

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

Pilgrim Uniting Church

12 Flinders Street, Adelaide

MIDWEEK WORSHIP

COCU20C.Lent2C

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 Psalm 27)*

Let us worship God who is our light, our strength, and our salvation.

When our confidence is in God of whom shall we be afraid?

One thing we ask of God, one thing we seek - to live in the house of God all the days of our lives.

That we may behold the beauty of God in creation and in one another.

One thing we ask of God, one thing we seek - to trust the ways of God.

That we may know God's goodness and strength all the days of our lives.

PRAYER OF APPROACH

We come to worship you, O God, seeking signs of your presence to strengthen us in our journey through life. We look for signs of your presence so we may journey on in hope and confidence. We are blessed with the company of Jesus who revealed his undying love for all - blessing lives forever with his life and your love. We approach you, O God, with hearts filled with awe over such undeserved gifts and we pray that this time of worship will reveal the depth of our gratitude and praise. This we pray in Jesus' name. Amen

THE PRAYERS OF WHO WE ARE

Shane Claiborne asks, "What's the difference between a flute and a stick? The stick is full of itself. The flute has been emptied of itself so it can make beautiful music." In a world where it is so easy to be "full of ourselves", it is counterintuitive to think of self-emptying. Yet, it is self-emptying that makes room for Spirit to flow in and through us making it

possible for our lives to make beautiful music. In this season Of Lent... project forward to Easter morning - how do you hope to be different? What changes do you hope to have taken place during the journey of Lent that have awakened and revitalized your heart, mind and soul? Consider **giving something up** for the season of Lent.

Give up something that is sucking the life out of you so that you can be filled with God, with love, with music, with life again.

Take on a new practice for Lent that will be life-giving re-awakening your heart and soul and sense of purpose.

For me, I am going to give up comparing myself to others focusing on who I think I should be and try leaning into accepting who I am.

I am going to take on a daily yoga practice to help me stay present in my body and anchored in my breath.

Welcome to Lent. Your move. Will you be a stick or a flute?

May we all find a way for our lives to make beautiful music.

God knows the world could use it. *(Source: Rev Steve Koski, Bend Presbyterian Church)*

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.