

First United Methodist Church of Saginaw
CONTEMPLATIVE SERVICE IN THE STYLE OF TAIZÉ
October 2, 2024 7:00 p.m.

-----The beginning of the service will be denoted by the ringing of a bell.-----

Song: "GOD IS HERE TODAY"

w/m Traditional Mexican, trans. C Michael Hawn, c 2000 Choristers Guild

God is here to - day; _____ as
cer - tain as the air I breathe, _____ as
cer - tain as the morn-ing sun that ris - es, as
cer - tain when I sing you'll hear my song. _____

Scripture: Mark 4:37-39

A great windstorm arose, and the waves beat into the boat, so that the boat was already being swamped. But Jesus was in the stern, asleep on the cushion, and his disciples woke him up saying, "Teacher, do you not care that we are perishing?" Jesus arose and rebuked the wind and said to the sea, "Peace! Be still!" Then the wind ceased, and all was calm.

Reading: *For Who We May Become* – by Kate Bowler and Jessica Richie in *"The Lives We Actually Have"*

God, I'm haunted by the shadows of the old me
The one who's tried every promised elixir,
every five-step plan
every guru's solution to what ails me,
but nothing seems to stick.
I'm the same me with the same problems
and the same quiet hopes.
Is it my lack of discipline,
or I am just a lost cause?
What new beginnings are possible?
Blessed are we, the incomplete,
standing at the edge of what could be
in this perpetual season of waiting
and looking and longing
for the fulfillment of hope
Blessed are we, the restless,
grieving what's over, but isn't done,
what is gone, but isn't finished.

Blessed are we in the midnight struggle
with the past and future
while the present has already arrived
just outside our door.
Blessed are we in this place
where desire and will
are beginning a conversation
about what this day, this moment is for,
and for whose glory.
Blessed are we who suddenly find
that while we weren't looking,
the Lord appeared saying, "Peace; be still."
This is the clearing where the light shines thru
Where the new can begin.
Never doubt it.
God is writing you into the story
of the world's healing.
And your own.

Silence (2 minutes)

Song: "Be Still and Know" w/m by Dan Bell (c)1989 The Iona Community / GIA Publications

Be still and know that I am God.

Be still and know that I am God.

Scripture: Luke 17: 20-21

Once, Jesus was asked by the Pharisees when the kingdom of God was coming. He answered, "The Kingdom is not coming with things that can be observed, nor will anyone be able to say 'Here it is!' or 'There it is!' For, in fact, the Kingdom of God is in your midst."

Reading: *Apple Meditation* – Thich Nhat Hanh

(Please hold the apple that you have been given.)

Look deeply at the apple in your hand and you see the farmer who tended the apple tree; the blossom that became the fruit; the fertile earth, the organic material from decayed remains of prehistoric marine animals and algae, and the hydrocarbons themselves; the sunshine, the clouds, and the rain. Without the combination of these far-reaching elements and without the help of many people, the apple would simply not exist. At its most essential, the apple you hold is a manifestation of the wonderful presence of life. It is interconnected with all that is. It contains the whole universe. It is an ambassador of the cosmos coming to nourish our existence. It feeds our body, and if we eat it mindfully, it also feeds our soul and recharges our spirit.

When you eat the apple, just concentrate on eating the apple. Don't think of anything else. And most important, be still. Don't eat the apple while you are driving. Don't eat it while you are walking. Don't eat it while you are reading. Just be still. Being focused and slowing down will allow you to truly savor all the qualities the apple offers: its sweetness, aroma, freshness, juiciness, and crispness. There is nothing else filling your mind as you chew—no projects, no deadlines, no worries, no "to do" list, no fears, no sorrow, no anger, no past, and no future. There is just the apple.

Song: "Spirit of Life" – w/m by Carolyn McDade

Spir - it of Life, come un-to me. Sing in my heart all the stir-rings of com - pas - sion.

Blow in the wind, rise in the sea; move in the hand, giv-ing life the shape of jus - tice.

Roots hold me close; wings set me free; Spir - it of Life, come to me, come to me.

Time of Prayer – Pastor Amy Terhune

Silence (10 minutes)

Song: "Take, O Take Me As I Am" – w w/m by Dan Bell (c)1995 The Iona Community / GIA Publications

Take, O take me as I am; sum-mon out what I shall
be; set your seal up-on my heart and live in me.

Benediction – Celtic benediction from www.friendsofsilence.net

In the busyness of this day, grant me a stillness of seeing, O God.
In the conflicting voices of my heart, grant me a calmness of hearing.
Let my seeing and hearing; my words and my actions;
be rooted in a silent certainty of your presence.
Let my passions for life, and the longings for justice that stir within me,
be grounded in the experience of your stillness.
Let my life be rooted in the ground of your peace, O God,
let me be rooted in the depths of your peace.

-----The conclusion of the service will be denoted by the ringing of a bell.-----

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JOIN US for the next contemplative service at 7pm on Nov. 6, 2024!
ALL ARE WELCOME at worship on Sundays at 10am!
ALL ARE WELCOME at our FREE MEAL – Tues. Oct. 8, 5:30-6:30pm
Check out our website: www.firstumcsaginaw.org

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