

COMMUNION

THE INVITATION and NARRATIVE OF THE LAST SUPPER

THE GREAT 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 indeed right to give you our thanks and praise, O God, With a single Breath, life was given to our ancestors, but the spirit of sin put out its hand and crippled us. You touched the lips of the prophets, appointing them to speak words of truth, but we could not lift our heads to see, we would not turn our hearts to listen. Yet, you would not leave us hopeless, but sent Jesus to set us free. Blessed is Jesus Christ, our Hope, our Trust. He taught us of your hopes for us, so we would not give in to despair. He put out his hand and rescued us. Therefore, we joining our voices with the faithful of all time and all places, singing our songs of joy to you:

Holy, holy, holy Lord, God of power and might

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.

PRAYER OF CONSECRATION

Pour out your Holy Spirit upon us that this meal may be a communion in the life and love of Christ. Make us one with Christ and with all who share this feast. Unite us in faith, encourage us with hope, inspire us to love.

Amen.

BREAKING OF THE BREAD *Communion is shared*

PRAYER AFTER COMMUNION

God of grace, you renew us at your table with the bread of life and the cup of compassion. May this strengthen us in love and help us to serve you as we serve each other. We pray in the name of Christ. Amen.

WORDS OF MISSION AND BLESSING *Candles are extinguished*

God's peace be with you. **And also with you.**

The sign of the peace is exchanged

Service led by Rev (Deacon) Sandy Boyce

Pilgrim Uniting Church



12 Flinders Street, Adelaide
MID WEEK WORSHIP

COCU 53C/Pentecost +14C



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



(bent over woman, Hungary)

WELCOME and GREETING

The grace of our Lord Jesus Christ, the love of God and the communion of God's Holy Spirit be with you. **And also with you**

GATHERING

Here, in this place and at this time, God keeps company with us.

We come together,

into the awe and mystery of God's holy presence.

We come together,

to listen and to be stirred into thanksgiving.

We pray:

Awaken love and wonder within us, until our praise flows deeper, and rises higher, than anything else we experience. Amen.

A significant part of the practice of Sabbath is aligning ourselves with God's rhythm. As rhythm organises a piece of music in time according to speed and pattern, so Sabbath organises our lives according to God's sense of time – God's tempo and pattern. This is more than simply giving ourselves a breather, or allowing ourselves time to rest so that we can launch back into our busyness with renewed vigour. Sabbath is about learning to recognise the significance of moments in time. It is about learning to recognise God's tempo and pattern for us, our community and our world, and it is about matching our pace with these eternal rhythms.

(John van de Laar, The Hour That Changes Everything – How worship forms us into the people God wants us to be)

Let us immerse ourselves in God's rhythm. Let our breathing fall into a gentle rhythm as we find ourselves in God's company. Let these words invite us to find God's rhythm in the cacophony of sounds around us:

While around us the song of fear
calls us to march to the tune of self-protection,
We choose to dance to the rhythms of life;
While around us the music of greed
entices us to join its frenzied drivenness,
We choose to dance to the rhythms of life;
While around us the drums of fashion
seek to beat us into conformity and desire,
We choose to dance to the rhythms of life;
While around us so many are crippled by a Sabbath-less existence,
are in bondage to the devils that drive our world,
we praise you, God, for your healing touch, for Sabbath-rest and Sabbath-inspired work, for daily manna and the freedom of sharing, for joyful “enough-ness” and comfortable justice.
May we learn to dance to your Sabbath-rhythms, a little more each day,
and may our dancing bring healing and freedom, to all those who receive our invitation to join us in the rhythms of life.

Amen. *(John van de Laar)*

PRAYER FOR ILLUMINATION

May we be struck by the wisdom of these words
and marked by hearing them.

**For within story lies meaning, and within meaning,
the wisdom for which we seek** *(Gretta Vosper)*

BIBLE READINGS AND REFLECTION

PRAYERS FOR OTHERS

The practice of Sabbath is about realignment - taking ourselves out of the human system of accumulation, self-protection and self-aggrandisement, and placing ourselves under the influence of God's rhythms, God's priorities and God's direction. It is about living with a whole different value system – that of justice, mercy and equity. The call to live God's Kingdom's values is a call to live as Sabbath people, and it is this gracious kingdom alone that is unshakeable – unmoved by the temptation to benefit by exploiting others, by the threat of economic collapse, or by the 'competition' for resources. When we scratch the surface of our world's economic systems, we cannot help but see the destructive results of a Sabbathless existence. Exploitation of foreign workers in order to ensure cheap labour for producing everything from chocolate and coffee to cell phones and computers, trade regulations and subsidies that favour the rich and powerful over poor farmers and labourers in third world countries, and political decision making that is more influenced by wealthy donors and lobbyists than by the needs of the most vulnerable all leave suffering in their wake. The drivenness and hyperactivity of those who chase wealth also wreaks havoc on marriages, families and individuals. If our world needs anything in order to become more just and peaceful, it's a return to the Sabbath-rhythms of God's reign. This alone will bring healing to the those who have been crippled by the Satan of our broken society. *(John van de Laar)*

Prayers are offered: This is my prayer/**this is our prayer**

We pray, in the spirit of the prayer of Jesus taught his disciples:
God - heart of the world: revealed through every aspect of creation: understood through our awareness. May we honour the holiness of creation and act accordingly so that your love is reflected in the way we live.

May we always be thankful for the food we eat and the friends we have. May we forgive those who transgress against us and be forgiven for our own.

In the freedom of love may we live as your heartbeat and not be compromised by hesitation. Through our freedom, may your justice be seen and heard and experienced forever and ever.

(Sherri J Weinberg)