

## **Take Home Worship – Sunday Nov 22, 2020**

By Rev. Julie Lebrun - Inlet United Church, Port Moody BC

I invite you to light a candle at home:

We light a light  
In the name of the God who creates life,  
In the name of the Saviour who loves life,  
In the name of the Spirit who is the fire of life.

(by Philip Newel)

### **Opening Prayer**

(By J. Philip Newell Celtic Prayers from Iona)

As I utter these prayers  
from my mouth O God  
In my soul may I feel your presence.  
The knee that is stiff  
O healer make pliant  
The heart that is hard  
make warm beneath your wing  
The wound that is giving me pain,  
O best of healers, make whole  
And may my hopes and my fears  
Find a listening place with you.  
Amen

### **Reflection**

This week I've been thinking about cultivating calm and stillness. Our weekly book study talked about this topic. It was wonderful to talk with others on this topic. Of course we all recognize the value for calm in our world, now more than ever. I'm learning calm comes from a place of stillness.

I invite you to read **Psalm 46:10** as printed below.  
Read it slowly and then sit in silence of a couple of minutes.

Be still and know that I am God

**Psalm 46:10**

Be still and know that I am  
Be still and know that I  
Be still and know that  
Be still and know  
Be still and  
Be still  
Be (sitting in silence, let any thoughts that come to mind float on by)

Welcome back from your silent prayer time.

Silent prayer is part of our Christian Faith Tradition, also known as Centering Prayer.  
The idea is to let our thoughts go and rest in God presence.

In her book “The Gifts of Imperfection,” Brene Brown writes “Stillness is not about focusing on nothingness; it’s about creating a clearing. It’s opening up an emotionally clutter-free space and allowing ourselves to feel and think and dream and question.”

I don’t know about you...but “creating a clearing” in my mind is not easy! I always seem to be thinking about something. And I also know when I take intentional time for this type of silence and stillness, I become more patient and less reactive. I become calmer. Even a short time of stillness (a few minutes) can make a noticeable difference.

The poet William Yeats wrote:

We can make our minds so like still water  
that beings gather about us that they may see,  
it may be, their own images, and so live for a moment with a clearer,  
perhaps even with a fiercer life  
because of our quiet.

In our culture that tends to value extroverts this poem is a wonderful reminder of the power of quiet and stillness.

This week as our world close by and far away continues to struggle with COVID-19 and other issues, I invite you to practice some intention silent prayer time. You may do this at home or maybe you prefer to be walking in nature, whatever works for you to help you “create a clearing” in your mind is good.

### **Closing Prayer**

(by J. Philip Newell Celtic Prayers from Iona)

Bless to me O God  
The earth beneath my feet.  
Bless to me O God  
The path on which I go  
Bless to me O God  
The people whom I meet.  
O God of all gods  
Bless to me my life.

### **Blessing**

Go into the week  
With the love of God present in your stillness and action  
With the calmness of mind like still water  
With the comfort of creating a clearing to hear the Spirit anew  
Go in peace  
Amen

If you want to talk about this written worship time, I welcome your feedback. 604-939-5513 or [revjulie@inletunited.ca](mailto:revjulie@inletunited.ca)