

Worship Resource for Sunday July 5

For those connecting through Zoom

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

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

Each week while we gather for worship in our homes, together yet apart, and we'll share our worship time over a meal or snack.

- 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.
- In the middle of your table, place a candle and matches, your heart stone (see below), your study journal and extra paper to write on and something to write with.
- Your meal could be your breakfast or a light snack with a cuppa or juice.
- Make sure you can see a **colour** version of this week's artwork: *Anti-Creation Narrative* by Lauren Wright Pittman on page 4.
- You may also like to have 2 pop sticks, some coloured yarn and scissors.

We are in the fifth week of the unraveled series which explores how we can press onward even when our tightly-knit plans unravel into loose threads. This series will take us through to the end of July. Households associated with Athelstone Uniting Church have received a study journal to go with this series. It includes original artworks and reflections to help in personal devotions or with a small group. The file is available on request for those who wish to print out a copy. (Please contact Carol – office@athelstonechurch.org.au).

As we continue to worship at home in this ungathered way, we invite you to continue to use a “**heart stone**”. This is a stone you can hold on to when you are feeling anxious or worried. It can be used for personal devotions and for our worship services. Use a stone large enough to hold in your hand and draw a heart on it. (*Psalm 62: 5-8*).

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

If you need help with Zoom, go to our website for helpful suggestions:

<https://athelstonechurch.org.au/worship-at-home/>



Mini 'unraveling' Artwork

You might choose to make this during the service today or some time during the week

Supplies

- 2 pop sticks (or dry sticks from your garden)
- Yarn (the unraveled part of the artwork)
- scissors

Step 1

Connect your sticks - with a small bit of yarn, tie your two pop sticks together. Knot the yarn so it doesn't come undone.



Step 2

Wrap the yarn around the pop sticks - firmly hold the end of your yarn against the centre of the sticks. Wrap the yarn in a clockwise or anticlockwise direction around one of the sticks, move onto the next stick and wrap it again. Keep moving around in a circle, wrapping the yarn around each stick as you go, always in the same direction.

As you wrap the yarn around, prayerfully think about those unraveled parts of your life (or someone else's) being woven into something new and beautiful.

If you run out of yarn, or want to change colours, simply knot a new piece of yarn to the existing piece and keep going. When you are done make a final knot around one of the sticks to finish off.



Worship

This service uses resources from the unraveled series by A Sanctified Art. Other sources are developed by Rev Linda Driver or acknowledged within the text below. With thanks to Di Curtis and Meg Edwards for their creative input.

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

Light candle

Song

We will sing '**Blessed Be Your Name**'.

Call to Worship

Break Bread

Blessing the Meal

Mini 'unraveling' artwork

Breaking Open the Word with Scripture

Bible reading Exodus 5:1-2; 7:8-23 (NIV) (Freddie Ashby-Weise)

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

Listen

We'll listen to Louis Armstrong's arrangement of the spiritual, "Let My People Go"

Reflection

You may wish to read further. Walter Brueggemann's article can be found here: https://www.religion-online.org/article/the-liturgy-of-abundance-the-myth-of-scarcity/?fbclid=IwAR1fxG2e4klTWshJDp4EfW5jd0pTZ88Dw6bSAbTzDCwXp7df_v1sDSq7oRo#content

And the document, *Build Back Better: A Just Recovery, Post-Covid-19* can be downloaded here: <https://assembly.uca.org.au/news/item/3197-a-just-recovery-post-covid-19> Or ask Carol to print out a copy for you.

Artwork

Take some time now to reflect on the artwork below *“Anti-Creation Narrative”* by Lauren Wright Pittman. Take a few moments to gaze upon the artwork. Breathe deeply in quiet meditation as you observe the visual qualities of what you see: color, line, texture, movement, shape, form.

Now take a deeper look. What parts of the image are your eyes most drawn to? What parts of the image did you overlook? Let’s take a few minutes to do this.



“Anti-Creation Narrative” by Lauren Wright Pittman | A Sanctified Art LLC | sanctifiedart.org

Breaking Open our Lives with Discussion

- What has unraveled and/or is unraveling in this story?
- To what, exactly, is Pharaoh's heart hardened? Why is he driven by power and control?
- Artist Lauren Wright Pittman writes, *"This narrative reveals to us how a person's clinging to power can literally unravel creation."* In what ways is your heart hardened? What might it look like to soften your heart to actions and practices that cause harm?

Song

In reflection of the story of Moses cry to Let My People Go, we'll sing **'No Longer Slaves'** Perhaps this is a song that you can sing from your own personal story, or perhaps it is a song you can sing for someone else who is on your heart.

Breaking Open Our Hearts with Prayer (Nola Pearce)

Have Goodwill

As we think of how we can respond to the story of how humans can unravel God's plans for justice, let us think about what action we can take for others. How can we cry out for justice and offer love and support to others?

Uniting Communities Eastern Services Emergency Relief Food Appeal

Please continue to give 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 so generously been donating goods and cash.

Community art project

As part of this series, we are developing an "unraveled" community art project at the Church. We invite you to add and weave into our art project... not just a strip of fabric or yarn but you may also like to write on your strip of fabric and weave in your hopes, dreams and prayers as well. **You can do this as often as you like.**

Mini 'unraveling' artwork

You might have made your own mini 'unraveling' artwork during the service – or you could make one during the week. As you wrap the yarn around, prayerfully think about those unraveled parts of your life (or someone else's) being woven into something new and beautiful. You can choose to keep it, or to give it to someone you are praying for, or to pass it on to Meg so that we can add a collection of these mini artworks outside at the church.

Offering

Song

We'll sing **"I The Lord of Sea and Sky"**

Study Journal

This week we invite you to spend time reflecting further using your study journal. Turn to "Pharaoh Hardens His Heart", on pages 19-22. (See page 1 of this resource for more details about the Study Journal.)

Spreading Joy

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

#churchconnected #churchungathered #unraveled

Benediction

Candle

Worship Playlist

Here is a collection of songs you may like to listen to as you continue on in worship this week

Let my people go	https://www.youtube.com/watch?v=vf6jBP4YXwo
Blessed be your name	https://www.youtube.com/watch?v=du0il6d-DAk
Guide me o thou great redeemer	https://www.youtube.com/watch?v=5LXXh1-G7ns
Hear our praises	https://www.youtube.com/watch?v=etEkgLbs5Ik
I the Lord of sea and sky	https://www.youtube.com/watch?v=mgLwH5RdtPk
My hope	https://www.youtube.com/watch?v=QRgoOH-wgMU
No longer slaves	https://www.youtube.com/watch?v=f8TkUMJtK5k
Send me	https://www.youtube.com/watch?v=5v0slqO1eH8
For everyone born	https://www.youtube.com/watch?v=tqpdZq6TAfo

Further Worship Ideas

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

- 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

Contemplative resources

- You might like to try going for an intentional prayer walk around your community: http://www.gungahlinuniting.org/?p=5369&fbclid=IwAR28tWeqlqfxcNPazMlpYJ99AUGapmXrMVQP_MiOiSQKeT-y8fVsf4rn0fKl
- Prayers and Meditation Resource from Stillpoint Community: <https://stillpointsa.org.au/wp-content/uploads/sites/3/2017/11/Living-from-the-Stillpoint-Oct-17-mod.pdf>