

# EASTER PRAYER VIGIL



*36 hours from Good Friday to Easter Morning*

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keeping the flame going, the prayers pouring out,  
your heart and mind open wide ...

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Thank you for being a part of this Prayer Vigil at your home – keeping the flame going, the prayers pouring out, your heart and mind open wide ...

Some people spend this Holy Weekend thinking about the darkness and devastation of Good Friday and the pain of grief. Others spend it with a focus on hope and anticipated joy. Still others take the opportunity to look back over the mission and ministry of Jesus and discover new ways to emulate him in their own lives. Let the Spirit guide you.

While we have every confidence that you could fill your hour on your own, we offer you this booklet with a variety of choices and possibilities in case you would like to try something different. Some of the suggestions might take a bit of preparation (ie. movie, internet site, bird watching, baking). So please plan ahead. If you decide to go away from your home for your part of the vigil, please consider lighting a candle a different hour when you can tend to it. We want to keep candles going throughout the vigil.

We encourage you to listen. We know that the Spirit will lead you ...

We start with significant *scripture* and then move on to *readings, hymns, activities, movies, internet, seven last words, questions, quotes and pick 2.* (*Many activity suggestions can be used/adapted for children or families.*)

### ***Scripture:***

Isaiah 25:6-9

On this mountain the LORD of hosts will make for all peoples a feast of rich food, a feast of well-aged wines, of rich food filled with marrow, of well-aged wines strained clear. And he will destroy on this mountain the shroud that is cast over all peoples, the sheet that is spread over all nations; he will swallow up death forever. Then the Lord GOD will wipe away the tears from all faces, and the disgrace of his people he will take away from all the earth, for the LORD has spoken. It will be said on that day, Lo, this is our God; we have waited for him, so that he might save us. This is the LORD for whom we have waited; let us be glad and rejoice in his salvation.

Isaiah 43:1b-7

Do not fear, for I have redeemed you; I have called you by name, you are mine. When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you. For I am the LORD your God, the Holy One of Israel, your Savior. I give Egypt as your ransom,

Ethiopia and Seba in exchange for you. Because you are precious in my sight, and honored, and I love you, I give people in return for you, nations in exchange for your life. Do not fear, for I am with you; I will bring your offspring from the east, and from the west I will gather you; I will say to the north, "Give them up," and to the south, "Do not withhold; bring my sons from far away and my daughters from the end of the earth— everyone who is called by my name, whom I created for my glory, whom I formed and made."

#### Ecclesiastes 3:1-8

For everything there is a season, and a time for every matter under heaven: a time to be born, and a time to die; a time to plant, and a time to pluck up what is planted; a time to kill, and a time to heal; a time to break down, and a time to build up; a time to weep, and a time to laugh; a time to mourn, and a time to dance; a time to throw away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing; a time to seek, and a time to lose; a time to keep, and a time to throw away; a time to tear, and a time to sew; a time to keep silence, and a time to speak; a time to love, and a time to hate; a time for war, and a time for peace.

#### Isaiah 40:28-31

Have you not known? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. He gives power to the faint, and strengthens the powerless. Even youths will faint and be weary, and the young will fall exhausted; but those who wait for the LORD shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.

#### Psalms 23

The LORD is my shepherd, I shall not want; he makes me lie down in green pastures. He leads me beside still waters; he restores my soul. He leads me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, I fear no evil; for thou art with me; thy rod and thy staff, they comfort me. Thou preparest a table before me in the presence of my enemies; thou anointest my head with oil, my cup overflows. Surely goodness and mercy shall follow me all the days of my life; and I shall dwell in the house of the LORD for ever.

## Psalm 46

God is our refuge and strength, a very present help in trouble. Therefore we will not fear, though the earth should change, though the mountains shake in the heart of the sea; though its waters roar and foam, though the mountains tremble with its tumult. There is a river whose streams make glad the city of God, the holy habitation of the Most High. God is in the midst of the city; it shall not be moved; God will help it when the morning dawns. The nations are in an uproar, the kingdoms totter; he utters his voice, the earth melts. The LORD of hosts is with us; the God of Jacob is our refuge. Come, behold the works of the LORD; see what desolations he has brought on the earth. He makes wars cease to the end of the earth; he breaks the bow, and shatters the spear; he burns the shields with fire. “Be still, and know that I am God! I am exalted among the nations, I am exalted in the earth.” The LORD of hosts is with us; the God of Jacob is our refuge.

## Psalm 121

I lift up my eyes to the hills— from where will my help come?  
My help comes from the LORD, who made heaven and earth.  
He will not let your foot be moved; he who keeps you will not slumber  
He who keeps Israel will neither slumber nor sleep.  
The LORD is your keeper; the LORD is your shade at your right hand.  
The sun shall not strike you by day, nor the moon by night.  
The LORD will keep you from all evil; he will keep your life.  
The LORD will keep your going out and your coming in from this time on  
and forevermore.

## Psalm 91

You who live in the shelter of the Most High, who abide in the shadow of the Almighty, will say to the LORD, “My refuge and my fortress; my God, in whom I trust.” For he will deliver you from the snare of the fowler and from the deadly pestilence; he will cover you with his pinions, and under his wings you will find refuge; his faithfulness is a shield and buckler. You will not fear the terror of the night, or the arrow that flies by day, or the pestilence that stalks in darkness, or the destruction that wastes at noonday. A thousand may fall at your side, ten thousand at your right hand, but it will not come near you. You will only look with your eyes and see the punishment of the wicked. Because you have made the LORD your refuge, the Most High your dwelling place, no evil shall befall you,

no scourge come near your tent. For he will command his angels concerning you to guard you in all your ways. On their hands they will bear you up, so that you will not dash your foot against a stone. You will tread on the lion and the adder, the young lion and the serpent you will trample under foot. Those who love me, I will deliver; I will protect those who know my name. When they call to me, I will answer them; I will be with them in trouble, I will rescue them and honor them. With long life I will satisfy them, and show them my salvation.

Romans 8:35, 37-39

Who will separate us from the love of Christ? Will hardship, or distress, or persecution, or famine, or nakedness, or peril, or sword? No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

1 Corinthians 13

If I speak in the tongues of mortals and of angels, but do not have love, I am a noisy gong or a clanging cymbal. And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but do not have love, I am nothing. If I give away all my possessions, and if I hand over my body so that I may boast, but do not have love, I gain nothing.

Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things.

Love never ends. But as for prophecies, they will come to an end; as for tongues, they will cease; as for knowledge, it will come to an end. For we know only in part, and we prophesy only in part; but when the complete comes, the partial will come to an end. When I was a child, I spoke like a child, I thought like a child, I reasoned like a child; when I became an adult, I put an end to childish ways. For now we see in a mirror, dimly, but then we will see face to face. Now I know only in part; then I will know fully, even as I have been fully known. And now faith, hope, and love abide, these three; and the greatest of these is love.

Matthew 7:24-27

“Everyone then who hears these words of mine and acts on them will be like a wise man who built his house on rock. The rain fell, the floods came, and the winds blew and beat on that house, but it did not fall, because it had been founded on rock. And everyone who hears these words of mine and does not act on them will be like a foolish man who built his house on sand. The rain fell, and the floods came, and the winds blew and beat against that house, and it fell - and great was its fall!”

***Readings:***

*Where I Am Going* - Thomas Merton

My Lord God, I have no idea where I am going.

I do not see the road ahead of me. I cannot know for certain where it will end.

Nor do I really know myself, and the fact that I think I am following your will does not mean that I am actually doing so.

But I believe that the desire to please you does in fact please you and I hope that I have that desire in all that I am doing.

And I know that if I do this, you will lead me by the right road although I may know nothing about it.

Therefore will I trust you always though I may seem to be lost and in the shadow of death, I will not fear, for you are ever with me and you will never leave me to face my perils alone.

*I Am There* - James Dillet Freeman

Do you need Me ?

I am there.

You cannot see Me, yet I am the light you see by.

You cannot hear Me, yet I speak through your voice.

You cannot feel Me, yet I am the power at work in your hands.

I am at work, though you do not understand My ways.

I am at work, though you do not understand My works.

I am not strange visions. I am not mysteries.

Only in absolute stillness, beyond self, can you know Me as I AM, and then but as a feeling and a faith.

Yet I am here. Yet I hear. Yet I answer.

When you need Me, I am there.

Even if you deny Me, I am there.  
Even when you feel most alone, I am there.  
Even in your fears, I am there.  
Even in your pain, I am there.

I am there when you pray and when you do not pray.  
I am in you, and you are in Me.  
Only in your mind can you feel separate from Me, for  
only in your mind are the mists of "yours" and "mine".  
Yet only with your mind can you know Me and experience Me.

Empty your heart of empty fears.  
When you get yourself out of the way, I am there.  
You can of yourself do nothing, but I can do all.  
And I AM in all.

Though you may not see the good, good is there, for  
I am there. I am there because I have to be, because I AM.

Only in Me does the world have meaning; only out of Me does the  
form; only because of ME does the world go forward.  
I am the law on which the movement of the stars  
and the growth of living cells are founded.

I am the love that is the law's fulfilling. I am assurance.  
I am peace. I am oneness. I am the law that you can live by.  
I am the love that you can cling to. I am your assurance.  
I am your peace. I am ONE with you. I am.

Though you fail to find ME, I do not fail you.  
Though your faith in Me is unsure, My faith in you never  
wavers, because I know you, because I love you.

Beloved, I am there.

**CHRIST** has no body now on earth but yours, has no hands but yours, has  
no feet but yours. *Yours* are the EYES through which Christ's compassion  
is to look out to the world. *Yours* are the FEET with which Christ is to go  
about doing good. *Yours* are the HANDS with which Christ is to bless all  
people *NOW*. - Teresa of Avila

## What to Do Now

We have been watching *Downton Abbey* around my house, and it reminded me of a story I read years ago. A duke and duchess went for a stroll one evening around their large and lavish estate. They noticed a man standing alone in their beautiful garden. “Who is that man?” the duchess asked. “He is always there but I don't know who he is.”

“I've seen him too,” replied the duke, “but I have no idea. Let's find out.” With that, they walked over and said to the fellow, “Excuse me, but who are you? Do you work for us? Are you part of our staff?”

“Oh yes, my lady,” said the man. “I have been your faithful servant for almost 30 years.”

“Thirty years? Oh my! And what is your specific job,” she asked.

“I was hired to walk your dog, my lady,” he replied.

“Wait a minute,” exclaimed the duchess. “My dog died 27 years ago.”

To which the man replied, “Yes, my lady, that is correct. What would you like for me to do now?”

I've often wondered if God might not feel a bit like the duchess must have at that moment. God has called us to be partners in the redemption of the earth, and many of us have been in God's service for decades, though, by and large, we still largely live as though we are waiting to be told what to do now.

The prophet Micah wrote: *God has shown you O mortal what is good, and what does our God require of you, but to do justice, love mercy, and walk humbly with your God.* - Micah 6:8

While we may be waiting to hear what God wants us to do with our lives, it may well be that God is waiting for us to do what we have been told already is “good and required of us.” How are you doing?

- Mike Piazza, Cathedral of Hope UCC



## **Shoulders**

by Naomi Shihab Nye

A man crosses the street in rain,  
stepping gently, looking two times north and south,  
because his son is asleep on his shoulder.

No car must splash him.  
No car drive too near to his shadow.

This man carries the world's most sensitive cargo  
but he's not marked.  
Nowhere does his jacket say FRAGILE,  
HANDLE WITH CARE.

His ear fills up with breathing.  
He hears the hum of a boy's dream  
deep inside him.

We're not going to be able  
to live in this world  
if we're not willing to do what he's doing  
with one another.

The road will only be wide.  
The rain will never stop falling.

from *Red Suitcase* © BOA Editions, Ltd., 1994.

**Wake me up God**, from the dreamless sleep of complacency.  
Wake me from the fitful slumber of worry and despair.  
Wake me from the sleepwalking of needless gathering and greed.  
Wake me from the nightmares of prejudice, hatred and fear.  
Wake me to the daybreak of your Resurrection morning.  
Wake me to the dawning of new life in You.  
Wake me to the sunshine warmth of service and caring.  
Wake me to a blessed day of purposeful living.  
And after the sunset, let me find at last a peaceful slumber in Your Love.  
Amen

- Susan Daron, Zion United Church of Christ; Gresham, Oregon

***Hymns:***

Feel free to borrow a red or blue hymnal from the sanctuary... or search the internet and find sites where you can hear music and/or experience lyrics.

*In the Bulb There Is A Flower*

*O Sacred Head, Now Wounded*

*When I Survey the Wondrous Cross*

*Were You There?*

*Lord of the Dance*

*Beneath the Cross of Jesus*

*Go to Dark Gethsemane*

*Ah, Holy Jesus, How Hast Thou Offended?*

*In the Cross of Christ I Glory*

*The Weight of the Cross*

*I Was There to Hear Your Borning Cry*

*What A Friend We Have in Jesus*

***Activities:***

Go for a **long walk**.

Read Psalm 8

Sit outside and **listen for the birds**. How many different songs can you identify? How many different kinds of birds do you see?

Read Matthew 6:25-34

Slowly **wash your feet** – or, better yet, wash someone else's feet.

Read John 13:2b-5, 12-15

**Gather some stones.** Imagine that each one is a burden you bear. Feel each rock and remember each burden, then set it down as you give these stumbling blocks to God.

Read John 7:53-8:11

**Clean a closet** and bring the appropriate items/clothes to Goodwill asap.

Read Matthew 25:31-45

Spend some time in a **playground**. Watch the kids: they are so close to God. Read Mark 10:13-16

**Crayon "Stained Glass" Cross.** Cut two identical cross shapes from waxed paper. Using old or broken crayons and a dull kitchen knife, scrape the crayons to create shavings of various colors. Spread the crayons on one of the pieces of waxed paper in a desired pattern. Then place the second waxed paper cross over the top of the first cross and the shavings. An adult should complete the following step: Using a warm iron, press the two pieces of waxed paper together. Find a sunny spot to hang your creation and remember to offer a prayer of love and thanksgiving each time you lay eyes on your beautiful cross.

### **Resurrection Eggs**

**Need:** Plastic eggs, a basket, story objects that can fit in the eggs from the list below, a permanent marker,

**Object Ideas:** a small cross, nails, a small sponge dipped in vinegar, coins, (Judas), black cloth ( the temple curtain), a small grapevine wreath (crown of thorns), flowers (Easter), a small numeral 3 (three days), a small piece of evergreen (palm branch), a cracker ( Last Supper), a stone, and any other objects you wish to use to tell the Easter story.

**Directions:** Put the story object in the eggs. Be sure to leave the final egg empty (the empty tomb). Using the permanent marker, number the eggs in the order of the Easter story. (The number of the eggs you use will depend on the number of objects you choose - and also on the attention span of the children.) Place the eggs in a basket. Draw them out, place them in order. Open each one and share that particular piece of the story. Move to next egg.

**Word Search.** Create your own word search by making a grid and filling it in with important words from the Easter story. You may also want to include the name of our church, family names, spring activities, core values.

Write down ten **things you are thankful for** – then write ten more.

Write a **thank you note** to someone that loves you.

Purchase some **canned goods** and bring them to a shelter (or to church).

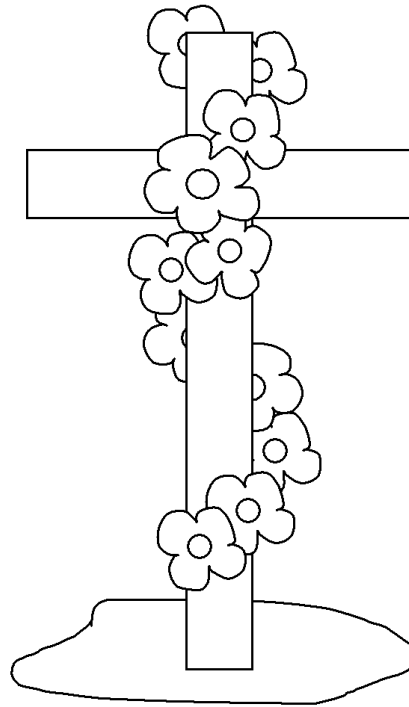
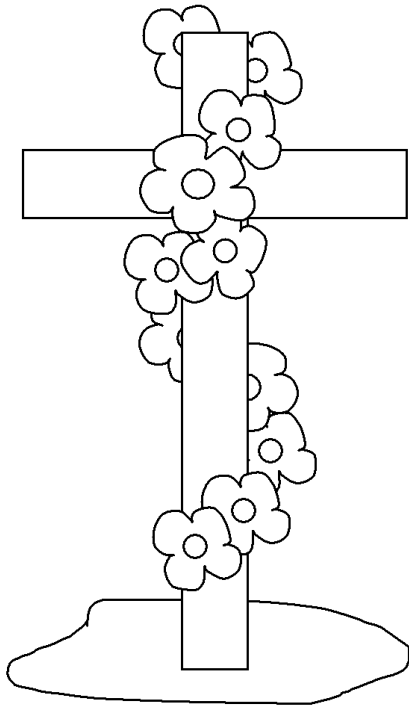
Look at the **labels in some of your clothes**. Find that place on the map. Do some internet research to find out about the people there. Pray for them.

Find some items around the house (or in your trash) that you can **recycle**.

Take a **walk through a cemetery** (did you know we have two PUCC cemeteries?) and offer thanks for those who have gone before us.

Go to the **local library** and borrow some music that will bring you peace.

**Color** these:



***Movies:***

*The Gospel of John*

*The Greatest Story Ever Told*

*Joshua*

*The Mission*

*Chocolat*

*Jesus of Montreal*

*Jesus Christ Superstar*

*The Last Temptation of Christ*

*Ten Commandments*

*The Passion of the Christ*

*Veggie Tales – an Easter Carol*

***Internet:***

A beautiful piece – music, candles, paintings.

<http://www.youtube.com/watch?v=6pSaI89weew>

You may want to search the internet for instrumental music – instruments that you know help your spirit soar.

Here are just a couple of the sites that come up when you search for ‘Jesus images’ or ‘Jesus cross images’ or ‘Jesus pictures’

[http://www.spiritlessons.com/Documents/Jesus\\_Pictures/Jesus\\_Christ\\_Pictures.htm](http://www.spiritlessons.com/Documents/Jesus_Pictures/Jesus_Christ_Pictures.htm)

<http://www.fotosearch.com/photos-images/jesus-christ-cross.html>

<http://www.squidoo.com/jesus-christ-photos>

<http://www.laughingjesus.50megs.com/blackjesus/blackjesus.htm>

[http://www.picturesofjesus4you.com/jesus\\_drawings.html](http://www.picturesofjesus4you.com/jesus_drawings.html)

<http://www.lostseed.com/extras/free-graphics/jesus-pictures.php>

***Questions:***

The cross has become a symbol of freedom and God’s grace and love.

Who needs to experience freedom today? What role can you play in helping them find what they want and need?

Picture the scene of the crucifixion. Where are you standing in that scene? What are you doing? What is your relationship with Jesus at this moment?

In what ways is Jesus being crucified in the world still today? In what ways might you be participating in that crucifixion?

Peter, frightened, by the power arrayed against Jesus, denied him three times. When have you denied God?

The cross, originally an instrument of torture and execution, has become for us a symbol of victory and power and freedom. What is the meaning of the cross in your life?

What role has waiting had in your life?

***Seven last words:***

*Father forgive them, for they know not what they do* (Luke 23:34)

*Truly, I say to you, today you will be with me in paradise* (Luke 23:43)

*Woman, behold your son: behold your mother* (John 19:26-27)

*My God, My God, why have you forsaken me,* (Matthew 27:46; Psalm 22)

*I thirst* (John 19:28)

*It is finished* (John 19:30)

*Father, into your hands I commit my spirit* (Luke 23:46)

Traditionally, these seven sayings are called words of 1. *Forgiveness*, 2. *Salvation*, 3. *Relationship*, 4. *Abandonment*, 5. *Distress*, 6. *Triumph* and 7. *Reunion*. As can be seen from the above list, not all seven sayings can be found in any one account of Jesus' crucifixion.

***Quotes:***

He said not, "Thou shalt not be troubled, thou shalt not be travailed, thou shalt not be diseased;" but He said, "Thou shalt not be overcome."

- Juliana of Norwich

Contrition, repentance, acknowledgement of personal responsibility and sorrow over sin should never include massive self-hatred and total self-rejection. God's conviction points to a specific sin, it is sharp and accurate, going straight to the point where repentance is needed. Truly understanding this principle will lead you into freedom from your past so you can serve God and God's people without the fetters of constantly looking behind.

- Katherine Walden

Where does your security lie? Is God your refuge, your hiding place, your stronghold, your shepherd, your counselor, your friend, your redeemer, your Savior, your guide? If He is, you don't need to search any further for security. - Elisabeth Elliot

If you want to make peace with your enemy, you have to work with your enemy. Then he becomes your partner. - Nelson Mandela

“It’s when we begin to equate our pain to the pain of others, particularly to the pain of the enemy, that we have the potential to override the selfishness, the prejudice, and the rage so prevalent in our world, and to see the divine spark that lies in every single one of us. We have a choice. We can emphasize those aspects in our religious traditions that speak of exclusion, dislike, disdain, contempt, and hatred, or we can emphasize the teachings that speak of compassion and making place for the other in order to make a better world.” - Karen Armstrong

Oh! blessed Jesus, reveal yourself to my heart; soften, melt, and renew it. Consume all the dross which it contains, and transform it, wholly, after your image; that, while surrounded by evils of every name, and sorrows of every kind, which abound in this rebellious, dying world, I may enjoy the light of your countenance, and the purifying influence of your love. Fill me with your love; satiate my soul with your goodness; and make me an everlasting trophy of your grace. - Thomas Reade

We must develop and maintain the capacity to forgive. He who is devoid of the power to forgive is devoid of the power to love. There is some good in the worst of us and some evil in the best of us. When we discover this, we are less prone to hate our enemies. - Martin Luther King Jr

Don't you see that the roads to Mecca are all different?...The roads are different, the goal one...When people come there, all quarrels or differences or disputes that happened along the road are resolved...Those who shouted at each other along the road 'you are wrong' or 'you are an infidel' forgot their differences when they come there because there, all hearts are in unison.  
– Rumi

Sin arises when things that are a minor good are pursued as though they were the most important goals in life. If money or affection or power are sought in disproportionate, obsessive ways, then sin occurs. And that sin is

magnified when, for these lesser goals, we fail to pursue the highest good and the finest goals. So when we ask ourselves why, in a given situation, we committed a sin, the answer is usually one of two things. Either we wanted to obtain something we didn't have, or we feared losing something we had.  
- St Augustine

Every man must decide whether he will walk in the light of creative altruism or the darkness of destructive selfishness. This is the judgment. Life's most persistent and urgent question is, 'What are you doing for others?'  
- Martin Luther King Jr

If I could hear Christ praying for me in the next room, I would not fear a million enemies. Yet distance makes no difference. He is praying for me.  
- Robert Murray M'Cheyne

There is no situation so chaotic that God cannot from that situation create something that is surpassingly good. God did it at the creation. God did it at the cross. God is doing it today. - Handley Moule

You can use your time to no better advantage than to pray whenever you have a moment, either alone, or with others, while at work, at rest, or walking down the street! Anywhere!! - Ole Kristian O. Hallesby

The greatest privilege God gives to you is the freedom to approach God at any time. You are not only authorized to speak to God; you are invited. You are not only permitted; you are expected. God waits for you to communicate. You have instant, direct access to God. God loves humankind so much, and in a very special sense we are God's children. God is available to you at all times. - Wesley L. Duwel

The truth of the matter is, we all come to prayer with a tangled mass of motives altruistic and selfish, merciful and hateful, loving and bitter. Frankly, this side of eternity we will never unravel the good from the bad, the pure from the impure. God is big enough to receive us with all our mixture. That is what grace means, and not only are we saved by it, we live by it as well. And we pray by it. - Richard J. Foster

Try to give your agenda to God. Keep saying, 'Your will be done, not mine.' Give every part of your heart and your time to God and let God tell you what to do, where to go, when and how to respond.



God does not want you to destroy yourself. Exhaustion, burnout, and depression are not signs that you are doing God's will. God is gentle and loving. God desires to give you a deep sense of safety in God's love. Once you have allowed yourself to experience that love fully, you will be better able to discern who you are being sent to in God's name.

- Henri J. M. Nouwen

We were born with silence, and as we grew up we lost the silence and were filled with words. We lived in our hearts, and as time passed we moved into our heads. Now the reversal of this journey is enlightenment. It is the journey from the head back to the heart, from words back to silence; getting back to our innocence in spite of our intelligence. Although very simple, this is a great achievement. - Eckhart Tolle

If God be our God, He will give us peace in trouble. When there is a storm without, He will make peace within. The world can create trouble in peace, but God can create peace in trouble. -- Thomas Watson

The next time you find yourself alone in a dark alley facing the undeniabilities of life, don't cover them with a blanket, or ignore them with a nervous grin. Don't turn up the TV and pretend they aren't there. Instead, stand still, whisper God's name, and listen. God is nearer than you think.

- Max Lucado

When another person makes you suffer, it is because he suffers deeply within himself, and his suffering is spilling over. He does not need punishment; he needs help. That's the message he is sending."

- Thich Nhat Hanh

People have a hard time letting go of their suffering. Out of fear of the unknown, they prefer suffering that is familiar. - Thich Nhat Hanh

We must be willing to accept the bitter truth that, in the end, we may have to become a burden to those who love us. But it is necessary that we face this also. The full acceptance of our abjection and uselessness is the virtue that can make us and others rich in the grace of God. It takes heroic charity and humility to let others sustain us when we are absolutely incapable of sustaining ourselves. - unknown

We cannot suffer well unless we see Christ everywhere--both in suffering and in the charity of those who come to the aid of our affliction.

- Thomas Merton, "No Man is an Island"

The contemplative response gazes on the world with eyes of love rather than with an arrogant, utilitarian stare. It learns to appreciate the astonishing beauty of nature, to take delight in its intricate and powerful workings and to stand in awe of the never-ending mystery of life and death.

- Elizabeth Johnson CSJ, "God's Beloved Creation"

Holy Spirit of God, visit now this soul of mine, and tarry within it until the eventide. Inspire all my thoughts. Pervade all my imaginations. Suggest all my decisions. Lodge in my soul's most inward citadel, and order all my doings. Be with me in silence and in my speech, in my haste and in my leisure, in company and in solitude, in the freshness of the morning and the weariness of the evening. Give me grace at all times to rejoice in Thy mysterious companionship. - John Baillie

Let no one disturb you, let nothing frighten you. Everything passes away except God. - Theresa of Lisieux

Wrap the contradictions of your life around you like a shawl.

- Alice Walker

**Pick 2:** A few years ago we came up with a list of things to get our minds and spirits thinking about what we might do during Lent. Here it is again.....

Some people give something up for Lent, we'd like to do the opposite: add something significant to your life!

We highlighted ten possible areas and encouraged people to jot themselves a note – a plan of action for the 40 days of Lent.

- **2 people to visit** – if too far – phone, skype.
- **2 strengths to multiply** and fine tune – gifts, compliments, grow them.
- **2 weaknesses to work on** – complaining, judging, worrying, speeding.
- **2 people to forgive** – alive, distant or deceased.
- **2 gifts to give** - \$, time, baked good, soup, casserole, bread... anonymous?
- **2 prayer practices** – candle, photo, breath, newspaper, focus word/image.
- **2 things to add** – routine of eating fruits, vegetables; getting more sleep.
- **2 things in nature to enjoy** – watch a tree bloom, work in your garden.
- **2 Thank U letters:** parent, child, neighbor, teacher, friend, police, PUCCer.
- **2 verses of scripture** to memorize/share – a certain topic, quality, feeling.

**Lord's Prayer - *The New Zealand Book of Common Prayer***

Eternal Spirit: Earth-maker, Pain-bearer, Life-giver,  
Source of all that is and all that shall be,  
Father and Mother of us all, creation resonates  
with celebration of your nameless name.  
Let justice and mercy flood the earth;  
let all creation harmonize in your imagination;  
and let us recognize that every thought and thing belongs to you.  
With the bread we need for today, feed us;  
in the hurts we absorb from each other  
and those we inflict on others, forgive us;  
in times of test and temptation, stand with us;  
from the grip of all that is evil, free us.  
For you alone are creating our universe,  
now and forever.  
Amen.

***Remembering and Returning*** - John van de Laar  
This world needs to remember you and return to you, God.  
when we use force to bend others to our will,  
when we abuse and harm others because they are different,  
when we forget that you love them, too,  
we need you to remind us and heal us.  
This world needs to remember you and return to you, God.  
when we get so caught up in our own dreams and wants,  
that we allow others to live in hunger and need,  
when we forget that we are all connected,  
we need you to remind us and heal us.  
This world needs to remember you and return to you, God.  
when we lose our ability to care for those who are sick and grieving,  
to comfort those who are alone and rejected,  
to stand up for those who are treated unjustly,  
we need you to remind us and heal us.  
Make us part of the healing of the world, Jesus,  
through our prayers,  
through lives lived in worship and service,  
through these hearts that we give to you.  
Amen.

**Thank you for being a part of our Easter Prayer Vigil...**

*36 hours from Good Friday to Easter Morning*

Here is a spot for you to write down some of the things you want to remember from this **Easter Vigil**:



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