

## Introduction to Worship

### Pentecost 2020



This Pentecost we come together as one in Christ, empowered by the Holy Spirit, who once again comes amongst us. We are many, from diverse backgrounds, with amazing histories and stories, all united as one people before God. We are invited to ponder, about how throughout the world people are coming together, with their rich tapestries of culture and theologies. When we look at our world we do so through the lens of our experiences and when we share those experiences with one another our lives are enriched. From the first Pentecost, so long ago, spoken about in several gospel accounts, the Spirit came upon people from diverse backgrounds and many nations.

This Pentecost, representatives from three Uniting churches will come together in worship and share their responses to the good news of Pentecost. We will welcome Anne Smith from Blackburn North Nunawading Uniting, David Smith from Forest Hill Uniting and myself, from Mountview Uniting.

The Liturgy has been adapted from a worship book from Wild Goose Publications called:  
*The Soft Petals of Grace*

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We will have a liturgy, three different readings and three reflections, plus prayers. The Pentecost Service was video recorded at Mountview Uniting by Rob Jackson and is being made available on all three Churches' websites as a YouTube link. Links for music are included within this written resource.

I hope you find this Pentecost's worship resources and the video recorded Worship meaningful:

<https://www.youtube.com/watch?v=auFUYNyvwCw>

Blessings  
Rev Tina

## Mountview Worship @ Home

Sunday 31<sup>st</sup> May 2020



*May all Creation Praise God*

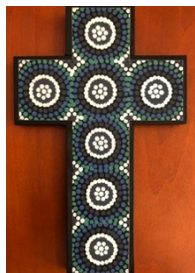
### **Praise God**

**Praise God, from whom all blessings flow,  
Praise God, all creatures here below  
Praise God above, you heavenly host  
Praise Father, Son and Holy Ghost**

### **Welcome to our Service**

We come before our Lord, with praise and thanksgiving, this Pentecost celebrating the Spirit's presence amongst us, empowering, comforting and blessing, uniting us as one in Christ, with all our diversity and differences.

We Acknowledge those who were here before us, the first inhabitants of this place  
We honour them for their custodianship of the land on which we gather today.



### **Call to Worship**

On this day, The Lord's day,  
we gather in this place.

Though we have different gifts,  
we are blessed by the same God.

On that great day of Pentecost the disciples gathered together:  
though uncertain, they trusted in God's future;  
though many, they were one in Christ.

On the last day of all time,  
God's sons and daughters will be together in one place.

Until then,  
we will talk of God's dreams,  
with every breath we take,  
in every moment we live.

## Prayers of Adoration, Invocation and Confession

Astonishing Creator at Pentecost,  
 you could have been calm, cool, analytical,  
 but you decided that we no longer wait and unleashed the Spirit,  
 into our lives.

Living water,  
 like an artist using a variety of mediums,  
 you proclaim good news to us,  
 to those who hunger for hope,  
 you offer the banquet of justice,  
 to those who are parched by loneliness,  
 you offer the precious cup,  
 overflowing with your Living Water.  
 Unbridled Spirit,  
 you calm us when we are racing around,  
 you come rushing through our soul's backyard,  
 transforming us,  
 holding us in salvation's Life of newness.

May our words please you,  
 God in Community, Holy and One,  
 as we pray as Jesus taught us...

### The Lord's Prayer

Our Father in heaven,  
 hallowed be your name,  
 your kingdom come,  
 your will be done,  
 on earth as it is 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

### Prayer of Confession

Lord we are called to be one body, yet there are times when we live our lives in ways that cause disunity and sometimes our desires, wants and choices cause hurt and division. Lord, we seek unity.

We ask for your forgiveness and your grace to forgive.

**Lord, we come before you in this moment of silence,  
 confessing our brokenness and need for your love and transformation, and for your healing and mercy**

*Silence*

### Assurance of Forgiveness

On this day and every day, God stands, arms wide open to embrace us,  
 heart wide open to forgive us,  
 and this is our good news:  
 God's glory is forever,  
 God's grace will never end,  
 we will rejoice in God's healing hope, as long as we have breath. **Amen**

## Prayer of Offering

May our gifts join your dance of healing and hope, for those living in despair.

May our voices join the multitude of languages, crying out for Justice.

May our hearts embrace those  
you are bringing into our community.

On this great day of Pentecost  
and in all the days to come.

By the Spirits grace, we pray. Amen

## Scripture Readings and Reflections

### Hymn: Come, Holy Spirit

#### Verse 1 (adapted)

*said Prayerfully*

Come, Holy Spirit, our souls inspire  
and lighten with your heavenly fire:

Anon., Latin 9<sup>th</sup> cent.; attrib. Rabanus Maurus c. 776-856;  
tr. John Cosin 1594-1672 *alt.*

### Acts 2: 1-21

2:1 When the day of Pentecost had come, they were all together in one place. 2:2 And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting.

2:3 Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. 2:4 All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability.

2:5 Now there were devout Jews from every nation under heaven living in Jerusalem. 2:6 And at this sound the crowd gathered and was bewildered, because each one heard them speaking in the native language of each.

2:7 Amazed and astonished, they asked, "Are not all these who are speaking Galileans? 2:8 And how is it that we hear, each of us, in our own native language? 2:9 Parthians, Medes, Elamites, and residents of

Mesopotamia, Judea and Cappadocia, Pontus and Asia, 2:10 Phrygia and Pamphylia, Egypt and the parts of Libya belonging to Cyrene, and visitors from Rome, both Jews and proselytes, 2:11 Cretans and Arabs--in our own languages we hear them speaking about God's deeds of power." 2:12 All were amazed and perplexed, saying to one another, "What does this mean?" 2:13 But others sneered and said, "They are filled with new wine."

2:14 But Peter, standing with the eleven, raised his voice and addressed them, "Men of Judea and all who live in Jerusalem, let this be known to you, and listen to what I say. 2:15 Indeed, these are not drunk, as you suppose, for it is only nine o'clock in the morning. 2:16 No, this is what was spoken through the prophet Joel: 2:17 'In the last days it will be, God declares, that I will pour out my Spirit upon all flesh, and your sons and your daughters shall prophesy, and your young men shall see visions, and your old men shall dream dreams. 2:18 Even upon my slaves, both men and women, in those days I will pour out my Spirit; and they shall prophesy. 2:19 And I will show portents in the heaven above and signs on the earth below, blood, and fire, and smoky mist. 2:20 The sun shall be turned to darkness and the moon to blood, before the coming of the Lord's great and glorious day. 2:21 Then everyone who calls on the name of the Lord shall be saved.'

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### Reflection: Anne Smith, Blackburn North Nunawading

What an amazing experience, expressed in the language of poetry, to grip that community.

And what an enormous change we see experienced in their lives.

Even at this distance in time we are struck by the difference.

We notice, too, the very different responses shown to the experience:

- those who rejoiced because they felt the wonder was available to them – “they heard it in their own language”
- those who predictably scoffed – are they not always with us, onlookers, comfortable as they are? Ever ready with put downs?
- and those who picked it up and ran with it.

We can relate to this today – haven’t we seen a sudden unimagined change, – hasn’t the corona virus tipped our lives upside down?

But in this time of such enormous change – as was experienced at Pentecost – we belong with the group who rejoiced, remembering that the Spirit, healer, helper, guide, continues with us, and is entwined in every aspect of worship and life – even sometimes jolting us into the future.

And so, I share with you a prayer for the times of change from Kathy Galloway of the Iona Community, remembering that we too make a response to the Spirit who remains with us today:

*God of our lives  
with the Spirit  
you are always calling us to follow you into the future,  
inviting us to new ventures, new challenges,  
new ways to care,  
new ways to touch the hearts of all.  
When we are fearful of the unknown, give us courage.  
When we worry that we are not up to the task,  
remind us that you would not call us  
if you did not believe in us.  
  
When we get tired,  
or feel disappointed with the way things are going,  
remind us that we can bring change and hope  
out of the most difficult situations.  
Amen*

### **Hymn: Come Holy Spirit**

#### **Verse 2 (adapted)**

*said Prayerfully*

Come, Holy Spirit, our souls inspire,  
Your blessed unction from above  
is comfort, life, and fire of love;

### **1 Corinthians 12: 3b-13**

12:3b No one can say "Jesus is Lord" except by the Holy Spirit. 12:4 Now there are varieties of gifts, but the same Spirit; 12:5 and there are varieties of services, but the same Lord; 12:6 and there are varieties of activities, but it is the same God who activates all of them in everyone. 12:7 To each is given the manifestation of the Spirit for the common good. 12:8 To one is given through the Spirit the utterance of wisdom, and to another the utterance of knowledge according to the same Spirit, 12:9 to another faith by the same Spirit, to another gifts of healing by the one Spirit, 12:10 to another the working of miracles, to another prophecy, to another the discernment of spirits, to another various kinds of tongues, to another the interpretation of tongues.

12:11 All these are activated by one and the same Spirit, who allots to each one individually just as the Spirit chooses. 12:12 For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. 12:13 For in the one Spirit we were all baptized into one body – Jews or Greeks, slaves or free – and we were all made to drink of one Spirit.

### **Reflection: David Smith, Forest Hill**

What an amazing reading this is. 1 Corinthians 12:3 gives us an understanding of the Spirit by which Christians can be empowered to speak. “No one can say “Jesus is Lord” except by the Holy Spirit.”

The Spirit of God, the Spirit of truth, the Holy Spirit has enabled the people of God, the followers of Jesus, to proclaim "Jesus is Lord".

It reminds me of the reading where Moses is sent by God to have the Hebrew people freed, and he tells Moses in Exodus 4:11-12, God says, "I will be with your mouth and I will teach you what you are to speak." God will give Moses the words he needs. The Father who created all of us, gives to all His people, in His service, the words they need. And now we are told in our reading today that, "No one can say "Jesus is Lord" except by the Holy Spirit." Except by the Spirit of God, the Spirit Jesus promised.

That same Spirit of God that rested upon the surface of the earth at creation, would now fill the mouth of Moses and Aaron, over 14 hundred years before Jesus, so that what God wanted said, would be said. And now in that locked room with the disciples in Jerusalem, over 1400 years later from Moses, that same Spirit of the Father is delivering the promise of Jesus, is at work within His people, and making it impossible for those who do not have His Spirit, to say with any truth at all, that "Jesus is Lord". But we can, because of Jesus.

Pentecost is the time when God no longer waited. Jesus tells us that the same Spirit that he was empowered by, would empower us to do even greater things than he did. John 14:12.

We read today in verse 4, 5 and 6 the means by, or the power by which this is all possible.

Verse 4, "the same Spirit", verse 5, "the same Lord", verse 6, "the same God".

By the same power of the Father of creation, we are made able to proclaim that "Jesus is Lord".

Through the Spirit which He places within us, we can proclaim that "Jesus is Lord".

But the same power that enables us to proclaim this, doesn't stop there. We are now since Pentecost, given greater authority in Jesus name. By the same Spirit of God, His gifts are now poured out for His glory. His Spirit delivers a variety of gifts, a variety of service and a variety of working. All from the same Spirit, the same Lord, the same God. Verse 6 tells us that it's the same God that inspires them all, in everyone who believes in Jesus.

What happened in that locked room was an amazing event, a world changing event that continues to happen even today. God calls and empowers His people. God's Spirit is still being poured out, for the purpose of, as in verse 7, "for the common good." ". . . the manifestation of the Spirit for the common good."

God's Spirit, through His people, through the believers in Jesus, can have the utterance of wisdom, knowledge, faith, healing, miracles, prophecy, discernment, tongues and the interpretation of tongues.

Has anything ever been impossible for the Father of creation? All this is made possible through His Spirit.

And it is now poured out on His people, the people who believe in His Son, our Saviour, Jesus.

Pentecost, the outpouring as promised, the receiving of God's Spirit.

Pentecost wasn't just an historical event, it's a daily event that we celebrate today, for those who believe.

God's Spirit is still being poured out. The "manifestation of the Spirit for the common good."

Luke 24:49, Jesus said, "I am sending upon you what my Father promised." And God sent His Spirit. And God gave it and apportioned by the Spirit to each as he wills.

Under the Spirit of God, we are one body, one people, redeemed, renewed, and empowered by the one God. No Jew nor Greek, no slave nor free, all one people under the Spirit from which we all drink, His Spirit, our God. Amen

### **Hymn: Come Holy Spirit**

#### **Verse 3 (adapted)**

*said Prayerfully*

Come, Holy Spirit, our souls inspire,  
anoint and cheer our mortal face  
with the abundance of your grace;

### **John 20: 19-23**

20:19 When it was evening on that day, the first day of the week, and the doors of the house where the disciples had met were locked for fear of the Jews, Jesus came and stood among them and said,

"Peace be with you." 20:20 After he said this, he showed them his hands and his side.

Then the disciples rejoiced when they saw the Lord.

20:21 Jesus said to them again, "Peace be with you. As the Father has sent me, so I send you."

20:22 When he had said this, he breathed on them and said to them, "Receive the Holy Spirit.  
 20:23 If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained."

### Reflection: Tina Lyndon, Mountview

*In the name of the Father, the Son and the Holy Spirit, amen*



I read an article called, *Captured Moments*, in *The Age* on Wednesday. It was about a photographer called Hugh Stewart who set up a Popup studio in his garage and set out to capture the experiences and emotions of people experiencing life in lockdown and all he used was Facetime and a computer monitor. What he did was interview people, some of them well-known and asked them, 'How would you like to see the world change after Covid-19?' Everyone wanted things to be different and didn't want to go back to how things were. They wanted the world to be a better place, that was kinder, where people were more considerate. Many of us also hope that the world will be a better place.

In today's gospel the disciples were in lockdown. The doors to the house were locked and they were afraid of being arrested as followers of Jesus and possibly crucified. The disciples were hiding in fear behind those closed doors. They thought Jesus was dead, that it was all over and his mission had failed. Perhaps they were feeling despondent, depressed and discouraged.

It's evening on Easter Day. Jesus has risen from the dead and suddenly he appeared amongst his disciples and said to them, 'Peace be with you.'

They must have doubted. Why else would Jesus show his wounds.

Once they were convinced it was Jesus, I wonder whether they felt joy, relief, comfort, amazement, awe and some of God's transforming Shalom in their hearts.

Again, Jesus says, 'Peace be with you.'

Like many others, I've pondered about this peace and what it might be like.

Perhaps it involves, wholeness, blessing, intimacy with God or can be felt during worship or prayer.

Last year I travelled down the Great Ocean Road and saw a man standing on a board with a paddle, paddling towards the sunrise. As I watched him, it seemed like he was all lit up by the sunlight and engulfed in the light. Perhaps the peace Jesus offers us is like this, engulfing us, surrounding and filling us with light and life. Perhaps this peace involves God's extraordinary love for us, poured into our hearts through the Spirit or it's that moment when we become one with God through the Spirit. Perhaps all of this is God's Shalom.

On Easter Day Jesus comes to commission his disciples. They longed for better world, but Jesus wasn't there to change their world. He was there to commission them to go out and change the world. He told them he was sending them out into the world, like God sent him. He breathed the Holy Spirit upon them and commissioned them to bring the gift of forgiveness to the world, that lifechanging forgiveness that sets people free and brings peace into people's hearts.

I've wondered why the disciples were also commissioned not to forgive.

Perhaps it was to allow time for the spirit to work in people's hearts, until they were ready for forgiveness or time for the Spirit to work in their hearts as they turned their lives around, that one-hundred-and-eighty-degrees life changing turnabout, called repentance, which was one of the hallmarks of Jesus ministry.



Now the disciples will continue Jesus ministry, witnessing about the life of Jesus and proclaiming his gospel to all, who will listen. We can do the same in how we live out the gospel in our lives, where the Spirit works through us, helping us make the world a better place.

I'll finish with a story. My neighbours were putting out the bins on Wednesday night and both of us were standing in front of our homes, waiting to see who would say hello first and we both ended up not saying hello. The man next door was watching us and came up to them and proceeded to show them photos of his grandchildren. That night the Spirit moved my heart as I prayed and realised lockdown had made me far too reserved. Next day when my husband and I rode our bikes to the park, I decided to greet as many people as possible and try and brighten up their day. After saying hello to several people, as we pedalled our bikes around the circuit for walking and bike riding, I met a lady with her elderly mum, who had her walker. On this first round of the circuit, we said hello to one another and smiled, and she encouraged me, 'You'll make it.' On the second round she pointed out a tawny frogmouth in the tree which we stopped to admire. On the third round she told me that it has a mate and to watch out for it. I promised to look out for it the next day. This lady and her mum ended up making my day. This is how the Spirit works through us and helps us make the world a better place, by inspiring us to reach out to one another with love.

*The Lord be with you*

### **Hymn: Come Holy Spirit**

#### **Verse 4 (adapted)**

*said Prayerfully*

Come, Holy Spirit, our souls inspire,  
 teach us to know the Father, Son, and you with both to be but one,  
 that through the ages all along this may be our endless song:  
 Praise to your eternal merit,  
 Father, Son, and Holy Spirit.

### **For the Young at Heart**

<https://youtu.be/6zT8AyfsFmA>

#### **You may have watched *Sister Act* years ago ("Oh Happy Day")**

This YouTube Link shows how powerful the spiritual gift of encouragement is and how inspiring it is for an audience to watch a group of young people who they love, blossom in front of their eyes. Everyone was overcome with joy. Let the Spirit move your heart to reach out to people each day with a smile and a hello. That's what people are valuing at the moment and want to hold onto after the restrictions for COVID-19 end.



## “When the Spirit Comes”

Poem as read by Anne Smith, from Blackburn North Nunawading

From the *Soft Petals of Grace*, Wild Goose Publications, Glasgow.

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When the Spirit comes, she will put on dancing shoes,  
 on my two left feet, lace me up,  
 and lead me out onto the floor,  
 where we will enter the Argentine tango competition.  
 When the Spirit comes, she will wander through,  
 the garden of my soul and as she opens her hands, butterflies will skitter  
 from withered hope to dashed dreams,  
 breathing them back to life.  
 When the Spirit comes and finds me brooding,  
 by the stagnant pool of tears,  
 She will dive right in, drenching me with God’s joy,  
 then teach me how to float on my back, (without sinking)  
 pointing out the flames flitting about our heads, like fireflies

### Offering Prayer

*about offering up ourselves and giving thanks to God for all we have*

**Lord and giver of every good thing we bring to you our lives and gifts for your kingdom  
 all for transformation through your grace and love  
 made known in Jesus Christ our Saviour, amen**

### Prayers of the People and the Lord’s Prayer

*John William’s has prepared the Prayers of the people for you today*

Our international cycle this week takes us to Southern Africa and the nations of Lesotho, Namibia, Swaziland and South Africa. All are regarded as Christian countries with around 80% claiming allegiance. Economically, South Africa is well endowed and the other three are heavily dependent on it for income, large numbers of their males working in mines and agriculture.

Lesotho is totally landlocked by S.A. The absence of males makes this mountainous plateau one where women assume great responsibility. Swaziland is also landlocked but is not as dependent on S.A. as Lesotho. Namibia is largely desert with a sparse population.

All are members of the Commonwealth of Nations, and, although many tribal languages are spoken, English is common to all. All have a very high incidence of H.I.V. due to sexual violence. **I pray.**

Dear Lord, you hear the prayers of your people in South Africa and its very close neighbours. There will be very many from women who have been violated by men or who live in fear of their male neighbours. Guide the leaders in these lands as they endeavour to bring about a change of attitude in regard to women and their molestation. Please, hear my prayer for the women of southern Africa.

St. John’s Anglican Church in Blackburn is struggling to maintain a viable congregation due mainly to most members being quite elderly. Currently on-line worship is being held in partnership with Holy Trinity, Doncaster. **I pray.**

Gracious and loving God. The people at St. John’s Anglican Church in Blackburn have been faithful to the Gospel for very many years. Despite different programs aimed at building their numbers, they have not been rewarded with success. Their regular gathered worship has maintained their mutual support for each other. Please, Lord, grant them what is needed to maintain their fellowship so that when these virus restrictions are relaxed, they may experience great joy as they again meet each other.

May the praise they offer on that day be memorable. Sustain the personal hope of each one that one day each will be with you in glory, casting down their golden crown, lost in wonder, love and praise.

May their Doncaster brethren give and receive joys from their combined fellowship.  
Lord, this is my plea for the folk at St. John's at Blackburn.

In Darebin West, close to Preston is a Uniting Church with much initiative. For one – they have set up a kitchen providing food to homeless people in the area for whom finding food during the virus social distancing rules has not been easy. On some days, about 80 people are served. It must have given the members young and old a great challenge and a sense of co-operative fun. They produced a video of the well-known item from Handel's "The Messiah", the 'Hallelujah Chorus'. While a choir sings, the words are displayed in a continuous stream on flip cards held by young and old in all sorts of unexpected locations. I think it is brilliant and I recommend you to Google *Darebin West Uniting Church's* web page and scroll down to hallelujah. **I pray.**

Dear God of wisdom and fellowship, I thank you for the initiatives being shown by the people who gather to worship you in Darebin West. They care for others and reach out in many ways. Maintain and strengthen their range of programs running during the virus restrictions. May their initiatives already in place be a firm foundation on which to build when the restrictions are eased. Grant them joy. May peace be like warm sunshine surrounding them. Enable them to share that peace with the community round about. This is my plea for the Darebin West Congregation.

All wise God, it is a given that your church here on earth must have good, strong and well-prepared leadership. The *Centre for Theology and Ministry* is charged with the responsibility of taking candidates and students through a time of deep learning and self-assessment to be ultimately ordained into Christian Ministry. **I pray.**

Loving Lord, in the days before our risen Jesus ascended to be reigning with you, he commissioned his disciples to go and tell all peoples of the earth of the Good News of the Gospel. Some in our midst feel that commission calls them to minister to your people – they have heard your voice calling. They submit themselves to rigorous discipline and total commitment—they give their life to you. Support them through their commitment. Help them maintain the discipline of study. Stoke the 'fire in their bellies'. May those who lecture and discuss, who mentor and encourage, who measure and point the way also remain dedicated to their special calling. Be their ever-present guide and helper, their strength and stay. Should there be doubts, quell them with your ever-present love. This is my prayer for those in training and their teaching staff.

I consider our own fellowship at Mountview and bring to mind those who are in need of special care.

Judy Ralston is doing quite well in care. There were grave doubts that her condition would respond to treatment, but her doctors decided to keep trying, so far with gratifying results. Ask the good Lord to open up new possibilities for Judy, and to continue to keep her in good spirits.

Des Kidd is about halfway through a course of treatment and is also responding very well.

Ask the good Lord to maintain his positive outlook and courage in his adversity.

I call to mind those who are coming to grips with the passing of Margaret Edgington, especially son, Alastair.

I also call to mind the passing of Lorraine Hill. Please grant to her family peace and fond memories.

Let me give thought to those who are living alone, separated from family for various reasons.

Inspire us of the Mountview Congregation to be more responsive and set a target of phone calls each day.

**I pray.** Dear God of love and compassion, we have mentioned some people with special needs, but there are many others who are quietly bearing loads. I name them to you...

Merciful God, grant meaning to those who spend long hours of the night in pain or bewilderment of mind or even lost in a fog of distorted memory.

I ask that you continue to give to our minister, Tina, continuing new inspiration as she weekly delivers to us worship notes to "keep us in touch". Keep her in good health and grant her quiet sleep.

Loving, comforting Lord, these are the desires of my heart this day. Please hear my prayers. **Amen.**

*The Lord's Prayer:*

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 in the time of trial and deliver us from evil. For the kingdom, the power, and the glory are yours – now and for ever. **Amen.**

**Prayers from representatives of the three churches have also been recorded.**

#### **Hymn: Amazing Grace**

50 Countries Affected By Covid-19 Represented In One Song

<https://www.youtube.com/watch?v=BA7pdABvpnc&feature=youtu.be>

## The Blessing

May the Holy Spirit come upon us, filling us with Joy, so we may dance for the Lord.

May the Holy Spirit bless us,  
so, we may live out God's call on our life.

May the Holy Spirit bring comfort to the sad and lonely places within us,  
setting us free and filling us with springs of living water, as we follow Jesus,  
on the road of life.

May the Holy Spirit open our eyes to the beauty of God's creation,  
and bless us with courage, faith and life.

May the Holy Spirit pour God's love into our hearts.

## The Sending

God's glory has filled our hearts!

**We will go to empty ourselves for God and others**

Christ has given himself for us!

**We will go to offer ourselves to those in need**

The Spirit gifts us new life!

**We will go to be a blessing to everyone we meet.**

### Shalom to You Now

*Prayerfully read the words*

*Imagine your family in Christ and send them heartfelt blessings from the Lord*

**Shalom to you now,  
shalom, my friends.**

**May God's full mercies  
bless you, my friends.**

**In all your living and through your loving,  
Christ be your shalom,  
Christ be your shalom.**

*Elise Shoemaker Eslinger 1942- ; CCLI 122303*

*(I have provided extra resources to accompany you on the journey)*



### **This week we focus on the Prayer Of The Heart**

Prayer is nothing but Love. *Augustine*

Speak, God to the heart of your servant,  
that my heart may speak to you. *Giogo II the Carthusian*

Henri Nouwen, a well-known theologian wrote in his daily devotional: *Bread for the Journey* “When Jesus disciples ask him where do we start? Jesus say: Love God with all your heart and soul and mind, love your neighbour and love yourself. Our whole being is called upon to know how it feels like to love.

Jesus comes to write the law of love upon our hearts. Our heart lies deep within us. Like the organ pumping blood around our body, our inner orientation is hidden, yet vital. As we give our hearts in love to God as we become aware of the Holy Spirit already praying in us, with sighs too deep to fully comprehend, our relationship with God is born and sustained through the Holy Spirit. In our heart, our truest most real self, God greets us and draws us toward life in the Holy Trinity of Love.”

This week you are invited to come before God, in a quiet place where you won't be interrupted.

Relax and try to become aware of what your heart is feeling. What is God's longing within you today? What are your longings and desires? How is the Spirit of God moving your heart? You could read a passage from the bible or from *With Love to the World* and try to discern where you are drawn, whether it's to a verse or image that's evoked from reading scripture or whether you'd prefer to close your eyes and imagine yourself within a story from the bible. How is your heart being moved? What is God calling you to do today?

Perhaps it's to phone someone or post a card or letter or visit a loved one or greet someone when you go for a walk or speak to your neighbour.

Henri Nouwen, also wrote this in his daily devotional: *Bread for the Journey*

The Spirit reveals to us not only that God is “Abba, Father” but also that we belong to God as beloved Children. The Spirit thus restores in us the relationship from which all other relationships derive their meaning.

**Abba** is a very intimate word. The best translation for it is “Daddy.”

The word Abba expresses trust, safety, confidence, belonging, and most of all intimacy. It does not have the connotation of authority, power, and control that the word **Father** often evokes. On the contrary, Abba implies an embracing and nurturing love. This love includes and infinitely transcends all the love that comes to us from our fathers, mothers, brothers, sisters, spouses, friends, and lovers. It is the gift of the Spirit.

### For the Young at Heart

The other day my daughter and granddaughter joined me at the Botanical Gardens. It was a beautiful sunny day and when my granddaughter saw the piles of leaves on the path's she couldn't resist running through them and kicking them up into the air and throwing them at us. Neither could we. Autumn leaves are beautiful this time of year. They are the colour of Pentecost – gold, yellow, orange, pink, crimson and reds and look like jewels when the sun shines through them. Collect some with your children or grandchildren and make a collage with them for Pentecost, of flames. Use one as a bookmark this weekend. Take time out to play with the leaves with or without children and go for a walk and admire them later in the afternoon, when the sun shines through the leaves.



Rev Tina, for Mountview Uniting Church

<https://www.mountviewuca.org/worship.html>