

Worship Resource for Sunday May 10

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."
- **This week you will also need** an empty cup or glass and an empty plate. Place this on a white or multi-coloured cloth or serviette. Cover the cup/glass and plate with another serviette or tissue.
- 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.

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 as we join together in Worship at Home.*

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.**

We offer a prayer of letting go:

**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

Break Bread

Blessing the Meal

Breaking Open the Word with Scripture

Psalm 31:1-5, 15-16 (CEV)

Reflection 1

John 14: 1-14 (NIV).

Reflection 2



Breaking Open our Lives with Discussion

Are you finding it difficult to let go of worry, to take a break?

What have you witnessed this week that helped you feel an ongoing and steadfast love that was comforting?

Or if you can't think of something from this week, what do you have in your memory as something or someone that offered comfort?

As it is Mother's Day, perhaps you have a special memory of when your Mother or another special person in your life offered you comfort when you needed it.

You might like to complete this sentence, "I experience comfort (in/when/where) _____."

Listen / Sing: Nothing Can Trouble

We will sing along with the Taize Community to the song "Nothing Can Trouble".

Nothing Can Trouble (Nade te Turbe)

Nade te Turbe,
nade te espante;
quien a Dios tiene
nada le falta.
Nada te Turbe,
nade te espante;
solo Dios basta.

Nothing can trouble,
nothing can frighten;
those who seek God shall
never go wanting.
Nothing can trouble,
nothing can frighten;
God alone fills us.

Together in Song #739
St. Teresa of Avila 1515-82
tr. The Taize Community

THE PEACE

Liturgy of Empty Hands

This earth is not our earth.

This is God's earth.

This time is not my time.

This is God's time.

This table is not my table.

This is God's table.

God's earth, God's time, God's table...



The Lord be with you.

And also with you.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

Holy God, we praise you...

..joining with choirs of angels and the whole creation in the eternal hymn:

**Holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory.
Hosanna in the highest.**

**Blessed is he who comes in the name of the Lord.
Hosanna in the highest.**

We remember..

For Jesus said: 'Blessed are those who hunger and thirst for righteousness, for they will be filled.'
(Matthew 5:6)

In the name of Christ, Amen.

Lift up your empty plate

It is Christ who is the bread of life,
Who satisfies the hungry heart.

Lift up your empty cup

It is Christ who is the cup of hope,
Who revives the thirsty.

Place your cup and plate on the table

The gifts of God
for the people of God.

Hold out your empty hands

In faith and hope, we hold out our empty
hands...

**In these empty vessels and in our empty hands,
we celebrate the mystery and wonder of the
empty tomb.**

In our hands and in our hearts, we leave space
for resurrection, for new life, for new meaning.
We hold the sorrows, prayers and hopes of the
world before You, O God.

**May Your Spirit flow among us and beyond us,
drawing us into loving and caring for Your
world.**

Amen



Rev Amelia Koh Butler: *The Sacrament of Empty Hands*
<https://ameliakoh-butler.blogspot.com/p/the-sacrament-of-empty-hands.html>

Breaking Open Our Hearts with Prayer

Gathering our prayers and praises into one, let us pray as our Savior taught us:

**Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Save us from the time of trial
and deliver us from evil.
For the kingdom, the power, and the glory are yours
now and forever. Amen.**

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 with Phil Driscoll as he sings "Jesus is the Rock."

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: **GodBoxes**.

If you don't have a GodBox, you could make one... find an empty tissue box or a noodle box or similar and decorate it with hearts. (If you need a box to decorate, Meg Edwards has offered to drop one off to you. Thanks Meg!)

Then write down any anxieties you have that feel too big to handle, that feel overwhelming. Or write down those things you can't figure out quite yet, such as a problem you don't know what to do about at the moment. Place it in the box and hand it over to God. Use your GodBox to hold your worries and fears, those things that are weighing you down. Letting go of them for just a while can often help free our minds to discover a new way to look at it.

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!**

Peace

We'll close by listening to (and singing along with) Graham Kendrick singing a blessing *Now May the Peace of the Lord be With You* from the concert, Virtual Prom Praise 2020 - A Festival of Hope.

Later, you might like to watch the whole festival: <https://youtu.be/eKN0I1ExApQ>

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 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?

