

Thin Places
Saturday, January 21, 2006
6:30pm

Gathering Time & Music

Words for Reflection

Today I am reminding myself to breathe, to live in my place and time as best I can, in search of the next right thing to do.... Yet each day that I stay as a guest on this green earth suddenly seems outrageous good fortune. Between the routine crying jags and ecstatic moments, I plan for the future, which will arrive whether or not I hold my breath. This coming weekend, for instance, I plan--*Insha a Allah*, the Muslims say, *God willing*-- to bike several more laps around the park, fast enough to forget my fear, breath ragged, flying past mile after mile of wonder.

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<http://www.beliefnet.com/dailyinspiration/1091105.htm>

[Breathe in, breathe out]

Voice 1: Breathing in, breathing out, the Spirit of God calls us to this time and place.

[Breathe in, breathe out]

All: Breathing in, breathing out, we practice living in the presence of God.

[Breathe in, breathe out]

Voice 2: Breathing in, breathing out, we practice loving as God loves the world.

[Breathe in, breathe out]

All: Breathing in, breathing out, God patiently shapes our fragile, earthen vessels into members of the eternal, grace-filled family of God.

Music

Sacred Readings: John 1:1-5, 9
 Isaiah 60:1-6

Reflection: Light & Unicorns

Music

CONFESSION

Leader: We know that our strength comes from you,
O Holy One, and yet we find it hard to wait for you to come among us.

Voice 1: Sometimes we want to make the world a better place.

Voice 2: Sometimes we want to take a nap and let someone else worry about the world.

Leader: Waiting, reflecting, praying seems so slow.

Voice 1: We want things to happen when we want things to happen, not too soon and

never too late.

Voice 2: It is so hard for us to admit that this is your Creation, that we are not in charge.

All: O Holy Maker of every thought and thing, forgive us when we lose the patience that it takes to practice being in your presence.

(Silence for individual prayers)

ASSURANCE

Leader: Arise, shine, for our light has come, and the glory of the Lord has risen upon us. God delivers those in need when they call.

All: We are forgiven.

PRAYERS OF THE COMMUNITY

JESUS PRAYER

All: Eternal Spirit, Father and Mother of us all, Holy is your name. Let justice and mercy fill all Creation and let us recognize that every thought and thing belongs to you. Feed us with the bread we need for today. Forgive our sins as we forgive those who sin against us. Stand with us in trial and temptation. Free us from the grip of all that is evil. For you alone are creating our universe, now and forever. Amen.

Words for Reflection

When we are truly there, dwelling deeply in the present moment, we can see that the bread and the wine are really the Body and Blood of Christ and the priest's words are truly the words of the Lord. The body of Christ is the body of God, the body of ultimate reality, the ground of all existence. We do not have to look anywhere else for it. It resides deep in our own being. The Eucharistic rite encourages us to be fully aware so that we can touch the body of reality in us.

Bread and wine are not symbols. They contain the reality, just as we do.

Thich Nhat Hanh. Living Buddha, Living Christ, pp 31-32.

MUSIC

PREPARATION

Voice 1: We gather as one body, joined around the table.

Voice 2: Here we celebrate God's presence among us, united in Christ's spirit, broken and whole all at once;

All: Nourished and hungry, loved and loving, sinner and forgiven; we make one circle of knowing, believing, rejoicing, being, as God lights and rests among us.

INVITATION

Voice 1: This is the table of the Heavenly Feast, the joyful celebration of the people of God.

Voice 2: Christ invites everyone to eat the bread of life, to drink the cup of the salvation—the cup of wholeness and healing.

All: Jesus said, "I am the bread of life. She who comes to me shall never hunger; he who believes in me shall never thirst."

SHARING THE MEAL

Sacred Reading: Matthew 5:14-16

[Breathe in, breathe out]

Leader: Breathing in, breathing out, God sends us to practice the love of Christ in a world that yearns for love.

[Breathe in, breathe out]

All: We go to shine God's love and light in the world. Amen.

Music