

SOUL BREAK

**At St. Michael & All Angels
Church**

**A contemplative service in the style of the
Taizé Community**

Lent 2020

In the silence ...

Notice your breath.

Feel your heart.

Let a word or phrase come into your mind.

Follow its lead.

See what it shows you.

Rest where it takes you.

And find there God's blessing.

Soul Break

GATHERING

Welcome!

Please enter the worship space in prayerful silence.

*You may sit wherever you like,
including on the floor near the altar.*

*You might contemplate the icons
as if they are windows into the presence of God.*

Song of Invitation

Jesus, Remember Me

Ostinato Refrain Jesus, Remember Me 510

Je-sus, re-mem-ber me when you come in-to your King-dom.
Spanish: Je-sús, re-cuérdame cuando entras en tu Rei-no.
Polish: Je-zu, w kró-les-twie Twym wspom-nij na swo-je-go słu-gę.

Je-sus, re-mem-ber me when you come in-to your King-dom.
Je-sús, re-cuérdame, cuando entras en tu Rei-no.
Je-zu, w kró-les-twie Twym wspom-nij na swo-je-go słu-gę.

Text: Luke 23:42; Taizé Community, 1981
Tune: Jacques Berthier, 1923-1994
© 1981, 2005, Les Presses de Taizé, GIA Publications, Inc., agent

The Lesser Silence: Coming into God's presence

A bell marks the beginning and end of the silence.

LISTENING

Spiritual Reflection

A short reflection is read.

The Greater Silence: Hearing God's voice

A bell again marks the beginning and end of the silence.

PRAYING

Intercessions and Thanksgivings

You are invited, either silently or aloud to respond to the question:

For whom and for what shall we pray?

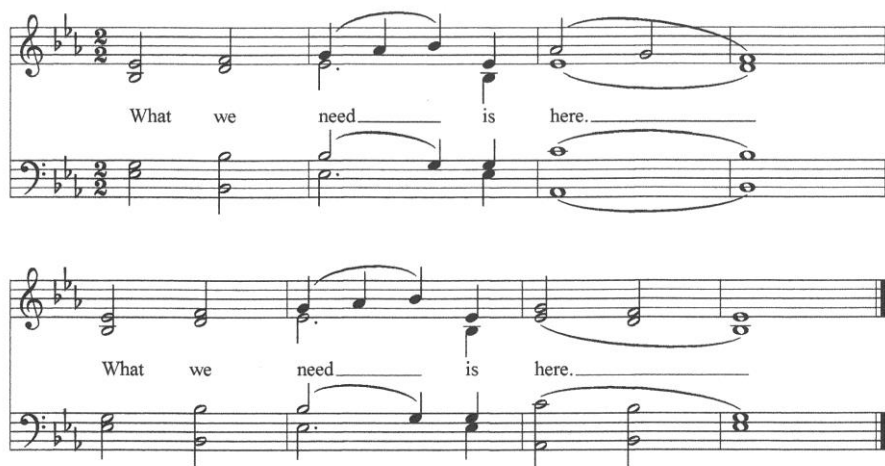
*The prayers conclude with a prayer
for protection through the night:*

O God of peace, who has taught us that in returning and rest we shall be saved, in quietness and in confidence shall be our strength: By the might of your Spirit life us, we pray, to your presence, where we may be still and know that you are God; through Jesus Christ our Savior.
Amen.

Lighting of Candles

What we need is here

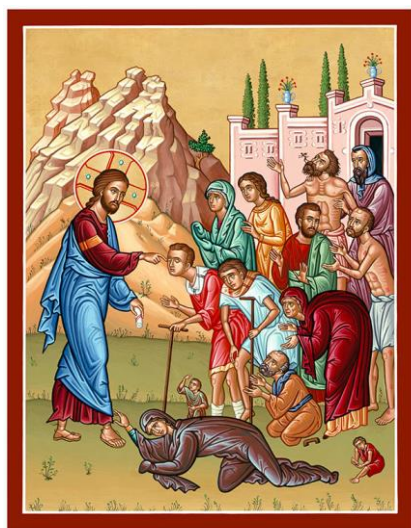
*During the song, you may wish to come forward to light a candle
as a visible symbol of your prayer.*



Text from "The Wild Geese" in *Selected Poems of Wendell Berry*, copyright © 1998 by Wendell Berry. Used by permission of the author and Counterpoint Press, counterpointpress.com, a member of Perseus Book Group.

Music: Amy McCreath, © 2017 Augsburg Fortress. All rights reserved.

This brief phrase, quoted in a Wendell Berry poem, relies on the context to give it meaning. Sing as a gathering song, during holy communion, or anytime you wish to acknowledge God's presence among the people. Harmonies may emerge out of the melody.



Icon of Christ healing the sick

The Prayer of Jesus (From *A New Zealand Prayer Book*)

**Eternal Spirit, Earth-maker, Pain-bearer, Life-giver,
Source of all that is and that shall be,
Father and Mother of us all,
Loving God, in whom is heaven:**

**The hallowing of your name echo through the universe!
The way of your justice be followed by all the peoples of
the earth!**

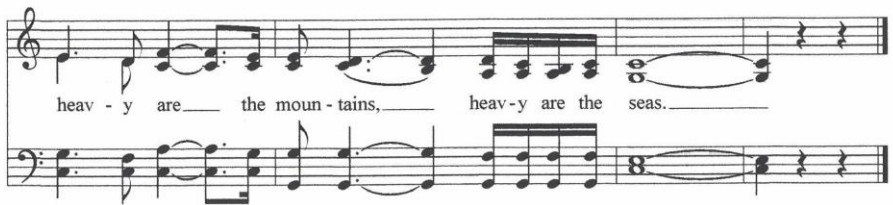
**Your heavenly will be done by all created beings!
Your commonwealth of peace and freedom
sustain our hope and come on earth!**

**With the bread we need for today, feed us.
In times of temptation and test, spare us.
From the grip of all that is evil, free us.
For you reign in the glory of the power that is love,
now and forever. Amen.**

DEPARTING

Closing Song

Fear not the pain



Text: Rainer Maria Rilke, from *Sonnets to Orpheus*, Part One, Sonnet IV; tr. and ed. Anita Barrows and Joanna Macy
Music: Rachel Pollak Kroh, arr. Peter Amidon

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Blessing

The people depart in silence.

You are welcome to remain in quiet meditation.

St. Michael's Sunday Schedule

7:30 am Holy Communion, *quiet and reflective*

9:00 am Holy Communion with Children's Chapel, *lively and informal*

10:15 am Formation Hour

11:15 am Holy Communion, *gracious and classical*

Weekday Services

8:00 am Morning Prayer, *Monday through Friday*

9:30 am Holy Communion, *Thursdays*

6:00 pm Soul Break (Contemplative Service), *Wednesdays*



St. Michael & All Angels Church

A congregation of the Episcopal Church
in the worldwide Anglican Communion

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