



**Thursday , August 27th**  
Lunchtime Worship

St. John's acknowledges that the Church buildings , and all living in Victoria, are on the ancestral lands of the Lekwungen speaking people .

**Gathering to worship**

Let us worship the Divine : Creator, Word and Spirit

**All** Amen

God is with you

**All** And also with you.

This is the day that the Divine has made

**All** We will rejoice and be glad in it.

**Opening Prayer**

**All** Lord, direct our thoughts, and teach us to pray.  
Lift up our hearts to worship you in spirit and in truth  
Amen

Blessed is the Creator

**All** for God has heard the voice of our prayer;

Psalm 139 1-8 , 10-12

1. I will extol thee, O LORD; for thou hast lifted me up, and hast not made my foes to rejoice over me.
- 2 O LORD my God, I cried unto thee, and thou hast healed me.
- 3 O LORD, thou hast brought up my soul from the grave: thou hast kept me alive, that I should not go down to the pit.
- 4 Sing unto the LORD, O ye saints of his, and give thanks at the remembrance of his holiness.
- 5 For his anger *endureth but* a moment; in his favour *is* life: weeping may endure for a night, but joy *cometh* in the morning.
- 6 And in my prosperity I said, I shall never be moved.
- 7 LORD, by thy favour thou hast made my mountain to stand strong: thou didst hide thy face, *and* I was troubled.
- 8 I cried to thee, O LORD; and unto the LORD I made supplication.
- 10 Hear, O LORD, and have mercy upon me: LORD, be thou my helper.
- 11 Thou hast turned for me my mourning into dancing: thou hast put off my sackcloth, and girded me with gladness;
- 12 To the end that *my* glory may sing praise to thee, and not be silent. O LORD my God, I will give thanks unto thee for ever.

## A poem

The free bird leaps  
on the back of the wind  
and floats downstream  
till the current ends  
and dips his wings  
in the orange sun rays  
and dares to claim the sky.

But a bird that stalks  
down his narrow cage  
can seldom see through  
his bars of rage  
his wings are clipped and  
his feet are tied  
so he opens his throat to sing.

The caged bird sings  
with fearful trill  
of the things unknown  
but longed for still  
and his tune is heard  
on the distant hill for the caged bird  
sings of freedom

The free bird thinks of another breeze  
and the trade winds soft through the sighing trees  
and the fat worms waiting on a dawn-bright lawn  
and he names the sky his own.

But a caged bird stands on the grave of dreams  
his shadow shouts on a nightmare scream  
his wings are clipped and his feet are tied  
so he opens his throat to sing

The caged bird sings  
with a fearful trill  
of things unknown  
but longed for still  
and his tune is heard  
on the distant hill  
for the caged bird  
sings of freedom.

Maya Angelou

Affirmation

With the whole church  
**All We affirm that we are made in the image of the Divine ,  
Befriended by Christ,  
Empowered by the Spirit**

With people everywhere  
**All We affirm God's goodness at the heart of humanity  
Planted more deeply than all that is wrong**

With all creation  
**All We celebrate the miracle and wonder of life;  
The unfolding purposes of God, forever at work  
In ourselves and the world**

Iona Abbey Worship Book

Let us pray  
Loving God,

May the weary find a soft place to rest.  
May the searching be met by the Sacred.  
May the travellers be encouraged, be fed, be clothed, be received.  
May the righteous see the fruits of their labour.  
May the lonely find comfort in the night.  
May the privileged take extravagant actions of solidarity.  
May the complicit repent.  
May the apathetic come to recognize the hardness of their hearts.  
May the courageous have multitudes behind them.  
May the creative write, paint, sing, and dance the truths we all need to feel.  
May the fearful keep showing up, keep wrestling, keep taking steps.  
May the unjust powerful step-down or be torn down.  
May the mourning not be rushed to heal.  
May the caretakers have their cups refilled.  
May the Holy One within each of us rise

**All: Amen.**

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Let us keep in our hearts all those affected by Covid19 and let us pray for a time when, together, we can live without fear and anxiety. Wrap those that are suffering physically and mentally in our prayers. With our love, give them the strength to recover and find peace.

I cannot take bread  
and forget those who are hungry....

I cannot take wine  
and forget those who thirst for justice....

I cannot look at the cross  
and forget those who feel abandoned by God....

I cannot hear words of peace  
and forget those people and places ravaged by war....

I cannot receive words of forgiveness  
and forget those against whom I hold a grudge....

I cannot celebrate the Feast of God's Family  
and forget our divisions....

I cannot look at the cross  
and forget that Jesus calls me to follow....

Lawrence Moore

*All* Gracious God,  
**accept these prayers**  
In the name of our brother, Jesus Christ.

*All* Amen.

The Disciples' Prayer

*All* Eternal Spirit,

Earth-maker, Pain bearer, Life-giver,

Source of all that is and that shall be,

Father and Mother of us all,

Loving God, in whom is heaven:

The hallowing of your name echo through the universe;

The way of your justice be followed by the peoples of the world;

Your heavenly will be done by all created beings;

Your commonwealth of peace and freedom

sustain our hope and come on earth.

With the bread we need for today, feed us.

In the hurts we absorb from one another, forgive us.

In times of temptation and test, strengthen us.

From trial too great to endure, spare us.

From the grip of all that is evil, free us.

For you reign in the glory of the power that is love,

now and forever. Amen.

Anglican Church in Aotearoa

### Going out to serve God

*All* Let us bless our Loving God  
**thanks be to God.**

**Blessing, honour and glory be yours,  
here and everywhere,  
now and for ever.  
Amen.**

*All* Go in peace to love and serve .  
**Thanks be to God. Amen.**

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