



**A Contemplative Liturgy
Grief and Gift:
A One Year Anniversary of the Global Pandemic
March 18th at 6pm**

Welcome: introduce evening of honoring the grief and the gifts from the year of the global pandemic. Open with a reading from Francis Ward Weller

Candle
Bell 3 X

Opening reading:

“The work of the mature person is to carry grief in one hand and gratitude in the other and to be stretched large by them. How much sorrow can I hold? That’s how much gratitude I can give.

If I carry only grief, I’ll bend toward cynicism and despair. If I have only gratitude, I’ll become saccharine and won’t develop much compassion for other people’s suffering. Grief keeps the heart fluid and soft, which helps make compassion possible.” - Francis Ward Weller

SILENCE

Chant: There is a Balm in Gilead
There is a balm in Gilead, to make the wounded whole.
There is a balm in Gilead, to heal the sinsick soul.
Vs 1
Sometimes I feel discouraged, and think my work’s in vain,
But then a sweet sweet spirit, revives my souls again

Reading: Remember these things, O Jacob, and Israel, for you are my servant;
I formed you, you are my servant; O Israel, the one who wrestles with God, you will not
be forgotten by me. — Isaiah 44:21

Body prayer: May I/we be. . . anchoring, tethering; surrendering, trusting; connecting,
interabiding; freeing, widening

SILENCE

Chant:

Vs 2

There is a balm in Gilead, to make the wounded whole.

There is a balm in Gilead, to heal the sinsick soul.

Don't ever feel discouraged, for Jesus is your friend
And if you look for knowledge, He'll ne'er refuse to lend.

Honoring of Wisdom Companions in 2020 Collage Shared Screen

Let us now enter a time of honoring our grief beginning with Sunday

Second Reading: 'SUNDAY PRAYER' by Steve Garnaas-Holmes

Breathe. Walk.

Brush your teeth.

Lament.

Our sickness is greater
than we let ourselves think,
our wound more profound.

But so is our love.
Our grief and even despair
are the work of the Spirit in us.

Let your flesh feel your rage,
your voice find your sorrow.
Let the river flow.

We are not called to end the winter
but to bear the light

that will become the spring.

The road is long.
The Suffering One walks with us,
bearing something. Come along.

The mending of the world
is threaded with simple
kindness and courage.

Attend to the small miracles.
Even as the cold descends
we can love. We can love.

Reflection: Write or dance or whisper or ponder the losses from this year and all that you are grieving (7 minutes of silence) TONE.

Chant: 'sometimes the cost of an open heart is anguish, but you needn't hold it on your own'

SILENCE

Body prayer: I am/we are... anchoring, tethering; surrendering, trusting; connecting, interabiding; freein, widening

Time of honoring the gifts

Eagle Poem

JOY HARJO

To pray you open your whole self
To sky, to earth, to sun, to moon
To one whole voice that is you.
And know there is more
That you can't see, can't hear;
Can't know except in moments
Steadily growing, and in languages
That aren't always sound but other
Circles of motion.

Like eagle that Sunday morning
Over Salt River. Circled in blue sky
In wind, swept our hearts clean

With sacred wings.
We see you, see ourselves and know
That we must take the utmost care
And kindness in all things.

Breathe in, knowing we are made of
All this, and breathe, knowing
We are truly blessed because we
Were born, and die soon within a
True circle of motion,
Like eagle rounding out the morning
Inside us.
We pray that it will be done
In beauty.
In beauty.

Reflection: Write or dance or whisper or ponder the gifts from this year (7 minutes of silence)

Chant: surrender to the beauty, become a mighty kindness'

SILENCE

Body prayer: anchoring, tethering; surrendering, trusting; connecting, interabiding; freein, widening

A Closing Reading by Teilhard— Teilhard, *The Divine Milieu*, 153

Let us look at the earth around us. What is the cause of this disorder in society, this uneasy agitation, these swelling waves, these whirling and mingling currents and these turbulent and formidable new impulses?

Humanity is visibly passing through a crisis of growth. Humanity is becoming dimly aware of its shortcoming and its capacities. It has a sense of premonition and of expectation.

Body prayer: gestures without words, to be done through the chant

Closing Chant:

'All shall be well, all shall be well, all manner of thing, everything, all shall be well'

3X Bell

Blow out candle