

wild Church, at Home

An outdoor intergenerational, interactive worship experience, providing connection and engagement with Community, God, and Faith.

Psalm 29

Time: Anytime

Zoom Community Gathering 4pm Sunday Jan 10th

Location: Wherever you find yourself.

The Wild Church Service is located on our website. Download it and take it outside to experience with your bubbles. <http://mtseymourunited.com>

Want to share the Wild Church experience with someone outside your bubble? Consider emailing the service, calling them on the phone, both taking a walk, and share the experience as you go.

Zoom 4pm, Jan 10
<https://us02web.zoom.us/j/82597984143>

January 2021

Mount Seymour United Church
 Worship with a Welcoming Community • Living Gospels

Worship Bundle for Jan 10th, 2021

WELCOME

Intention
 Check-in
 Land & Watershed acknowledgement
 Pray

CLOSE

Reflect
 Sing
 Pray

ON THE LAND

Journey
 Wonder

GATHER

Community Reflection, via Zoom at 4pm
<https://us02web.zoom.us/j/82597984143>
 Share



Lectio Divina means *Holy or Sacred Listening*. It is a very old Christian prayer-form that is the slow and contemplative praying of the scriptures. Lectio Divina is both a practice for community and it is deeply personal. Practicing with people in a sacred place brings people together, creating connection. Yet what happens for each person when they hear the words is very individual and personal.

We invite you on a journey of *Holy Listening*. Take time to walk on the land and listen both to the sounds of the world around you, the voices of your heart, spirit, soul, and the voice of God.

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. Think about where you would like to experience this worship service:

In your neighbourhood?

At a park?

On a trail?

In your backyard?

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.

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.

LAND AND WATER: Look around you and acknowledge the Land, unceded and the traditional home of the Coast Salish Peoples. Honour their stewardship of this land. Acknowledge the watershed which brings life to this land. *Water is Life.*

PRAYER: Read Psalm 29 aloud or in silence:

Praise God, you heavenly angels!

Praise God's glory and power.

² *Praise God and honor God's name!*

Worship God in all God's holy beauty.

³ *God's voice can be heard over the sea.*

The voice of our glorious God is like thunder over the great ocean.

⁴ *God's voice is powerful. It shows God's glory.*

⁵ *God's voice shatters great cedar trees.*

God breaks the great cedars of Lebanon.

⁶ *God makes Lebanon shake like a young calf dancing.*

Mountains tremble like a young bull jumping up and down.

⁷ *God's voice cuts the air with flashes of lightning.*

⁸ *God's voice shakes the desert.*

The desert of Kadesh trembles at God's voice.

⁹ *God's voice frightens the deer.*

God destroys the forests.

In God's temple everyone shouts, "Glory to God!"

¹⁰ *God ruled as king at the time of the flood, and God will rule as king forever.*

¹¹ *May God make all people strong.*

May God bless all people with peace.

ON THE LAND

You will want to consider 3 or more destinations for this worship. They might be 3 places to stop along a walk. They might be 3 places in your neighbourhood, or 3 different parts of your yard. You might want to decide on them ahead of time. Or you may want to wander until you feel the time is right to stop. Perhaps you'll stay in one place, and wander and wonder in your mind.

Destination 1

Before reading the Psalm again take a few moments to really feel the ground beneath your feet. Stamp or tap your feet a few times. You are connected, you are grounded, you are rooted in the Earth. Take a moment to feel the connection to earth with your feet.

Does it have a feeling? Does it feel as though roots are growing into the ground, or water flowing upwards like a plant drinking of the earth?

Read Psalm 29 again, out loud if possible. As you read, listen for a word or phrase that stands out to you, seems to shimmer off the page or appears in bold type in your mind.

Praise God, you heavenly angels!

Praise God's glory and power.

² *Praise God and honor God's name!*

Worship God in all God's holy beauty.

³ *God's voice can be heard over the sea.*

The voice of our glorious God is like thunder over the great ocean.

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God destroys the forests.

In God's temple everyone shouts, "Glory to God!"

¹⁰ *God ruled as king at the time of the flood, and God will rule as king forever.*

¹¹ *May God make all people strong.*

May God bless all people with peace.

Repeat that word or phrase to yourself a few times in silence. Perhaps you want to mark it on the paper with a pencil.

Share your word or phrase with those in your bubble. Each person may have the same word or different ones. There is no correct answer to this. What stands out for you is meant for you.

Destination 2

As you journey to your next destination attempt to stay present and connected to your word or phrase. You can repeat it to yourself, out loud or in silence as you walk. Treat your word or phrase as a new friend you want to get to know better as you walk.

*Do you think of a colour, an image, a sound when you say your word out loud?
Does your word have an emotion?
Does it make you want to move in a certain way?*

When you arrive at destination 2 take a few moments to really feel the ground beneath your feet. You are connected, you are grounded, you are rooted in the Earth. Take a moment to feel the connection to earth with your feet.

Read Psalm 29 again, out loud if possible. As you read, listen for insight into how your life is touched today by the word or phrase or the passage. Again, you're getting to know the word or phrase better as a new friend.

*Praise God, you heavenly angels!
Praise God's glory and power.
² Praise God and honor God's name!
Worship God in all God's holy beauty.
³ God's voice can be heard over the sea.
The voice of our glorious God is like thunder over the great ocean.
⁴ God's voice is powerful. It shows God's glory.
⁵ God's voice shatters great cedar trees.
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The desert of Kadesh trembles at God's voice.
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God destroys the forests.
In God's temple everyone shouts, "Glory to God!"
¹⁰ God ruled as king at the time of the flood, and God will rule as king forever.
¹¹ May God make all people strong.
May God bless all people with peace.*

After the reading, take a few moments to reflect in silence.
*What does the word or passage make you feel?
What does it make you think about?
Do any memories, ideas, dreams, events come to mind when you think about the word/phrase/passage?*

Share with your bubble and/or write down (maybe draw) what comes to mind. Remember to give time and space for everyone to share.

Destination 3

As you journey to destination 3 stay present with your word/phrase and the ideas that come to mind from it. Share with your group or stay in silence. Both are good.

When you arrive at destination 3 take a few moments to really feel the ground beneath your feet. You are connected, you are grounded, you are rooted in the Earth. Take a moment to feel the connection to earth with your feet.

Read Psalm 29 again, out loud if possible. As you read, listen for an invitation. Listen for a way to take these words deeper into your heart and into the days ahead. Does the passage invite some form of response from you?

Praise God, you heavenly angels!

Praise God's glory and power.

² *Praise God and honor God's name!*

Worship God in all God's holy beauty.

³ *God's voice can be heard over the sea.*

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In God's temple everyone shouts, "Glory to God!"

¹⁰ *God ruled as king at the time of the flood, and God will rule as king forever.*

¹¹ *May God make all people strong.*

May God bless all people with peace.

After this final reading, take a few moments to consider your invitation if you have one. *Are you being asked to respond in some way?* Perhaps do something, create action or be more contemplative.

Share with your bubble and/or write it down. Sometimes there is no invitation and that is also good. Do not force a response when it is not present. Allow what is to be what is.

Are you invited to create something?

*Are you invited to **do** something?*

*Are you invited to **be** something?*

CLOSE

As you complete your journey you may want to continue to contemplate in silence the thoughts, ideas, invitations from the Psalm in silence or in conversation with your bubble.

You may also want to consider some other questions about this Psalm, listed below.

Have you ever been in a storm?

How did you feel?

What did you think about during the storm?

Did you pray? If so, did it help? If not, do you think it would have helped?

If you imagine yourself in a storm now, what would you do?

What do you feel? Would you pray? Does it help?



SING or PRAY

Read Psalm 29 again listening for God’s voice of assurance present there.

Return home now. Breathe. Be gentle with yourself as you re-enter this time and place.

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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