

& 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

Lord Jesus Christ

Lord Je - sus Christ, your light shines with - in us.

3
Let not my doubts nor my dark - ness speak to me.

5
Lord Je - sus Christ, your light shines with - in us.

7
Let my heart al - ways wel - come your love.

Song

In the Lord

The musical score is written for voice and piano in 3/4 time with a key signature of one flat (Bb). It consists of four systems of staves. The first system (measures 1-2) begins with a treble clef and a bass clef. The lyrics are: "In the Lord I'll be ev - er thank - ful, in the". The second system (measures 3-4) features a triplet of eighth notes in the vocal line. The lyrics are: "Lord I will re - joice! Look to God, do not be a -". The third system (measures 5-6) continues the vocal line with another triplet. The lyrics are: "fraid. Lift up your voi - ces, the Lord is near. Lift up your". The fourth system (measures 7-8) concludes the phrase. The lyrics are: "voi - ces, the Lord is near. In the". The score includes various musical notations such as chords, stems, beams, and repeat signs.

In the Lord I'll be ev - er thank - ful, in the

Lord I will re - joice! Look to God, do not be a -

fraid. Lift up your voi - ces, the Lord is near. Lift up your

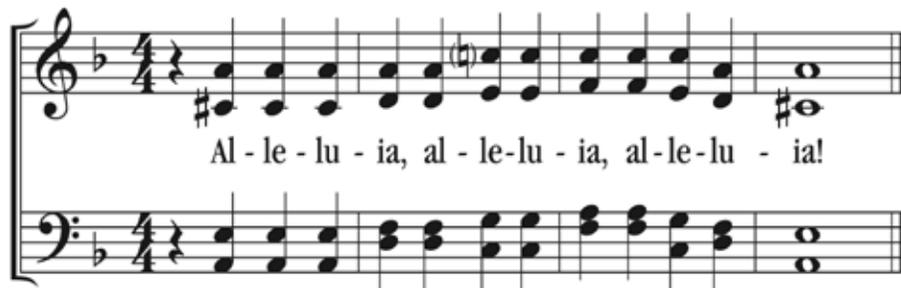
voi - ces, the Lord is near. In the

Reflection

Intercessions

Alleluia

Sing before and after each intercession.



Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia!

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

By Night, We Hasten

By night, we has-ten, in dark-ness, to

3
search for liv - ing wa - ter, on-ly our thirst leads us

6
on - ward, on - ly our thirst leads us on-ward. By

The musical score is written in 4/4 time with a key signature of one flat (B-flat). It consists of three systems of music, each with a vocal line and a piano accompaniment line. The first system covers measures 1-2, the second system covers measures 3-4, and the third system covers measures 5-6. The lyrics are: "By night, we hasten, in darkness, to search for living water, only our thirst leads us onward, only our thirst leads us onward. By".

Closing Prayer

Closing Song

In God Alone

The musical score for "In God Alone" is presented in four systems, each with a vocal line and a piano accompaniment. The key signature is one sharp (F#) and the time signature is 4/4. The lyrics are: "In God a-lone my soul can find rest and peace, in God my peace and joy. On-ly in God my soul can find its rest, find its rest and peace." The score includes measure numbers 1, 2, 4, and 7. The piano accompaniment features chords and moving lines in both hands, with some measures containing rests.

Blessing

Invitation to Silence