

“Be still and know that I am God.” Psalms 46:10

A Liturgy of Contemplation

with Holy Communion

**Sunday evenings @ 5:15 in Emmanuel Chapel
St. Luke's Cathedral, 143 State Street, Portland Maine 04101**



The Seasons After Pentecost 2024

Welcome to our service of contemplation and communion.

It is God's hope to meet you here.

Please enter in silence, sit and be comfortable, listen and relax.

Throughout, our service leaders may invite you to stand, kneel, or sing, but you are welcome to simply sit back and be present.

Musical Prelude

Opening Bell - *The bell invites you to a moment of silence*

Invocation

Leader Gracious Lord, Gracious Light:
As we come now to the setting of the sun,
and our eyes behold the vesper light,
we sing your praises with happy voices.
The day is past; stay with us, for evening is at hand.

People Gracious Lord, Gracious Light:
Yours is the day, yours also the night.
Send your unending day upon us who watch for you,
that our lips may praise you, our lives may bless you,
and our worship on the morrow may give you glory.
Amen.

Bell - *Moment of silence.*

Leader Beloved God, as we approach your Presence, guide and stir us with your Holy Spirit, that we may become one body, one spirit in Jesus Christ our Savior.

People Amen.

First Reading – *See insert or announcement*

Reader Listen to what the Spirit is saying to God's people.

People Amen.

Hymn – “Come and fill our hearts with your peace.”

First the musician(s) will play the music through one time.

*Then the congregation will sing the chant through **six times**.*

Come and fill

Confitemini Domino 28

The musical score is written for a 3/4 time signature with a key signature of one sharp (F#). The tempo is marked as quarter note = 66. The score consists of two systems of music, each with a treble and bass staff. The first system includes the lyrics: 'Con - fi - te - mi - ni Do - mi - no quo - ni - am bo - nus. Come and fill our hearts with your peace. You a - lone, O Lord, are ho - ly.' The second system includes the lyrics: 'Con - fi - te - mi - ni Do - mi - no, al - le - lu - ia! Come and fill our hearts with your peace, al - le - lu - ia!' Chord symbols (D, Bm, A, Em, C) are placed above the treble staff. The music features a simple melody with some syncopation and a steady bass line.

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Second Reading – *See insert or announcement.*

Reader These are the words of life.

People Praise be to God.

Hymn – *See insert or announcement*

Reflection

Bell - *Moment of silence.*

Affirmation of Faith

Leader Please join together in our affirmation of faith.

People We believe in God above us, maker and sustainer of all life, of sun and moon, of water and earth, of male and female.

We believe in God beside us, Jesus Christ, the Word made flesh, born of our sister Mary, a servant of the poor, tortured and nailed to a tree.

A man of sorrows, he died forsaken. He descended into the earth to the place of death.

On the third day he rose from the tomb.

He ascended into heaven, to be everywhere present, and His kingdom will come on earth.

We believe in God within us, the Holy Spirit of Pentecostal fire, life-giving breath of the Church,

Spirit of healing and forgiveness, source of resurrection and eternal life.

Amen.

Invitation to Candle Lighting and Prayers

Leader Opening our hearts to receive the love of God and to shine it into the world, we invite you to come forward now, to light a candle at the altar, and to pray for the world and the earth; for the church; and for all those on our hearts and minds.

So please feel free to come forward now, as you choose, and share your prayers with us.

All of you are now invited to step forward, approach the altar, and light a candle while you say your prayer – out loud or in the quiet of your heart – ending your prayer with “Amen” – to which the rest of us will respond together “Amen.”

After the candle lighting and prayers:

Leader Almighty, eternal God, ruler of all things in heaven and on earth: mercifully accept the prayers of your people, and strengthen us to do your will, through Jesus Christ our Lord, Amen.

People Amen.

Welcome and brief announcements – *Celebrant (or leader)*

The Peace –

Celebrant The Peace of the Lord be always with you.

People And also with you.

Celebrant Greet one another with a sign of peace.

Musical interlude – *Short musical meditation by musician(s) during which the Celebrant will prepare the elements for The Great Thanksgiving.*

The Great Thanksgiving *You are invited to stand, kneel, or remain seated – whatever you find is comfortable.*

Celebrant The Lord be with you.

People And also with you.

Celebrant Lift up your hearts.

People We lift them to the Lord.

Celebrant Let us give thanks to the Lord our God.

People It is right to give our thanks and praise.

Celebrant –

We praise you and we bless you, holy and gracious God,
source of life abundant.

From before time you made ready the creation.

Your Spirit moved over the deep and brought all things into being:

sun, moon, and stars; earth, winds, and waters; and every living thing.

You made us in your image and taught us to walk in your ways.

But we rebelled against you, and wandered far away;
and yet, as a mother cares for her children, you would not forget us.

Time and again you called us to live in the fullness of your love.

And so this day we join with Saints and Angels in the chorus of praise that rings through eternity, lifting our voices to magnify you as we say:

Celebrant and People –

Holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory.

Hosanna in the highest.

Blessed is the one who comes in the name of the Lord.

Hosanna in the highest.

Celebrant –

Glory and honor and praise to you, holy and living God.

To deliver us from the power of sin and death and to reveal the riches of your grace, you looked with favor upon Mary, your willing servant, that she might conceive and bear a son, Jesus the holy child of God.

Living among us, Jesus loved us.

He broke bread with outcasts and sinners, healed the sick,
proclaimed good news to the poor.

He yearned to draw all the world to himself, yet we were heedless of his call to walk in love.

Then, the time came for him to complete upon the cross the sacrifice of his life, and to be glorified by you.

On the night before he died for us, Jesus was at table with his friends.

He took bread, gave thanks to you, broke it, and gave it to them, and said: "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

As supper was ending, Jesus took the cup of wine.

Again, he gave thanks to you, gave it to them, and said: "Drink this, all of you: This is my Blood of the new Covenant, which is poured out for you and for all for the forgiveness of sins.

Whenever you drink it, do this for the remembrance of me."

Now gathered at your table, O God of all creation, and remembering Christ, crucified and risen, who was and is and is to come, we offer to you our gifts of bread and wine, and ourselves, a living sacrifice.

Pour out your Spirit upon these gifts that they may be the Body and Blood of Christ.

Breathe your Spirit over the whole earth – make us your new creation, the Body of Christ given for the world you have made.

In the fullness of time bring us, with all your saints, from every tribe and language and people and nation, to feast at the banquet prepared from the foundation of the world.

Through Christ, with Christ, and in Christ, in the unity of the Holy Spirit, to you be honor, glory and praise for ever and ever.

People. Amen.

Breaking of the Bread –

Celebrant breaks the consecrated bread.

Celebrant We break this bread to share in the body of Christ.

People We who are many are one body, for we all share in the one bread.

Invitation to the Table –

Celebrant Friends, this is the table of a gracious God. It is made ready for those who love God, and those who want to love God more. So come to this table now, whether you have much faith or little, whether you have been here often or not very long, whether you feel sure in your faith or are afraid to fail. Come to this table – because it is God’s hope to meet you here.

Leader Please gather as you wish, either here in a circle before the altar or where you sit, as we celebrate our communion together.

All are now invited to step forward, form in a circle before the altar, and participate in Holy Communion.

Instructions for communion:

- *After you have taken the bread, offer it to your neighbor by saying “The Body of Christ, the Bread of Heaven.”*
- *After you have taken the cup, please rotate the chalice, wipe the rim with the cloth, and offer it to your neighbor by saying “The Blood of Christ, the Cup of Salvation.”*
- *You are welcome to take only the bread — because it alone is sufficient participation in Holy Communion — in which case you may pass the chalice (as above) without consuming wine.*

If you prefer to be served by the priest, please remain seated and the priest will come to you. Do not feel obliged to participate. To receive a blessing only, cross your arms over your chest, and the priest will honor your request after we begin.

After all in the circle have taken the bread and the wine, please return to your seat for the Postcommunion prayer.

Postcommunion prayer –

Leader Please join together in this closing prayer.

People God of abundance, you have fed us with the bread of life and cup of salvation;

you have united us with Christ and one another;

and you have made us one with all your people in heaven and on earth.

Now send us forth in the power of your Spirit, that we may proclaim your redeeming love to the world, and continue forever in the risen life of Christ our Savior.

Amen.

The Blessing

Celebrant May the blessing of the God of Abraham and Sarah and of Jesus Christ, born of our sister Mary, and of the Holy Spirit, who broods over all the world as a mother over her children, be upon you and remain with you always.

People Amen.

Closing hymn – *See insert or announcement*

Dismissal

Leader Let us go into the world rejoicing in the power of the Spirit! Alleluia, alleluia.

People Thanks be to God! Alleluia, alleluia.

Musical Postlude

Have a joyous week and return safely to us.

Please greet your pew neighbors when the Postlude has ended – because we need and want your fellowship.

Please sign our email list – it's there on the table.

Should you have ideas or feedback, we'd love to hear them.

Give thanks for the Celebrant who has led our service today.

Please pray this prayer with us this week:

God of justice: keep us silent whenever the only words we have to utter are words of judgment, exclusion, or prejudice.

Give us power of speech to resist injustice, oppression, and hate.

God of power: keep us silent so that we may listen respectfully to another person's pain without trying to fade or fix it – for you are present within each one of us.

Give us courage to share our gifts of speech to comfort, uphold, and strengthen.

God of love: Give us words of welcome, acceptance, renewal.

Give us voices of praise to celebrate each other and the glories of your creation.

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“Peace I leave with you; my peace I give to you.
I do not give to you as the world gives. Do not let your hearts be
troubled, and do not let them be afraid.”

John 14:27



“Do not be conformed to this age, but be transformed by the renewing
of the mind, so that you may discern what is the will of God—what is
good and acceptable and perfect.”

Romans 12:2