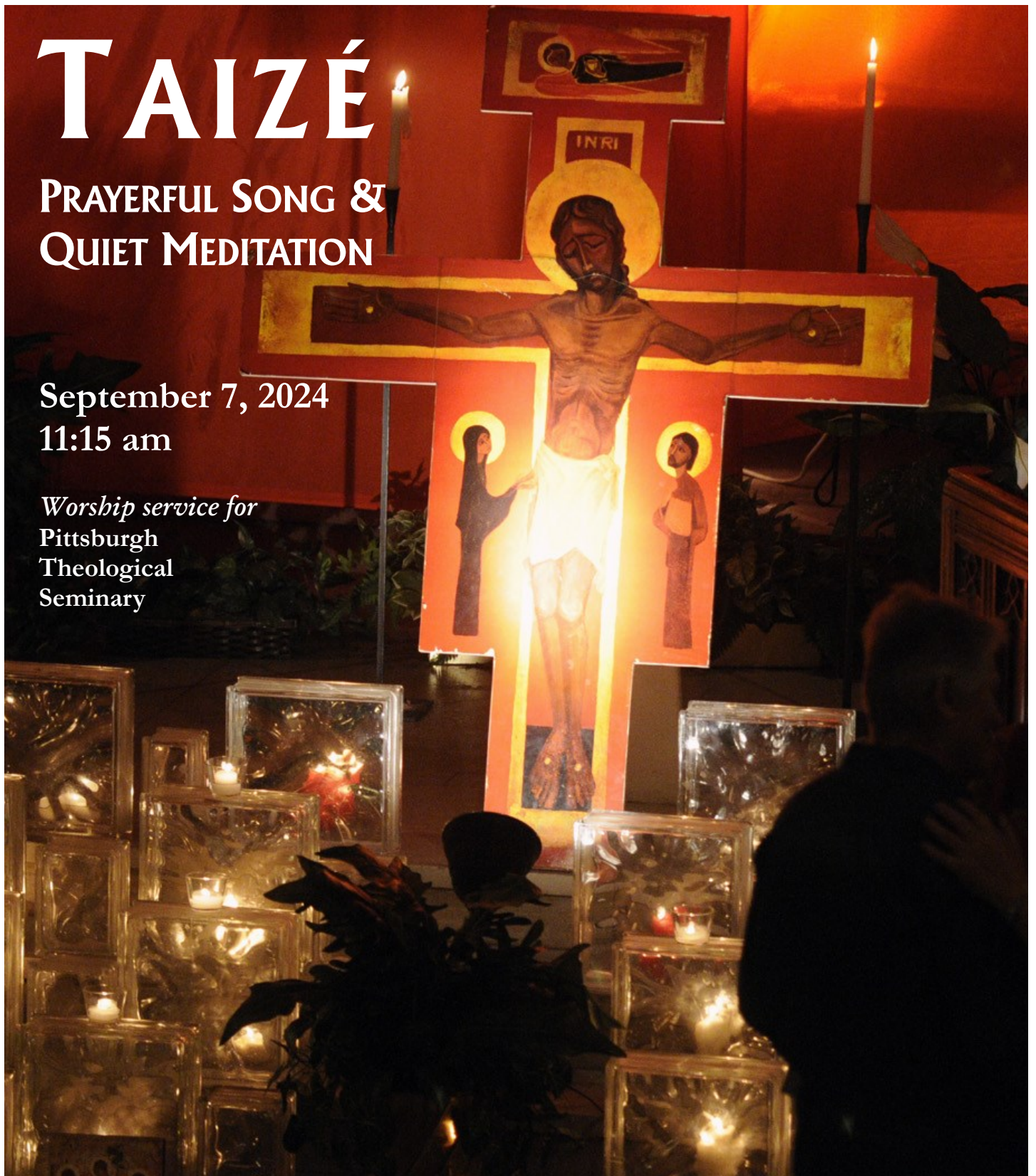


TAIZÉ

PRAYERFUL SONG &
QUIET MEDITATION

September 7, 2024
11:15 am

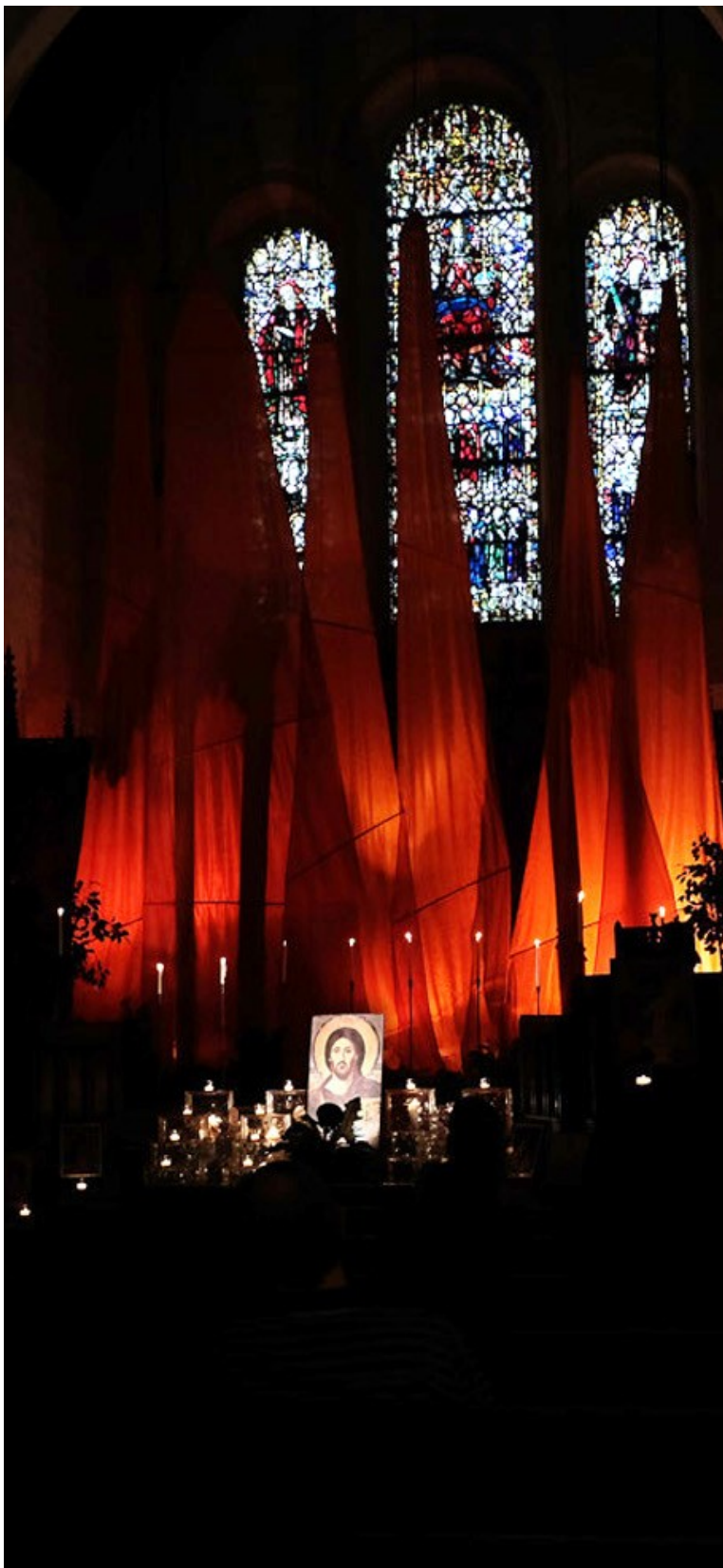
Worship service for
Pittsburgh
Theological
Seminary



**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 and The Rev. Ayana Teter

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.

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 is written for guitar and voice. It features a treble and bass clef with a key signature of one sharp (F#) and a 3/4 time signature. The tempo is marked as ♩ = 66. The first system includes the lyrics '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 includes 'Con - fi - te - mi - ni Do - mi - no, al - le - lu - ia! Come and fill our hearts with your peace, al - le - lu - ia!'. Chord symbols are placed above the staff: D, Bm, D, A, Em, C, Em, A, D. The piece concludes with a double bar line and repeat dots.

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38 My Soul Is At Rest

A Dm ASUS A Dm C F C Dm A Dm

My soul is at rest in God a - lone, my sal - va - tion comes from God. My

fine ☺

The musical score is written for guitar and voice. It features a treble and bass clef with a key signature of one flat (Bb) and a common time signature (C). The tempo is marked as ♩ = 66. The first system includes the lyrics 'My soul is at rest in God a - lone, my sal - va - tion comes from God. My'. Chord symbols are placed above the staff: A, Dm, ASUS, A, Dm, C, F, C, Dm, A, Dm. The piece concludes with a double bar line, repeat dots, and the word 'fine' with a smiley face symbol.

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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)

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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”*

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 staff, and the bass line is in the bass staff. 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 music features a vocal line in the upper staff and a piano accompaniment in the lower staff. The key signature is three flats (B-flat, E-flat, A-flat) and the time signature is 3/4. The vocal line begins with a half note 'Lead', followed by quarter notes 'me,', 'guide me,', and 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 piece. The vocal line has a half note 'For', followed by quarter notes 'if you lead me,', and a half 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 shows the vocal line with a half note 'Lord,', followed by quarter notes 'let me walk each day with thee.'. The piano accompaniment continues with chords and a bass line, including triplet markings.

Lead me, oh Lord, lead me.

The final system on the page shows the vocal line with a half note 'Lead me,', followed by quarter notes 'oh Lord, lead me.'. The piano accompaniment concludes with chords and a bass line, ending with a triplet in the right hand.

3

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

to help me o - ver my weak - est hour.
 Be my aid when Sa - tan and sin op - press.
 I am blind with - out thy Light to see,

Help me through the dark - ness thy face to see,
 I am put - ting all my trust in thee.
 Lord, just al - ways let me thy ser - vant 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



INFORMATION 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