

& 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 –

- Jesus Christ, have mercy on me
- Lord, make me an instrument of your 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. O 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, O 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.

SOUL BREAK

A contemplative service in the style of Taizé

Gathering Song

Prepare the Way of the Lord

Pre - pare the way of the Lord. Pre - pare the way of the

4

Lord, and all peo - ple will see the sal - va - tion of our God.

The musical notation is in treble clef, 6/8 time signature, and B-flat major. It consists of two staves. The first staff contains the melody for the first two phrases. The second staff begins with a measure rest marked '4', followed by the melody for the final phrase.

The Psalm

Bless the Lord, My Soul

Bless the Lord, my soul, and bless God's ho - ly name.

5

Bless the Lord, my soul, who leads me in - to life.

The musical notation is in treble and bass clefs, 4/4 time signature, and B-flat major. It consists of two systems. The first system has a vocal line and a piano accompaniment line. The second system begins with a measure rest marked '5', followed by the vocal line and piano accompaniment.

Reflection

Intercessions

Kyrie Eleison

Sing before and after each intercession.

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

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 the peoples of the world!
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, strengthen us.
From trials too great to endure, 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 for ever. Amen.

Lighting of the Candles and Prayers

You are invited to light candles and offer personal prayers

Wait for the Lord

Wait for the Lord, whose day is near.

5
Wait for the Lord: keep watch, take heart!

The image shows a musical score for the hymn "Wait for the Lord". It consists of two systems of music, each with a vocal line and a piano accompaniment line. The key signature is one sharp (F#) and the time signature is 4/4. The first system contains the lyrics "Wait for the Lord, whose day is near." The second system, starting with a measure rest of 5, contains the lyrics "Wait for the Lord: keep watch, take heart!". The piano accompaniment features chords and single notes in both hands.

Closing Prayer

Closing Song

Come and Fill Our Hearts

1
Come and fill our hearts with your peace.

The first system of music is in G major (one sharp) and 3/4 time. It consists of two measures. The melody in the treble clef starts with a quarter note G4, followed by quarter notes A4, B4, and C5. The bass line in the bass clef consists of quarter notes G2, B1, and D2. The lyrics are 'Come and fill our hearts' in the first measure and 'with your peace.' in the second measure.

3
You a - lone, O Lord, are ho - ly.

The second system of music is in G major and 3/4 time. It consists of two measures. The melody in the treble clef starts with a quarter note G4, followed by quarter notes A4, B4, and C5. The bass line in the bass clef consists of quarter notes G2, B1, and D2. The lyrics are 'You a - lone, O Lord, are' in the first measure and 'ho - ly.' in the second measure.

5
Come and fill our hearts with your peace,

The third system of music is in G major and 3/4 time. It consists of two measures. The melody in the treble clef starts with a quarter note G4, followed by quarter notes A4, B4, and C5. The bass line in the bass clef consists of quarter notes G2, B1, and D2. The lyrics are 'Come and fill our hearts' in the first measure and 'with your peace,' in the second measure.

7
Al - le - lu - ia!

The fourth system of music is in G major and 3/4 time. It consists of two measures. The melody in the treble clef starts with a quarter note G4, followed by quarter notes A4, B4, and C5. The bass line in the bass clef consists of quarter notes G2, B1, and D2. The lyrics are 'Al - le - lu' in the first measure and 'ia!' in the second measure.

Blessing

Invitation to Silence