

**St. Mark's Community of Faith
Online Worship Service February 21
Lent I – Being quiet in the middle – Rev Patti Armstrong**

Worship Outline

Welcome

Introit: Come and Fill our Hearts x 3 MV 16

Honouring the land

Centering prayer

Lent invites us into a time of intentional reflection. A time for deep sojourning with the shadows of our lives so to be astonished by the light.

A time of shedding and letting go of those things that keep us separate from God, our true selves and each other.

This is the uncertain path of Lent.

It asks for patience, courage, humility, trust and honesty. We walk lost so as to be found.

We walk alone as to know fully what it is like to be in Communion with everything.

There is no way around.

Only through, with the one who calls us each by name.

Hymn: Let My Spirit Always Sing MV 83 v. 1-4

Scripture: Mark 1:9-15

During the time of John the Baptist's ministry, Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased."

And the Spirit immediately drove him out into the wilderness. He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him.

Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, "The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news."

Meditation: Being quiet in the middle

After encountering the Creating Spirit of God we move into a time of desert contemplation. In the silences, we open ourselves up to hear the whisperings and insight of the holy.

Chime

Silence

Breathe

Before anything begins, there is silence.

And when it ends, there is silence.

The silence is always.
Underneath and around.

It is the
Great I am
The Creator
Our deep celestial truth.

Lent calls us into the silence.
To press beyond our edges.
Beyond thought and into being.
Into the quiet place where God waits.

Be still now.
You are on the edge of your awakening.
Be still and feel the Great I am within you.
In your body and your being.
In every cell and feeling.
Everything inside you is of God.

Be still and listen.
Be still as you are being invited into deep relationship with the Creator.
Walk the edges and find your Lenten calling.
Your journey into your deep celestial truth.
Your journey into God.

Breathe

Silence
Chime

Something unexpected

Prayer of Reflection

Ever-creating Spirit God of all our tears and our fears,
so often we cannot possibly see how our mourning could possibly turn to joy,
we question whether and if we can find faith enough to face our fears.
And there seem to be so many things to be afraid of in the world and in ourselves.

Sometimes, we are even afraid of what it means to really follow you,
what we might lose and also, what we may find.

pause

By the power of your Spirit, and our unbroken connection to it,
we ask you to open us to boldly risk the cost of being a disciple of love,
to let faith overcome our fear,
so that we may face the unknowable future knowing that we do not face it alone.
Thank you for loving us and loving our questions into life.

Amen.

Liturgy adapted from: <http://mccchurch.org/lenten-worship-resources-2016/>

Special music: Ada O'Connor-Pinti. Jesus, Keep Me Near the Cross, 2 verses (W. Doane)

Blessing

Choral Closing: God Be with You till We Meet Again VU 423 vs 1

See you next week

Organ Postlude: Improvisation