



Wednesday , July 22nd

Lunchtime Worship

St. John's acknowledges that the Church buildings , and all living in Victoria, are on the ancestral lands of the Lekwungen speaking people .

Gathering to worship

Let us worship the Divine : Creator, Word and Spirit

All Amen

God is with you

All And also with you.

This is the day that the Divine has made

All We will rejoice and be glad in it.

Opening Prayer

**All Lord, direct our thoughts, and teach us to pray.
Lift up our hearts to worship you in spirit and in truth
Amen**

Blessed is the Creator

All for God has heard the voice of our prayer;

Psalm 139 1-12 , 23-24

1You have searched me, LORD,
and you know me.

2You know when I sit and when I rise;
you perceive my thoughts from afar.

3You discern my going out and my lying down;
you are familiar with all my ways.

4Before a word is on my tongue
you, LORD, know it completely.

5You hem me in behind and before,
and you lay your hand upon me.

6Such knowledge is too wonderful for me,
too lofty for me to attain.

7Where can I go from your Spirit?
Where can I flee from your presence?

8If I go up to the heavens, you are there;
if I make my bed in the depths, you are there.

9If I rise on the wings of the dawn,
if I settle on the far side of the sea,

10even there your hand will guide me,
your right hand will hold me fast.

11If I say, "Surely the darkness will hide me
and the light become night around me,"

[12](#)Even the darkness will not be dark to you;
the night will shine like the day,
for darkness is as light to you.
[23](#)Search me, God, and know my heart;
test me and know my anxious thoughts.
[24](#)See if there is any offensive way in me,
and lead me in the way everlasting.

A poem

Hope is the thing with feathers
That perches in the soul,
And sings the tune without the words,
And never stops at all .

And sweetest in the gale is heard;
And sore must be the storm
That could abash the little bird
That kept so many warm.

I've heard it in the chilliest land
And on the strangest sea;
Yet, never, in extremity ,
It asked a crumb of me .

by Emily Dickinson

Affirmation

All With the whole church
**We affirm that we are made in the image of the Divine ,
Befriended by Christ,
Empowered by the Spirit**

All With people everywhere
**We affirm God's goodness at the heart of humanity
Planted more deeply than all that is wrong**

All With all creation
**We celebrate the miracle and wonder of life;
The unfolding purposes of God, forever at work
In ourselves and the world**

Iona Abbey Worship Book

Let us pray
Loving God,

May the weary find a soft place to rest.
May the searching be met by the Sacred.
May the travellers be encouraged, be fed, be clothed, be received.
May the righteous see the fruits of their labour.
May the lonely find comfort in the night.
May the privileged take extravagant actions of solidarity.
May the complicit repent.
May the apathetic come to recognize the hardness of their hearts.
May the courageous have multitudes behind them.
May the creative write, paint, sing, and dance the truths we all need to feel.
May the fearful keep showing up, keep wrestling, keep taking steps.
May the unjust powerful step-down or be torn down.

May the mourning not be rushed to heal.
May the caretakers have their cups refilled.
May the Holy One within each of us rise

All: **Amen.**

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We are thinking today of all the hurt and sickness in the world , especially of those impacted by Covid19, both physically and mentally .We also bring to mind those affected by the bus crash in Alberta on Saturday .

God of peace, let us your people know that at the heart of turbulence there is an inner calm that comes from you. Keep us from being content with things as they are, that from that central peace there may come a creative compassion, a thirst for justice and a willingness to give of ourselves in the spirit of Christ.

New Zealand BCP

All Gracious God,
accept these prayers
In the name of our brother, Jesus Christ.
Amen.

All **Amen.**

The Disciples' Prayer

All Eternal Spirit,

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.

Going out to serve God

All Let us bless our Loving God
thanks be to God.

**Blessing, honour and glory be yours,
here and everywhere,
now and for ever.
Amen.**

All Go in peace to love and serve .
Thanks be to God. Amen.

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