

WORSHIP, 12.-30-1pm 23 Feb 77 STM:PM--ASH WEDNESDAY

As we arrive for this worship, let's all make space for body and soul by assuming a position of relaxed attention, letting ourselves drift on the wave-sounds shoreward and seaward on the ocean of God. The suggested posture is this:

1. Spine flat on floor (by resting your legs on your chair).
2. Eyes closed, arms at sides (palms down).
3. By very small and slow movements, settle your body down, as though your legs were becoming part of the chairseat and the rest of you part of the rug.
4. Use the ocean sounds as a mantra to "attend unto God," meditating and praying as you feel directed....for example....

....give thanks that on this Ash Wednesday we can be together in this room and in this program and in this school and in this city and in this Good News movement across the earth and through the centuries.

....count your blessings and, here at the beginning of the second penitential season in the Semester of Our Lord in the Church Year, your sins--offering equally your blessings and your sins to the God and Father of our Lord Jesus Christ.

....offer to God, successively, the name of every person in the room, beseeching that each of us make this Lent a better preparation for Easter than ever before, for the blessing of our peoples several, the congregations we are privileged to participate in and minister with and to.

OR

....you may wish to make your self-offering in penitence, prayer, and praise, less verbal. In this case, you may choose to guide yourself on a fantasy journey through the spirit of the music. Imagine the following scene:

....the best experience you ever had just resting on a beach. As vividly as you can, recall that scene...feel the warmth of the sun on your body, warm sand under your body. Anybody with you? Pray for that person or those persons, now. Whom, now, are you--should you be--warm sun and sand for? Who, now, is that for you?

When the music ceases, let's sit in our chairs quietly. Without fearing the silence, let's continue in the presence of God. Share verbally anything you believe moved to....a Lenten thought, prayer, aspiration, concern....a story, maybe of you on the beach or in fantasy recall....requests for prayer for self and/or others....some fresh insight that came to you during the first period of the worship.

SING side two of #698

On side one of #698, participate in paragraph two, praying aloud after the liturgist has completed the prayer.

The closing hymn, in most Christian hymnals, is Jewish in words and music. It's the Yigdal (as in the Magnificat, "May my life magnify...make great...sanctify, hallow the Name of...the Lord"), here in a fresh translation.

Benediction