

Worship Resource for Sunday April 19

For those who wish to have Worship at Home at their own pace (without Zoom)



This resource is for those who wish to Worship at Home in their own time. A separate resource is available of those who wish to join in with others using Zoom.

The service starts on page 3. First, let's get ready.

Preparing for Worship

Prepare your **meal** and your **space**.

Each week during the Easter season (which runs right up to Pentecost) we'll share our worship time together over a meal or snack.

Gathering around a computer or screen can feel 'less than holy'. These spaces are usually for work time or relaxing time. So, in order to make this an intentionally sacred space, here are a few ideas:

- Gather at your kitchen or dining table, with a laptop or tablet or a printout of this resource if you can. This allows you to participate with one another with space for your food and for you to write and colour. If you are unable to gather at a larger table, use a smaller, dedicated surface.
- In the middle of your table, place a candle and matches, your worry stone (see next page), a journal or paper to write on and something to write with.
- There is also a colouring in page. Print one of these out and have some colour pencils or textas ready. Throughout worship time, you will hear or read the word "heart" again and again. To focus on the heart of the matter, colour or doodle in a heart each time you hear the word "heart."
- During this time when we are not able to worship in our church building, you might like to keep this home worship space set up throughout this time to remind you of God's constant presence in our lives.

Your meal could be your breakfast or a light snack with a cuppa or juice. If it is warm, keep it covered as we won't start eating until part way through the service.

Decide which song you wish to sing or dance to in the Praising God time. See next page.

Worry Stone



Throughout the Season of Easter, we invite you to use a “worry stone,” or we could call it a “heart stone” which is a stone you carry about with you to rub when you are feeling anxious or worried.

We encourage you to use your stone used in Easter services or find the one you took home at the beginning of Lent.

Find some time to paint or draw a heart on it.

(I noticed that Target has a rock painting kit:

<https://www.target.com.au/p/metallic-rock-painting/62059749>)

Your worry stone will remind you of the angel’s message, later repeated by Jesus, “Do not be afraid!”.

Praising God

Each week we will have a song to sing and dance to in the *Easter Season Dance Party* toward the end of the service. This week you can choose between 2 songs:

Lord of the Dance (a different version to last week: https://www.youtube.com/watch?v=0neq_axOslk)

or

Cat Steven’s Peace Train (https://www.youtube.com/watch?v=vjUyM_xd6IA)

Have a listen, decide on your preference, then have it ready for when you get to that part of the service.

There are two other songs to listen to in the service, now is a good time to find them too:

Gungor: **Beautiful Things** <https://www.youtube.com/watch?v=oyPBtExE4W0>

Danny Daniels: **I Will Trust in You** <https://www.youtube.com/watch?v=6pEyQT4xhPM>



Worship

This service is adapted from resources from www.worshipdesignstudio.com/series by Dr. Marcia McFee and Rev Cheryl Wilson. Other sources are acknowledged within the text below.

9.30am *Gather at your table with your meal and all the elements needed for worship ready to go as we join together in Worship at Home.*

Spend Time

Easter is not just a day. It is a whole season of time when we remember that Jesus' Spirit lives on in each one of us. In the Bible, the early church was described in this way:

*"Day by day, as they **spent much time together** in the temple, they **broke bread at home** and ate their food with glad and generous hearts, **praising God** and **having the goodwill** of all the people."* (Acts 2: 46-47a)

So over the next few weeks, we are following our ancestor's traditions. We are creating a "temple" of worship in our hearts whether we can be physically together or not. By sharing in words and music and breathing and eating and moving together, we will stay connected. The earliest Christians worshiped in their homes before they had churches, and so will we, until we can meet again in our sanctuaries. Because at the "heart of the matter," we are connected through the Spirit that makes us one in love.

Centering Our Hearts as One

We are going to centre our hearts as one to begin.

Let's take a deep breath together. *Breathe in slowly and deeply, then breathe out slowly.*

Place your hand on your heart and let's lightly tap together in a slow heartbeat rhythm.

Continue this light heartbeat tapping as you pray:

Holy Living God,
Heartbeat of Creation,
help us to take this time to centre on you,
for you made us,
you gave us life, and you continue to be with us
every moment...

[wait a couple of beats]

every breath...

[wait a couple of beats]

every step.

[let the heartbeat tapping fade away]



Hear this assurance from God:

[sing to the tune of Amazing Grace... if you aren't comfortable singing it, you can say it]

**Be still, O heart, you're not alone,
your beat is shared with me.**

**Come now, and calm, and centre here,
you're mine, secure and free.**

Let's take another deep breath, making sure our shoulders and any tension we feel in our bodies is letting go with the breath.

[Pause to do so]

Let's take another one.

[Pause to do so]

Let us pick up our heart stone, sometimes called a "worry stone," and let our touch on its surface remind us that God's touch is within us, between us, and around us.

As close and real as this object is in our hands right now, is how close Love is to us always.

Let us imagine letting go of our worries for now into God's heart of love.

We offer a prayer song of letting go:

[sing to the tune of Amazing Grace... if you aren't comfortable singing it, you can say it]

**Into your care, we offer now,
our worries, fears and strife.**

**We turn to you and know you're near—
Your light, our love and life.**

Light candle

Light your candle now, place it in a safe place and set your heart worry stones next to it.

Break Bread

Blessing the Meal

We have gathered with food to nourish our bodies even as we nourish our souls together in worship. This is very much what our spiritual ancestors did as they gathered in those early days in houses. They would bring what they had and share with each other. Let us pray:

Holy Peace-Giver, we gather in your name, invited by Jesus, bound together with your Spirit, in union with each other.

Feed our bodies and our spirits with your comforting presence so that we might be your comfort to others.

Bless this food and break open our hearts. Bless this drink and pour out your love. Amen...



**Let us begin to “break bread” (eat) while we “break open the Word” in our scriptures.
*Enjoy your meal!***

Breaking Open the Word with Scripture

This week we read a passage from the account of the Acts of the Apostles that is a wonderful encouragement and reminder that death never is the last word:

Open your Bible and read out loud: Acts 2: 24-28

The “David” referenced in this passage is the Psalmist, and the quote is from the 16th Psalm:

Read out loud: Psalm 16: 5-11

Listen

You may like to listen to the song **Beautiful Things** <https://www.youtube.com/watch?v=oyPBtExE4W0> or read the lyrics:

Beautiful Things

All this pain

I wonder if I'll ever find my way

I wonder if my life could really change

At all

All this earth

Could all that is lost ever be found

Could a garden come up from this ground

At all

All around

Hope is springing up from this old ground

Out of chaos life is being found

In You

You make me new You are making me new

You make me new You are making me new

You make beautiful things

You make beautiful things out of the dust

You make beautiful things

You make beautiful things out of us

CCLI Song # 5665521 Lisa Gungor | Michael Gungor

© 2009 worshiptogether.com songs

(Admin. by SHOUT! Music Publishing Australia)

CCLI Licence # 132496

It may feel odd to have moved into the season of Easter, a season of celebration, in the midst of these difficult times. Perhaps it is an opportunity to really take into consideration that, at the heart of our Christian faith, we are called to live our lives in the belief that death is not the final word. This is why Christians are called “Easter People.” The tomb becomes the womb of new life. What would we do differently if we really believed that we are loved beyond all endings? That there was nothing to fear?



Today we imagine Jesus at our “right hand,” counseling us throughout our days, with these words, “Peace be with you.” This is what he did when he appeared to the disciples after his resurrection. They were in a locked room, fearing for their lives. Sound familiar? Let’s let Jesus speak these words to us as well. Here is how the story from the Gospel of John goes:

Gospel Reading

Read out loud: John 20:19-31

This is the Word of the Lord. Thanks be to God

Reflection (by Dean Pearce)

A few days back the High Court quashed the conviction of Cardinal Pell on child sex offence charges, enraging some folk, pleasing others, leaving others with many fears and questions. Who got it right? At issue was the question of doubt. The jury heard the victim recount his memories and were persuaded. The High Court was asked to determine if all the evidence presented left room for a reasonable person to have doubts that the events referred to in the trial took place exactly as described. The Jury put their faith in the victim, deciding against Pell. The court ruled the 25year old memory of a traumatised child balanced against the wider evidence did not provide an adequate level of proof.

The Easter story confronts us with similar challenges. Two disciples on the road to Emmaus did not recognise Jesus as he walked 10km with them. It was not until he stood at their meal table and they recognised his action in breaking the bread that they knew him. Then he vanished! (Luke 24:13ff)

Twice the disciples were together in a locked room, and Jesus appeared in their midst and is recognised as he says, “Peace be with you.”. At the second meeting Jesus “breathed the Holy Spirit” over them. This was a deeply moving and exciting spiritual experience; how much of it was “physical”? (John 20:19-31)

You and I are the Jury - some persuaded by the power of the Spiritual testimony of the Bible over that of the world of sin and death, others convinced that memoirs collated many years later and recounting “impossible” events leave plenty of room for doubts. That, truly, is what faith is about. I cannot “prove” in any watertight sense, the events described in the Easter narrative. I have a few doubts about the precise accuracy of some of the witnesses, but now I must decide yet again.

I have listened to Jesus - the hero victim and believe his testimony concerning God and the life God gives. With my doubts and lingering concerns, I **choose** to put my faith and trust unreservedly in the victim - Jesus. I acknowledge the rights of others to differ. The wisdom of money and possessions stands against Jesus, but Jesus asks,

“For what will it profit them if they gain the whole world but forfeit their life? Or what will they give in return for their life?” Matthew 16:26 (NRSV)

Inside and outside the Church, I look at the values life is lived by and the outcomes.



As Jesus said in Matthew 7: 18 – 20:

“A good tree cannot bear bad fruit, nor can a bad tree bear good fruit. Every tree that does not bear good fruit is cut down and thrown into the fire. Thus you will know them by their fruits.”

Galatians 5:22–26 (NRSV) echoes its challenge down the centuries;

“By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. There is no law against such things. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also be guided by the Spirit. Let us not become conceited, competing against one another, envying one another.”

Listen

In Dean’s mind as he wrote this reflection, was a song by Danny Daniels: *“I Will Trust in You”*.

Listen to an arrangement by the Maranatha Praise Band: <https://www.youtube.com/watch?v=6pEyQT4xhPM>

or read the lyrics ..

I Will Trust In You

When I can't see You I know You're here
When I can't feel You I will not fear
I will trust in You and I will not be afraid

And when the battle is close at hand
I know You're with me to help me stand
I will trust in You and I will not be afraid

*I will not be afraid
I will not be afraid
I will trust in You
I will trust in You*

And when the darkness is closing in
And I am running against the wind
I will trust in You and I will not be afraid

'Cause when I'm standing upon that
shore
And all the battles they have gone
before
I will trust in You and I will not be afraid

CCLI Song # 106659 Danny Daniels
© 1987 Mercy / Vineyard Publishing
(Admin. by SHOUT! Music Publishing Australia)
CCLI Licence # 132496

Pray

When we need proof of you in the world,
you offer your breath.

When we hold too tight to the past,
you offer your grace.



When we cling to old hurts,
you offer your love.
When we use our words and actions to wound others,
you offer your healing.

When we fail to forgive those who hold our past against us,
you offer your hope.
When we hurt others, with or without intention,
you offer your peace.
When we separate ourselves from you,
you offer your forgiveness, redeeming Christ,
you bring us back to you.
You open closed hearts and heal injured souls.
It is through your love and forgiveness
that we find healing and freedom. Amen.

© Wood Lake Publishing Inc. 2017 Seasons of the Spirit™

Say these **Words of Assurance** out loud

**The good news of Easter is that amidst darkness and despair and death,
Christ brings the hope of new possibilities, a new way of being, for us and for the whole world.
Our sins are forgiven: Thanks be to God!**

Respond

Two things Jesus wanted the disciples to have in their moment of fear was peace and the Spirit. “Taking a breather” is one way to see what Jesus offered to them. He wanted them to take his breath so that they would feel his spirit living in them.

If you are at a table with others, lean over and whisper toward someone, “Peace be with you.” If you have several people around the table, let it go around like when we play “telephone,” passing it around to the next person when it gets to you. If you are alone, text someone right now that you want to share this with, or if you don’t usually use text, plan to call when this worship is over and tell someone, “Peace be with you.”

Our theme scripture says, “they ate their food with glad and generous hearts.” One way we can be glad and generous is to share about how we are finding strength, hope, love and peace in these days. This is part of “breaking bread” with each other as we break open our hearts to one another as well. This week, since Jesus has said he wants us to feel peace, let’s talk about peace.

Think about what sights, sounds, words, and actions, (nature, birds, taking a walk, for example) are things that act in your life as a “voice in your ear” that says, “Peace be with you.”

When have you felt peace this week? Or if you haven’t experienced much peace, what do you have in your memory as something that brings you peace?



Take some time at your table to talk or journal.

Complete this sentence:

“I see Peace (in/when/where) _____.”

Breaking Open Our Hearts with Prayer

It is difficult in this moment not to be near some of the people we love and might be worried about. Take a moment and write down the names of people you wish were right there next to you at your table today. As we name them, they are present with us in our hearts.

We also want to call to mind the people we cannot name, whose names we do not know. But we know they need our prayers and God's comfort.

This list could be read by several voices from your table

For those who have lost loved ones

For those who are sick and recovering

For those who are caring for loved ones who are sick at home

For those who are caring for persons in medical care

For those who are separated from loved ones

For those who are feeling alone and isolated

For those who are helping and are so very tired

For those who are struggling to find friends, food, and comfort

For those who are afraid

[add other categories that come to mind]

Let us take another breath of Spirit as our "Amen."

We know that God sends out our prayers and the Spirit, Breath of God, is blowing from within us outward, as a Spirit of Compassion and Presence.

Offering

All that we are, and all that we have is first a gift from God. Our offering to God is from the fullness of all we have received, from the depth of our hearts. You may wish to consider how you can use the gifts God has given to you at this time: gifts of kindness and compassion, gifts of skills and knowledge, gifts of money and time, gifts of love and connection. Let us give of our offering with grateful hearts.

Pray: Lord bless all we give so that it might be used for the good of all. Amen

Adapted from The Centre for Music Liturgy and the Arts from "Worship in Times of Isolation"



Praise God!

It is time to praise God and raise our endorphin levels to improve our heart-health, both physically and spiritually! So whether your “dance” is in your bed, clapping in your chair, or moving all over the living room, it’s time for the Easter Season Dance Party! If you are going to dance standing up, go ahead and get ready.

Let’s start by saying this affirmation out loud:

We know Jesus is present among us even in this very home.

We will not let fear be louder than love but with glad hearts and rejoicing souls, we will sing

God’s praise for we are Easter People!

Let’s choose to dance with joy!

Click to listen and sing along to your choice of song:

the *Lord of the Dance*: https://www.youtube.com/watch?v=0neq_axOslk

Or Cat Steven’s *Peace Train*: https://www.youtube.com/watch?v=vjUyM_xd6IA

Have Goodwill - Spread Joy

That was great! We hope you feel some good vibes right now. So while we have our energy up, let’s send some energy out to the world that needs it! What message does the world need?

Perhaps you will decide to create a way to let more and more people know the message of Christ, “You are not alone. I am here. Peace be with you.”

What can we do to create more peace in our household, in our family, in our relationships with those we cannot be with right now?

How can we offer peace to those who are working so hard right now?

How can we offer peace to those who feel no peace or comfort?



Heartfelt Goodwill through “Hugs”

You could send a virtual hug through email or text a message to someone who may be in need of one. Contact a member of the Pastoral Care Oversight Team (see newsletter) if you would like ideas of who in our church is homebound or could do with a virtual hug right now.

Or, using a long piece of paper (or a few pieces glued together), trace your hands and arms. Cut out a heart and write a message of hope, joy, peace, or love, then glue the arms and hands to it to create a “hug.”

Sending physical mail is a little risky right now because surfaces can carry germs, so take picture of your “hugs” and send the photos digitally to anyone who may need a hug.



Benediction

(based on Psalm 16)

As we close this time together, remember:

God is always with you.

No matter what you face, no matter what trials or hardships come your way,

God is right beside you, whispering “Peace be with you,” guiding and directing your path.

So do not live in fear, but in joy.

Take heart! This is the heart of the matter.

Let the people say, **Amen!**

Keen for more dancing?

Click here to dance with Meghan Trainor: <https://www.youtube.com/watch?v=pkCyfBib1bI>

Spreading Joy

For those of you who are on social media, please take a photo of your lit candle and post it online.

#churchconnected #churchscattered #churchgathered



Further Worship Ideas

Here are some more ways that you can connect with God's Word:

- The Synod of South Australia has published a full list of online congregations and resources. <https://sa.uca.org.au/documents/resources-board/Being-the-Church-in-Ungathered-Times.pdf>
- The Assembly are live-streaming services: <https://assembly.uca.org.au/news/item/3158-livestreaming-on-assembly-platforms>
- Morialta Uniting Church have a weekly worship service on YouTube. Click here for more information: <http://www.morialtauca.org.au/virtual-church/>
- Pilgrim Uniting Church Services for 9.30am and 11am are now live streamed here: <https://pilgrim.org.au/services/index.php>
- Tune in to radio station 1079 Life *Together on Life*, Sunday 10am. Join 1079 Life's Kit for music and a message or two from great local pastors each Sunday. <https://1079life.com/>
- Songs of Praise – a TV show with inspiring hymns and songs, together with uplifting stories of faith from around the UK and beyond is available on ABC TV and ABC iview
Here is the Easter Sunday program: <https://iview.abc.net.au/show/songs-of-praise-easter-sunday>
- "A Sermon For Every Sunday" website has produced a worship service outline to use with others at home. Click here for a link to the resource. It also includes a link to sermons to listen to: <https://mailchi.mp/asermonforeverysunday/this-weeks-sermon-1744145?e=e9aed2be77>

Worship and other Creative Ideas for Children and Families

- The Worshipping with Children Ministry site has newly posted resources for Children's worship at home. <https://worshipingwithchildren.blogspot.com/2020/04/worshiping-at-home-on-april-19-2020.html>
- Have you gone for a bear hunt in the neighbourhood yet? Can you pray for the homes that you pass as you go?

