



## CONTEMPLATIVE WORSHIP: Space to Experience Ourselves in God

8:45 a.m. ~~ August 5, 2018 ~~ Ordinary Time

*"All guests who present themselves are to be welcomed as Christ." –Rule of Benedict*

### Welcoming the Day

- As you settle into your seat, allow yourself take in the light and colors of the Chapel.
- Know that God has anticipated your arrival in this place today.
- Offer a silent prayer for those seated near you.

### We Open Ourselves to God

*"Come, Holy Spirit, descend on us" (Iona)*

*Come, Holy Spirit, descend on us, descend on us,  
We gather here in Jesus' name.*

*Come, Breath of Heaven . . .*

*Come, Word of Mercy . . .*

*Come to inspire us . . .*

*Come here to still us . . .*

*Come, Holy Spirit . . .*

### Morning Psalm

*Psalm 100 (Psalms for a Pilgrim People)*

*Let the whole earth be joyful in you, O God,  
Serve you with gladness and celebrate your presence with a song.  
For we know that you are creating us, you have made us and we belong to you,  
We are your people, the sheep of your pasture.  
We find our way into your gates with thanksgiving, and into your house with praise.  
We give thanks and bless your holy name.  
For you are gracious, your mercy is everlasting,  
And your faithfulness endures from generation to generation.*

### Silence for Reflection

### Gospel Reading

*Luke 1:39-45 (NRSV)*

*In those days Mary set out and went with haste to a Judean town in the hill country, where she entered the house of Zechariah and greeted Elizabeth. When Elizabeth heard Mary's greeting, the child leaped in her womb. And Elizabeth was filled with the Holy Spirit and exclaimed with a loud cry, "Blessed are you among women, and blessed is the fruit of your womb. And why has this happened to me, that the mother of my Lord comes to me? For as soon as I heard the sound of your greeting, the child in my womb leaped for joy. And blessed is she who believed that there would be a fulfillment of what was spoken to her by the Lord."*

### Silent Reflection (2 minutes)

### Prayers of Intercession

*Kyrie Eleison 1*

Sung Response: *Kyrie, Kyrie, eleison. Kyrie, Kyrie, eleison.*

- *For all those who are beginning a journey today...*
- *For all those who are making an unexpected journey...*
- *For all those who offer welcome and hospitality...*

## A Story of Arrival

### Singing Our Longing

*Help us be the face of Christ to the world,  
help us see the face of Christ in the world.  
Open our eyes, open our hearts.*

*"The Face of Christ"*

## A Story of Greeting

### Morning Examen

- *What actions and expressions make you feel welcomed by others?*
- *What preparations do you make to welcome others into your home or another space?*
- *Spend a moment and ask God to prepare your heart as a place of welcome for others.*

## God in Us and Among Us

*Dwell in the midst of us, come and dwell in this place  
Dwell in the midst of us, come and have Your way  
Dwell in the midst of us, wipe all the tears from our faces  
Dwell in the midst of us, You can have Your way.  
Not our will, but Yours be done, come and change us  
Not our will but Yours be done, come sustain us.  
Not our will, but Yours be done, come and change us  
Not our will but Yours be done, come sustain us.*

*"Dwell"*

## At the Table: A Movement into Holy Communion

adapted from **1 Cor. 15:1 - 10**

*Dear brothers and sisters, we have heard the Good News about Jesus Christ,  
written in the holy Gospels and spoken into our lives by his Holy Spirit.*

***We believe what we have heard, that Christ is alive among us.***

*We have passed on to you what is most important: Jesus Christ died for our sins, bringing healing for our wounded spirits and life to our fragile bodies. By his death, death has been overcome and the sickness of sin no longer enslaves us. In former times, many women and men testified to his empty grave, and many others witnessed him alive in their world.*

***We, too, have seen him alive in our world.***

***We, too, experience his life in us and among us.***

*Whether we know it or not, we have each seen the risen Jesus. Perhaps when we have least expected it, God has accessed our hearts and opened us to the presence of the Merciful One as an act of grace.*

***By the grace of God, I am who I am,  
and God's grace to me has not been empty.***

*We come to this Table today to see him again, to touch him and taste him, to receive him and live more fully into him. In this meal the living Christ comes to us as an act of mercy and grace.*

***We receive you into ourselves, Jesus,  
as we take this meal together in your name. Amen.***

## Prayers for Anticipated Arrivals

### Benediction

from *"Centering Prayer"*

*Awaken in me the awareness of my tone, gesture, and word choices so that I might more completely observe how I relate to others, and in observing gain understanding, and in understanding consent to your transforming life turning me more and more into love. Amen.*

\*Please note your attendance at the foyer sign-in sheets. You may place offerings & prayer requests in the basket at the rear of the Chapel.

\*\*See the weekly update at the foyer table for additional upcoming offerings from The Center for Christian Spirituality.



