

BREAD AND WINE

We remember the tradition...Long ago, at the end of a journey, among friends, gathered round a table...Jesus took bread, and after offering a blessing, broke it, and handed it to his friends, and invited them to eat.

This is my body, broken for you.

Long ago, Jesus poured a cup of wine, and after offering a blessing, and recalling God's covenant with humanity, he gave it to his friends.

This is my life, poured out for you.

Bread... the very stuff of life, made with grain grown in the warm sun and rich soil, with gentle rain, human labour and knowledge and skill. Wine... fruit of the vine, nurtured, tended, harvested, and pressed out for us to drink.

We pray God's blessing on the bread and the wine.

In the breaking of the bread and the sharing of the wine, may we know a Sacred Presence.

Let us share this bread and wine as our tradition teaches us, knowing that our lives are forever changed by this and every breaking of bread. *Bread and Cup are shared*

(Communion liturgy by Rex A E Hunt, adapted)

WORDS OF MISSION AND BLESSING *Candles are extinguished*

(based on John 3: 16-17)

Just as God's Word was sent into the world
to heal and redeem,
so God sends you into the world this day
to be light and love, healing and hope.

Go now to be light for the world!

And may the grace and peace of God the Creator,
the Redeemer, and the Sustainer

come upon you this day and remain with you always. Amen.

(Source: posted on the United Church of Christ's Worship Ways 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

COCU22B.Lent4B



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**

CALL TO WORSHIP *(based on John 3:14-21)*

Friends of God, believe this -

God loved the world, God loves the world, we are the beloved!

May the truth of this great love story, shine through our worship today,
and renew our sense of calling.

So come, with your tiredness,

your frustrations and your discouragements;

come with your doubts, your fears, and your longings;

come, to discover yet again how Jesus reveals God's love and mercy.

Come, in friendship to God and to each other,

and in friendship to the world,

to listen for God's Word to us,

to offer our prayers,

and to renew our calling.

Friends of God, let us worship!

(Source: Ann Siddall, Stillpoint Spirituality Centre)

THE PRAYERS OF WHO WE ARE

The spiritual path is not about us trying to prove to God that we are worthy of love. The spiritual path is about remembering that we are already worthy of love. The spiritual path is about unlearning everything that suggests we are not already worthy of love. We bear the image of the Divine (Genesis 1). What's deepest and most true about us is that we are good. What's deepest in a human being is the Divine image. Sure, humanity makes a mess of things (Genesis 3) but the

story doesn't begin with the mess. The story doesn't begin with the way we mess things up and make mistakes. Your story, my story, begins with who we are at our deepest. That which is deepest and most true about us is goodness. We continue to make a mess of things but that doesn't change or diminish our worthiness and goodness. We have forgotten who we are at our truest and deepest. Spiritual practices are acts of remembering. The greatest gift we can give another is to be a mirror where they can see a reflection of their own goodness. You are not a problem to be solved, fixed, improved or overcome. You are a person worthy of love. You can be both a mess and a person whose truest and deepest truth is goodness. Be yourself today. You are beautiful that way. *(Source: Rev Steven Koski, 1st Presbyterian Church, Bend, Oregon)*

A silence is kept

(But God, who is rich in mercy, out of the great love with which God loved us, even when we were dead through our trespasses, made us alive together with Christ - Ephesians 2.4-5a)

Even when we were dead, Paul writes.

Even when we turned away from the One who had created us.

Even when we lived in the grip of what drew our gaze from God.

Even when we were oblivious.

Even when we followed a path fashioned of nothing but our own desires.

Even when we wandered far and wilfully away.

Even when we forgot to look past our own feet and to see the wonders not of our making.

Even when we failed to stand in awe, to breathe thanks, to lean into the love that had waited long for us.

Even when, Paul writes, Even when, even then: grace.

(Source: Jan L. Richardson, The Painted Prayerbook. <http://paintedprayerbook.com/>)

Thanks be to God!

PRAYER FOR ILLUMINATION

God, be in our speaking. Be also in our listening, and speak to our souls' deep understanding. In Christ's name we pray. **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

THANKSGIVING

In time beyond our dreaming, God's creative Spirit hovered over the water, and was revealed in fire and storm and precious law. Likewise, humanity - loved into being in God's creative likeness, shaped into being from dirt and dust, took form on earth, along with earth's flowers and fruits, and living creatures of grace, majesty and beauty.

We stand in wonder and awe.

In these 40 days of Lent, we remember the love made manifest in the birth, life, and untimely death of Jesus of Nazareth. In his healing acts and radical teachings we recall the words he spoke to call forth love, care and respect for one another. We are grateful for this assurance of love amidst human betrayal, care amidst hatred, respect amidst oppression. *(Robert Jones)*

And so, we join with our ancestors in faith and the whole universe in singing the eternal song of praise:

Holy, holy, holy, vulnerable God,

heaven and earth are full of your glory.

Hosanna in the highest.

Blessed is the one who comes in the name of God.

Hosanna in the highest.