

## 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<sup>A</sup>; 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  
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we are sisters of mercy  
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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

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-  
 ty- 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.