

## At Home Southpoint Worship

Sunday 15 March, Lent 2020

Anne Smith

### Preparing your space

As a household, choose a place in your home to be your “well”, that space where you will gather to drink from Jesus’ living water.

Together, talk about and choose what kind of **symbols** you want to bring into the space? (Your lenten “tree” branch, your colour wheel, a Christ candle, bread and juice for communion.)

If you’d like, make a trip to the Shiloh Shelter of Kingfisher farm on Saturday March 14th, and pick out a **Christ candle** as a family. *\*\*See Resources at end of document*

Would you like **music** to be a part of your space? If so, what kind of music? Singing together? Songs on tape? Invite someone from your family to choose the music for your time together.

Is there anyone you’d like to **invite** into this space with you? A neighbour, a friend, someone alone and in need of strength and comfort?

What **time** will you gather?

If you have small children, what can you do to make them feel safe and cozy in a time of disruption? Maybe gathering in PJ’s after pancakes, or at bedtime Saturday night.

What would you like **to do** in this space? If you would like a structure that mirrors what we do at Southpoint, I have included a simple **liturgy** for you. Sometimes familiarity can be a comfort at times of stress, and we’ve journeyed with these prayers for a while now.

Alternatively, you can set the liturgy aside, and just go straight to the **Psalm**, choosing from the accompanying conversation and meditation suggestions. Make it your own!

### Coming to the Well

#### Greeting

Jesus welcomes all who are thirsty to drink from his well. And today, we find this well right here, in our home. All over, there are these little circles of Southpoint folk happening today. We aren’t physically together, but we are together in our hearts, and we are praying for each other. Even though we aren’t meeting together, the bonds that connect us can’t be broken. There is comfort in being together in this new way.



#### Lighting the Christ Candle

One: Where does our help come from?

ALL: Our help comes from the Lord, who made heaven and earth!

(light the candle)

ALL: Creator of everything, we lift our eyes to you.

As a bright light in the wilderness guides a traveler, may your presence guide us home to you.

## Worship

Explore singing together, listening to music, or simply sitting in silence.

Here are some song suggestions for you:

Song: There's Nothing I Hold On To <https://www.youtube.com/watch?v=gmm8ETk70lg>

Song: We Abide, We Abide in You <https://www.youtube.com/watch?v=ypGNBZDc8ck>

## Mending the Net

### Prayer of Confession

ALL: Jesus, we confess that our hope at times is as dim as the winter sky. The distress signals of our planet, the vulnerability of the poor, and the invulnerability of the unjust knock the wind out of our prayers.

We lower our gaze. Our expectations diminish. Our feet lose momentum: until one day, we realize we have stopped walking. We have lost our way.

We have had more than enough of despair. We lift up our eyes to the hills. Our help comes from you, Maker of Heaven and Earth.



### Assurance of Pardon

One: All is not lost. It is God's nature to be faithful. God has entered into the middle of our hurting world to keep and care for his creation. God's provision gives mercy to us in our sin.

Almighty God, Creator of Everything:

ALL: Fill us with hope. Fill us with wholeness. Fill us with joy. Fill us with peace.

One: Lord Jesus Christ, Son of God:

ALL: Fill us with hope. Fill us with wholeness. Fill us with joy. Fill us with peace.

One: Precious Holy Spirit, Perfect Comforter:

ALL: Fill us with hope. Fill us with wholeness. Fill us with joy. Fill us with peace.

One: Beautiful three in one:

ALL: Satisfy us with your presence, Redeem us with your mercy, Sustain us with your peace.

### Passing of the Peace

One: When the disciples were afraid, locked together in the upper room, Jesus appeared to them and said, "Don't be afraid. Peace be with you." He is here with us today, saying the same words to us through each other's mouths: Peace be with you.

ALL: And also with you.

## Watering the Seed

### Scripture

*My heart is not proud, Lord,  
my eyes are not haughty;  
I do not concern myself with great matters  
or things too wonderful for me.  
But I have calmed and quieted myself, I am  
like a weaned child with its mother;  
like a weaned child I am content.  
Israel, put your hope in the Lord  
both now and forevermore.*

Psalm 131



[Breathe](#), by Maryann  
Cleary

### Reflection

Choose a picture, piece of art, or a photo of your own that shows a small child quiet and content in a parent's arms.

Imagine together...

*What is the child's experience?*

*What is the child feeling? Doing?*

*What is the parent's experience?*

*What is the parent feeling? Doing?*



Read the Psalm again:

*What experience is the Psalmist trying to capture by painting this image of a weaned child?*

*What might God experience when we rest like this?*

What colour would you use to describe the emotion of this Psalm?

Place a bit of that colour on your Lenten Tree.

## Personal Meditation

*If you were a child in God's arms, what would you be doing? (Laughing, distressed, crying, fidgeting, wanting to break free?) What are you feeling?*

*Imagine God as a compassionate parent, full of steadfast love and kindness:*

*What is God feeling towards you? How would God be responding to you?*

Write a prayer, expressing yourself to God. Give voice to what you are currently experiencing in your emotions and your body, as well as what you'd like to receive from God in this moment. Alternatively, or in addition, draw, collage, paint or symbolize in visual form an image of God holding you.

**Sharing:** After time for personal reflection, share what you'd like to with each other, reading your prayers, sharing your art, or reflecting on what the process was like for you. As you close, say this together:

*"Calm me, O Lord, as You stilled the storm. Still me, O Lord, keep me from harm.  
Let all the tumult within me cease. Enfold me, Lord, in Your peace."*

## Prayers of People

Spend some time naming together people who need to be held and comforted by God in the world, in our communities, and in our families. After talking about this, spend some time praying together, including our church family in your prayers. If praying out loud is not comfortable for you, you could have a small pile of rocks. In the silence, you can place rocks around the Christ light for each need you name.

As you close, say these words together:

*"Calm me, O Lord, as You stilled the storm. Still me, O Lord, keep me from harm.  
Let all the tumult within me cease. Enfold me, Lord, in Your peace."*

## Sitting at the Table

### Song

We usually sing before and during communion. Decide beforehand if there is something you would like to do to prepare your hearts for communion?

### Communion

Share bread and wine/juice/grapes with each other:

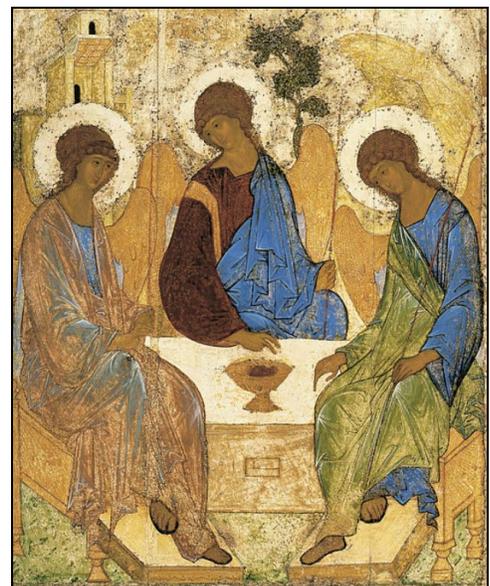
*The body of Christ, broken for you.*

*The blood of Christ, shed for you.*

### Song

Gather Around

<https://tomwuest.bandcamp.com/track/gather-around>



## Going Out to Love

### Offering Song or Prayer of Offering

Usually, we sing a song before we head back out into the world as a way of saying “thank you” and offering ourselves to God. Here is a prayer you can say together:

Jesus, we thank you for feeding us at your table.  
 As you offered yourself in love to the world,  
 may we offer all that we have and all that we are, to you.  
 We extend ourselves in love to one another,  
 And we ready ourselves for the healing of creation.  
 We ask that you would keep giving us our daily bread,  
 so we can keep sharing what we have with others.  
 Amen.

### Benediction

May the peace of the Lord Christ go with you,  
 wherever He may send you.  
 May He guide you through the wilderness,  
 protect you through the storm.  
 May He bring you home rejoicing  
 at the wonders He has shown you.  
 May He bring you home rejoicing  
 once again into our doors.

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## Further Prayer Resource

\*\* A selection of wooden Christ candles holders are available for purchase at a specially discounted price. Visit the living room of the heritage farmhouse at Kingfisher Farm to choose yours. Three types - two require you to add a taper or a tea light. This is an unattended stand, so please be prepared to leave cash or a cheque made out to Brent Unrau. *Open on Saturday 14 March!*

### Breath Prayers for Anxious Times

A centering practice for us in these unusual days



Sarah Bessey

Mar 12 39 38

<https://sarahbessey.substack.com/p/breath-prayers-for-anxious-times>

