

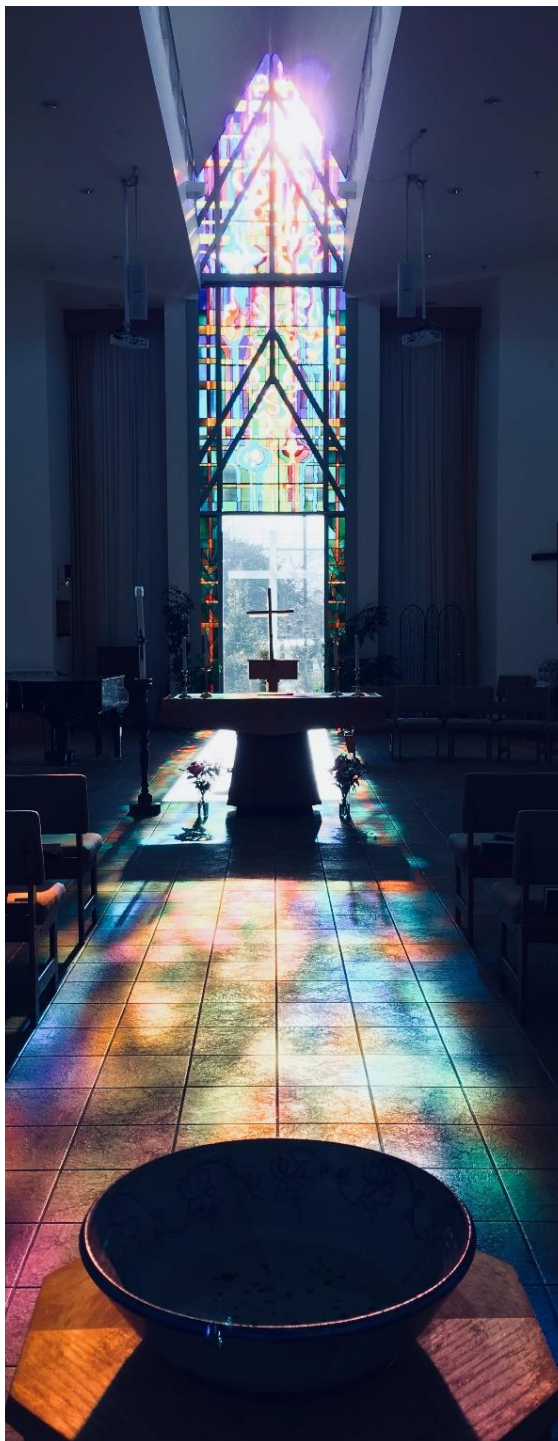


Sung Evening Prayer

with Cathy Hardy & friends



the Parish of St. Dunstan
September 13th, 2020



Dear friends,

We have been separated at this time in order to protect the vulnerable among us. Thank you for your loving-kindness for your neighbour.

Tonight, we reflect on hope, especially as it is expressed by the great prophet Isaiah.

In all things, let us give thanks and dedicate ourselves to the love of neighbour we are especially called to show at this time, in the name of Jesus Christ, our Friend and Helper. Amen.

the Reverend David Taylor
Rector of the Parish of St. Dunstan

We are living in unprecedented times. These times can shake us and our hope; hope in each other, hope in humanity, hope in ourselves, hope in God. In our increased physical isolation, we can succumb to a sense of personal isolation from each other. We long for the beauty of connection. When our gaze is on the news or the suffering within and around, we become disconnected from the truth of hope that lives within each one of us. Tonight is a call. A call to your soul to remember the hope that lies in the cells of your being. This hope, even though perhaps hidden, lives in the depths of your soul. Your presence on this planet is significant. You carry hope within you at the core of your being. Tonight, we are invited to awaken to that hope. I believe in what is deepest within you. Love, Cathy

We gather in stillness & in quiet as we prepare our hearts for worship.

Welcome & Prayer

Song **We have come to lift our voice, to lift our hearts and pray.**

Prayer Living Presence, awaken hope in us.

Song **We wait in the silence, we wait in the darkness,
we wait in the spaces unknown.
We hope in the silence, we hope in the darkness,
we hope in the spaces unknown.
We sing in the silence, we sing in the darkness,
we sing in the spaces unknown.
Hallelujah, hallelujah, hallelujah, hallelujah.**

**Love is at the centre of my being. 3x
Light expands, fire burns.
Love is at the centre of my being. 3x
Hallelujah, hallelujah, hallelujah, hallelujah.**

Psalm 84 **That we might radiate love.**

Have mercy on us, O Gracious One;
according to your steadfast love,
according to your way of kindness,
forgive us where our thoughts and deeds have hurt others.

Lead us in the paths of justice,
guide our steps on paths of peace.
Teach us, that we may know our weaknesses;
the shortcomings that hold us back.

You have placed your truth in the inner being of our hearts.
Therefore, teach us the wisdom of the heart.
Release us from all that chains us in fear,
that we might radiate love

Cleanse us, so that your radiance
would shine through us.
Fill us with gladness of heart, with hope beyond despair.
May your love transform our weaknesses into strength.

Enfold us in the arms of love,
fill us with your Spirit,
restore in us the joy of your grace;
the awareness of your presence right in our midst.

Let all people turn from war
and encourage one another as neighbors.
O Blessed and Compassionate Friend,
melt our hearts of stone and guide our steps
towards the way of peace and hope.

Song of Meditation Unfinished Song

the Story A context and a reading from the Prophet Isaiah.

Five minutes of silence.

I wonder when you have experienced hopelessness.

I wonder when you have experienced hope.

As I become still, what do I notice?

As I rest in silence, what do I become aware of?

Stations of Prayer

Station of Blessing *Receive a prayer of blessing.*

Station of the Cross *Draw near the cross as a symbol of your prayer, entrusting to God your suffering and the suffering of others.*

Station of Light *Light a candle as a symbol of your prayer or longing*

Station of Mary *Sit with Mary and ponder in your heart what is coming up for you tonight.*

Station of Christ *Stay in your chair and meditate on the Icon of Christ.*

Song

Come, come to the table. Come to the table of *rest, peace, trust*.
We will know mercy. We will know grace.
We will know endless love in this place.

Come, come to the table. Come to the table of *hope, joy, truth*.
All who are thirsty come. All you are hungry come.
All you need is to come as you are. Come, come, come.
Come, come to the table, come to the table of love.

Song

Awaken hope in us, awaken hope in us

In this very moment, right where we are,
Let the child be born in us. A guiding inner star.
O wonderful, O counsellor, O source all of life.

Song

I am with you (you are with me) here.
And I rest in your presence. Now.

Love behind me, love before me, love on my left and my right.
Love above me, love below me, love within and around.

the Lord's Prayer

Creator, Radiant Love, Breathing Life of All
Your name lives within, Your name lives within,
Your name lives within my soul
May Love reign here, May Love reign here,
May Love reign in me
Love's one desire, Love's one desire,
Love's one desire unite with ours
Grant us what we need, grant us what we need,
grant us what we need today
Release us, release us, release us from shame
As we forgive, as we forgive, as we forgive too
Liberate us, liberate us, liberate us in the way of Love
Beauty and mercy, glorious harmony,
Love's eternal song shall sing on
Amen, amen, amen

For Whom and For What do we offer our prayers?

Speak a name or a situation out loud as we hold our prayers in stillness and quiet

Song

**Mercy, mercy, mercy to the ones I forgive.
Mercy, mercy, mercy to my own dear soul.**

**Healing, healing, healing to the ones suffering.
Healing, healing, healing to my own dear soul.**

**Blessing, blessing, blessing to the ones far and near.
Blessing, blessing, blessing to my own dear soul.**

Song

We will sing, alleluia.

Song

We bless you in the name of the One who loves you.

We receive the blessing.

We bless you in the name of the One who knows you.

We receive the blessing.

We bless you in the name of the One who restores you.

We receive the blessing.

We bless you in the name of the One who remembers you.

We receive the blessing.

We receive our sight, Hallelujah!

We receive our name, Hallelujah!

We receive the blessing of being restored!

We are a people of blessing and hope. We will live the blessing.

We receive Love's grace; Hallelujah!

We receive true hope; Hallelujah!

We receive the blessing of joy and peace!

We are a people of blessing and hope. We will live the blessing.

Blessing



ST DUNSTAN'S CENTRE FOR
**SPIRITUAL
RENEWAL**

For more information on the in-person & online events and how to register, visit
ST-DUNSTANS.CA

renew
TIME TO GET FED

STUDY & EUCHARIST
WEDNESDAY EVENINGS AT 7PM

Online Book Club

September 14, October 5, November 2, December 7 7pm to 8.

Online Podcast Club

September 21, October 19, November 16, December 7th 7pm to 8:30.

Centering Prayer, Lectio & Labyrinth

Fridays beginning at 11:30am



Vision Board Retreat

Saturday, September 19 10:00 am - 3:00 pm

Join us **in person or on-line** for a 5-hour retreat designed to unite body, mind and spirit with elements of journaling, peaceful music, labyrinth walking, guided imagery, and self-discovery. A vision board is a powerful step toward manifesting a life you love and feeds your quest for meaning; you will create a vision board that aligns with your authentic self and amplifies your best life as you see it. All online registered participants will receive a supply list, finger labyrinth download, and tips to maximize their online experience. **Fee. \$70.00 (Scholarships available**

upon request). Facilitated by: **Angela Herd** (angelaherd.com).

Non Violent Communication Workshop

Saturday, October 31, 2020 9:00 am - 2:00 pm

Centering Prayer Intensive: Walking

Saturday, October 3 9:00 am - 12:00 pm

This is an invitation for those that already have an established practice of centering prayer and who are interested in taking this prayer practice to a deeper level. **Fee: \$40 (Scholarships are available).** Facilitated by **Gene Fraser.**



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ST-DUNSTANS.CA



The Parish of St. Dunstan, Aldergrove



Office hours

Tuesday, Wednesday & Friday 8:30 – 12:00 pm

the Reverend David Taylor can be reached at dmatthew.taylor@gmail.com

Cathy can be reached at cathyajhardy.com

All music by Cathy AJ Hardy. Cover art Hope by Edward Burne-Jones, 1871.