

Quiet the Noise

A Lenten Half Day of Prayer and Worship
Saturday, March 18

Spend a few hours at the church on Saturday, March 18; slow down your day; and expand your concept of prayer. Starting at 3:00 pm, the afternoon is broken down into four parts. Enjoy all or only a portion of the program, as you have the time or the inclination.

3:00 PM to 4:00 PM – Quiet Prayer and Exploring Prayer Through Art and Journaling.

During this period, you are invited to spend time on your own exploring different forms of prayer. You might want to quietly pray or engage in Centering Prayer in the chapel, sanctuary, or close. You might also want to explore art as a method of prayer in the Santa Barbara room (supplies and guidance provided) or see how it feels to use journaling as a method of prayer in the library.

4:00 PM to 4:45 PM – Taizé Prayer Service.

Retire to the chapel where you can experience a Taizé Prayer Service. Taizé is a tiny village in Burgundy, in the eastern part of France. Since 1940 it has been the home of an ecumenical community of brothers whose prayer, three times each day, is at the center of their life. Visitors of all ages and backgrounds come to Taizé on personal pilgrimage or to participate in international meetings of prayer and reflection. From its beginnings, the community has promoted reconciliation among all Christians. Their goal is the unity among all people. Taizé prayer consists of mantra-like singing of simple songs focused on thankfulness, peace, reconciliation and healing. This style of prayer has been adopted by many churches around the world.

Our service will open with the singing and chanting of a prayer followed by the gospel reading for the day. We will then engage in Lectio Divina prayer. This practice has several variations. In our service, each of us will be asked to consider the gospel passage and then imagine ourselves as one of the participants in the story, moving through the four step process of reading, reflection, responding (in silent prayer), and resting. There will be more singing prayer with a final benediction sending us out to the close and a breath of fresh hour before the Saturday Evening Church Service. If you haven't participated in this type of worship, you will find that it is truly special.

5:00 PM to 5:45 PM – Saturday Evening Church Service

Our Taizé Prayer Service will be followed by the Saturday evening service of the Eucharist. If you have come for the earlier portions of this Quiet Day, you may wish to stay and join those who regularly attend this service in lieu of Sunday morning. And for those of you who regularly attend this service, come at least an hour earlier to participate in the Taizé Prayer Service.

6:00 PM – Lenten Supper of Soup and Bread

After the Saturday evening Eucharistic service, we invite you to share a simple Lenten meal of soup and bread in the Santa Barbara Room, provided by the sponsors of this Quiet Day – The Daughters of the King and the new Young Adult Group. This will be an opportunity to get to know others in the congregation and to share your reactions to the various types of prayer you may have experienced during the afternoon.