

# Christ Church Gabriola

## A Collaborative Anglican – United Church

### Open to All



## Home Church

### 8<sup>th</sup> Sunday after Pentecost

### July 18, 2021

*We acknowledge these lands upon which we worship are the traditional, ancestral, and unceded territory of the Snuneymuxw First Nation.*

#### Preparing the Space Around You

*Whoever you are and wherever you are on life's journey, you are welcome here! You're invited to find a comfortable place to worship with this bulletin and take a moment to prepare the space around you so that you can be fully in this worship experience. The goal is not to keep out the realities of the world, rather to focus on God in the midst of it all. You might want to have a candle handy for the candle lighting below and paper/pencil for the prayer exercise. There are a couple of simple and familiar hymns in the bulletin – if you need reminders about how they go, there are youtube links below. You are encouraged to listen to them as you are preparing for worship.*

**Come and Fill:**

<https://www.youtube.com/watch?v=YYfW2BBtAos>

**I Am Walking:**

[https://www.youtube.com/watch?v=IP\\_V7iUgd-8](https://www.youtube.com/watch?v=IP_V7iUgd-8)

#### Preparing the Space within You

*You're invited to sit quietly, perhaps with feet on the floor, taking a couple of deep breaths and bring yourself into this moment. Open yourself to the presence of God who is present within and all around you . . . as you intentionally open yourself to God, **open yourself also to what you need from this time of worship.***

#### Light a Candle

*You're welcome to use these words . . . once there was a man who said such amazing things and did such wondrous things that people began to follow him. Someone asked him, "who are you?" . . . he answered, "I am the Light of the world." (light candle)*

Godly Play

#### Opening Prayer

J Philip Newell

Light within all light  
Soul behind all souls  
at the breaking of dawn  
at the coming of day  
we wait and watch.  
Your Light within the morning light  
Your Soul within the human soul  
Your Presence beckoning to us from the heart of life.  
In the dawning of this day  
let us know fresh shinings in our soul.  
In the growing colours of new beginning all around us  
let us know the first lights of our heart.  
Great Star of the morning  
Inner Flame of the universe  
let us be a colour in this new dawning.

*Be still and aware*

## Hymn: *Come and Fill Our Hearts*

MV #16

We have sung this Taize song a number of times in worship there is a link in "Prepare the Space Around You" if you need a refresher.

**Confitemini Domino**  
(Come and Fill Our Hearts) 16

*♩ = 66*    D                    Bm                    D                    A

Latin: Con - fi - te - mi - ni Do - mi - no quo - ni - am bo - nus.  
English: Come and fill our hearts with your peace. You a-lone, O Lord\*, are ho - ly.

Em                    C                    Em                    A                    D

Con - fi - te - mi - ni Do - mi - no, al - le - lu - ia!  
Come and fill our hearts with your peace, al - le - lu - ia!

## Prayer of Confession

Bless to us, O God, this day, fresh made.  
In the chorus of birds, bless us.  
In the scent of blossom, bless us.  
In the dew of the early morning, bless us.  
Bless us and heal us  
for we come to you in love and in trust.  
We come to you in expectant hope.

*Silence*

O God, give us a well of tears  
to wash away the hurts of our lives.  
O God, give us a well of tears  
to cleanse the wounds,  
to bathe the battered face  
of our world  
O God, give us a well of tears  
or we are left, like arid earth,  
unsanctified.

*Silence*

Kathy Gallaway, Iona Community

Heal us and your grieving world  
of all that harms us.  
By the power of your Resurrection  
restore us to new life  
set us on new paths  
bring us from darkness to light  
help us to choose hope.

*Silence*

## Assurance of Grace

Let us not hide from God's blessing but receive the grace that is freely  
and lovingly given and walk forward into new life.

## Psalm 89:19-29

(Inclusive Bible)

One day a vision came  
and you announced this to your faithful ones:  
"I have bestowed power on a warrior  
and raised up a youth from among the people.  
I have discovered David,  
who is faithful to me.  
David, I anoint you with the holy oil.  
My hand will be ready to help you,  
and my arm to give you strength.  
No enemy will oppress you  
and no rebel will bring you low;  
I will shatter your foes before you,  
and strike down those who hate you.  
My fidelity and love will be with you,  
and through my Name your strength will increase.  
I will extend your rule to the Sea  
and your dominion as far as the Euphrates.  
You will say to me,  
'You are my Abba, my God,  
my rock and my deliverance.'  
and I will appoint you my firstborn,  
higher than all the earth's rulers.  
I will maintain my love for you forever  
and my covenant with you will never fail.  
I will establish your line forever  
and your throne as long as the heavens endure.

## **Gospel Reading: Mark 6:30-34, 53-56**

(The Message)

The apostles then rendezvoused with Jesus and reported on all that they had done and taught. Jesus said, “Come off by yourselves; let’s take a break and get a little rest.” For there was constant coming and going. They didn’t even have time to eat.

So they got in the boat and went off to a remote place by themselves. Someone saw them going and the word got around. From the surrounding towns people went out on foot, running, and got there ahead of them. When Jesus arrived, he saw this huge crowd. At the sight of them, his heart broke—like sheep with no shepherd they were. He went right to work teaching them.

They beached the boat at Gennesaret and tied up at the landing. As soon as they got out of the boat, word got around fast. People ran this way and that, bringing their sick on stretchers to where they heard he was. Wherever he went, village or town or country crossroads, they brought their sick to the marketplace and begged him to let them touch the edge of his coat—that’s all. And whoever touched him became well.

### **Two options for reflecting with the text:**

#### **Reflection by Debie Thomas on the gospel text.**

You can read her essay here:

<https://www.journeywithjesus.net/essays/1841-rest-a-while>

#### **Ignatian Prayer of Imagination (can be done with gospel or psalm):**

St. Ignatius of Loyola, Spanish mystic and founder of the Jesuit order of priests, developed this method of prayer. Well suited for the gospels or other narratives, the idea is to visualize the story as if you were making a movie. Contemplating a scene in this way is not simply remembering it or going back in time, rather through the act of contemplation, the Holy Spirit makes present a mystery of the text in a way that is meaningful for you now.

This form of prayer uses your imagination to dig deeper into the story so that God may communicate with you in a personal, evocative way. You will want to pay attention to the details: sights, sounds, tastes, smells, and feelings of the event and at some point, place yourself in the story.

Some might worry about going beyond the text of the story, or their imagination running too wild or going too far. If you have offered your time of prayer to God, then begin by trusting that God is communicating with you. If you are still uncomfortable, you might do some discernment

with how you are praying. Where did your imagining lead you: closer to God or farther away? Is your imagining bringing you comfort or distress? At any point during the exercise you can return to the text itself.

Some people find imaginative prayer difficult. They may not be able to picture the scene easily, yet they may have some intuition or gut reaction to the story. Or they may hear or feel the story more than visualize it. In a spirit of generosity, pray as you are able; don’t try to force it. Rest assured that God will speak to you, whether through your memory, understanding, intellect, emotions, or imagination.

~ Kevin O’Brien, SJ, *The Ignatian Adventure*, edited

### **Step by Step Instructions for Ignatian Prayer of Imagination**

1. Relax in your seat and centre yourself
2. Acknowledge yourself to be in God’s presence and sit with this awareness.
3. Acknowledge how you are within yourself in this moment.
4. Ask for what you hope to receive from this prayer time (the graces you are praying for): if this is your first time with this practice, you might just pray for guidance as you try something new.
5. Read either the psalm or gospel text several times (you can also use a portion of either text).
6. Close your eyes and “visualize” the images and action in the text, involving as many of your senses as possible.
7. Read the text again.
8. Close your eyes and see yourself within the image(s) you have chosen. Be there with your senses, your emotions... and let what happens happen; don’t worry if the experience takes you “off script.”
9. When the experience feels complete, take a short break.
10. Journal or draw about your experience. Simply answer the question, “what happened?”



## Prayers of the People

One: Good Shepherd

All: **Hear Our Prayer**

Susan Brockley

God of faithfulness and steadfast love, you are with us wherever we are. Help us to be aware of your presence as we sit at home, doing church in a different way. **PAUSE.** Teach us, God, to recognize your presence with us in sad times, happy times, frantic times and market-place times. We pause now to look back on where we have seen you with us this past week and we give thanks. **PAUSE.** Thank you that although separated from each other, we are gathered around you, our Shepherd, and that you care for us. **Good Shepherd, hear our prayer.**

Rock of our salvation, we pray for **Christians throughout the world** and for **all leaders** of Christian communities. May they and we be strengthened to follow you. In our own **Christ Church Gabriola**, please help us to discern the directions you want us to take. Guide the work of the Strategic Planning Committee so that the implementation of our covenant will inspire us all. Thank you that Karen, who usually teaches us, has had an opportunity to be taught this last week. **Good Shepherd, hear our prayer.**

Creator God, thank you for this beautiful **world** in which we live. Please teach us to live sustainably on this earth. **Good Shepherd, hear our prayer.**

Just and merciful God, we bring before you the Indigenous people of Canada, suffering from the news of yet more unmarked graves. Help us learn how to support them and to act justly. **Good Shepherd, hear our prayer.**

God, our Rock, please protect all firefighters and comfort all affected by fires in Canada and elsewhere. Compassionate God, we ask your comfort for all those affected by the crane collapse in Kelowna on Monday. **Good Shepherd, hear our prayer.**

Holy God, we bring before you the many **troubled areas of the world**, including Southeast Asia, suffering greatly from Covid. We thank you that Canada is donating vaccines to other countries and that we personally can do so as well so that there will be vaccines for all. We pause now to name before you all those places in the world where there is conflict, suffering, or oppression. **PAUSE.** In your great power and mercy, God, bring justice to the earth. **Good Shepherd, hear our prayer.**

Compassionate Healer, we read again today about how people were healed by touching your clothing. We pray for **all who are sick**, naming those whom we know. **PAUSE.** Thank you, Jesus, for your healing touch. **Good Shepherd hear our prayer.**

Loving God, thank you for the life of Harold Jenner - for his faith, his service and his example. We think of others known to us **who have died**

and we entrust them to your care. **PAUSE.** We ask that those who **mourn** will experience your comfort. **Good Shepherd hear our prayer.**

Oh God, you always hear our prayers. You know our needs before we ask and our ignorance in asking. Please fulfill our requests as will be best for us. **Amen.**

## Lord's Prayer

Ecumenical Version

**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 for ever. Amen.**

## Hymn: I Am Walking a Path of Peace

MV #221

221 I Am Walking a Path of Peace

Unison  
♩ = 84

C G/B Am C/E F

I am walk-ing a path of peace\*, I am walk-ing a path of

G Am Em7 F C

peace\*, I am walk-ing a path of peace\*, lead me home,

Fmaj7 G C F F/G G7 C

Repeats Last time

lead me home. I am home.

The image shows a musical score for the hymn 'I Am Walking a Path of Peace'. It is a unison piece in 4/4 time with a tempo of 84. The score is written for voice and piano. The lyrics are: 'I am walk-ing a path of peace\*, I am walk-ing a path of peace\*, I am walk-ing a path of peace\*, lead me home, I am home.' The score includes a 'Repeats' section and a 'Last time' section. The chords are: C, G/B, Am, C/E, F, G, Am, Em7, F, C, Fmaj7, G, C, F, F/G, G7, C.

Glory to God **whose power, working in us, can do infinitely more than we can ask or imagine. Glory to God from generation to generation, in the Church and in Christ Jesus, for ever and ever. Amen.**

**Blessing**

May the mystery of God go with you; may Christ bless your steps; may the Holy Spirit sustain you on your way. Go now, carrying God's blessing. Amen.