is an international ecumenical prayer community in Taizé, France which was founded in 1940 by a young seminary student, Roger Schultz, as a place of hospitality and reconciliation during World War II. Today, thousands of young people come each week to Taizé to pray with the brothers and discern God's purpose for their lives. Taizé Prayer Pilgrimages and Intercontinental Meetings around the globe bring together thousands more in an effort to become the prayerful, reconciled presence of Christ wherever they live.

Taizé prayers at East Liberty Presbyterian Church were begun in the Spring of 1992 in preparation for an intercontinental meeting in Dayton. The experience proved to be so meaningful that we have continued to pray every Wednesday evening since then, inviting people of all backgrounds to join with us.

Taizé is located in eastern France, southeast of Paris, north of Lyons, due west of Geneva, Switzerland, between the towns of Chalon-sur-Saône and Macon. Here are the ways to get Taizé information:

Address:	Taizé Community, 71250 TAIZE, France
To contact Taizé:	community@taize.fr
To visit Taizé:	meetings@taize.fr
List of useful info:	info@taize.fr
Web site:	www.taize.fr
Telephone:	011-33 385 50 30 02 Fax: 011-33 385 50 30 16

YOU ARE WELCOME AT EAST LIBERTY PRESBYTERIAN CHURCH: Our congregation seeks to promote peace, justice and human dignity; to reflect a spirit of openness, sharing and learning in our ministry and mission; to build a richly diverse faith community that witnesses to our oneness in Christ across all boundaries of race, social class, ability, culture, age, gender and sexual identity. *(From our Strategic Plan.)*

ELPC Web site:	www.ELPC.church
E-mail:	BJW@coh.net

You are welcome at any of our programs and worship services. It is possible to have more than one church home. Perhaps you would be interested in becoming a member or friend of this Church. If so, please speak to The Rev. BJ Woodworth, Minister of Taizé Prayer (BJW@coh.net or 412.441.3800 x241).



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.

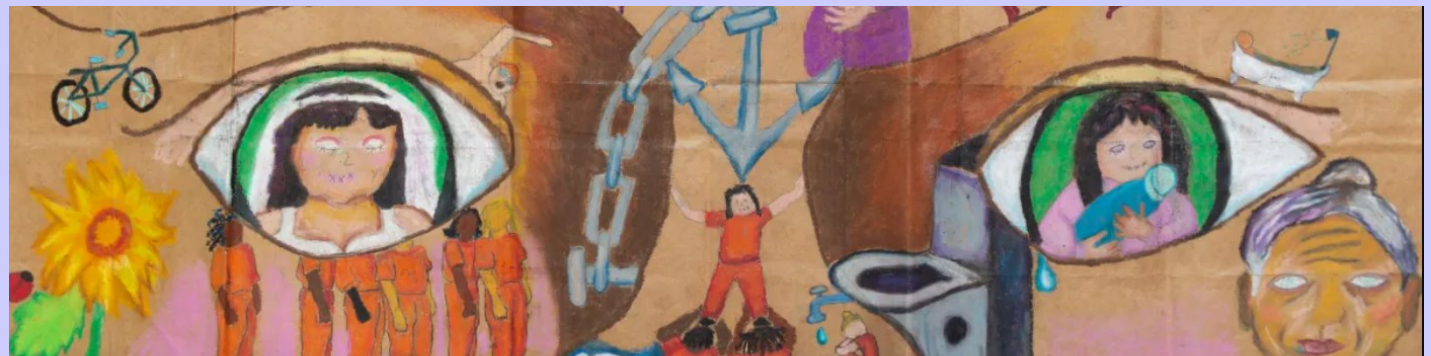
The mission of *Let's Get Free* is working to "...end perpetual punishment, build a pathway out of the prisons back to our communities through commutation reform, support successful possibilities for people formerly and currently incarcerated, and shift to a culture of transformative justice." The organization's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

Committees and we are 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).

The artwork will be displayed in the Highland and Trustees Rooms, and will be available for the public to view on Sundays from Noon – 2 pm, and Wednesdays from 5:30 – 7 pm.



Visit us online at
www.ELPC.church
to learn more about our ministries and opportunities
at East Liberty Presbyterian Church.