



Wednesday, March 30, 2022

**A LENTEN PRAYER VIGIL
FOR SOCIAL JUSTICE:**
to listen, learn, and love

Acknowledgement

Today's Prayer Vigil is sponsored by the Social Justice Committee and Daughters of the King of All Saints Episcopal Church. The Luncheon is provided by the Daughters of the King.

AGENDA

10:00 AM – 10:30 AM	Welcome and Opening Worship
10:30 AM – 11:30 AM	Session 1: A Place to Belong
11:30 AM – 12:25 PM	Session 2: So that Others Might Thrive
12:25 PM – 12:30 PM	Grace and Hymn in the Nave
12:30 PM – 1:15 PM	Meditative Lunch in Gordon Mann Hall (Provided by the Daughters of the King)
1:15 PM – 2:15 PM	Session 3: Safe Harbor
2:15 PM – 3: 15 PM	Session 4: Not Just Me, But We
3:15 PM – 3:30 PM	Closing Worship

***45 Minutes of Silent Prayer will follow each meditation. You are invited to walk the church grounds, meditate in the columbarium, or walk the stations of the cross in the courtyard. You may also choose to stay in the church nave and light a candle in remembrance. During the prayer time after sessions 1, 3 and 4, a prayer labyrinth is available in Gordon Mann Hall.**

OPENING WORSHIP

10:00 - 10:30 AM

WELCOME AND OPENING COMMENTS, The Reverend Denise Trogdon

PRAYER FOR OUR COMMUNITY, by Richard Rohr

God, Lord of all creation, lover of life and of everything, please help us to love in our very small way what You love infinitely and everywhere. We thank You that we can offer just this one prayer and that will be more than enough, because in reality every thing and every one is connected, and nothing stands alone. To pray for one part is really to pray for the whole, and so we do. Help us each day to stand for love, for healing, for the good, for the diverse unity of the Body of Christ and all creation, because we know this is what You desire: as Jesus prayed, that all may be one. We offer our prayer together with all the holy names of God, we offer our prayer together with Christ, our Lord. Amen.

HYMN 488, *Be Thou My Vision*



1 Be thou my vi - sion, O Lord of my heart;
2 Be thou my wis - dom, and thou my true word;
3 Rich - es I heed not, nor vain, emp - ty praise,
4 Light of my soul, af - ter vic - to - ry won,



naught be all else to me, save that thou art:
I ev - er with thee and thou with me, Lord.
thou mine in - her - i - tance, now and al - ways:
may I reach heav - en's joys, O heav - en's Sun!



thou my best thought both by day and by night,
Thou my soul's shel - ter, and thou my high tow'r,
thou and thou on - ly, the first in my heart,
Heart of my own heart, what - ev - er be - fall,



wak - ing or sleep - ing, thy pres - ence my light.
raise thou me heav'n - ward, O Pow'r of my pow'r.
great God of heav - en, my trea - sure thou art.
still be my vi - sion, O Rul - er of all.

SCRIPTURES

Micah 6:8 (NRSV)... "He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?"

PRAYER, Read/led by Reverend Denise Trogdon

Body Prayer by Julian of Norwich; 14th-century mystic, anchoress, and spiritual companion.

AWAIT... [Hands Held Palms Up]

Await God's Presence however it may come to you

ALLOW... [Raise Arms Up Over Your Head with Palms Facing Out]

Allow a sense of God's Presence to come or not and be what it is

ACCEPT... [Bring Right Hand Down, Place Over Your Heart and Place Left Hand Over Right Hand]

Accept as a gift whatever comes or does not come; Accept that you don't know everything, that you not in charge.

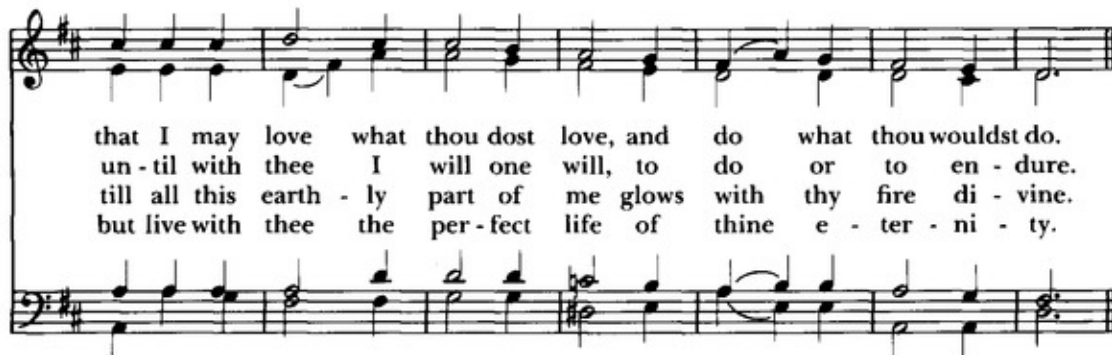
ATTEND... [Hold Hands with Palms Up in Front of You and Fan Your Arms Out to Your Left and Right]

Attend to what you are called to, willing to be present and willing to be God's Presence in the world, however God calls to you.

HYMN 508, *Breathe On Me, Breath of God*



1 Breathe on me, Breath of God, fill me with life a - new,
2 Breathe on me, Breath of God, un - til my heart is pure,
3 Breathe on me, Breath of God, till I am whol - ly thine,
4 Breathe on me, Breath of God, so shall I nev - er die;



that I may love what thou dost love, and do what thou wouldst do.
un - til with thee I will one will, to do or to en - dure.
till all this earth - ly part of me glows with thy fire di - vine.
but live with thee the per - fect life of thine e - ter - ni - ty.

Participants are asked to remain in the Nave for Session 1

SESSION 1: A PLACE TO BELONG

10:30 – 11:30 AM

SONG

A Safe Place to Land, Sara Bareilles

When holding your breath is safer than breathing
When letting go is braver than keeping
When innocent words turn to lies
And you can't hide by closing your eyes

When pain is all that they offer
Like a kiss from the lips of a monster
You know the famine so well, but never met the feast
And home is the belly of the beast

The ocean is wild and over your head
And the boat beneath you is sinking
Don't need room for your bags
Hope is all that you have
So say the Lord's prayer twice, hold your babies tight
Surely someone will reach out a hand
And show you a safe place to land

Oh, imagine yourself in a building
Up in flames being told to stand still
The window's wide open
This is leap is on faith
You don't know who will catch you
Maybe somebody will

The ocean is wild and over your head
And the boat beneath you is sinking
Don't need room for your bags
Hope is all that you have
So say the Lord's prayer twice, hold your babies tight
Surely someone will reach out a hand
And show you a safe place to land

Be the hand of a hopeful stranger
A little scared but you're strong enough
Be the light in the dark of this danger
'Til the sun comes up

Be the hand of a hopeful stranger
A little scared but you're strong enough
Oh, be the light in the dark of this danger
'Til the sun comes up

Be the hand of a hopeful stranger
A little scared but you're strong enough
Be the light in the dark of this danger
'Til the sun comes up

'Til the sun comes up, oh
'Til the sun comes up, 'til the sun
'Til the sun comes up
'Til the sun, 'til the sun
Comes up

SCRIPTURES

Deuteronomy 10:19... Love ye therefore the stranger: for ye were strangers in the land of Egypt.

Ephesians 2: 19-20... Now therefore ye are no more strangers and foreigners, but fellow citizens with the saints, and of the household of God. And are built upon the foundation of the apostles and prophets, Jesus Christ himself being the chief cornerstone.

MEDITATION, by Candace Coggins

PRAYER

Give Us Hearts

God of love and compassion: may we always recognize your spirit:

- in the refugee family, seeking safety from violence;
- in the migrant worker, bringing food to our tables;
- in the asylum-seekers, seeking justice for their families;
- in the unaccompanied child, traveling in a dangerous world.

Give us hearts that break open whenever our brothers and sisters turn to us.

Give us hearts that no longer turn deaf to their voices in times of need;

Give us eyes to recognize a moment for grace instead of a threat.

Give us voices that fail to remain silent but which decide instead to advocate prophetically.

Give us hands that reach out in welcome, but also in work, for a world of justice until all homelands are safe and secure.

Bless us, O Lord...

- Fr. Dan Hartnett S.J.

HYMN 662, *Abide With Me* [verses 1 & 3]

1 A - bide with me: fast falls the e - ven - tide;
2 I need thy pres - ence ev - ery pass - ing hour;
3 I fear no foe, with thee at hand to bless;
4 Hold thou thy cross be - fore my clos - ing eyes;

the dark - ness deep - ens; Lord, with me a - bide:
what but thy grace can foil the tempt - er's power?
ills have no weight, and tears no bit - ter - ness.
shine through the gloom, and point me to the skies;

when o - ther help - ers fail and com - forts flee,
Who, like thy - self, my guide and stay can be?
Where is death's sting? where, grave, thy vic - to - ry?
heaven's morn - ing breaks, and earth's vain sha - dows flee;

help of the help - less, O a - bide with me.
Through cloud and sun - shine, Lord, a - bide with me.
I tri - umph still, if thou a - bide with me.
in life, in death, O Lord, a - bide with me.

TIME FOR PRIVATE MEDITATION AND PRAYER

UNTIL 11:30 AM

SESSION 2: THAT OTHERS MIGHT THRIVE

11:30 – 12:25 PM

SCRIPTURES

John 6: 33-35... for the bread of god is that which comes down from heaven, and gives life to the world. They said to him, "sir, give us this bread always". Jesus said to his followers, "i am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty".

John 3: 1... the elder to the beloved Gaius, whom I love in truth. Beloved, I pray that all you be in good health, just as it is well with your soul.

MEDITATION, by Peggy Brennan

POEM, read by Peggy Brennan

WHEN THE SONG OF THE ANGELS IS STILLED


By Howard Thurman

When the song of the angels is stilled,
When the star in the sky is gone,
When the kings and the princes are home,
When the shepherds have returned to their flocks,
The work of Christmas begins.
To find the lost,
To heal the broken'
To feed the hungry,
To rebuild the nations,
To bring peace among people,
To make music in the heart.


Dare we create a space in which all might thrive in beloved community! Amen.

HYMN 602, Jesu, Jesu, Fill Us With Your Love

Chorus

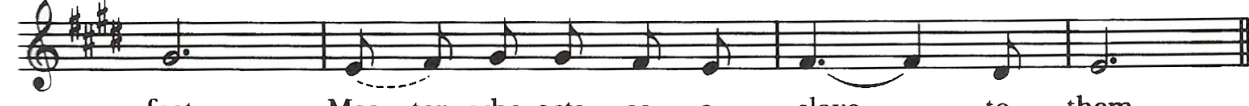


Je - su, Je - su, fill us with your love, show
us how to serve the neigh-bors we have from you.



1 Kneels at the feet of his friends, si - lent - ly wash - es their
2 Neigh-bors are rich___ and poor, neigh-bors are black___ and
3 These are the ones we should serve, these are the ones we should
4 Lov - ing puts us on our knees, serv - ing as though we were

Repeat Chorus



feet, Mas - ter who acts as a slave to them.
white, neigh-bors are near - by and far a - way.
love. All___ are neigh-bors to us and you.
slaves; this is the way we should live with you.

TIME FOR PRIVATE MEDITATION AND PRAYER

Please return to the nave at 12:25 pm for a song and a prayer of grace prior to lunch.

A meditative lunch will be served in Gordon Mann Hall

Meditative Luncheon

12:30 -1:15 PM

HYMN 707, *Take My Life, and Let it Be*

The Hymnal 1982 - #707 Take my life, and let it be

The musical score is written for two voices (Soprano and Bass) and piano accompaniment. It is in the key of D major (two sharps) and 4/4 time. The score consists of four systems of music, each with a vocal line and a piano accompaniment line. The lyrics are as follows:

1 Take my life, and let it be con - se - crat - ed, Lord, to thee;
2 Take my voice, and let me sing al - ways, on - ly, for my King;

take my mo - ments and my days, let them flow in cease - less praise.
take my in - tel - lect, and use ev - ery power as thou shalt choose.

Take my hands, and let them move at the im - pulse of thy love;
Take my will, and make it thine; it shall be no long - er mine.

take my heart, it is thine own; it shall be thy roy - al throne.
Take my - self, and I will be ev - er, on - ly, all for thee.

Grace

Meditation for Mindful Eating, by Reverend Denise Trogdon

Following Lunch, participants are asked to return to the Nave for Session 3

SESSION 3: SAFE HARBOR

1:15 – 2:15 PM

WELCOME, by Zeke Hanzl

HYMN, *Flee as a Bird* (verse 1)

$\text{♩} = 110$

1. Flee as a bird to your mount - ain, thou who art wear-y of sin;
2. He will pro-ect thee for - ev - er, wipe ev - ery fa - ll - ing tear;

Go to the clear flow-ing fount - ain where you may wash and be clean. Haste,
He will for-sake thee, O ne - ver, shel - tered so ten - der-ly there. Haste,

then, th'A-ven-ger is near thee; call, and the Sav - ior will hear thee;
then, the ho - urs are fly - ing, spend not the mo - ments in sigh-ing,

He on His bo-som will bear thee; O thou who art wear-y of sin, O
Cease from your sor-row and cry - ing: The Sav - ior will wipe ev - ery tear, The

thou who art wear-y of sin.
Sav - ior will wipe ev - ery tear.

SCRIPTURES

JEREMIAH 22: 3, Thus says the Lord: Act with justice and righteousness, and deliver from the hand of the oppressor anyone who has been robbed. And do no wrong or violence to the alien, the orphan, and the widow, or shed innocent blood in this place.

EPHESIANS 4: 31-32, Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tenderhearted, forgiving one another, even as God in Christ has forgiven you.

MEDITATION, written by Dana Guazzo; presented by Zeke Hanzl

Survival Story Speakers: Sherm Barker, Kendell Brinkman, Pam Cooper, Tom Longin and Caroline McVitty

THE SPEAKER INVITES ALL TO STAND

Let us pray together the Litany of St. Francis:

V: We come to you with heavy hearts

R: Lord, Make us instruments of your peace.

V: We come to you from a world of division.

R: Where there is hatred, let us sow love.

V: We come to you having hurt each other.

R: Where there is injury, pardon.

V: We come to you looking for answers.

R: Where there is doubt, faith.

V: We come to you broken.

R: Where there is despair, hope.

V: We come to you not seeing the road ahead.

R: Where there is darkness, light.

V: We come to you with heavy hearts.

R: Where there is sadness, joy.

All: O Divine Master, grant that we may not so much seek to be consoled as to console, to be understood as to understand, to be loved as to love. For it is in giving that we receive, it is in pardoning, that we are pardoned, and it is in dying that we are born to eternal life. AMEN.

PLEASE REMAIN STANDING FOR THE CLOSING HYMN, *Flee as a Bird* (verse 2)

♩=110

1. Flee as a bird to your mount - ain, thou who art wear-y of sin;
 2. He will pro-tect thee for - ev - er, wipe ev - ery fa - ll - ing tear;

Go to the clear flow-ing fount - ain where you may wash and be clean. Haste,
 He will for-sake thee, O ne - ver, shel - tered so ten - der-ly there. Haste,

then, th'A-ven-ger is near thee; call, and the Sav - ior will hear thee;
 then, the ho - urs are fly - ing, spend not the mo - ments in sigh-ing,

He on His bo-som will bear thee; O thou who art wear-y of sin, O
 Cease from your sor-row and cry - ing: The Sav - ior will wipe ev - ery tear, The

thou who art wear-y of sin.
 Sav - ior will wipe ev - ery tear.

**TIME FOR PRIVATE MEDITATION AND PRAYER
 UNTIL 2:15**

SESSION 4: NOT JUST ME, BUT WE

2:15 – 3:15 PM

SCRIPTURES

MATTHEW 22:37-40, He said to him, “You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.’ This is the greatest and first commandment. And a second is like it: ‘You shall love your neighbor as yourself.’ On these two commandments hang all the law and the prophets.”

ROMANS 12:4-5, For as in one body we have many members, and not all the members have the same function, so we, who are many, are one body in Christ, and individually we are members one of another.

MEDITATION, by Nancy Tillinghast

HYMN 529, *In Christ There Is No East or West*

Please Stand

1 In Christ there is no East or West, in
2 Join hands, dis - ci - ples of the faith, what-
3 In Christ now meet both East and West, in

3
him no South or North, but one great fel - low -
e'er your race may be! Who serves my Fa - ther
him meet South and North, all Christ - ly souls are

6
ship of love through - out the whole wide earth.
as his child is sure - ly kin to me.
one in him, through - out the whole wide earth.

TIME FOR PRIVATE MEDITATION AND PRAYER

CLOSING WORSHIP

3:15 – 3:30 PM

Closing Message of Thanksgiving

PRAYER - The Lords Prayer from the New Zealand BCP

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.

HYMN 482, *Lord of All Hopefulness, Lord of All Joy*

1 Lord of all hope - ful - ness, Lord of all joy,
2 Lord of all ea - ger - ness, Lord of all faith,
3 Lord of all kind - li - ness, Lord of all grace,
4 Lord of all gen - tle - ness, Lord of all calm,

whose trust, ev - er child - like, no cares could des - troy,
whose strong hands were skilled at the plane and the lathe,
your hands swift to wel - come, your arms to em - brace,
whose voice is con - tent - ment, whose pres - ence is balm,

be there at our wak - ing, and give us, we pray,
be there at our la - bors, and give us, we pray,
be there at our hom - ing, and give us, we pray,
be there at our sleep - ing, and give us, we pray,

your bliss in our hearts, Lord, at the break of the day.
your strength in our hearts, Lord, at the noon of the day.
your love in our hearts, Lord, at the eve of the day.
your peace in our hearts, Lord, at the end of the day.

CLOSING PRAYER - Prayer for Social Justice (BCP 823)

Grant, O God, that your holy and life-giving Spirit may so move every human heart [and especially the hearts of the people of this land], that barriers which divide us may crumble, suspicions disappear, and hatreds cease; that our divisions being healed, we may live in justice and peace; through Jesus Christ our Lord. **Amen.**

PERMISSIONS AND LICENSING

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ALL SAINTS EPISCOPAL CHURCH

Celebrating and Sharing God's love for all.

All Saints Mission: To be a channel of God's love.

The Diocese of South Carolina | The Episcopal Church in South Carolina
3001 Meeting Street | Hilton Head Island, SC 29926 | 843.681.8333
office@allsaints-hhi.org | facebook.com/allsaintshhi | www.allsaints-hhi.org
Office Hours: Monday – Thursday, 10-4