

# *Sabbath Circle Liturgy*

Friday, May 4<sup>th</sup>, 2018

## Reflections on Silence:

Voice 1: "One reason we can hardly bear to remain silent is that it makes us feel so helpless. We are so accustomed to relying upon words to manage and control others..."

Voice 2: "... If we are silent, who will take control? God will take control, but we will never let him take control until we trust him. Silence is intimately related to trust."<sup>1</sup>

Voice 3: "Simply to refrain from talking, without a heart listening to God, is not silence."<sup>2</sup>

## Invocation:

*(1<sup>st</sup> light)* Creator God, in this quiet and holy space, speak your light in into our darkness and fashion us by your hands into your likeness.

*(2<sup>nd</sup> light)* Lord Jesus, Word made flesh, teach us the language of silence that we might hear and understand and obey your will.

*(3<sup>rd</sup> light)* Holy Spirit, Still Small Voice, breathe in us the Shalom of our Father in heaven by the grace of the Son, that we might find rest in the presence of God.

## Scripture Readings:

Voice 4: "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

(Matthew 11:28-30)

Voice 5: "Because so many people were coming and going that they did not even have a chance to eat, [Jesus] said to [his disciples], 'Come with me by yourselves to a quiet place and get some rest.' So they went away by themselves in a boat to a solitary place."

(Mark 6:31-32)

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<sup>1</sup> Ibid., 101.

<sup>2</sup> Foster, Richard. Celebration of Discipline, 98.

## Centering Prayer:

### Guidelines from Contemplative Outreach Ministries<sup>3</sup>

- i. Choose a sacred word as the symbol of your intention to consent to God's presence and action within.
- ii. Sitting comfortably and with eyes closed, settle briefly and silently introduce the sacred word as the symbol of your consent to God's presence and action within.
- iii. When engaged with your thoughts,\* return ever-so-gently to the sacred word.
- iv. At the end of the prayer period, remain in silence with eyes closed for a couple of minutes.

\*thoughts include body sensations, feelings, images, and reflections

*Let us pray:*

"... When you call upon me and come and pray to me, [says the Lord], I will hear you. When you search for me, you will find me; if you seek me with all your heart..."

(Jeremiah 29:12-13)

**Lead us Lord, into that mysterious silence where your love is revealed to all who seek you.**

*Time of Silence for Centering Prayer*

*Close with The Lord's Prayer together.*

**Our Father, which art in heaven, hallowed be thy Name.  
Thy Kingdom come. Thy will be done in earth, as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses, as we forgive them that trespass against us.  
And lead us not into temptation but deliver us from evil.  
For thine is the kingdom, the power, and the glory,  
For ever and ever.  
Amen.**

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<sup>3</sup> [www.contemplativeoutreach.org](http://www.contemplativeoutreach.org)

## A Litany of Humility<sup>4</sup>

(Readers may continue one by one through entire litany with unison responses throughout)

**All:**               **O Jesus, meek and humble of heart, make my heart like yours.**

*(silent pause)*

Leader:           Deliver us, O Lord...

- From self-will
- From the desire of being esteemed
- From the desire of being loved
- From the desire of being extolled
- From the desire of being honored
- From the desire of being praised
- From the desire of being preferred to others
- From the desire of being consulted
- From the desire of being approved
- From the desire to be understood
- From the desire to be visited

Leader:           Deliver us, O Lord...

- From the fear of being humiliated
- From the fear of being despised
- From the fear of suffering rebukes
- From the fear of being calumniated (*slandered*)
- From the fear of being forgotten
- From the fear of being ridiculed
- From the fear of being suspected
- From the fear of being wronged
- From the fear of being abandoned
- From the fear of being refused

Leader:           Lord, Grant us the grace to desire...

- That others may be esteemed more than I
- That in the opinion of the world, others may increase and I may decrease
- That others may be chosen and I set aside
- That others may be praised and I go unnoticed
- That others may be preferred to me in everything
- That others may become holier than I, provided that I may become as holy as I should

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<sup>4</sup> Adapted from Diat, Nicolas, "A Litany of Humility", cited in Robert Cardinal Sarah, [The Power of Silence](#), 17-19.

## A Litany of Humility - Continued

**All:**           **O Jesus, meek and humble of heart, make my heart like yours.**

*(silent pause)*

Leader:       Lord, we want to rejoice...

- At being unknown and poor
- At being deprived of the natural perfections of body and mind
- When people do not think of me
- When they assign to me the meanest tasks
- When they do not even deign to make use of me
- When they never ask my opinion
- When they leave me at the lowest place
- When they never compliment me
- When they blame me in season and out of season
  
- Blessed are those who suffer persecution for justice' sake, for theirs is the kingdom of heaven.

**All:**           **O Jesus, meek and humble of heart, make our hearts like yours.**

## Holy Communion