



***Calvary Lutheran Church
Lenten Services***

March 18, 2020

Taking a Breather

As we gather together, we will use the first part of our service to slow down, to settle our souls so that we might reconnect with an “unhurried God.”

Prelude Music

Our world has been turned upside down, our thoughts, our lives, our well-being, is consumed by uncertainty. Our call to slow down and make space for God, to be renewed by the very breath of God has never been more timely.

Opening Verse

“Come and Find the Quiet Center”

Verse 1

Tune: ELW # 712

**Come and find the quiet center in the crowded lives 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...**

The Invitation to Lent: Catching our Breath

I invite you to a deep breath...

[take a moment to breathe in and out slowly a few times]

If you have a watch on, I invite you to take it off for this time of worship.

If you have a phone, I invite you to turn it off or put it away now.

If that makes you very anxious, that's OK.

Just notice the feeling and give it some thought.

Let these simple acts (or maybe not-so-simple acts)
be a sign of the commitment to give ourselves a break,
to give ourselves just a moment to catch our breath,
to give ourselves time to make space for God.

(Time for silence and reflection)

Taking Note

The second part of our service invites us to “take note” of what God is saying to us this day, through scripture, music and sermon.

Ecclesiastes 3:1-13

Response after the announcement of the gospel:

Glory to you, O Lord.

¹For everything there is a season, and a time for every matter under heaven:

²a time to be born, and a time to die; a time to plant, and a time to pluck up what is planted; ³a time to kill, and a time to heal; a time to break down, and a time to build up;

⁴a time to weep, and a time to laugh; a time to mourn, and a time to dance; ⁵a time to throw away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing; ⁶a time to seek, and a time to lose; a time to keep, and a time to throw away; ⁷a time to tear, and a time to sew; a time to keep silence, and a time to speak; ⁸a time to love, and a time to hate; a time for war, and a time for peace.

⁹What gain have the workers from their toil? ¹⁰I have seen the business that God has given to everyone to be busy with. ¹¹He has made everything suitable for its time; moreover he has put a sense of past and future into their minds, yet they cannot find out what God has done from the beginning to the end. ¹²I know that there is nothing better for them than to be happy and enjoy themselves as long as they live; ¹³moreover, it is God's gift that all should eat and drink and take pleasure in all their toil.

Response after the gospel reading:

Praise to you, O Christ.

The Message

Pastor Chris

(Silence for reflection and meditation)

Taking Care

The third part of our service is our response to having listened for God's word. We "take care" to focus through prayer, offering [and communion] on what's really important, really essential, to lives lived with depth.

Making Space for God: 'Time Out' in the Prayer Chair

Let us now spend a few minutes in our prayer chair, making space for God, using the ancient prayer practice called the Breath Prayer.

Breath prayer reminds us that each breath we are given is a gift from God to us and that God's Spirit (or Breath) is nearer to us than our own breath.

Our hope is that you will find time each day to make space for God's presence, and connect with the very breath of God through each week's breath prayer.

So take time now to get comfortable...if you are holding anything in your hands you may want to put it down for the moment. Now intentionally place yourself before God.

Become aware of your breathing. In rhythm with your breathing, gratefully inhale the breath of life. Exhale remembering that Jesus gave his last breath for love of you....

Now as you breathe in, pray silently
or perhaps with a whisper Jesus' prayer for us: *'your kingdom come,'*
and as you exhale, pray in the same manner *'your will be done.'*

Continue in this manner until you hear the music begin....

(A Time of Silence and Reflection)

Centering Verse

"Come and Find the Quiet Center"

Verse 2

Tune: ELW # 712

**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, touches base
Making space within our thinking, lifting shades to show the sun,
Raising courage when we're shrinking, finding scope for faith begun.**

Prayers of the People

For the times when we don't let things unfold in their own time...**forgive us.**

For the times when we get impatient and try to control others around us...**forgive us.**

For the times when we do not trust your timing...**forgive us.**

O Lord, help us to celebrate and embrace the ebbs and flow of life.

Give us the ability to find joy and rest in the midst of our labors.

In this moment we pray with Jesus...

"Your kingdom come, your will be done."

O Lord, you do not ask us to wear ourselves out in order to please you.

We are your children, created by you, and you love us...just as we are.

We bring our petitions to you this night, gracious God. Here are the people and things we are worried about and yet know that we cannot control:

(prayers for those on the bulletin prayer list and prayer cards)

....through Jesus Christ our Lord.

*Lord's Prayer

(Contemporary Version)

**Our Father in heaven, hallowed be your name,
your kingdom come, your will be done, on earth as in heaven.**

Give us today our daily bread.

Forgive us our sins as we forgive those who sin against us.

Save us from the time of trial. and deliver us from evil.

For the kingdom, the power, and the glory are yours, now and forever. Amen.

Offertory Response

Tune: Doxology ELW # 884

**For time to savor God's good gifts
For space to breathe and hearts to lift
For ways to reach out and to give
We offer thanks and vow to live!**

Taking It Out

The final movement of our service is a time of committing to take a bit of this serenity and peace out into the busy world. We are reminded to "keep the main thing the main thing."

Invitation to Lenten Practices

If you have not already done so, find a chair that will be your Prayer Chair for the remainder of Lent. Maybe put a candle next to it to light for your prayer time.

You will find tonight's bulletin and prayer handout on our website.

Again, if you have not already done so, we encourage you to create your own God Box, using the instructions provided on the handout.

Continue to use the God box throughout Lent to give God your worries and concerns.

This God Box will also be available here in the sanctuary throughout Lent whenever you need or wish to add to it. Then at the end of Lent either burn or throw your worries away having entrusted them to God and we will do the same with those placed in the box here in the sanctuary.

Blessing for the Unhurried Life

May this journey change your way of thinking and being.

May you learn to rest in God's presence and be renewed by his Spirit.

May you know deeply that there is time enough
for you, for your relationships, for your work AND for prayer.

And may you be reacquainted each day with an unhurried God
who is calling you to breathe deeply of his loving presence.

Sending Verse

"Come and Find the Quiet Center"

Verse 3

Tune: ELW # 712

**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.**

Dismissal

Go in peace. Serve the Lord.

Thanks be to God.

Postlude

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‡In Our Thoughts and Prayers‡

Prayers for healing: **Kenny & Alice Shriver** (recovering), **Linda Spomer** (heart tests), **Mylah Buckley** (RSV—granddaughter of Jim & Sheila Miller), **Jordan Hein** (cancer surgery—former member of Calvary), **Wes Sell** (recovering), **Neal Blomenkamp** (recovering from surgery), **Dee Brady** (recovering from surgery), **Steve Kaufman** (recovering), **Norman Stevens** (Dave Steven's brother), **Michael Luenenborg** (heart surgery—brother of Deanna Zweifel), **Ron Hettinger** (heart & medical conditions—Marcy Miller's father), **Mabel Dedlow** (healing), **Candy** (cancer surgery--friend of Susan Martin), **Michael Dietrich** (friend of Dave & Penny Stevens), **Julie** (cancer treatment--Travis Miller family), **Barb** (cancer--Marlene Downer's sister-in-law), **Joan** (cancer--niece of Marj Nikont), **Patty** (cancer—Jim Dorn's sister-in-law), **Kevin Feil** (healing--Melissa Guerrero's father), **Bonnie Noble** (Leah Nikont's mother), **Alan** (recovery of vision after surgery—Kathy Randall's cousin).

Prayers for comfort and peace: For the family and friends of **Reva Loeks** (Maunette Loeks mother), and **Judy Lutz** (Tammy Lutz' mother)