Music and Meditation at St. Peter's July 21, 2020 8:00 pm

Liturgy created by Brit Montoro

Prelude

Opening Breathing and Somatic Exercises

Evening Prayer

Lord, we are here. Bring us together this night. The day is over. The night beckons. We are tired. We long for comfort. We are aware of what we have accomplished and what we still have yet to do. Let us shed the cares and worries of this day so we may begin again tomorrow, refreshed and renewed. Give us peace. Give us your loving-kindness. Give us your love so that we may in turn give that love to everyone around us. In Jesus' holy name we pray, **Amen.**

Opening Hymn-O Gracious Light



Words: Greek, 3rd cent.; tr. F. Bland Tucker (1895-1984); para. of O Gracious Light; Music: The Eighth Tune, Thomas Tallis (1505?-1585); adapt. Hymnal 1982

Collect

Our Collect is a prayer from Julian of Norwich, medieval Christian mystic who was able to see the multifaceted ways of God, the feminine and masculine multigender nature of God, and the multiplicity of God's love as it exists around us and inside us.

God, of your goodness, give me yourself, for you are sufficient for me.

I cannot properly ask anything less, to be worthy of you.

If I were to ask anything less
I should always be in want, for in you alone do I have all. **Amen.**

We will now share time for sacred silence, followed by meditative music and prayers.

Prayers

Our response to our prayers will be Lord, we need you.

For the church, both inside the building and outside the building, that we may show God's mercy and loving-kindness to everyone we encounter. **Lord, we need you.**

For our family and friends, both blood relatives and chosen family, that the connections we strengthen with the people close to us will continually be the manifestation of Jesus' call to love ourselves and our neighbors. **Lord, we need you.**

For our world, that we may not see the troubles of our time as the way things have always been, but rather see the ways in which God is inspiring us to take action to promote love and justice and change the oppressive conditions all around us to better our fellow human beings. **Lord, we need you.**

For those who are sick, especially those who have been affected with COVID-19. May they continue to recover and may our prayers and the work of essential workers everywhere be uplifted and supported. **Lord, we need you.**

For those who have died, especially those who have died from COVID-19 and those whose deaths were at the hands of bigotry and persecution. May we honor those who have gone before us, mourning the dead and fighting for the living. **Lord, we need you.**

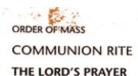
For any joys and concerns we wish to uplift at this time together, please feel free.

The Lord's Prayer

A Poetic Paraphrase of the Our Father by Brit Montoro

Our protector and eternal provider, existing in the complete fullness of love, You possess many names and You shall always be revered. Challenge us to transform our world to promote equity as You have established it in your realm. Feed us physically, mentally, and spiritually. Help us acknowledge the ways we have failed others and not done your divine will. Help us to treat ourselves with kindness so that way we will treat others with kindness in the hopes of them being accountable to others when they have done harm. Guide us so we may not turn from your teaching and preserve us when confronted with adversity. All things belong to you and come from you and we are grateful to share in the fullness of your creation. **Amen.**

The Lord's Prayer-Plainchant



All stand. The Priest invites all to pray the Lord's Prayer.



Adapt. by Robert J. Snow, 1926-1995

Song of Julian of Norwich (The Church of England)

- 1 God chose to be our mother in all things and so made the foundation of his work, most humble and most pure, in the Virgin's womb.
- 2 God, the perfect wisdom of all, arrayed himself in this humble place.
- 3 Christ came in our poor flesh to share a mother's care.
- 4 Our mothers bear us for pain and for death; our true mother, Jesus, bears us for joy and endless life.
- 5 Christ carried us within him in love and travail, until the full time of his passion.
- 6 And when all was completed and he had carried us so for joy, still all this could not satisfy the power of his wonderful love.
- 7 All that we owe is redeemed in truly loving God, for the love of Christ works in us; Christ is the one whom we love.

Reflection Questions

- 1. Why do you think Julian alternates gender for God and Jesus?
- 2. For those of you who are birthing persons, what are the shared experiences you have in the work you undertook as a birthing person and Christ's work as exemplified by Julian?
- 3. How can we work to practice self-love and love of others as Julian calls us to imitate with Christ?

Prayer

It takes inner power and resolve to keep going when all odds are against you. Our sisters defending our universal rights everyday must always understand that even if our voices neither whisper nor resound with solidarity all the time, we are with you every step of the way. Darkness comes before dawn.

Feminist activist Pamela Mhlanga of Zimbabwe

I Need Thee Every Hour

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