

LYRICS and PRAYERS

Ralph Connor Memorial

United Church

Worshipping in Banff

FIRST SUNDAY in LENT

February 26, 2023

Candle-Lighting (J. Philip Newell)

In the silence of the morning, I am alive to the
new day's light,

alert to the early stirrings of the wind and
the first sounds of the creatures.

In the silence of my heart, I hear the yearnings
that are in my and the fears,

the hopes that rise from within and the
doubts that trouble my soul.

In the beginnings of this day, O God, open to me the treasure of my inner being and assure me again that my true depths are of you.

We light now a candle honoring the wilderness time that Jesus spent, in preparation for his ministry.

Hymn: Voices United #374
“Come and Find the Quiet Centre”

~Shirley Erena Murray – Benjamin Franklin White~

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1. Come and find the quiet centre
in the crowded life we lead,
find the room for hope to enter,
find the frame where we are freed:
clear the chaos and the clutter,
clear our eyes, that we can see
all the things that really matter,
be at peace, and simply be.

2. Silence is a friend who claims us,
cools the heat and slows the pace,
God it is who speaks and names us,
knows our being, face to face,
making space within our thinking,
lifting shades to show the sun,
raising courage when we're shrinking,
finding scope for faith begun.

3. In the Spirit let us travel,
open to each other's pain,
let our loves and fears unravel,
celebrate the space we gain.
There's a place for deepest dreaming,
there's a time for heart to care,
in the Spirit's lively scheming
there is always room to spare!

-end-

Chant (seated): More Voices #18
“God, Prepare Me To Be a Sanctuary”

~John W. Thompson & Randy Scruggs~

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**God, prepare me to be a sanctuary,
pure and holy, tried and true:
with thanksgiving, I'll be a living
sanctuary for you.**

(repeat)

Hymn: More Voices #670
“Precious Lord, Take My Hand”
~Thomas A Dorsey, 1932~

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1. Precious Lord, take my hand,
lead me on, let me stand,
I am tired, I am weak, I am worn;
through the storm, through the night,
lead me on to the light:
take my hand, precious Lord,
lead me home.

2. When my way grows drear,
precious Lord, linger near,
when my life is almost gone,
hear my cry, hear my call,
hold my hand lest I fall:
take my hand, precious Lord,
lead me home.

3. When the darkness appears,
and the night draws near,
and the day is past and gone,
at the river I shall stand,
guide my feet, hold my hand:
take my hand, precious Lord,
lead me home.

-end-

Communion Hymn: Voices United # 480

“Let Us Break Bread Together”

~traditional African-American spiritual~

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1. Let us break bread together
on our knees,
let us break bread together
on our knees.

When I fall down on my knees
with my face to the rising sun,
Oh, Lord, have mercy on me.

2. Let us drink wine together
on our knees,
let us drink wine together
on our knees.

When I fall down on my knees
with my face to the rising sun,
Oh, Lord, have mercy on me.

3. Let us praise God together
on our knees,
let us praise God together
on our knees.

When I fall down on my knees
with my face to the rising sun,
Oh, Lord, have mercy on me.

-end-

The Lord's Prayer

**Beloved, in whom is heaven, hallowed be thy name,
thy kingdom come,thy will be done, on earth,
as it is in heaven.**

**Give us this day our daily bread,
And forgive us our trespasses,
as we forgive those who trespass against us.**

**And lead us not into temptation,
but deliver us from evil:**

**For thine is the kingdom, the power, and the glory
forever and ever. Amen.**

Great Thanksgiving (Wild Goose Group)

May God be with you. And also with you.

Lift up your hearts. We lift them to God.

Let us give thanks to our glorious God.

It is right to give our thanks and praise.

It is indeed right...on earth and in heaven,

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. Hosanna in the highest.

And now, lest we believe...whose food now we share.

Post-Communion Prayer (John O'Donohue)

Christ's food in our souls,

Our food shared like his.

Christ's life in our hands,

Our lives shaped by his.

Christ's love in our hearts,

Our love warmed through his.

Christ's peace on our path,

our path following his. Amen

Recessional Hymn: More Voices #79

“Spirit, Open My Heart”

~Ruth Duck – Irish traditional melody~

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**Spirit, open my heart
to the joy and pain of living.
As you love may I love,
in receiving and in giving,
Spirit, open my heart.**

1. God, replace my stony heart
With a heart that's kind and tender.
All my coldness and fear
To your grace I now surrender.
*Spirit, open my heart
to the joy and pain of living.
As you love may I love,
in receiving and in giving,
Spirit, open my heart.*

2. Write your love upon my heart
As my law, my goal, my story.
In each thought, word, and deed,
May my living bring you glory.

*Spirit, open my heart
to the joy and pain of living.
As you love may I love,
in receiving and in giving,
Spirit, open my heart.*

3. May I weep with those who weep,
Share the joy of sister, brother.
In the welcome of Christ,
May we welcome one another.

*Spirit, open my heart
to the joy and pain of living.
As you love may I love,
in receiving and in giving,
Spirit, open my heart.*

Followed by Moment of Reflection and Postlude