

& SOUL BREAK

AT ST. JOHN'S ~ SANTA FE

A contemplative service in the style of Taizé

St. John's United Methodist Church
1200 Old Pecos Trail • Santa Fe
Wednesdays • Noon

SILENCE – *Some Suggestions*

Watch your breath – Our breath is our most basic gift of life. Watch your breath by focusing your awareness on your breathing. As you breathe in, say to yourself, “I am breathing in . . . thank you for life.” As you breathe out, say to yourself, “I am breathing out . . . receive my living.”

Focus on a sacred word – Allow a word to rise in your consciousness. Receive that word as a gift. When other thoughts arise, come back to your sacred word.

Slowly repeat a sacred verse or reading –

- Lord Jesus Christ, have mercy on me (The Jesus Prayer)
- Lord make us an instrument of thy peace. Where there is hatred, let me sow love. Where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. Oh divine master grant that I may never seek to be consoled as to console, to be understood as to understand, to be loved as to love; for it is in giving that we receive, it is in pardoning that we are pardoned; it is in dying that we are born to eternal life.

Slowly repeat a short passage –

- Create in me a clean heart, oh God.
- The Lord is my light. Whom shall I fear.

Create positive imaginations – Think of someone who needs your prayer. Picture them with the light of Christ encircling their life.

Rest in God's presence – Do a body scan. Find tension spots. Relax your muscles. Softly say, “God, I rest in your presence.”

Pray the images that come to you – Allow the thoughts to arise. Pray with each thought or image. If the image disturbs you, ask for God's peace. If the image brings you joy, offer that joy to God.

Remember who you are and whose child you are –

Repeat one of these phrases:

- I am a child of God.
- Jesus loves me, this I know.
- I am fearfully and wonderfully made.

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Gathering Song

Nada Te Turbe

The musical score is written for voice and piano. It consists of four systems of music. Each system has a vocal line in the treble clef and a piano accompaniment in the bass clef. The lyrics are written below the vocal line. The first system has a measure number '3' above the first measure. The second system has a measure number '5' above the first measure. The third system has a measure number '7' above the first measure. The fourth system ends with a double bar line. The piano accompaniment consists of chords and single notes, providing a harmonic support for the vocal line.

Na - da te tur - be, na - da tees - pan - te.
Quien a Dios tie - ne na - da le fal - ta.
Na - da te tur - be, na - da tees - pan - te.
So - lo Dios bas - ta.

Translation:

Nothing can trouble, nothing can frighten. Those who seek God shall never go wanting.
Nothing can trouble, nothing can frighten. God alone fills us.

Song

Within Our Darkest Night

With-in our dark-est night, you kin-dle the
fire that ne-ver dies a-way, ne-ver dies a-
way. With-in our dark-est night, you kin-dle the
fire that ne-ver dies a-way, ne-ver dies a-way.

The musical score is written for voice and piano. It consists of four systems of music. Each system has a vocal line (treble clef) and a piano accompaniment line (bass clef). The key signature is one sharp (F#). The first system starts in 3/4 time and changes to 4/4 time. The second system is in 4/4 time. The third system starts in 4/4 time and changes to 3/4 time. The fourth system is in 3/4 time. There are measure numbers 3, 5, and 7 indicated at the beginning of the third, fourth, and fifth lines of music respectively.

Reflection

Intercessions

Kyrie Eleison

Sing before and after each intercession.

Personal intercessions may be offered after the community intercessions.

Ky-ri-e, Ky-ri-e, e-le-i-son.

The musical score is written for voice and piano. It consists of two systems of music. Each system has a vocal line (treble clef) and a piano accompaniment line (bass clef). The key signature is one sharp (F#). The first system starts in 2/4 time and changes to 3/4 time. The second system is in 3/4 time.

Translation: Lord, have mercy.

Pronunciation: KEE-ree-eh eh-LEH-ee-zawn

The Prayer of Jesus

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 the hurts we absorb from one another, forgive 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.

Lighting of the Candles and Prayers

All are invited to light a candle and offer personal prayers.

Jesus, Remember Me

Je-sus, re-mem-ber me when you come in-to your
king - dom. Je - sus, re - mem - ber me
when you come in - to your king - dom.

The musical score is written in a two-staff system (treble and bass clefs) with a key signature of one flat (B-flat) and a common time signature. The melody is primarily in the treble clef, with a bass line in the bass clef. The lyrics are placed below the notes. The score is divided into three systems, with measure numbers 4, 7, and 10 indicated at the beginning of each system.

Closing Prayer

Closing Song

Stay with Me

Musical score for the closing song "Stay with Me". It consists of two systems of music, each with a vocal line and a piano accompaniment line. The key signature has one flat (B-flat), and the time signature is 4/4. The lyrics are: "Stay with me, re - main here with me, watch and pray, — watch and pray." The second system begins with a triplet of eighth notes in the vocal line.

Blessing

Invitation to Silence

