

Contemplative Service

Welcome to the Contemplative Service. This simple, spacious liturgy includes times of reflective silence and contemplative meditation. A participative ritual that provides an opportunity to respond prayerfully to the inner experience of God follows a short story or scriptural reflection.

Invocation

We meet in the name of the Triune God
who brings hope and centredness to our world:

God the Creator, who brings all existence into being,
light candle

God the Redeemer, who brings us salvation,
showing us a better way to live, and who calls us to
follow,
light candle

God the Companion, who sustains all life
and enables us to grow and find wisdom,
light candle

God who is present to us now and always.

**+ We meet in the name of the Creator,
and of the Redeemer,
and of the Companion.
Amen.**

Welcome

We welcome all to this place
and this time to worship God.
Find here acceptance, love, peace,
and encounter with the divine.
Relax, God is here.

Five Minutes of Silence

Introduction

Who is it that we worship?
We gather to worship the Lord our God.

How do we worship?
**We worship you, O Lord,
with all our mind,
with all our strength,
with all our being,
and by loving our neighbour as ourselves.**

May the prayers of our mouths
and the meditations of our hearts
be acceptable in your sight, O Lord.

Confession

Let us pause and remember this past week,
offering back to God both the good and the bad.

Three Minutes of Silence

As we sit/stand before you God,
as a community modelling itself on you,
the divine and perfect community,
we are aware of our own individual brokenness.

So easily we put ourselves before others.
So easily we allow our emotions and pains
to overtake us and hurt others.
We use our tongues, given to build people up,
to push people too high or knock people too low.
We have poisoned our planet, our souls and our
communities.

Lord, forgive us our selfishness.
Lord, forgive us.

Lord, forgive us our greed.
Lord, forgive us.

Lord, heal us from our brokenness.
Lord, heal us.

Lord, free us to be the 'human-becomings' you call us to
be.
Lord, restore us.

In a moment of silence we commit to you the things
that we know hold us back.

Let us affirm our faith trusting in God's love for us:

**May our attitude be as that of Christ who,
being in very nature God,
did not consider equality with God something to
be grasped,
but made himself nothing,
being in the very nature of a servant,
and became obedient to death,
even death on a tree.
Amen.**



Meditation/Contemplative Prayer

Scripture Reading

Story telling/reflection followed by responsive activity

Prayer and Intercession

At this time we pray for each other,
for our community, our city and for the world we live in.
Pray as you will, aloud or silently.
After each prayer the refrain is *Lord in your mercy*,
and the response is *hear our prayer*.

Time of prayer

We pray for all those known to us,
those for whom life is difficult
and those who have difficult tasks to face,
those who find it difficult being themselves,
those who have difficult people to work with
or difficult situations to work in,
those who live in fear, loneliness or in pain,
those who are ill, oppressed or poor.

**Lord in your mercy, hear the prayers of your people.
Amen.**

End Liturgy

In God we find hope to envision us for today and tomorrow,
we find life, sustenance and a future.
We may struggle in life, but we will not be overcome.
We join with all creation in giving thanks for what is good.

As we leave this place and this time,
teach us to care for all that is entrusted to us.
Help us to share with others
that which you have abundantly given us;
help us to love generously and to give unconditionally.
Enable us to stand up for justice when all seems to oppress;
enable us to see what is possible when all seems impossible.
Give us hope and joy to keep walking
this Christian road-less-travelled.
Teach us, help us, lead us, enable us, give us, love us.

Blessing

May we see and know God
in the world that's around us.
May God take us through deserts
and take us through storms.
May God guide us, protect us,
and give us purpose.

Lord, give us your peace,
wherever you take us.
Bring us joyfully home,
bring us joyfully home.

+In the name of the Creator,
and of the Redeemer,
and of the Companion.
Amen.

Bring us joyfully home,
Bring us joyfully home.

**+In the name of the Creator,
and of the Redeemer,**

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