

Prelude

Be Still and know that I AM God ...
waiting for you, walking with you,
watching o'er you, living in you.

Be Still – amid the distracting clutter
Be Still – when you can't find answers on your own
Be Still – Just be still, and seek My divine direction

Be Still and discern just what you DO know ...
That I AM God
 when the world is topsy turvy and torn
 when others are weighing you down
 when life seems like a battle field
 when you are the victim or the
victor
That I AM God
 Living FOR You, when you are worn out by despair
 Living WITH you, when overtaken by bouts of fear
 Living IN you through thick and thin
 Loving, Believing, Giving you hope against all odds.

Be Still and KNOW that I AM God.

Silence

Introit

'At the centre of Nonviolence is the Principle of Love' – Martin Luther King Jr
God is a peaceful ground of being... the energy of nonviolence. To ask God to help is to ask that God turns us into profoundly peaceful people – Marianne Williamson
Woman is a Ray of God. She is not that earthly beloved: She is creative, not created – Rumi
'God will become visible as God's image is REBORN in you' – Bernard of Clairvaux
Peace is not the absence of trouble, but the presence of GOD – Anonymous

Opening Hymn: 'You Are' John Van de Laar

<https://youtu.be/gqD9yw8jhzc>

Bible Readings: Genesis 1:26-28^A; Ps 139:13-15; Galatians 3:28

Prayer of Approach (Loraine MacKenzie Shepherd, AWPC, Yangsan/Korea 2012)

Gracious God,
gather the murmurings of our hearts, our stilted words, the cries of our spirits.

Take our inadequacies and our pride, remove our desire for recognition and power.

Fill us with your Spirit of humility and grace that lifts up the people we serve.

Before you, there is no division of male or female, lay or clergy, north or south.

We are all created equally in your image.

From dust we have been formed; to dust we shall return. Sow within us a spirit of servanthood as we seek to serve and praise the one who has taught us how to pray:

Lord's Prayer (in our heart language)

Waiting:

(Type in chat, share) what images come to mind when you think of Peace and/or non-violence? Are these influenced by your personal understanding of Christianity?
Kindly share with the group (e.g. a word, music, quote, picture, painting etc.)

Response: 'We Are' Sweet Honey in the Rock
<https://youtu.be/hWaw-tQ4W7w>

Invitation to reflect:

{Please turn your videon on, and follow the instructions given by the facilitator. Pretend that the facilitator is a mirror, and you will copy every movement she makes in the opposite
e.g. she stretches: bend/curl; moves closer to the screen: moves away from the screen; covers camera: uncovers; yawns: smiles; clasps hands: opens hands ... Then do the same as she does}

Reflection: Mirror Images Rev Nicqi Ashwood

Call to Action:

In what ways have you been stirred to be an agent of change in your context?
What can YOU do to make a difference?
Now grab a mirror or picture frame and place your commitment on the back of the device.
Whenever you see a mirror/picture frame, let it be a reminder of the action for Justice that you wish to effect in your corner of the universe.

Prayer of Commitment:

O God, You are so multifaceted –
You are knowledge and wisdom,
revealing hidden depths of all our hearts,
despite what we show to the world.
You are Word and the power –
by Your breath You created galaxies, and stars, and all creation
placing each element strategically to
reflect Your glory and grace.
You are life and light,
adding a glow to all that exists in You.
Nothing too far gone for You to find.

And in Your likeness You created humanity,
loving us into life crafting us
to reflect Your passion and compassion
Somehow, we forgot what it means to be like You dear God,

to see You in each other,
despite the differences
in gender, class, caste, race, economics,
religious belonging, mental and physical abilities

O God we earnestly pray that You would
graciously grant us your people
minds free from distractions and divisions
so that we may learn to appreciate You in each other
As we have been made in your likeness,
may we be resolute in words, in deed and in our doctrine,
to praise You by loving our neighbour as ourselves
To be our siblings' keeper, regardless of their roots,
to love, not hate, no matter the cost
to live mercy, to act justly,
as we humbly walk with each other

You are the one to whom we offer praise, glory and worship;
the Father, the Son and the Holy Spirit,
now and forever and unto ages of ages.

Blessing (sung)

May God's blessings surround you each day
as you trust God and walk in God's way
May God's presence within, Guard and keep you from sin
Go in peace, Go in Joy, Go in Love.

Lyrics –

We Are – Sweet Honey in the Rock

For each child that's born
a morning star rises and sings
to the universe who we are

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a morning star rises and sings
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We are our grandmothers prayers
we are our grandfathers dreamings
we are the breath of the ancestors
we are the spirit of God

We are Mothers of courage
fathers of time
Daughters of dust
sons of great visions
we are sisters of mercy
brothers of love
lovers of life and the builders of nations

We're seekers of truth
and keepers of faith
makers of peace, wisdom of ages

We are our grandmothers prayers
and we are our grandfathers dreamings
we are the breath of the ancestors
we are the spirit of God

We are mothers of courage
fathers of time
we are daughters of dust
and sons of great vision
we are sisters of mercy
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we're lovers of life and the builders of nations
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We are one!

Lyrics: 'You Are' John Van de Laar

You are father to the homeless, a mother to the abused
 A compass to the wanderer, and truth to the confused
 A reprieve to the guilty, to the failure a new day
 And no one who has need of you is ever turned away

CHORUS

So with humble thanks we find our place at the feast you have prepared
 And rest in compassion to limitlessly shared
 And we lift our voice to sing a hymn to praise the One who died
 Including in our circle every God-beloved life

You are wisdom to the seeker, to the mute you are a voice
 A prophet to oppressors, the stillness in the noise
 The defender of the threatened, a warning to the corrupt
 And the doorway to God's Commonwealth of Justice and of love

CHORUS

You are music to the singer, to the artist you are light
 The lyric of the poet, the dancer's joyous flight
 You're the life in every creature, the fire in every star
 And each fragment of the universe is held within your heart

CHORUS

John van de Laar

You are

1. You are fa-ther to the home-less, a mo-ther to the a-bused, a
 2. You are wis-dom to the seek-er, to the mute you are a voice, a
 3. You are mus-ic to the sing-er, to art-ist you are light, the
 com- pass to the wan-der-er, truth to the con-fused; a re- prieve to the guil
 pro- phet to op- pres- sors, still- ness in the noise; the defen- der of the threa
 ly- ric of the po- et, the danc- er's joy-ous flight. You're the life in ev-ery crea
 - ty, to the fail- ure a new day. And
 - tened, a warn- ing to the cor- rupt. And the
 - ture, the fire in ev- ery star. And each
 no one who has need of you is ev- er turned a- way.
 door- way to God's com- mon- wealth of jus- tice and of love.
 frag- ment of the un- i- verse is held with- in your heart.
 Chorus
 So with hum- ble thanks we find our place at the feast you have pre- pared and
 rest in your com pas- sion so lim- it- less- ly shared. And we lift our voice to sing a hymn to
 praise the one who died, in- clud- ing in our cir- cle ev- ery God- be- lov- ed life.

Music and words: John van de Laar © 2009 Sacredise.com, Cape Town, South Africa.