



Worship Bundle for Feb 21, 2021

“I will give you rest”

WELCOME

Intention
Check-in
Land & Watershed acknowledgement
Pray

ON THE LAND

Journey
Wonder

CLOSE

Reflect

GATHER

Community Reflection, via Zoom at 4pm

<https://us02web.zoom.us/j/89755821501>

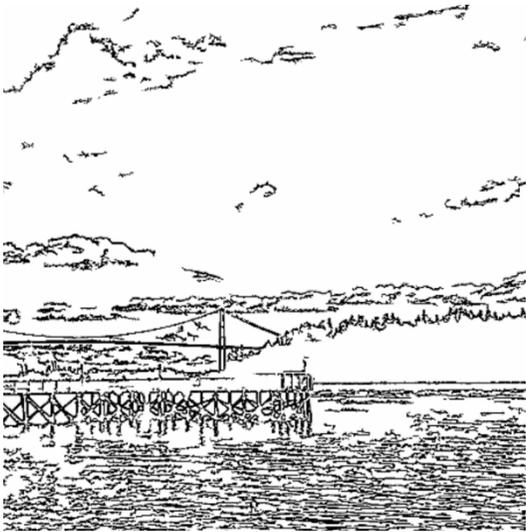
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On Sea Glass:



“Ordinary pieces of tableware or soda bottles are flung into the ocean. Years pass, or decades, and then one day, there it is upon the shore: a small shard from one of those long-ago discarded objects. Shifting currents have rounded its edges; abrasion has polished its surface; exposure to the sun has altered its hue. And so, when we happen upon it, here amidst the shells and seaweed, we can’t help but laugh with joy at what seems a miracle: this ordinary fragment of silica that time and adversity have transformed into something beautiful.”

*We live on the unceded and ancestral territory of the Coast Salish People.
We honour them as stewards of this land from time immemorial.*



WELCOME

Remember that you are welcome here! You are a child of God and a part of the great mystery of creation.

GATHER: Take some time before venturing outside to read through this bundle.

We suggest, if possible, taking this worship bundle to a beach. We invite you to find a piece of sea glass (one you have at home already or find on the beach) and a small amount of sand if you are able. If not, imagine them instead.

There are 5 parts to this worship. You can walk along the beach and do each part in different spots or stay in one place if you prefer.

Once you have your journey in mind, go to that place. *You might want to bring a pen, pencil, journal with you.*

BREATHE: At the beginning take a few moments to breathe deep. Let go of other thoughts and plans. Focus on the worship ahead. Read out loud these words from the Book of Job:

*The Spirit of God has made me,
and the breath of the Creator gives me life. (Job 33:4)*

Take in a deep, slow breath through the nose.
Let the breath stay in your lungs for a couple of seconds.
Now slowly sigh the breath out through the mouth.

When we breathe, each breath is a Spirit breath. It is the breath of God in our lungs. Our bodies need oxygen. And our souls need the breath of God, working to heal us from the inside out.

CHECK-IN:

Turn to those around you and ask the question, *how do you arrive this day?* If you are on your own, ask the question of yourself.

ON THE LAND:

Part 1: Sea Glass

Hold your piece of sea glass in your hand or imagine it.

Once it was broken and sharp, once it would have cut your hands. Look at it now, it's been tumbled across rocks, abraded by sand, tossed, and turned in waves. Worn smooth and soft and now is something beautiful, something worth treasuring.

This glass has been through all trials, tribulations, rough seas, and dizzy spells of being spun about in the ocean and it has transformed into beauty.

Imagine you are the piece of sea glass being held in the hands of God. Read these words aloud:

*“Come to me, all you that are weary
and are carrying heavy burdens, and I will give you rest.
Take my yoke upon you, and learn from me;
for I am gentle and humble in heart,
and you will find rest for your souls.
For my yoke is easy, and my burden is light.” (Matthew 11:28-30).*

Part 2: Earth

Glass is created from sand. Sand is created by the erosion of mountains and rocks over thousands or millions of years. Sand is a symbol of the brokenness and erosion and weathering of the earth itself. Read these words aloud:

*Creation becomes broken. We become broken.
Creation becomes transformed. We become transformed.
And every form we take is holy, whole, and beautiful.*

Touch the sand on the beach around you or imagine holding sand in your hands. Feel its grains, its decomposed nature, as you pray:

Creator ... as we feel this elemental part of who we are, we remember that we ourselves were made from the dust of the earth. To experience brokenness is the way of creation, it is not something to be ashamed of... it is the order of things. Transform us, O God. Help us recover the beauty of who we are and see the goodness in transformation.

The words to *Take O Take Me as I Am*, can be sung out loud, hummed, or read as a prayer:

*Take, O take me as I am;
Summon out what I shall be;*

*Set your seal upon my heart
And live in me.*

Part 3: Fire

Glass can only be created when the sand is met with the heat of fire. The heat of fire is always destructive, but with intention and care and tending, what transpires from the destruction of fire can be a new form with purposes that are good, useful, and beautiful. Read these words aloud:

*Creation becomes broken. We become broken.
Creation becomes transformed. We become transformed.
And every form we take is holy, whole, and beautiful.*

Hold your sea glass in your hand or imagine it. Imagine the intense heat that would have transformed sand into glass. Imagine that same fire of transformation filling up your body and soul as you pray:

Holy Refining Fire of the Spirit... as we feel this elemental part of who we are, we remember that you invite us to fuel the flames of passionate love for you and for each other. Do not allow the flame of our spirits to lie dormant. Offer us your light and life. Transform us, O God. Help us recover the beauty of who we are and see the goodness in transformation.

The words to *Take O Take Me as I Am*, can be sung out loud, hummed, or read as a prayer:

*Take, O take me as I am;
Summon out what I shall be;
Set your seal upon my heart
And live in me.*

Part 4 Air:

In the time of Jesus glass blowing was invented. Molten glass could be shaped by blowing through a tube, creating an air bubble made of glass. They are both strong and fragile. Able to carry much weight, but easily broken. Read these words aloud:

*Creation becomes broken. We become broken.
Creation becomes transformed. We become transformed.
And every form we take is holy, whole, and beautiful.*

Breath is with us in our very first cry and will be the final song as we exit this realm. Hold your piece of sea glass cupped in your hands. Imagine your hands as a glass vessel, full of the breath of God. Become aware of your breath as you pray:

Holy Giver of Breath and Life... as we feel this elemental part of who we are, we remember that this ongoing, life-giving, moment-to-moment function can be an act of gratitude for our

lives. Breath connects us to creation and each other. Each breath offers us an opportunity to let go of what we do not need. Each breath allows us to take in the fresh air we need and transform us.

The words to *Take O Take Me as I Am*, can be sung out loud, hummed, or read as a prayer:

*Take, O take me as I am;
Summon out what I shall be;
Set your seal upon my heart
And live in me.*

Part 5 Water:

Water meets the sand and earth at the shoreline, we are reminded of the Living Water that Christ offers us. Dip your hand in the ocean or imagine it. Wet your piece of sea glass. Notice how the colour of the glass changes with the water.

Once it was broken and sharp, once it would have cut your hands. Look at it now, it's been tumbled, tossed, turned over in waves. Water has worn it smooth and soft and now it is something beautiful, something worth treasuring.

You have been tumbled, tossed, and turned over in the waves of this past year. Read these words aloud:

*Creation becomes broken. We become broken.
Creation becomes transformed. We become transformed.
And every form we take is holy, whole, and beautiful.*

Take a small amount of sand and mix in a little water or imagine it. Use your fingers to make a sign of the cross on your hand as you pray:

Healing Presence... as we feel this elemental part of who we are, we remember you created us, shaped us from dust in the palm of your hand. Someday we will return to dust, return to the palm of your hand once again, held and loved forever.

We lament in this moment the grittiness of life, the need for healing, the difficult and necessary process of transformation. Mark us as your own, remold us again and again as your people. Let the recognition of our own need break us open yet again for the sake of others, for the sake of the world.

The words to *Take O Take Me as I Am*, can be sung out loud, hummed, or read as a prayer:

*Take, O take me as I am;
Summon out what I shall be;*

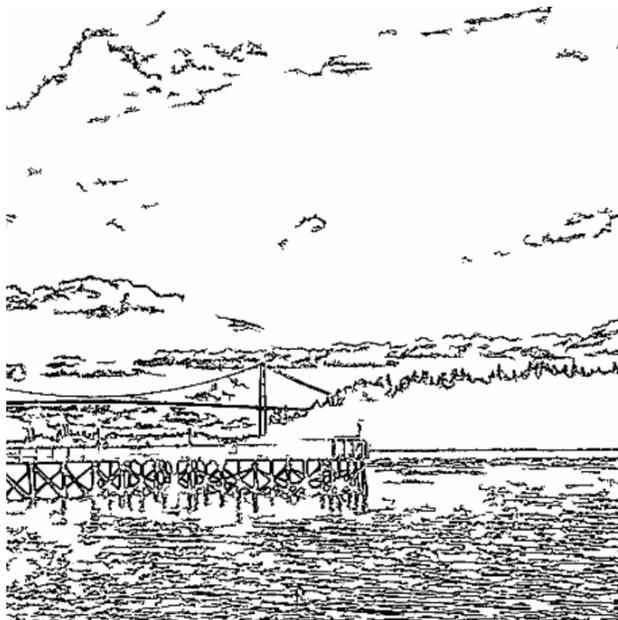
*Set your seal upon my heart
And live in me.*

CLOSE

Throughout Lent carry your piece of sea glass with you. Remember that rough seas can make for a beautiful transformation. If you don't have a piece of sea glass, just imagine one and hold it nearby.

Read these words from Matthew 11:28-30 once more:

*“Come to me, all you that are weary
and are carrying heavy burdens, and I will give you rest.
Take my yoke upon you, and learn from me;
for I am gentle and humble in heart,
and you will find rest for your souls.
For my yoke is easy, and my burden is light.” (Matthew 11:28-30).*



GATHER

You are invited to join in a time of Community Reflection, on Zoom, Sunday afternoon at 4pm. This gathering will last no more than 1 hour and will be an opportunity for us to share our experiences of Wild Church with others.

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