

That you would live in that which you created, and inspire love for you in our hearts, so that when we take the time to look we would find you in each other and share the love we have found in you. *(John van de Laar; adapted)*

So we join our voices in the unending chorus of praise:

**Holy, holy, holy Lord, God of truth and light,  
heaven and earth are full of your glory.**

**Hosanna in the highest.**

**Blessed is the One who comes in the name of the Lord.**

**Hosanna in the highest.**

Here at the Table graced with your gifts, here, upon your children gathered in joy, pour out your Spirit of peace and life.

As we come to taste of that Bread which, in its brokenness, makes us whole, we would not go backward to our old life,

but go forth to bring hope to all who cry out for justice in the world.

As we drink deeply from that Cup which, by its grace, fills us with compassion, we would offer the blessings we have, that others might know the richness of your love and hope.

And when the age to come has arrived, when our lives are gathered up in your mercy and we are at one with our sisters and brothers from every time and place around your feast, we will join our hearts and voices for you, singing through all eternity of your love, God in Community, Holy in One. Amen..

The bread, broken. The cup, love poured out.

The gifts of God for all those whom God loves. *Communion is shared.*

**Words of mission, and benediction** *(candles are extinguished)*

Let us go out and share the gifts of joy and love with others, knowing that the love of God, the peace of Christ and the power of the Holy Spirit are going with us. Go from here, to love and serve the Lord.

**In the name of Christ, Amen.**

**Passing of the peace.**

God's peace be with you. **And also with you.** *The peace is shared*

**Pilgrim Uniting Church**  
**12 Flinders Street, Adelaide**  
**MID WEEK WORSHIP**

COCU60B



*Welcome to this time of worship, of gentle reflection, and caring community.*

**Welcome and greeting**

**A Call to Worship**

Let us start this service well, by reminding ourselves:

That it is not we who chose Christ,

**but Christ who chose us,**

That we are not here because of our goodness

**but because of Christ's grace,**

That we are not here to enlighten ourselves,

**but to allow Christ to enlighten us,**

That we have not come to be entertained

**but to worship God with heart, soul, mind and strength.** *(Bruce Prewer)*

**For reflection**

“If you have forgiven yourself for being imperfect and falling, you can now do it for just about everybody else. If you have not done it for yourself, I am afraid you will likely pass on your sadness, absurdity, judgment and futility to others.” *(Richard Rohr)*

Rev Steve Koski writes: I have been critical and hard on myself for years and, do you know what, it hasn't really worked. I may just give myself permission to be unapologetically human and imperfect today and see what happens. Wholeness is not being perfect but embracing our imperfections. Being perfect and successful are not what makes you a worthy person. Your humanness and imperfections are what make you a loveable and worthy human being. The spiritual journey isn't trying to prove to God, yourself and others that you are worthy of love. The spiritual journey is

unlearning everything that has tried to convince you otherwise. We prove to others and ourselves we are okay by actually being okay. We experience the acceptance of others by accepting ourselves. We can be patient with those who judge us and struggle to accept us because we are no longer waiting for their approval to live our lives.

Imagine if you entered this day letting go of any urge to run, strive, search or struggle. Imagine if you let go of all of those unrealistic demands and expectations you put on yourself. Just be. Just be your beautiful, fragile, broken, imperfect self. Breathe in grace for yourself. Extend grace to others. Imagine inhabiting your space in the world today with a spirit of forgiveness, forgiving yourself for being imperfect and forgiving others for their imperfections. Maybe you, too, have been critical and hard on yourself for a long time and have realized it hasn't worked. What is there to lose? Let go of those destructive and self-sabotaging thoughts. Try loving yourself fiercely today.

*We keep a silence as we reflect upon the truth of our lives.*

Carry this blessing from John O'Donahue with you:

“May all that is unforgiven in you, be released. May your fears yield their deepest tranquilities. May all that is un-lived in you, blossom into a future graced with love.”

**May it be so. Amen.**

### **Prayer for Illumination**

O God, the Three in One, you draw us into your community of love with people across the ages and around the world. By the same Spirit that binds us together speak to us, that what we read and ponder may enliven us and stretch us to trust and follow you. Amen. *(Source: Worship@North website)*

### **Readings and reflection**

**Prayers for others** - *prayers are offered by the people*

Each prayer concluded with: This is my prayer/**this is our prayer**

World affirming God, we live in an in-between place - embracing eternal life, and with our feet firmly planted on this fragile earth. Help us to re-make the world in your image through Jesus Christ our Lord, who taught us to pray:

### **THE LORD'S PRAYER**

**Our Father in heaven, hallowed be your name.**

**Your kingdom come, your will be done on earth as in heaven.**

**Give us today our daily bread.**

**Forgive us our sins as we forgive those who sin against us.**

**Save us from the time of trial, and deliver us from evil.**

**For the kingdom, the power, and the glory are yours, now and forever.**

**Amen.**

### **Communion**

The invitation

We remember...

### **The Prayer of Thanksgiving**

The Lord be with you/**and also with you**

Lift up your hearts/**we lift them to the Lord**

Let us give thanks to the Lord our God.

**It is right to give our thanks and praise.**

It is right to give our thanks and praise, O God. We thank You for a love so strong that you would fashion a universe, place within it a world, and give life to creatures great and small that are the object of your love. That you would confront the worst that people can do and conquer without drawing any blood but your own enfleshed in the life of Jesus. That you would breathe your Spirit into what you made, allowing human hands to share in building your life and purpose in the world.