



September 11, 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 the Taizé Musicians

Welcome and Opening Centering by The Rev. BJ Woodworth

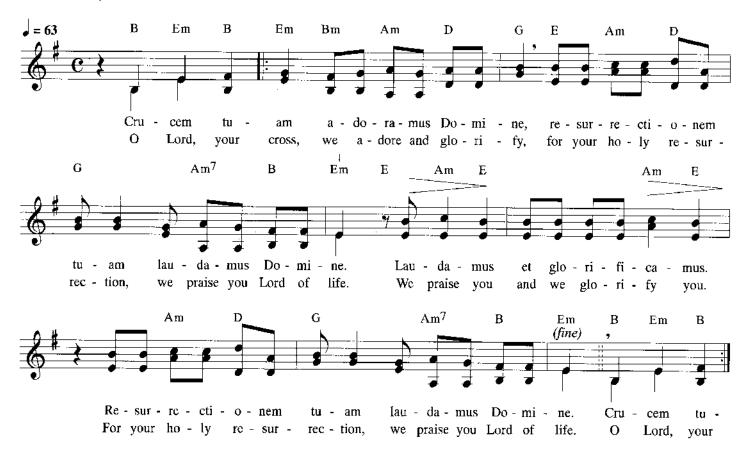
CLM22 The Heavens And The Earth Rejoice



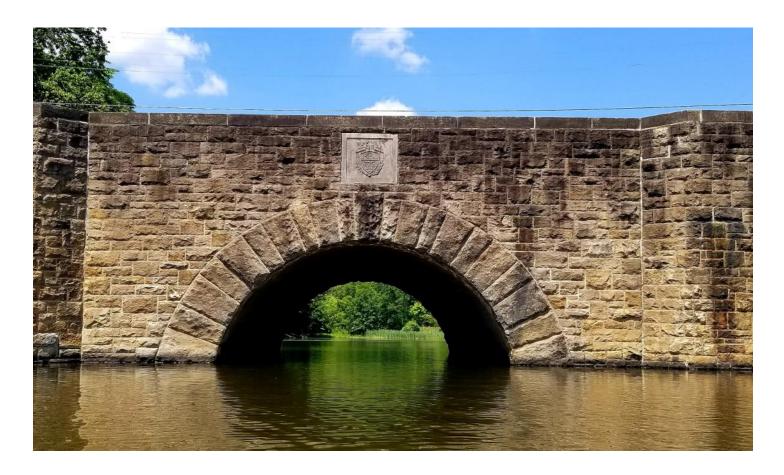
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50 O Lord, Your Cross



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% 5, A Cantor Al - le - lu - ia, - lu - ia, lu - ia! al le Al - le _ T, B 7 D.S. Al - le - lu - ia! 1. || 2. D.S. al - le - lu - ia, le - lu - ia! le - lu - ia! al -D ò θ

Sung Response: CLM3 Alleluia 21

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The heavens declare the glory of the Creator; The firmament proclaims The handiwork of Love. Day to day speech pours forth And night to night knowledge is revealed. **ALLELUIA**

There is no speech, nor are there words; Their voice is not heard; Yet does their music resound Through all the earth, And their words echo to the ends of the world. **ALLELUIA**

In them a tent for the sun is set, Which is like a bride and groom On their wedding night As they sing love's song And celebrate the dance of life. ALLELUIA Its rising is in eternity, And its circuit to infinity. Nothing is hidden from the sunlight. ALLELUIA

The law of Love is perfect, Reviving the soul. The testimony of Love is sure, Making wise the simple. The precepts of Love are right, Rejoicing the heart. The authority of Love is pure, Enlightening the eyes. ALLELUIA

The spirit of Love is glorious, Enduring forever. The rites of Love are true, Awakening compassion. ALLELUIA

Scripture for Meditation: Mark 8:34-37 (from Inclusive Bible translation)

Jesus summoned the crowd and the disciples and said, "If you wish to come after me, you must deny your very self, take up your cross and follow in my footsteps.

If you would save your life, you'll lose it, but if you lose your life for my sake, you'll save it. What would you gain if you were to win the whole world but lose yourself in the process? What can you offer in exchange for your soul?"

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



Breath Prayer

Inhale — Help me...

Exhale — Follow in your footsteps...

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

A man, who was completely innocent, offered himself as a sacrifice for the good of others, including his enemies, and became the ransom of the world. It was a perfect act.

— Mohandas Karamchand Gandhi (1869-1948)

an Indian lawyer, anti-colonial nationalist, and political ethicist who employed nonviolent resistance to lead the successful campaign for India's independence from British rule

22 By Your Cross



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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: 6 Kyrie Eleison 13

God of love, you gave your only Son so that he would undergo great suffering for our sake. Seeing this suffering, we trust that you understood the sufferings of the world and our own suffering. Knowing that you have walked in our footsteps and that you have lived through trials and tribulations, we offer our prayers to you this evening.

KYRIE

We pray for wisdom, that we can communicate effectively with love, shalom, and compassion, and strive to live in connectedness and understanding with all people and creation.

KYRIE

We pray for courage so that we can live out our faith, giving witness with our words and actions that you are the way, the truth, and the life.

KYRIE

We pray for the will and the help to take up our cross and follow you wherever you may lead.

KYRIE

We pray for love, your love in us so that we can live with intentionality, knowing others and being known by others; developing the deep relationships that you desire us to have with you and each other.

KYRIE



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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



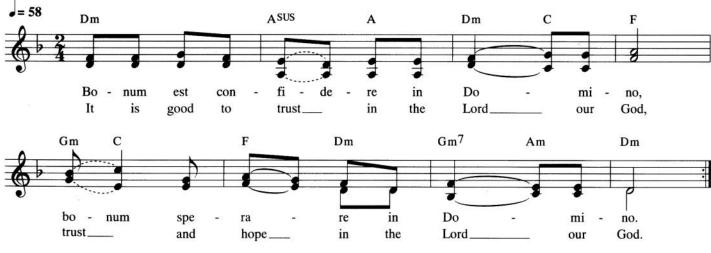
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Prayer over the Anointing Oil (in unison)

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.

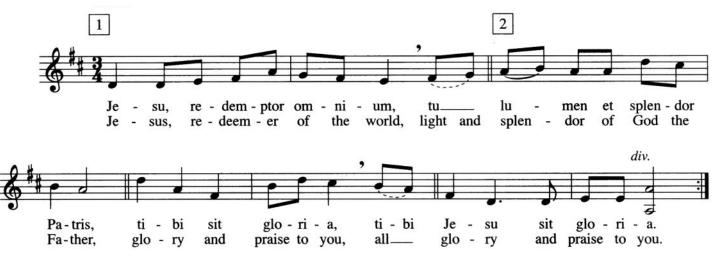
Bless this oil, O Lord, pressed from the fruit of the earth. Let it be a holy ointment for the wounds and worries of those who receive it. May it be a sign to all of us of your constant desire to touch our lives and bring us to health and wholeness. Amen.





11 It Is Good To Trust

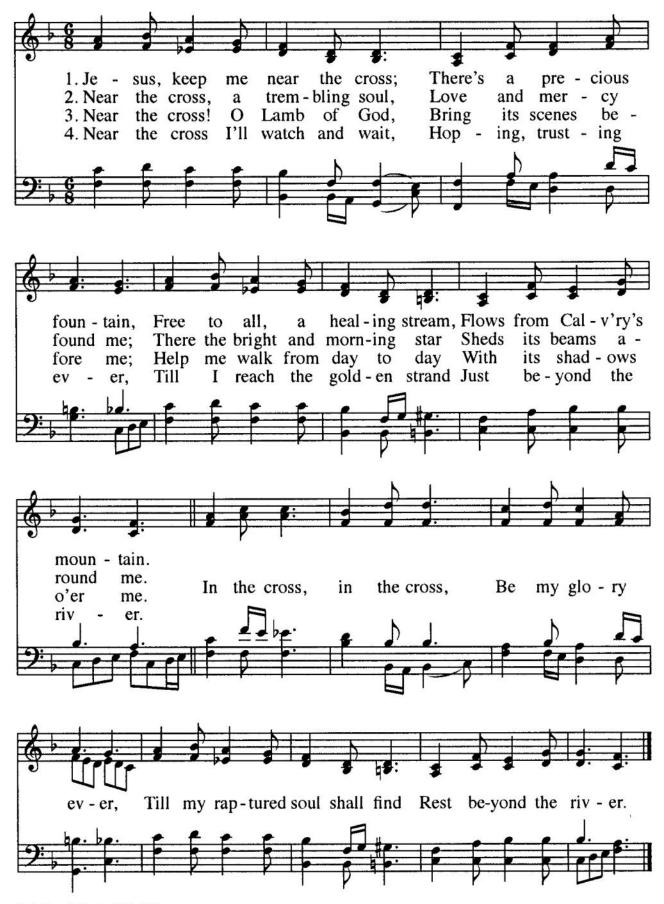
CLM23 Jesus Redeemer



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* Jesus, Keep Me Near The Cross



Text: Fanny J. Crosby, 1820–1915 Tune: NEAR THE CROSS, 7 6 7 6 with refrain; William H. Doane, 1832–1915; harm. by J. Jefferson Cleveland, 1937–1988, and Verolga Nix-Allen, b.1933, © 1981, Abingdon Press, admin. by The Copyright Company CCLI #689547

Closing Unison Prayer

- May God, our wisdom, pour out God's thoughts in you and make God's words known to you.
- May Jesus, the Christ, give you strength to carry your cross and follow.
- May the Holy Spirit, our tongue of fire, guide our words and actions, as we seek to bless the world with our witness.

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



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

SPIRITUAL LIFE EVENTS

Contemplative Prayer

Monday morning *Contemplative Prayer* will restart tomorrow, Sept 9 from 7:30-8 am. Please join Pastor BJ Woodworth on Zoom (Meeting ID: 959 8065 3992; Passcode: bestill) for 30 minutes of communal silence and guided meditation on scripture. This fall we will be drawing our guided mediations from the book *Becoming Rooted: 100 Days of Reconnecting with Sacred Earth* by Randy Woodley, an activist, scholar, author, teacher, wisdomkeeper and Cherokee descendant, recognized by the Keetoowah Band.

Mondays, 7:30-8 am

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 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! 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.

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