

Quiet Garden Zoom Lent Meditation
28th March 2022

Lament

Gathering Music: Ubi Caritas (Taize)

Kate

Lamentations is a sacred text.
Your laments are also holy.
Lamenting is part of the initial process
of healing from a wounding.
Sometimes this can become a stuck place,
a tape playing over and over.

A lament must be
heard, honoured, and looked into
to see what you need.

Judy

To remember where it hurts,
how it got that way,
to tell the journey,
to honour the pain,
not become the story.

When a lament moves on to become
part of your sacred history,
no longer the foreground of your daily life,
then healing has begun.

Lament is the Holy Saturday that connects Good Friday to Easter Morning
Silence

A poem for Courage - by John O'Donohue

Kate

When the light around lessens
And your thoughts darken until
Your body feels fear turn
Cold as a stone inside,

When you find yourself bereft
Of any belief in yourself
And all you unknowingly
Leaned on has fallen,
When one voice commands
Your whole heart,
And it is raven dark,
Steady yourself and see
That it is your own thinking
That darkens your world.
Search and you will find
A diamond-thought of light,
Know that you are not alone,
And that this darkness has purpose

Judy

Gradually it will school your eyes,
to find the one gift your life requires
hidden within this night-corner.
Invoke the learning
Of every suffering
You have suffered.
Close your eyes.
Gather all the kindling
About your heart
To create one spark
That is all you need
To nourish the flame
That will cleanse the dark
Of its weight of festered fear.
A new confidence will come alive
To urge you towards higher ground
Where your imagination
will learn to engage difficulty
As its most rewarding threshold!

Music: My peace I leave you (Taize)

An Affirmation from the Iona Community

Kate

We believe that God is present
in the darkness before dawn -
in the waiting and uncertainty
where fear and courage join hands,
conflict and caring link arms,
and the sun rises over barbed wire.

We believe in a with us God -
who sits down in our midst
to share our humanity.

Judy

We affirm a faith
that takes us beyond the safe place
into action into vulnerability
and into the streets.

We commit ourselves to work for change
and put ourselves on the line
to bear responsibility take risks
live powerfully and face humiliation,
to stand with those on the edge,
to choose life
and be used by the spirit
for God's new community of hope.
Amen

Bless the Lord O My Soul (Taize)

Prayers (from Celtic morning prayer at the Churches together conference)

Kate Let us Pray - Loving God, because you have the whole world in your hands, cradle gently those who are rocked by fear, shocked to a depth they have never known and frightened to face tomorrow.

On the people of Ukraine: their children, their old people, the vulnerable adults, their babies soon to be born, Lord have mercy, Christ have mercy.

On the people of Ukraine: their defenders, their advocates, those who care for the wounded, who sit with the despairing, who witness and report on the savagery and destruction, who bury the dead. Lord have mercy, Christ have mercy.

On the people of Ukraine: their leaders that they may continue to inspire, in word and by example, and continue to receive help and solidarity from across the world. Lord have mercy, Christ have mercy.

Silence

Music: O Lord hear my prayer music (Taize)

Play: O Lord hear my Prayer

Judy On the people of Russia, that they might learn the truth kept from their hearing; On the churches of Russia that they may find the vocabulary and courage to speak truth to power. On the soldiers of Russia who do not believe in the carnage they cause. Lord have mercy, Christ have mercy.

On the Russian President, and those who affirm his policies, we ask the judgement of heaven, a radical conversion and an end to their lies, scheming and murder. Lord hear us, Lord graciously hear us.

And for our own nation we ask for commitment to match conviction, so that the pain of the Ukrainian nation be shared by us, their weary people sheltered by us, the peace assured by us.

Lord hear us, Lord graciously hear us Amen

Silence

Prayers

Music: O Lord hear my prayer music (Taize)

Blessing:

A Great Spirit Prayer (from Lakota Chief Yellow Lark)

Kate

Oh, Great Spirit,
whose voice I hear in the winds

and whose breath gives life to all the world,
hear me.

I am small and weak.

I need your strength and wisdom.

Let me walk in beauty and make my eyes
ever behold the red and purple sunset.

Make my hands respect the things you have made
and my ears sharp to hear your voice.

Judy

Make me wise so that I may understand
the things you have taught my people.

Let me learn the lessons you have hidden
in every leaf and rock.

Help me seek pure thoughts and act
with the intention of helping others.

Help me find compassion without
empathy overwhelming me.

I seek strength, not to be superior
to my brothers and sisters,
but to fight my greatest enemy - myself.

Make me always ready to come to you
with clean hands and straight eyes,
so when life fades, as the fading sunset,
my spirit will come to you
without shame.

Native American Indian

Lakota - Chief Yellow Lark - 1887

Music: Lament for Jerusalem - John Rutter