

These words, these acts and these age-old memories speak again. In them we hear the invitation to be enfolded in the presence and love of Jesus who died, who lives and is present here.

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

Alive and enlivening God, in the simple and ordinary task of eating and drinking, in this simple and ordinary meal of bread of wine, you have sown into our spirits the eternal seed of life.

You have transformed this simple and ordinary gathering into your Church - the messenger of abundant life.

Now, God of our hearts, sow us into the world to be seeds of growth and nourishment and resurrection to all humanity. Amen.

WORDS OF MISSION AND BLESSING *Candles are extinguished*

We go as sent-ones;

Endowed with the gifts of God's loving embrace,

Jesus' gracious love

And the Spirit's enduring companionship. Amen.

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

The sign of the peace is exchanged

(Excerpts from From Food For The Road: Life Lessons From The Lord's Table by John van de Laar, adapted)



Pilgrim Uniting Church

12 Flinders Street, Adelaide
MIDWEEK WORSHIP

COCU20B.Lent2B



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

WELCOME and GREETING

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

GATHERING

*I have set before you life and death, blessing and cursing: therefore choose life...
Deuteronomy 30:19*

You have set before us choice, and the power to choose. And the commandment to choose to life. Grant us the willingness to choose life, today and always. All of life: breath and strength, trees and tools, joy and justice, sabbath and work, grief and celebration, renewal and desire, the light and the dark, relationship and solitude.

And You. Always You. Amen. *(Jennifer Garrison Brownell)*

THE PRAYERS OF WHO WE ARE

There are two voices that compete for our attention: the voice of the inner critic and the still, quiet voice of Wisdom. The voice of the inner critic harshly reminds us of who we should be. The still, quiet voice of Wisdom gently invites us to accept and extend loving kindness to the person we are.

I wish someone had told me when I was younger that everyone has an inner critic. I thought it was just me. Everyone, even the most seemingly well-balanced, calm and loving people, have an inner critic trying to convince them they're not enough, they should try harder, and no one would really accept them if they knew who they really are.

The problem is that when you try to resist the inner critic it stubbornly digs its heels in and speaks louder. Spiritual wisdom is befriending the inner critic saying, "Hello my old friend. I recognize your voice and how small I begin to feel when you show up to the party. I am going to choose not to listen to you right now and, instead, see what Wisdom

might have to say to me in this moment.” It is the inner critic who shrinks in the presence of Wisdom. Wisdom whispers, “You are enough. You are worthy. You are deserving. You are beautiful. You are brave. You are strong. You are loved.”

Whatever we practice we get good at. If we practice listening to the inner critic judging, criticizing, shaming, condemning and comparing ourselves to others, we’ll get better and better at it until we mistake that voice for reality.

What if we practiced listening to the still small voice of Wisdom? You don’t even have to believe it. Just practice listening and hold the possibility, “I am enough. I am worthy. I am deserving. I am beautiful. I am brave. I am strong. I am loved.” Who knows? Maybe with enough practice you might get better at living the truth of who you really are.

Carl Jung wrote, “That I feed the hungry, that I forgive an insult, that I love my enemy in the name of Christ - all these are undoubtedly great virtues. What I do unto the least of my brothers and sisters, that I do unto Christ. But what if I should discover that the least among them all, the poorest of all the beggars, the most impudent of all the offenders, the very enemy himself or herself -that these are within me, and that I myself stand in need of the alms of my own kindness, that I myself am the enemy and must be loved - What then?”

The still, quiet voice of Wisdom invites you to let go of the person you think you should be; extend loving kindness to the person you are; and see the astonishing light of your own being.

(Source: Rev Steve Koski, Bend Presbyterian Church, USA)

A silence is kept for reflection on these words.

May this Lent be a time when we allow ourselves to be disciplined anew, having our minds and lives turned towards the source of wisdom.

PRAYER FOR ILLUMINATION

Let the fire of your Spirit shed light on your word, O God. As we listen to these ancient stories and readings, may we find a breath of fresh air, a word for our hearts, a light for our path. **Amen.**

BIBLE READINGS AND REFLECTION

PRAYERS FOR OTHERS

Ours is the treasured conviction that God gave birth to the visible and invisible universe. Out of this seed of faith we discover the confidence to name the troubles in our lives, and in the world, and hope that these

may be transformed into seeds of life that will take root and bloom. *(prayers are offered)* This is my prayer/**this is our prayer**

We offer our prayers in the name of Jesus who taught us to pray:

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

THE GREAT PRAYER OF THANKSGIVING

God be with you. **And also with you.**

Lift up your hearts. **We lift them up to God.**

Ours is the treasured conviction that God was born human, lived a human life, known to us as Jesus, and died a human death at human hands. Ours is the treasured conviction that the life of Jesus was stronger than the grave which imprisoned him. Ours is the treasured conviction that the Breath of God hovers over and weaves through creation still. With our spiritual ancestors, we join our voices in the eternal love song:

Holy, holy, holy Lord, God of power 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.

God's children share in a sacred memory of Jesus. In his hands, simple bread was taken, gratefully lifted, torn apart and shared among His friends. "My body is torn so that you may be made whole"

Unless a seed falls into the earth and dies, it can bear no fruit.

The Bread is Broken

God's children share in a sacred memory of Jesus. In his hands, a simple cup of wine was taken, gratefully lifted and shared among his friends. "My life is poured out so you have find life in all its abundance".

Unless a seed falls into the earth and dies, it can bear no fruit.

The Cup of Wine is lifted up.