

Contemplative Service

On the theme of acceptance

We desire to accept both ourselves and other people as they are, and to allow people to say what they believe without fear of judgment. We want to create a safe space where people feel welcomed and at home. We hope to learn from all those in and outside the community.

Invocation

**Holy Trinity,
Sacred Three,
Creator, Redeemer and Companion,
+ In your Holy Name we meet.**

Welcome and Introduction

I waited patiently for the Lord,
God turned and heard my cry.
God pulled me up out of the pit,
out of the miry clay.

Will you sing a new song?
We will sing of the Father Creator.

Will you sing a new song?
We will sing of the Son Redeemer.

Will you sing a new song?
We will sing of the Spirit Companion.

Five Minutes of Silence

Confession

We remember the past week both good and bad,
accepting that it is over and offering all to God.

Three Minutes of Silence

Help us Lord to accept both ourselves
and the others in our community.
Kyrie Eleison, **God have mercy.**
Christe Eleison, **Christ have mercy.**

3 Minutes of Disciplined Silence

May we listen to and learn from those
both inside and outside our community.
Kyrie Eleison
God have mercy
Christe Eleison
Christ have mercy.
Amen.

Meditation/Contemplative Prayer

Scripture Reading

Story Telling/Reflection followed by 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

Accept these the prayers of your people Lord.
Help us to have the courage to accept ourselves as we are,
and the grace to accept others as they are.
May we speak and listen here without fear of judgement,
and be constantly surprised at where we find you.
**Lord in your mercy, hear these,
the prayers of your people.**

End Liturgy

Father, my heart is not lifted up,
my eyes are not raised to high.
Our hope is in the Lord.

I do not occupy myself with things
too great and too marvellous for me.
Our hope is in the Lord.

I have calmed and quieted my soul,
like a child at its mother's breast.
Like a contented child is my soul.
**Our hope is in the Sacred Trinity,
from this moment and forever.**
Amen.

Blessing and Dismissal

May God the Holy Trinity
keep us strong in faith and love,
may the Creator bless us with health and endurance,
the Redeemer bless us with love and acceptance,
and the Sustainer bless us with inner peace and
wholeness.

Go now into the city in peace.
Love the Lord your God
in all that you do this week,
and may he help you to love your neighbour
in whatever disguise you find them.
In the Name of Christ.
Amen.

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