### COSSO SPIRITUAL FORMATION ZOOM-STYLE

Saturday, April 18, 2020

"Blessing Prayers & Eucharist for Peace in a Time of Crisis"

**WELCOME:** Grace Wallace: technical instructions

Rev Dr Joon-Sik Park: words of encouragement

Rev Dr Rebeka Maples: spiritual formation during separation

### CALL TO WORSHIP FOR THE PEACEMAKERS

Leader: Blessed are the peacemakers, for they will be called children of God. Response: Blessed are you when you show the way of peace, instead of anger or revenge.

L: Blessed am I, when I work with others even from my home

R: Blessed am I, when I help others discover who they are

L: Blessed am I, when I understand the blessing of each breath

R: Blessed am I, when I admire the beauty of life every day

L: Blessed am I, when there are no words to describe what I am going through

R: Blessed am I, when peace still becomes my way in the world

L: Blessed am I, when I know what affects one of us affects all of us

R: Blessed am I, when I become a maker of peace, for I know I belong to God.

SONG "It is Well with My Soul"

UMH 377 (first verse and refrain, sung twice)

SCRIPTURE READING Matthew 5:1-10

### PRAYERS WE SHARE

Sharing our prayers...

Write a blessing prayer for someone this week and mail it to them

# PRAYER for Peace in troubling times:

Leader: O God of Peace, we pray for all the ways our lives have been touched by the corona virus, by the distance between us. Hear our prayers,

for those who mourn but cannot say goodbye in funerals or memorials, immerse them in your love,

and lead all of us through this dark night of the soul, into your arms and light.

For those who offer comfort, be in both the words they use

and all that's left unspoken; fill each heart with love.

For those whose lives are a living nightmare; give them peace

and give them hope; send the peacemakers and send them quickly.

For all who care for us and protect us during this time of crisis we pray ...

For all that weighs on our hearts and minds we pray ...

Response: We pray for peace through Jesus Christ, whose own suffering gives us the promise of new life, for here and for eternity. This we believe and for this we live. Amen

SONG "His Eye is On the Sparrow"

TFWS 2146 (first verse and refrain, sung twice)

#### THE COMMUNION OF EMPTY HANDS

(adapted from various readings)

Course of Study provides opportunity to study, worship, and live as a community of faith, it provides a place to "rehearse" faithful living. Now we are challenged by a situation we have never experienced before, but through it all we know that God is with us...

# Thomas Pettepiece's Story

### Sharing Communion with Empty Hands

Let us share this communion of empty hands, knowing that it is God we seek and God we receive, and that alone is sufficient.

BLESSING - Merciful God, pour out your Holy Spirit on us gathered here and on this bread and wine - make them be for us the body and blood of Christ, that we might be Christ's body in the world and his grace poured out for others.

SHARING THE BREAD - As I lift the imaginary bread please take a piece and eat: "Take, eat, this is my body, which is given for you. Do this in remembrance of me."

SHARING THE CUP - As I pass the imaginary chalice, please drink the imaginary juice): "Take, drink, this is the blood of Christ which was shed for you and for many for the forgiveness of your sins. Do this and remember me."

# GIVING THANKS for the Peace of Christ:

ALL: Deep peace of the running wave to you, Deep peace of the flowing air to you, Deep peace of the quiet earth to you,

Deep peace of the shining stars to you,

Deep peace of the Son of Peace to you, now and for ever.

(Source unknown - early Scottish)

SONG "Let There Be Peace on Earth"

UMH 431

### **BLESSING**

ALL: The Lord bless you and keep you
The Lord shine upon you and be gracious to you
The Lord lift you up and give you peace
The Lord bless you, now and always.

### Sources

Arbinger Institute, <u>The Anatomy of Peace: resolving the heart of conflict.</u>
Oakland, CA: Berrett-Koehler Pubs., 2015.

John Birch, prayers & resources from website: <u>www.faithandworship.com.</u>
Rueben P. Job, Norman Shawchuck, <u>A Guide to Prayer.</u> Nashville: The Upper Room, 1983.