

Our Journey through the Seasons of Life
“For every season there is an Autumn”

August 8, Monday - Autumn - Season of thanksgiving
August 12, Thursday - Winter - Season of waiting
August 15, Monday - Spring - Season of becoming
August 18, Thursday - Summer & Graduation – Season of growing

*** If you are able, please have a candle at hand to light during the services***

Resources (prayers adapted from):

The Circle of Life by Joyce Rupp & Macrina Wiederkehr, Notre Dame, IN: Sorin Books, 2005.

The Weaver, the Word and Wisdom by Michaela Youngson,

“Here is Water,” by Alex Clare-Young, *Coracle* (magazine of the Iona Community, a charity registered in Scotland), Issue 1/2022, Glasgow, UK (www.iona.org.uk).

A Wee Worship Book, by Wild Goose Worship Group, Glasgow, UK: Wild Goose Pubs., 1999.

COSSO Spiritual Formation
Monday, August 8

Summer 2-Week session, 2022

**Our Journey through the Seasons of Life
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PRELUDE Turn, Turn, Turn

based on Ecclesiastes 3

WELCOME Grace Wallace, COSSO Coordinator

INTRODUCTION Rev. Dr. Rebeka Maples, COSSO Director of Spiritual Formation

CALL TO WORSHIP

We arise today with Spring in our eyes:

Wings of hope, unfolding buds.

Blossoms of joy, showers of new life.

ALL: Come, God of Spring, and open our eyes.

We arise today with Summer in our hearts:

Shining sun, growing gardens,

Birds nesting, flowing meadows.

Come, God of Summer, and warm our hearts.

We arise today with Autumn in our soul:
Fields of wisdom, falling leaves,
Fruitful harvest, sweet surrender.
Come, God of Autumn, and fill our souls.

We arise today with Winter in our lives:
Resting earth, dreaming seeds,
Barren trees, empty space.
Come, God of Winter, and renew our lives.
There is a time for everything in the circle of life.
And there is a season for everything under the heavens.

PRAYER

Dear God of the Seasons that pass over our fields and through our hearts, you speak to us from the cathedral of nature. Stir up our love for life. Fill us with joy and passion, wisdom and stillness. Reveal to us the lessons you have for us in our classes and in your holy Word. Lead us on. Teach us to listen to the seasons of our lives. Amen.

HYMN All Creatures of Our God and King UMH 62

SCRIPTURE Ecclesiastes 3:1-8

There is a time for everything,
and a season for every activity under the heavens:
2 a time to be born and a time to die,
a time to plant and a time to uproot,
3 a time to kill and a time to heal,
a time to tear down and a time to build,
4 a time to weep and a time to laugh,
a time to mourn and a time to dance,
5 a time to scatter stones and a time to gather them,
a time to embrace and a time to refrain from embracing,
6 a time to search and a time to give up,
a time to keep and a time to throw away,
7 a time to tear and a time to mend,
a time to be silent and a time to speak,
8 a time to love and a time to hate,
a time for war and a time for peace.

AUTUMN SPEAKS ...

- *What are you most thankful for at this time of your life? What fills the empty space?*
- *What kind of support do you need in order to let go of the things that hold you back and keep you from receiving thanks?*

LISTENING TO AUTUMN

Autumn is slipping through summer's branches,

ALL: And I am listening.

I am listening to the dying, flowing forth from autumn's turning.

I am listening to the living, hidden in the dying.

I am listening.

I am listening to the harvest cries, of thanksgiving for earth's gifts.

I am listening to the circle of life, the harmony and the balance.

I am listening.

I am listening to a call for inner growth, for my need to let go and reach out.

I am listening to a call for transformation, of autumn moving into winter.

I am listening.

HYMN

For the Beauty of the Earth

UMH 92

LIGHTING THE CANDLE OF AUTUMN

(you might celebrate the seasons in one service, lighting four candles in honor of each season)

We light this candle for the season of Autumn,

for the season when Earth turns away from the sun,

for the transformation taking place in nature and in our lives,

for falling leaves and dying spirits.

May all the Autumn stories rise up to bless us,

reminding us of their many life-giving gifts.

PRAYER FOR THE BLESSING OF THESE TWO WEEKS:

Fresh beginnings of this day embrace us, as we stop for this midmorning prayer.

Bless the seasons in our lives, and the listening work that awaits us.

Anoint our hands, hearts, and minds as we enter into the heart of study.

Make our spirits open. Breathe on us and strengthen us for each hour.

Come to us this day with your light and love. In Christ's name we pray, Amen.

HYMN

Breathe on Me, Breath of God

UMH 420

BLESSING OF THE SEASONS

Generous God, bless each of us.

Bless those we love.

Bless our homes, our communities and our world.

Inspire us with your Spirit, through the seasons of our lives,

that we might grow deeper in wisdom,

more passionate in faith, more committed to loving as you love.

In your Spirit we pray, Amen.

POSTLUDE

Come and Find the Quiet Center

TFWS 2128