

COSSO Spiritual Formation

Summer 2-Week session, 2022

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, (London: SPCK, 2007).

“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

Summer 2-Week session, 2022

Monday, August 15

Our Journey through the Seasons of Life
“For every season there is a Spring”

PRELUDE Christ the Lord is Risen Today **UMH 302**

WELCOME Grace Wallace, COSSO Coordinator

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

CALL TO WORSHIP

Leader: O season of the rising light,

ALL: Come. Come and melt what is frozen in us.

Open the buds of our longing.

Clothe us in the colors of spring.

Soften the hardness of our hearts.

Come. Come and melt what is frozen in us.

O morning of resurrection,

Come. Come and lighten our weary hearts.

Open our minds to the wonder of new life.

Open our eyes to all that is yet to be.

Teach us to listen to the sound of love growing.
Come. Come and lighten our weary hearts.

PRAYER

ALL: Great Spirit of the rising light, we lift our songs to you. Unite our hearts with your love. Help us now to leave the emptiness of winter days behind. Touch our hearts and fill them to overflowing, that we may grow stronger in the light of Spring. In the assurance of new life, we pray. Amen.

HYMN

Hymn of Promise

UMH 707

SCRIPTURE John 20:13-16

Joon-Sik: They asked her, "Woman, why are you crying?"
"They have taken my Lord away," she said, "and I don't know where they have put him." At this, she turned around and saw Jesus standing there, but she did not realize that it was Jesus. He asked her, "Woman, why are you crying? Who is it you are looking for?" Thinking he was the gardener, she said, "Sir, if you have carried him away, tell me where you have put him, and I will get him." Jesus said to her, "Mary."
She turned toward him and cried out in Aramaic, "Rabboni!" (which means "Teacher").

SPRING SPEAKS...

Like all seasons, spring will not last forever. Every season comes and goes in the circle of life. Spring will leave and return when it is time.

- *What yearnings do you sense in your spiritual life?*
- *What is ready to bloom or waiting in the shadows?*

(pause)

LISTENING TO SPRING

LEADER: Spring is calling forth blossoms sleeping in the garden of our lives,

ALL: And I am listening.

I am listening to seeds breaking open.

I am listening to wildflowers dancing through the meadows.

I am listening.

I am listening to the freshness of the morning.

I am listening to rain drops pouring out hope.

I am listening.

I am listening to my heart singing songs of resurrection.

I am listening to the poetry of spring.

I am listening.

HYMN

Morning Has Broken

UMH 145

LIGHTING THE CANDLE OF SPRING

We light this candle in honor of Spring, season of resurrection and the renewal of life.
We honor everything within us that is eager to sing the songs of hope. May the world
echo Spring's song of peace and hope.

PRAYER

**May there be room for hope to grow in your life. May you walk through spring storms and
early morning breezes and feel the presence of God surrounding you. May your spirit be
strengthened with seeds of hope that you may reach outward into the world, bringing joy to
all who need it. May we celebrate the season of spring within us.**

HYMN

Take My Life, and Let It Be

UMH 399

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

You'll Never Walk Alone