



ST. GREGORY'S EPISCOPAL CHURCH
YOGA MASS
OCTOBER 25, 2025
4:00 P.M.

**SAINT GREGORY'S
EPISCOPAL CHURCH**
***The Cultural and Sacred Hub
of Arts and Service***
100 NORTHEAST MIZNER BOULEVARD P.O. BOX
1503
BOCA RATON, FLORIDA 33429-1503
www.stgregorysepiscopal.org

THE WELCOME AND INVITATION

***YOGA**

Guided gentle flow with body and breath

Please stand for

THE READING FROM THE HOLY GOSPEL OF LUKE

(13:10-17)

Now he was teaching in one of the synagogues on the sabbath. And just then there appeared a woman with a spirit that had crippled her for eighteen years. She was bent over and was quite unable to stand up straight. When Jesus saw her, he called her over and said, 'Woman, you are set free from your sickness.' When he laid his hands on her, immediately she stood up straight and began praising God. But the leader of the synagogue, indignant because Jesus had cured on the sabbath, kept saying to the crowd, 'There are six days on which work ought to be done; come on those days and be cured, and not on the sabbath day.' But the Lord answered him and said, 'You hypocrites! Does not each of you on the sabbath untie his ox or his donkey from the manger, and lead it away to give it water? And ought not this woman, a daughter of Abraham whom Satan bound for eighteen long years, be set free from this bondage on the sabbath day?' When he said this, all his opponents were put to shame; and the entire crowd was rejoicing at all the wonderful things that he was doing.

***A RESPONSE TO THE WORD**

Guided reflection through meditation in motion and breath.

Please be seated for

THE EUCHARISTIC CELEBRATION

What we are looking for is already here.

Blessed are those who hunger and thirst for righteousness, for they shall be satisfied. (Matthew 5:6)

May the presence of God be with you.

And also with you.

Lift up your hearts.

We lift them to you, O God, and we give you thanks. We bow our heads to you, O God, honoring your divine love that shines upon us and within us, and upon all of creation.

Jesus came as the Light into the world, to teach people the truth of God's love for them and for all people, and to bring people into the presence of the living God. He walked in Light, sharing the presence of divine power by healing, teaching, sharing meals, and feeding the crowds with the food that brings true life.

He had compassion for the lonely, the sick, the brokenhearted, the poor, and the imprisoned, and he asked his friends to care for them as much as they cared for themselves.

Around the table, everyone mattered, whether one was religious or non-religious, man or woman, young or old, sinner or saint. Around the table, people met at the level of their most basic need—not just for food, but also for each other, to find the presence of God within the gathering of community. And so, we gather at this table, to be united to each other and to be fed with the Bread of Life.

We remember the stories of bread broken and shared, of Jesus feeding the crowds, of unlikely guests revealing the face of God. Jesus offered himself as a witness to the power of God's love, showing us the way to true and everlasting life.

Breathe upon us, O Lover of Souls, that we may burn with your Spirit's power. Unite us to you and to Jesus, that we all may be one. Sanctify these holy gifts, that they may become for us the sign of divine love, the presence of divine grace, the sacrament of divine compassion, and the promise of our transformation.

Let us pray together.

Giver of Life, draw us together and bring us to wholeness, so that your light may shine in us and through us, in all that we do and out into the world. Let your Spirit breathe upon us and renew us, and send us forth in gratitude and peace, rejoicing in your goodness. AMEN.

THE BREAKING OF THE BREAD

Christ speaks to us now: "I am in you, and you are in me. Live in me and I will live in you."
(John 14:20, 15:4)

THE SHARING OF GOD'S GIFTS

The gifts of God for the people of God. Receive them with faith and thanksgiving and be transformed.

All are invited to come forward to receive the holy mysteries and a blessing with healing oil.

*A RESPONSE TO THE GIFTS

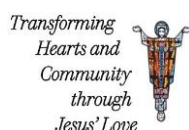
Guided reflection through meditation in motion and breath.

*THE MEDITATION AND SAVASANA

THE BLESSING

Amen. Namaste.

**Denotes time for Yoga and Meditation*



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