

Here at this Table, God of love, we set aside our power,  
to feast on the weakness found in the broken bread;  
we let go of our wisdom, to drink from the cup of your foolish grace.  
We pray your Spirit blesses these gifts of bread and wine, as well as  
us, so when we have feasted, we will look at the world with its  
injustices, oppressions, wars, and fears, saying:

'take these things out of here!  
Stop making God's creation a house of horrors!  
And when the sun has finished its course,  
when the moon and stars shine no more,  
we will sing from the depths of our hearts to you,  
God in Community, Holy in One. Amen.

*Communion is shared*

**WORDS OF MISSION AND BLESSING** *Candles are extinguished*

As we take our leave, let us share together in a litany that affirms who  
we are and whose we are and how we will live. *(based on Exodus 20: 1-17)*  
Love the Lord your God with all of your heart, your mind and your soul.

**We will love God with an intensity  
such that no substitute will suffice,  
the very mention of God's name will be precious  
as we cleave to our time of communion with the sacred.**

Love your neighbour as yourself.

**We will respect the wisdom of our elders.**

**We will protect the lives and the reputations of those around us.**

**We will cherish the relationships entrusted to us.**

**We will not take what is not ours.**

**We will learn the value of enough.**

Love the Lord your God. **Amen.**

*(Source: Katherine Hawker, Liturgy Outside website)*

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

*The sign of the peace is exchanged*



## Pilgrim Uniting Church

12 Flinders Street, Adelaide

**MIDWEEK WORSHIP**

*COCU21B.Lent3B*



*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**

Eternal God, we see your signature all around us in the creation of the  
universe. Connect our temporary praise to your timeless rhythms, your  
ageless melodies. Breathe life into our speaking, our listening, our  
praying. In our worship we reach out to you, O God, knowing that we  
are already enfolded into your divine embrace. Amen.

### **THE PRAYERS OF WHO WE ARE**

*(A Prayer of Confession based on John 2: 14-21, Jesus cleansing of the temple)*

Jesus, cleanser of temples and souls,  
as we enter the mid point of the Lenten journey,  
look deep within our hearts and our lives,  
and clear away all that holds us back.

Truth be told, beneath the veneer of respectability  
there are lots of tables that need overturning in our lives.

We know the pain - and so do those around us -  
of keeping up the facade.

What a relief it would be to have it all  
upset, smashed, scattered, destroyed -  
to radically rearrange the furniture of our lives.

In a moment of silence we sit before you,  
and name those things for which we seek cleansing and healing,  
so that we may be more faithful disciples.

*(Source: Ann Siddall, Stillpoint Spirituality Centre, adapted; also John van de Laar, Sacredise).*

*A silence is kept.*

The spiritual path is not merely about self-improvement. The spiritual path is letting go of everything that isn't you - all of the expectations, shoulds, oughts, toxic beliefs - and becoming who you already are.

A monastery in Thailand had a 3m solid gold Buddha. The monks feared invasion from a neighbouring army. In their fear they covered the gold Buddha in clay. The neighbouring army invaded and killed all of the monks and stole everything they considered valuable. They regarded a 3m clay Buddha as useless. The gold beneath the clay remained a secret for centuries. In the 1960's, the Thai government planned a highway through this monastery. They agreed to move the monastery to another location including the clay Buddha. As the crane lifted the Buddha it cracked and they saw a light shining from within. They chipped away, washed and removed all the clay. They were stunned to discover hidden beneath the clay was a priceless treasure that had been there the whole time.

Paul Coelho wrote, "Maybe the journey isn't so much about becoming anything. Maybe it's about unbecoming everything that isn't really you, so you can be who you were meant to be in the first place."

The path of spiritual awakening is both becoming who you are and unbecoming who you are not. What are the expectations, shoulds, oughts, and toxic beliefs that need to be washed away?

Elizabeth Gilbert wrote, "The universe buries strange jewels deep within us all, and then stands back to see if we can find them."

The spiritual path is a treasure hunt only to discover we have been in possession of the treasure the whole time. *(from a Facebook post by Rev Steven Koski)*

We open our minds, spirits and bodies to your presence, O God.  
May our words and our actions be transparent to your love and truth.  
**There is room in our lives and in our community  
for the Holy One to dwell. Thanks be to God. Amen.**

## PRAYER FOR ILLUMINATION

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

(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

### WE REMEMBER

God's children share in a sacred memory of Jesus. He took the bread, gratefully lifted it, tore it apart and shared among his friends. "My body is torn so that you may be made whole". *The Bread is Broken*

He took a cup of wine, gratefully lifted it and shared it among his friends. "My life is poured out so you may have life - in all its abundance". *The Cup of Wine is lifted up.*

### THE GREAT PRAYER OF THANKSGIVING

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

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

God, your glory fills the heavens. But our spiritual ancestors turned away from your ways of generosity and grace and creativity. Prophets came to warn against such foolishness, but their words were not found to be acceptable. You revealed your glory in Jesus, whose life revealed the depth and breadth of your love for humanity, whose life was poured out for the sake of the world you love. He declared your wisdom to us, telling us of your grace and hope. With the faithful of all generations, 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.**