

# Worship Resource for Sunday May 3

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 next page), a journal or paper to write on and something to write with.
- **This week you will also need** a glass full to the brim with water into which you can drop your worry stones. Please the glass in a larger bowl to contain the splashed water. If you are worried about the paint or marker on your stones coming in contact with water, you can use different, plain stones or marbles or whatever you have on hand.
- 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.



## 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=eFZWWEVQLzJINONJTvg0QVRYbTdaQT09>

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.

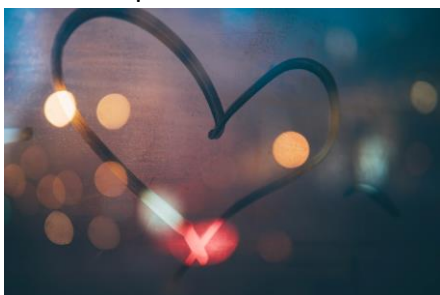
If there are two or more of you in the one household, we recommend that you share the same device (that way we can fit more folk on our screens)

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.

**Athelstone Uniting Church  
Prayer and Worship Resource**

# Worship

*This service is adapted from resources from [www.worshipdesignstudio.com/series](http://www.worshipdesignstudio.com/series) by Dr. Marcia McFee and a weekly worship resource by Rev Cheryl Wilson. 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

John 10:1-10 (Common English Bible)

Reflection 1

Acts 2: 42-47 (Common English Bible CEV)

Reflection 2

Action Response

*Have your glass of water and stone ready...*

Prayer



## Breaking Open our Lives with Discussion

Who or what have you found to be a “voice of the Shepherd,” giving you a sense of well-being and abundance in this time?

What things are “thieves,” threatening to rob you of a sense of calm and trust?

Or if you can’t think of something from this week, what do you have in your memory as something that offers abundance?

You might like to complete this sentence, “I see abundance (in/when/where) \_\_\_\_\_.”]

## Listen / Sing: Psalm 23 – Stuart Townend

We will sing along to the song *Psalm 23* by Stuart Townend.

### Psalm 23

The Lord's my Shepherd I'll not want  
He makes me lie in pastures green  
He leads me by the still still waters  
His goodness restores my soul

#### Chorus

*And I will trust in You alone  
And I will trust in You alone  
For Your endless mercy follows me  
Your goodness will lead me home*

#### Descant

*I will trust I will trust in You  
I will trust I will trust in You  
Endless mercy follows me  
Goodness will lead me home*

He guides my ways in righteousness  
And He anoints my head with oil  
And my cup it overflows with joy  
I feast on His pure delights

And though I walk the darkest path  
I will not fear the evil one  
For You are with me  
And Your rod and staff  
Are the comfort I need to know

CCLI Song # 1585970 Stuart Townend

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## Breaking Open Our Hearts with Prayer



## Prayer Wall

Each week we have been writing down the names of those who we wish to pray for. You can collect these prayers of your own as well as those of others in a beautiful way:

Cut watercolor paper, cardstock, or other heavy paper into pieces of different sizes and shapes. Using thin permanent markers, write who or what you are praying for. Then hold them in prayer in your heart while you watercolor over the page. Or write them onto paper cut into heart shapes.

Whenever anxiety or fear comes from listening to the news, go to your wall and add to it. Spend a little time at your prayer wall each day. Continue to add to the wall, slowly forming a large heart in which you hold all of these prayers.



## Offering

### 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 overflow!"**



Let's sing, get our bodies moving and clap along with TobyMac as he sings "Overflow."

### Overflow

Clap your hands everybody  
Everybody just clap your hands

Some things money can't buy  
But a man's gotta eat  
Bread don't just fall out the sky  
And land at your feet  
I was trying to fly high  
But I ran low like I'm sittin' on E  
And my well ran dry  
'Til You came and made it rain on me

*You fill my cup up 'til it overflows  
And it's the sweetest love  
That I've ever known  
So pour it on me  
All that I need deep down in my soul  
Fill my cup up  
'Til it overflows*

They say nothin' is perfect  
That ain't true  
'Cause You came and opened these eyes  
To the glory of You  
You turned water to wine  
You make a new man of me  
And every time I'm running empty

It ain't a glass half full  
Or a glass half empty  
It's running over  
It can't fit me  
Down every side to the ground  
More than enough to go around  
So come and get it come and get it while it's hot  
Come and get it come and get it nonstop  
'Cause the only thing sweeter than a love song  
Is singing of love that goes on and on and on  
and on

CCLI Song # 7121302 Josh Miller | Shy Carter | Toby McKeehan

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### Have Goodwill - Spread Joy - Rocks covered in love and hope



You might like to make more "worry" or "heart stones" to give away. Collect a few rocks that have a surface large enough for a design and smooth enough to paint. Take these rocks –symbols of the hard things – and cover them in love and hope. Wash the rocks with soap and water, and dry them thoroughly. Using acrylic paint or permanent markers, each person can paint their rock with hearts. You can use Sharpies if you don't want to use, or don't have, paint. Once they are dry, leave them in places where people can see them (or give them away if you want) and feel hearts overflowed with gladness!

Please continue to collect food and other grocery donations to be passed on to Uniting Communities. If you do wish to donate any food items, Brenton Summers can either collect them from your front door or they can be left on his front door step. Cash donations will also be received with great thanks.

### Benediction



#### 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

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## 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

- Illustrated Ministry resource: <https://illustratedmin.s3.amazonaws.com/weekly-resources/Easter-Week4.pdf>
- 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?

