

Worship Resource for Sunday May 24

For those connecting through Zoom.

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

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 below), 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.
 - For this week you should have received resources in your creative space care pack. This week we can make a stained glass heart. You will also need scissors and sticky tape for this activity.

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.

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



Connecting to Zoom

If you would like to join in and have not used Zoom before, we recommend that you get yourself set up before Sunday. Here are a few things you can do to prepare:

You will either need a laptop, a tablet, a smartphone or a computer with a microphone, speakers and a webcam. If you are using a smartphone or tablet, download the Zoom app.

If you haven't used Zoom before, you might like to have a practice run. Contact a family member or a friend in our church community and try it out! It is free to have a group chat for up to 40 minutes. A great way to connect with your family and friends.

Paul Driver has offered to provide support and practice if you need it. Give him a call on 0428 161 918.

To **Join the Zoom Meeting**, click on the link below at 9.15am on Sunday (so we are all ready to start at 9.30am). ..and yes, it is the same link as last week!

<https://us02web.zoom.us/j/86912199103?pwd=eFZWWEVQLzJIN0NJTUg0QVRYbTdaQT09>

or enter this Meeting ID: 869 1219 9103 and this Password: 014653

(copy these details down if you are using a device where you can't access your email)

Zoom Hints

If you have logged in to Zoom, to protect your account, make sure you have a unique password – different to passwords you use for other platforms.

If there are two or more of you in the one household, we recommend that you share the same device (that way we can fit more folk on our screens)

If you need to be on separate devices, it will work better if you are in separate rooms (so you don't get feedback)

Think about the light in your room. If there is too much light behind you, your face will be in shadow

Check that your camera is set up so we can see your face.

If you are using a tablet or smart phone and the volume is not loud enough, consider connecting to an external speaker if available.

During most of the worship time, your microphone will be muted. Remember in discussion or response times, when you make noises or chat at your end, your microphone will pick this up and override what everyone else is listening to. Please use your Mute button if you need to chat or cough at your end during this time.



Worship

*This service is adapted from resources from www.worshipdesignstudio.com/series by Dr. Marcia McFee.
Other sources are developed by Rev Linda Driver or acknowledged within the text below.*

9.30am Gather at your table with your meal and all the elements needed for worship ready to go.

Spend Time

Centering Our Hearts as One

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

Hear this assurance from God:

**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 us pray together:

**Great and mysterious God,
your ways are far beyond our knowledge and understanding.
Help us to wait. Help us to trust.
Help us to be open to what might come next,
without trying to make things happen in our own strength.**

Light candle as we do let's Listen / Sing: For everyone Born

<https://www.youtube.com/watch?v=tqpdZq6TAfo>

Break Bread

Blessing the Meal

Breaking Open the Word with Scripture

Luke 24:44-53 and Ephesians 1: 15-23

Reflection

Action Response

What does it mean to you to look through the eyes of your heart?
I invite you to reflect now on what you think about when you wake up in the morning..

Breaking Open our Lives with Discussion

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. Let’s share today about a new way of seeing with our hearts, with an eye of heightened gratitude.

What are you grateful for at this moment?
What do you want to “elevate” in your commitment to make the world a better place?
Let’s take some time at our tables to talk or journal about these questions.

You might like to complete this sentence, “I have an elevated sense of gratitude for _____.”

Breaking Open Our Hearts with Prayer

As we prepare let’s listen to our next song – ‘Open the eyes of my heart’

<https://www.youtube.com/watch?v=wutmEjdbedE>

Time of prayers for others

Praise God!

Let’s start with this affirmation:

**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 and clap and
let our hearts be free from trouble even for just this moment!”**

Let’s sing, get our bodies moving and clap along - ‘Celebrate the Lord of Love’

<https://www.youtube.com/watch?v=C-bMTrk1B04>

Have Goodwill - Spread Joy

In previous weeks we have suggested:

- making heart stones to give away,
- offering support to neighbours by using one of our Self Isolation postcards (download here:

<https://athelstonechurch.org.au/members-2/forms/>)



- and giving to the Uniting Communities Eastern Services Emergency Relief Food Appeal. Please continue to gather food and other grocery donations. Brenton Summers can either collect them from your front door or they can be left on his front doorstep. Cash donations will also be received with great thanks. Thank you to all those who have donated goods and cash so far. You have been extraordinarily generous! A wonderful witness of love overflowing.

Here's another idea: **Stained glass hearts**

You will have received resources (if you haven't let us know) for this week in your creative space care pack.

This week we can make a stained glass heart.

You will have a heart outline on black card and coloured cellophane*. You will also need scissors and sticky tape for this activity.

Cut out the heart, the inside as well, so that you have a black outline of a heart. Then use the cellophane, cut the pieces smaller as desired, and use the sticky tape to stick the cellophane to the edge of the heart and pieces together to create a stained glass look.

Once completed you can hang your heart in a window so that the sun shines through as a reminder to look at the world with the eyes of our hearts.

(*If you don't have these items, find some tissue paper or cellophane and black or dark card.)

(If you have the resources to make extras, it would be great to hang some in the church windows to bring a smile to our neighbours and Medical HQ folk!)



Offering

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, ready to hold you, to be a rock for you, guiding and directing your path. So, acknowledge your fear and your worry and know it is as true and holy as any feeling, including joy and hope and love.

Take heart! This is the heart of the matter.

Let the people say, **Amen!**

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 #churchungathered



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 Centre for Music Liturgy and the Arts has a **collection of Resources** available here: <https://www.cmla.org.au/resources/worship-in-times-of-isolation/>

Including **Prayers, Poems and Guided Meditations** and

Worship with your backyard: <https://www.cmla.org.au/wp-content/uploads/2020/03/Worship-With-Your-Backyard.pdf>

Worship on the sofa: <https://www.cmla.org.au/wp-content/uploads/2020/03/Sofa.pdf>

- The Assembly are **live-streaming services:** <https://assembly.uca.org.au/news/item/3158-livestreaming-on-assembly-platforms>
- 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>

Worship and other Creative Ideas for Children and Families

- The Worshipping with Children Ministry site has resources for Children's worship at home. <https://worshippingwithchildren.blogspot.com/2020/04/worshipping-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?

