



Seasons of a Lifetime: Sacred Time

8:45 a.m. + July 25, 2021

Our call is to hold the full spectrum of our experience, honoring it all and allowing nature to be a wise guide in the process.

The rhythms and cycles of the seasons help us to cultivate this capacity for full presence in the face of tension. We must resist the dualistic ways we have been trained to think in this culture and befriend the full range of what is happening in a given moment.

~ Christine Valters Paintner

Call to Worship

“Come, Now is the Time to Worship”

*Come, now is the time to worship,
Come, now is the time to give your heart.
Come, just as you are to worship,
Come, just as you are before your God.
Come.*

*Willingly we choose to surrender our lives,
Willingly our knees will bow.
With all our heart, soul, mind, and strength,
We gladly choose you now.*

Being Present

Orienting Ourselves

“Come, Now is the Time to Worship”

Sitting with Scripture

Ecclesiastes 3:1-8

For everything there is a season, and a time for every matter under heaven:

*a time to be born, and a time to die;
a time to plant, and a time to pluck up what is planted;
a time to kill, and a time to heal;
a time to break down, and a time to build up;
a time to weep, and a time to laugh;
a time to mourn, and a time to dance;
a time to throw away stones, and a time to gather stones together;
a time to embrace, and a time to refrain from embracing;
a time to seek, and a time to lose;
a time to keep, and a time to throw away;
a time to tear, and a time to sew;
a time to keep silence, and a time to speak;
a time to love, and a time to hate;
a time for war, and a time for peace.*

Remembering a Season

Praising God in all Things

"We Will Sing an Alleluia"

*Sometimes this heart will overflow,
A taste of heaven here below.
A feeling in the soul,
That God is in control.
So we sing an alleluia.*

*Alleluia. Alleluia. Alleluia.
We will sing an alleluia.*

*Some alleluias grow from pain.
A cry of faith we can't explain.
Although the heart feels numb,
We know that joy will come.
So we sing an alleluia.*

Remembering a Season

Song of Response

"When My World Falls Apart (You are God)"

*When my world falls apart I will keep on believing,
Though what I believe in may falter or grow.
Throughout trials and struggles and questions and failings,
My faith will keep changing but this truth I know:*

*You are God, you are good, you are gracious and loving,
And I'm still discovering how wondrous you are.
If I take time to see I can learn more about you,
And though I may doubt you, you never doubt me.*

Naming the Season

Resting in the Silence

During these few minutes of silence, simply rest in God's abiding and loving presence in this moment. Simply be here now. Descend into this silence. There is nothing you need to do. Just let go. Relax. Sense your body. Breathe deeply. If it helps, use a sacred word to help you descend into this silence (such as Christ, Shine, Mercy, Abba, Jesus, or Spirit) or a breath prayer, such as "Here" (inhale) "I am" (exhale).

Offering Ourselves

"Suscipe (Receive)"

*Suscipe, suscipe. Suscipe, suscipe.
All I am, all I have.
You've given all into my care:
Every single thought, every choice I make, the freedoms I possess.
Come fill them all with love.
Please receive all I am.
As I receive all that you are.
I return to you, all that I hold dear, to use as you desire,
for I believe in this.
Your grace, your love, is all that I need.
Your love, your grace, is enough for me.*

Offering Others

God's Goodness

*Your grace, your love, is all that we need.
Your love, your grace, is enough for us.*

"Suscipe (Receive)"

Holy Communion

Receiving a Good Word

*Thank you for worshipping with us today. Please register your attendance.
If you are worshipping online, please text the word **center** to 75787.
If you are worshipping in person, please text the word **chapel** to 75787.*

*For further Contemplative Resources please visit
<https://vimeo.com/showcase/6902676>*