

## Contemplative Service

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### *On the theme of balance*

*We aspire to live with integrity in the city, striving as a community for balance between work, rest and play. We wish to develop healthy spiritual disciplines such as daily prayer, meditation and contemplation, drawing on the ancient Christian paths. We want to live sustainably, and within our means. We desire to not be simply consumers, but people committed to giving and receiving in all of life.*

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### *Invocation*

**+ In the name of the Creator,  
and of the Redeemer,  
and of the Companion.  
Amen.**

### *Welcome and introduction*

For everything there is a time and season:  
a time for busyness and a time to be still.  
A time to do, and a time to be.

**Loving God,  
bring a sense of balance  
to our busy lives.**

A time to contemplate, and a time to create.  
A time to listen and a time to talk.

**Loving God  
Bring a sense of balance  
to our busy lives.**

May we as a community  
make time to work, to rest  
and to play together.  
In every season help us to pray  
and meditate on you, Lord.

**Loving God,  
bring a sense of balance  
to our busy lives.**

May we as a community make time to work,  
to rest and to play together.  
In every season help us to pray  
and meditate on you, Lord.

**Loving God,  
bring a sense of balance  
to our busy lives.  
Amen.**

### *Five Minutes of Silence*

### *Confession*

Often our lives are out of balance,  
and we neglect others and our own true value.  
Knowing that we often don't get balance right,  
let us remember how we have spent our time  
and treated others this week,  
and offer all these situations to God.

### *Three Minutes of Silence*

Sacred three in harmony,  
teach us sustainable life.  
Teach us to give and receive in all of life.  
And in the midst of the city,  
teach us to be still.

**Be still and know that I am God.  
Be still and know that I am.  
Be still and know.  
Be still.  
Be.  
Amen.**

### *Meditation/Contemplative Prayer*

### *Scripture Reading*

*Story Telling or Reflection followed by a responsive activity*

### *Prayer and Intercession*

At this time we pray for each other,  
for our community, our city and for the world we live in.  
Pray as you will, aloud or silently.  
After each prayer the refrain is *Lord in your mercy*,  
and the response is *hear our prayer*.

### *Allow time for community prayer*

Loving God, hear these the prayers of your people.  
We remember those who can't be with us:  
those who are sick,  
and those struggling to find balance in their lives.  
May your love be the point where we meet,  
and your grace our example this week.  
May we walk with you in the week to come.  
Help us to find time simply to be,  
in the midst of our busy lives.

**Be still and know that I am God.  
Be still and know that I am.  
Be still and know.  
Be still.  
Be.  
Amen.**



*End liturgy*

Those who wait upon the living God  
shall find new strength.  
They shall run and not grow weary,  
they shall rise up on eagles' wings,  
they shall walk and not faint.  
They shall know that the Spirit of life is God.

**Be still and know that I am God.**

**Be still and know that I am.**

**Be still and know.**

**Be still.**

**Be.**

**Amen.**

*Blessing and dismissal*

The God of hope and balance,  
fill us with joy, peace and love.  
And may the blessing of God  
be upon all of us now and always.  
And may the Creator who balances the universe  
in the palm of her hand,  
the Redeemer who died for us,  
and the Companion who cares for us  
be our guide in the week to come.  
Now go in peace to love and serve the Lord.

**In the name of Christ.**

**Amen.**

**+ In the name of the Creator,**

**and of the Redeemer,**

**and of the Companion.**

**Amen.**

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