



MID-WEEK MEDITATIONS

WEDNESDAY, JANUARY 13, 2021

10:00 AM *VIA* FACEBOOK LIVE

Our time together will begin with the ringing of a chime, followed by a minute of silence. Allow yourself to use this time to focus on your breathing, and be as fully present as you can be in whatever space you find yourself in, with the gathered community, at this very moment in time.

Opening

Leader Arise, shine, for your light has come.
All And the glory of the Lord has dawned upon you.

Prayer

Leader O God, you spoke your word and revealed your good news in Jesus, the Christ. Fill all creation with that word again, so that by proclaiming your joyful promises to all nations and singing of your glorious hope to all peoples, we may become one living body, your incarnate presence on the earth.
All Amen.

Praise

“Arise, your light is come!”

by Ruth Duck

1 A - rise, your light is come! The Spir - it's call o - bey;
2 A - rise, your light is come! Fling wide the pris - on door;
3 A - rise, your light is come! All you in sor - row born,
4 A - rise, your light is come! The moun - tains burst in song!

show forth the glo - ry of your God, which shines on you to - day.
pro - claim the cap - tives' lib - er - ty, good ti - dings to the poor.
bind up the bro - ken - heart - ed ones and com - fort those who mourn.
Rise up like ea - gles on the wing; God's power will make us strong.

Lectio Divina, Latin for "Divine Reading," is an ancient practice of praying, a gift from the Benedictine and Cistercian traditions with roots in the 6th century. Lectio Divina is a simple, yet rich practice of praying holy text, nourishing and deepening our relationship with God. It is an active practice that uses thoughts, images and insights to enter into a conversation with God. During this time, we will not treat the poem as a text to be studied, but rather as a still-speaking word.

Poem

“Epiphany” by Walter Brueggemann

On Epiphany, we are still the people walking. We are still people in the dark, and the darkness looms large around us, beset as we are by fear, anxiety, brutality, violence, loss — a dozen alienations that we cannot manage.

We are — we could be — people of your light. So we pray for the light of your glorious presence as we wait for your appearing; we pray for the light of your wondrous grace as we exhaust our coping capacity; we pray for your gift of newness that will override our weariness; we pray that we may see and know and hear and trust in your good rule.

That we may have energy, courage, and freedom to enact your rule through the demands of this day. We submit our day to you and to your rule, with deep joy and high hope.

1st Movement: Listening, *Lectio* - Settling and Shimmering

Listen for a word or phrase that feels significant right now, is capturing your attention even if you don't know why.

(Listen to the reading)

- ***You are invited to share your word or phrase.***

2nd Movement: Reflecting, *Meditatio* - Savoring and Stirring

Allow the word or phrase which caught your attention in the first movement to spark your imagination.

Savor the word or phrase with all of your senses, notice what smells, sounds, tastes, sights, and feelings are evoked.

Then, listen for what images, feelings, and memories are stirring, and welcome them in.

(Listen to the reading)

- ***You are invited to share something that expresses what you have experienced.***

3rd Movement: Responding, *Oratio* - Summoning and Serving

Listen for an invitation rising up from your experience of prayer so far.

Considering the word or phrase and what it has evoked for you in memory, image, or feeling, what is the invitation? This invitation may be a summons toward a new awareness or action.

(Listen to the reading)

- ***You are invited to share something that expresses the calling you hear.***

4th Movement: Resting, *Contemplatio* - Slowing and Stilling

Move into a time for simply resting in God and allowing your heart to fill with gratitude for God's presence in this time of prayer.

Slow your thoughts and reflections even further and sink into the experience of stillness.

(Listen to the reading)

- ***You are invited to rest in the presence of God and allow yourself to simply be.***

The Prayers

Leader Jesus, you are the light of the world:
Assembly May your light open our eyes to see those in need.
Leader Jesus, you are the light of the world:
Assembly May the works of our lives demonstrate your love.
Leader Jesus, you are the light of the world:
Assembly May your wisdom enlighten our decisions.
Leader Jesus, you are the light of the world,
hear the prayers of our hearts:

The assembly may share particular intercessions or thanksgivings.

Leader As you enlighten our lives,
Assembly May we be light for others.

The Lord's Prayer

Our Father, who art in heaven, hallowed be thy Name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, the power, and the glory, for ever and ever. Amen.

Prayer

Leader Open our eyes that we may see.
Incline our hearts that we may desire.
Order our steps that we may follow
the way of your commandments.
All Amen.

Going Out

Leader Arise, shine, for your light has come.
All And the glory of the Lord has dawned upon you.