

Pilgrim template format

COCU11C

Midweek service

Opening Prayer (*inspired by Psalm 19*)

Eternal God,
whose signature we see, if we dare to look,
in the creation of the universe,
help us at this time to look and to listen for you,
here and now.
Connect our temporary praise to your timeless rhythms,
Guide us now to focus upon you,
knowing that in you,
our distractions become new possibilities for action.
Breathe life into our praying, our speaking, our listening
that all these activities might become more than they are.
In our worship we reach out to you, O God,
knowing that we are embraced in your divine compassion.
In Jesus, we pray. Amen.

Prayers of who we are (for reflection and sharing)

There's a line in one of Emerson's essays that says, "It is not length of life, but depth of life that matters." Depth of life? How would you define depth? Emerson defines depth as, "A great integrity makes us immortals, an admiration, a deep love, a strong will that arms us against fear." A life well-lived is not measured in length, liquid assets or grand messianic gestures. It is depth that matters.

Poetry often catches me by surprise and awakens depth. Mary Oliver wrote, "Poetry is a life-cherishing force. For poems are not words after all, but fires for the cold, ropes let down to the lost, something as necessary as bread in the pockets of the hungry." Mary Oliver wrote a poem about her grandmother who suffered from dementia and, yet, inhabited her space in the world with exquisite depth. The poem is called - In Praise Of Crazy, Of A Certain Kind.

"On cold evenings my grandmother, with ownership of half her mind - the other half having flown back to Bohemia - spread newspapers over the porch floor so, she said, the garden ants could crawl beneath as under a blanket, and keep warm, and what shall I wish for, for myself, but, being so struck by the lightning of years, to be like her with what is left, that loving."

Yes..."to be like her with what is left, that loving." Imagine if each and every one of us inhabited our part of the world as fully and deeply as that.

Today's To-Be list: Ask yourself today, "What does it mean to live with depth? Am I living with depth? What's stopping me? How can I occupy my part of the world with greater depth today?"

(Rev Steve Koski)

A time for silent reflection is kept as we reflect on our own lives.

Reading and reflection

Prayers for others

Faithful God, full of compassion,
You have promised to be near us, and to listen to our prayers
for ourselves and others And so, we pray for our world.

Prayers are offered. This is my prayer/this is our prayer

Let your mercy fill our world. We pray in the name of Jesus who taught us to pray.

The Lord's Prayer

COMMUNION

The invitation

Come, all you who are loved by God,
Come, and be fed with the food that God gives freely;
Come, and quench your thirst from the Waters of Life;

Come, and let your spirits be filled again.

Great Prayer of Thanksgiving

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

Let us open our hearts/**We open our hearts to God.**

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. The heavens reveal your glory and the firmament proclaims your handiwork. You brought forth life in all the earth, and you create a rich abundance to nurture and strengthen all who look to your hand. You have given yourself generously to your people, despite their eagerness to be easily distracted away from you. The prophets raised their voice to call us back to you. Jesus revealed to us the depth and breadth of your love for us. Though he was crucified, in his risen life he comes to us again, striding over chaos and death, dispelling our fears with a love beyond comprehension, strengthening us in our inner beings, and bringing us together as one body united in the love of Christ.

We remember the way that Jesus showed us his love:

On the evening before he died, he had supper with his friends.

During the meal, he took the loaf of bread, gave thanks for it, broke it and then passed it around with these words:

This is my body broken for you. Eat this and remember me.

And, after the meal, he took the cup of wine, gave thanks for it and then passed it around with these words:

This is my life poured out for you. Drink this and remember me.

And now, every time we eat bread and drink the cup, we remember Jesus, and his everlasting love.

Prayer of consecration

Pour out your Spirit on these people gathered here, and on this bread and wine, that they may be the life of Christ for us. Amen.

Communion is shared

Prayer after communion

Lord God of World-Changing Love,

We thank you for this meal,

and for welcoming us to your table.

We remember that we are your children,

and that you have called us

to share your love with everyone we meet.

Help us to receive your life, walk in your strength,

and follow your ways every moment of our lives. Amen.

Benediction

Candles are extinguished

As we return now to our homes, workplaces, and communities, may God's Spirit open our eyes anew

to the vastness and splendour of beauty all around us.

May we hear, and smell, and see, and touch

God's glory evident in all creation.

May we know God's care and compassion,

May the comforting words of Jesus fill us,

and the Holy Spirit's renewing presence

surround us today and always. Amen.

God's peace be with you. **And also with you.** *A sign of peace is shared*