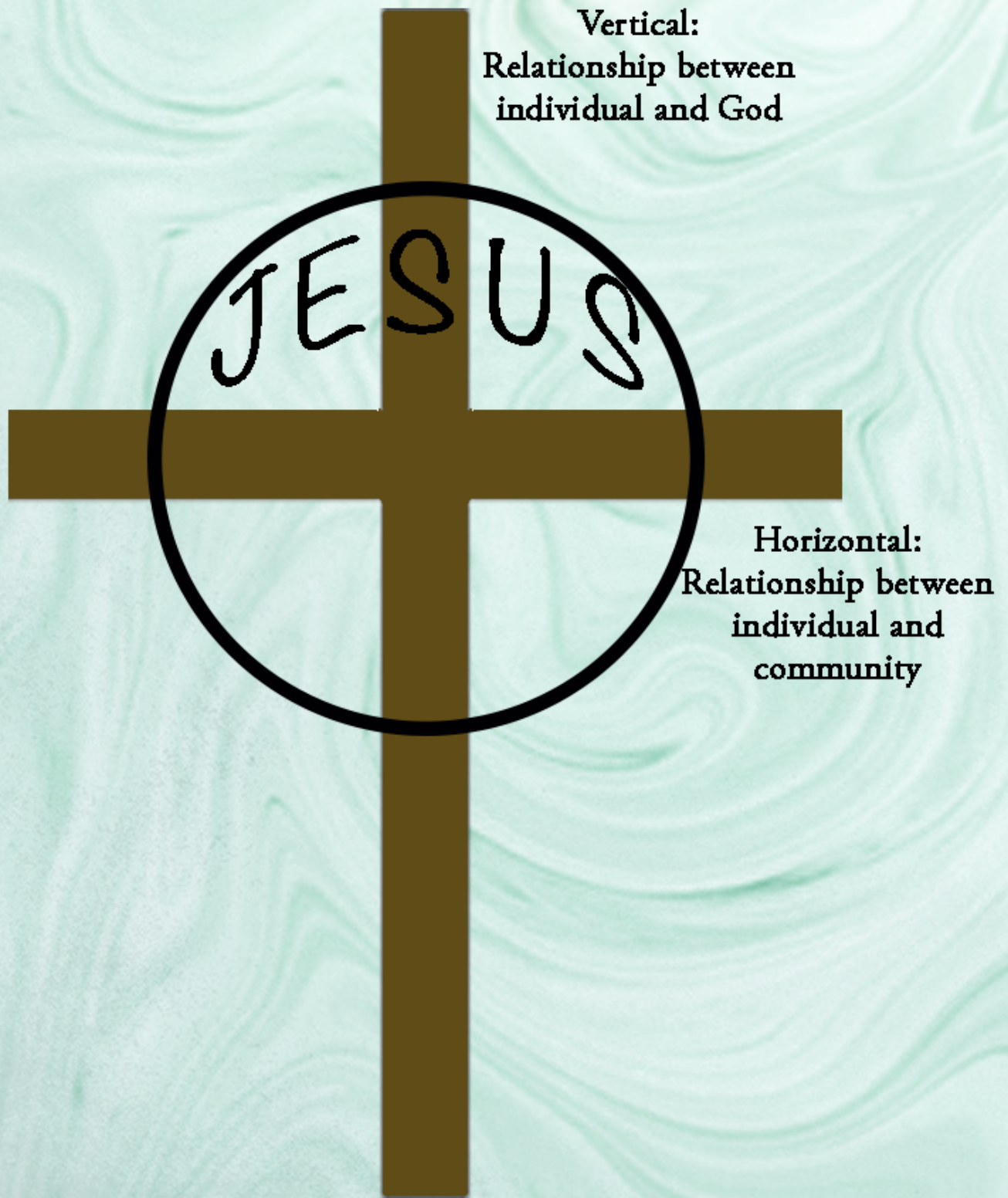


Relationship Axes of Our Spiritual Journey



All Saints Lenten Prayer Vigil
Program Supplement 2023

Readings, Song Lyrics, Scripture & Resources

SESSION 1: TENDING OUR RELATIONSHIP WITH GOD

ANTHEM;

If ye love me, keep my commandments, and I will read the father, and he shall give you another comforter, that he may abide with you forever, even the spirit of truth.

POEMS:

A Blessing for Solitude by John O'Donahue

May you recognize in your life the presence,
Power and light of your soul.

May you realize that you are never alone,
that your soul, in its brightness and belonging,
connects you intimately with the rhythm
of the universe.

May you have respect for your own
individuality and difference.

May you realize that the shape
of your soul is unique,
that you have a special destiny here,
that, behind the facade of your life,
there is something beautiful, good and eternal.
May you learn to see yourself with the same delight,
pride and expectation
with which God sees you in every moment.

Becoming Christ by Brie Stoner

God speaks to each of us as he makes us,
then walks with us silently out of the night.

These are the words we dimly hear:

You, sent out beyond your recall,
go to the limits of your longing,
Embody me.

Flare up like flame
and make big shadows I can move in.

Let everything happen to you: beauty and terror.
Just keep going. No feeling is final.
Don't let yourself lose me.

Nearby is the country they call life.
You will know it by its seriousness.
Give me your hand.

LOGOS by Mary Oliver

Why wonder about the loaves and the fishes?
If you say the right words, the wine expands.
If you say them with love
and the felt ferocity of that love,
the fish explode into many.
Imagine him, speaking,
and don't worry about what is reality,
or what is plain, or what is mysterious.
If you were there, it was all those things.
If you can imagine it, it is all those things.
Eat, drink, be happy.
Accept the miracle.
Accept, too, each spoken word
spoken with love.

Henri Nouwen on Solitude:

Solitude is the place of the great encounter, from which all other encounters derive their meaning. In solitude we meet the one-who-calls-us Beloved. In solitude, we leave behind our many activities, concerns, plans, and projects, opinions, convictions, to enter the presence of Love, vulnerable, naked, open and receptive. There we encounter a Father/Mother God who is all love, all care, **all forgiveness. In solitude we are led to a personal and intimate relationship with Love**".

Mother Teresa:

"The problem with the world is that we draw the circle of our Family too small".

PRAYERS from the Book of Common Prayer

A Prayer of Self-Dedication.....Almighty and eternal God, so draw our hearts to thee, so guide our minds, so fill our imaginations, so control our wills, that we may be wholly thine, utterly dedicated unto thee; and then use us, we pray thee, as thou wilt, and always to thy glory and the welfare of thy people; through our Lord and Savior Jesus Christ. Amen.

O God, you manifest in your servants the signs of your presence: Send forth upon us the Spirit of Love, that in companionship with one another your abounding grace may increase among us; through Jesus Christ our Lord. Amen.

For Guidance....Heavenly Father, in you we live and move and have our being: We humbly pray you so to guide and govern us by your Holy Spirit, that in all the cares and occupations of our life we may not forget you, but may remember that we are ever walking in your sight; through Jesus Christ our Lord. Amen.

A PRAYER FROM THOMAS MERTON, THOUGHTS IN SOLITUDE

My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think I am following your will does not mean that I am actually doing so. But I believe that the desire to please you does in fact please you. And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And I know that if I do this you will lead me by the right road, though I may know nothing about it. Therefore I will trust you always though I may seem to be lost and in the shadow of death. I will not fear, for you are ever with me, and you will never leave me to face my perils alone.

SCRIPTURE:

1Corinthians 13:13

And now Faith, Hope and Love Abide, these three; and the greatest of these is Love.

Isaiah 43:1

But now thus says the Lord,
He who created you, O Jacob,
he who formed you, O Israel;
Do not fear, for I have redeemed you;
I have called you by name, you are mine.

Isaiah 49:16

Can a Mother forget the baby at her breast and have no compassion on the child she has borne? Though she may forget-I will not forget you! See, I have engraved you on the palms of my hands.

SONG:

I WANT TO WALK AS A CHILD OF THE LIGHT

I want to walk as a child of the light.
I want to follow Jesus.
God set the stars to give light to the world. The
Star of my life is Jesus.

REFRAIN:

In him there is no darkness at all. The night and the day are both alike. The Lamb is the light of the city of God.
Shine in my heart, Lord Jesus.

I want to see the brightness of God.
I want to look at Jesus.
Clear sun of righteousness, shine on my path, and
show me the way to the Father.

REFRAIN

I'm looking for the coming of Christ.
I want to be with Jesus.
When we have run with patience the race, we
Shall know the joy of Jesus.

REFRAIN

I want to be with Jesus.
When we have run with patience the race, we
shall know the joy of Jesus.
Refrain

SESSION 2: OUR RELATIONSHIP WITH CREATION

Important facts to know about plastic.

- Only 9% of all plastic produced is recycled
- A whopping 2 million plastic bags are used every minute worldwide
- Single-use plastics are illegal in some parts of the world
- Every minute of every day a truckload of plastic is dumped into the ocean
- 73% of beach litter worldwide is plastic
- One million plastic bottles are bought every minute
- There could be more plastic than fish in the ocean by 2050
- Up to 95% of plastic polluting oceans is carried by 10 rivers
- 99% of seabirds will be eating plastic by 2050
- The average person eats 70,000 microplastics each year
- The average time that a plastic bag is used is just 12 minutes
- Over the past 50 years, world plastic production has doubled

Some simple steps to seriously reduce your plastic use right now

- Carry Reusable Shopping Bags
- Drink Your Coffee From a Reusable Cup
- Avoid Bottled Water
- Steer Clear of Plastic Straws
- Compost Food Waste
- Look for products made from recycled materials.

<https://www.4ocean.com/4ocean/movement>

<https://rothys.com/>

<https://www.tru.earth/>

<https://oceanservice.noaa.gov/hazards/marinedebris/plastics-in-the-ocean>

<https://www.earthday.org/fact-sheet-plastics-in-the-ocean>

<https://oceanliteracy.unesco.org/plastic-pollution-ocean>

Great spirit,
give us hearts to understand;
never to take
from creation's beauty more than we give,
never to destroy wantonly for the furtherance of
greed,
never to deny to give our hands for the building of
earth's beauty,
never to take from her what we cannot use.
Give us hearts to understand that to destroy earth's
Music is to create confusion
That to wreck her appearance is to blind us to beauty,
That to callously pollute her fragrance is to make a
House of stench,
That as we care for her she will care for us. Amen

UN ENVIRONMENTAL SABBATH PROGRAM

This is my Father's world; and to my listening ears
All nature sings and round me rings the music of the spheres.
This is my Father's world; I rest me in the thought
Of rocks and trees, of skies and seas, his hand the wonders wrought.

This is my Father's world; oh, let us not forget
That though the wrong is great and strong God is our Father yet.
He trusts us with the world, to keep it clean and fair;
All earth and trees, all skies and seas, all creatures ever

SESSION 3: RELATIONSHIP TO CHILDREN

Meditation on Tending the Sacred in our Relationships with Children

Nancy Tillinghast and Jen Adams

In her **Loving the Two Halves of Life** talk, author and poet **Edwina Gateley** tells of the secure attachment to God she experienced as a child, “I didn’t even question that I was loved, it was like an entitlement. Well, of course, God loves us, and the church will teach us and guide us and protect us and help us to become holy. We were simply loved and secure and trusting.... God knows, God understands, God loves you with an enormous love and only wants to look upon you with that love. Quiet, still, be, let your God love you. And God was always there, even if I went out to play....

Religion, in that first stage of spiritual life, [meant] we’re safe. An eternal invitation to rest and play in love and knowing the security of God with us. We are, each of us, a bit of God, a scrap of divinity. If only we could know it, we would walk the earth in awe, eyes shining in splendor, heart suspended in delight, at the miracle of the living God gracing our days and nights.... The joy, the innocence, the energy, and the hope of childhood!” *Adapted from Richard Rohr, Ronald Rolheiser, and Edwina Gateley, Loving the Two Halves of Life: The Further Journey (Albuquerque, NM: Center for Action and Contemplation, 2011). Available as MP3 download.*

Father Richard Rohr introduces the first half of life and the necessary journey beyond it: “There is much evidence on several levels that there are at least two major tasks to human life. The first task is to build a strong “container” or identity; the second is to find the contents that the container was meant to hold. The first task we take for granted as the very purpose of life, which does not mean we do it well.”

ON CHILDREN by Kahlil Gibran (1883-1931)

And a woman who held a babe against her bosom said, Speak to us of Children. And he said:

“Your children are not your children.
They are the sons and daughters of Life’s longing for itself.
They come through you but not from you,
And though they are with you yet they belong not to you.

You may give them your love but not your thoughts,
For they have their own thoughts.

You may house their bodies but not their souls,
For their souls dwell in the house of tomorrow, which you cannot visit, not even in your dreams.
You may strive to be like them, but seek not to make them like you.
For life goes not backward nor tarries with yesterday.
You are the bows from which your children as living arrows are sent forth.
The archer sees the mark upon the path of the infinite,

and He bends you with His might that His arrows may go swift and far.
Let your bending in the archer's hand be for gladness; For even as He loves the arrow that
flies, so He loves also the bow that is stable.”

THE SACREDNESS OF A CHILD'S IMAGINATION by Katherine Ruch, 3.06.2018 in blog 'Still
by of the Turning World':

“It is a heavy responsibility to be the primary gatekeeper for your children's imaginations until
they grow up to be old enough to take on the responsibility themselves. Their imaginations are
priceless treasures that you are given the opportunity to shape and guide so that they have a
rich inner life.”

Inter-Tribal Council of Michigan, Inc.: Children don't need perfect parents. They need
parents and grandparents, [teachers and mentors] to make time, listen, be curious and love
them unconditionally. It's our job to care for and spend time with our children so they realize
their gifts and use them to help all our people. Childhood is sacred. Make time with your child
sacred by being active, playful and true. This is how we heal the future.

United Way of the Low Country is a local non-profit organization with a vision to be the
leading force for social change to improve basic needs, education, health and economic
mobility outcomes for the citizens of Beaufort and Jasper counties. They partner with local
schools to offer **Read Indeed!**—a volunteer based tutor program that offers tutoring in reading
to children K-3rd grade. To learn more, see:

<https://uwlowcountry.org/get-involved/volunteer-opportunities/>

World Vision, a global Christian humanitarian organization that partners with children,
families, and their communities to reach their full potential by tackling the causes of poverty
and injustice. For opportunities to sponsor a child and partner with world communities:

www.worldvision.org

UNICEF works in the world's toughest places to reach the most disadvantaged children and
adolescents – and to protect the rights of every child, everywhere. The world's largest provider
of vaccines, we support child health and nutrition, safe water and sanitation, quality education
and skill building, HIV prevention and treatment for mothers and babies, and the protection of
children and adolescents from violence and exploitation. See: www.UNICEF.org

Contact the Child Development Center at All Saints Episcopal Church:

prek@allsaints-hhi.org .

Session 4: Relationship with Neighbors

Lyrics to the song, For the One, by Paul McClure and Jennifer Louise Johnson

Let me be filled with kindness and compassion for the one,
the one in whom You loved and gave Your Son. For humanity. Increase my love.
Help me to love with open arms like You do.
A love that erases all the lines and sees the truth.
Oh, that when they look in my eyes, they would see You.
Even in just a smile, they would feel the Father's Love.
Oh, how You love us, from the homeless, to the famous, and in between.
You formed us, You made us carefully.
Cause in the end, we're all Your children.
Help me to love.....
So, let all my life, tell of who You are, and the wonder of Your never-ending love.
Oh, let all my life, tell of who You are, that You're wonderful and such a good Father.
You are wonderful, and such a good Father.
So, help me to love with open arms like you do.
A love that erases all the lines and sees the truth.
Oh, that when they look in my eyes, they would see You.
Even in just a smile, they would feel the Father's Love.
Even in just a smile, they would feel the Father's Love.

Books

Bishop Michael Curry, Love Is the Way
Bishop Michael Curry, The Power of Love, Sermons, Reflections, &, Wisdom to uplift and inspire
Richard Rohr, Essential Teachings on Love

Children's Books

Matthew Cordell, Hello, Neighbor! The Kind and Caring World of Mister Rogers
His Holiness the Dalai Lama & Archbishop Desmond Tutu, The Little Book of Joy

Opportunities to help in the community on Hilton Head and Bluffton

United Way of the Low Country
Second Helpings
The Deep Well Project
Sandalwood Community Food Pantry
Boys and Girls Club HHI
Meals on Wheels
Hilton Head Island Safe Harbour
NOC-Neighborhood Outreach Connection
Bluffton Self Help
Volunteers in Medicine

All Saints Episcopal Outreach Ministries

Angel Tree
Family Promise
Feed My Sheep

International Missions
MLK Committee for Social Justice
Social Justice Committee
Find more information about these ministries and others at allsaints-hhi.org

Poems, Prayers, and Quotes

Howard Thurman

“Listen to the long stillness:
New life is stirring,
New dreams are on the wing,
New hopes are being readied:
Humankind is fashioning a new heart
Humankind is forging a new mind
God is at work.
This is the season of Promise.”

St. Teresa of Avila

“Christ has no body now on earth but yours, no hands, no feet but yours.
Yours are the eyes with which Christ looks out his compassion to the world.
Yours are the feet with which he is to go about doing good.
Yours are the hands with which he is to bless us now.”

Lover of All, Richard Rohr

Lord, lover of life, lover of these lives,
Lord, lover of souls, lover of our bodies, lover of all that exists,
In fact, it is your love that keeps it all alive.....
May we live in this love.
May we never doubt this love.
May we know that we are love.
That we were created for love.
That we are a reflection of you.
That you love yourself in us and therefore we are perfectly lovable.
May we never doubt this deep and abiding and perfect goodness
That we are because you are.

Prayer of St. Francis

Lord, make me an instrument of your peace,
Where there is hatred, let me sow love;
where there is injury, pardon;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light; and
Where there is sadness, joy.
O God, grant that I may not so much seek to be consoled as to console;
To be understood as to understand;
To be loved as to love;
For it is in giving that we receive;
It is in pardoning that we are pardoned;
And it is in dying that we are born to eternal life. Amen

“I have one life and one chance to make it count for something.....My faith demands that I do whatever I can, wherever I am, whenever I can, for as long as I can with whatever I have to try to make a difference.” Jimmy Carter

“Love isn’t a state of perfect caring. It is an active noun like struggle. To love someone is to strive to accept that person exactly the way he or she is, right here and now.” Fred Rogers

“Use me God. Show me how to take who I am, who I want to be, and what I can do, and use it for a purpose greater than myself.” Martin Luther King, Jr.

Scriptures

John 15:12-13 This is my commandment, that you love one another as I have loved you. 13 No one has greater love than this, to lay down one’s life for one’s friends.

John 13:34 A new command I give you. Love one another. As I have loved you, So you must love one another.

Matthew 5:43-45 You have heard it said. Love your neighbor, and hate your enemy. But I say to you, Love your enemies and pray for those who persecute you. So that you may be children of your Father in heaven; He causes the sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous.

1 Corinthians 13:4-7 Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.

The Parable of the Good Samaritan from the Message Bible

Luke 10:29-37 Jesus answered by telling a story. “There was once a man traveling from Jerusalem to Jericho. On the way he was attacked by robbers. They took his clothes, beat him up, and went off leaving him half-dead. Luckily, a priest was on his way down the same road, but when he saw him he angled across to the other side. Then a Levite religious man showed up; he also avoided the injured man.

A Samaritan traveling the road came on him. When he saw the man’s condition, his heart went out to him. He gave him first aid, disinfecting and bandaging his wounds. Then he lifted him

onto his donkey, led him to an inn, and made him comfortable. In the morning he took two silver coins and gave them to the innkeeper, saying, 'Take good care of him. If it costs any more, put it on my bill-I'll pay you on my way back.'

"What do you think? Which of the three became a neighbor to the man attacked by robbers?"

"The one who treated him kindly," the religious scholar responded.

Jesus said, "Go and do the same."

**For Personal Meditation-
Lent Prayer for God to bring beauty from ashes:**

Dear God,

In this season of Lent, we're reminded of our own difficulties and struggles. Sometimes the way has seemed too dark. Sometimes we feel like our lives have been marked by such grief and pain, we don't see how our circumstances can ever change. But in the midst of our weakness, we ask that you would be strong on our behalf. Lord, rise up within us, let your Spirit shine out of every broken place we've walked through. Allow your power to be manifest through our own weakness, so that others will recognize it is You who is at work on our behalf. We ask that you would trade the ashes of our lives for the beauty of your Presence. Trade our mourning and grief for the oil of joy and gladness from your Spirit. Trade our despair for hope and praise. We choose to give you thanks today and believe that this season of darkness will fade away. Thank you that you are with us in whatever we face and that you are greater than this trial. We know and recognize that you are Sovereign, we thank you for the victory that is ours because of Christ Jesus, and we are confident that you have good still in store for our future. We thank you that you are at work right now, trading our ashes for greater beauty. We praise you, for you make all things new. In Jesus' Name, Amen.

Loving God,

I hear your invitation, "Come back to me"
and I am filled with such a longing to return to you.
Show me the way to return.
Lead me this day in good works I do in your name
and send your Spirit to guide me and strengthen my faith.
I ask only to feel your love in my life today. Amen.

Additional Prayers and Thoughts:

For Lent, 1966

It is my Lent to break my Lent
To eat when I would fast,
To know when slender strength is spent,
Take shelter from the blast.
When I would run with wind and rain,
To sleep when I would watch.

It is my Lent to smile at pain
But not ignore its touch.

It is my Lent to listen well
When I would be alone.
To talk when I would rather dwell
In silence, turn from none.
Who call on me, to try to see
That what is truly meant
Is not my choice. If Christ's I be
It's thus I'll keep my Lent.
~ Madeleine L'Engle

At the End of Our Lives

At the end of our lives,
We will not be judged
By how many diplomas
We have received,
How much money
We have made, or how
Many great things we
Have done. . .

We will be judged by:
I was hungry and you
Gave me to eat.
I was naked and you clothed me.
I was homeless and
You took me in.
~Mother Teresa

God's Ways

Coincidence is when God
Chooses to remain anonymous.

For has promised a safe landing
Not a calm passage,

If God is your co-pilot,
Swap seats now!

The Creation

And God stepped out on space,
and he looked around and said:
I'm lonely—
I'll make me a world.

And far as the eye of God could see
Darkness covered everything,
Blacker than a hundred midnights
Down in a cypress swamp.

Then God smiled
And the light broke,
And the darkness rolled up on one side,
And the light stood shining on the other,
And God said: That's good.

Then God reached out and took the light in his hands,
And God rolled the light around in his hands.
Until he made the Sun;
And the light that was left from making the Sun
God gathered it up in a shining ball
And flung it against the darkness,
Spangling the night with the moon and stars.
Then down between
The darkness and the light
He hurled the world;
And God said: That's good,

Then God himself stepped down—
And the Sun was on his right hand,
And the moon his left;
The stars were clustered about his head,
And the earth was under his feet.
And God walked, and where he trod
His footsteps hollowed the valleys out
And bulged the mountains up.

Then he stopped and looked and saw
That the earth was hot and barren.
So God stepped over to the edge of the world
And he spat out the seven seas—
He batted his eyes, and the lightnings flashed—
He clipped his hands, and the thunders rolled—
And the waters above the earth came down,
The cooling waters came down.

Then the green grass sprouted,
And the little red flowers blossomed,
The pine tree pointed his finger to the sky,
And the oak spread out his arms,
The lakes cuddled down in the hollows of the ground
And the rivers ran down to the sea;
And God smiled again,
And the rainbow appeared,
And curled itself around his shoulder.

Then God raised his Arm and he waved his hand
Over the sea and over the land,
And he said: Bring forth! Bring forth!
And quicker than God could drop his hand,
Fishes and fowls
And beasts and birds
Swam the rivers and the seas
Roamed the forests and the woods,
And split the air with their wings.
And God said: That's good!

Then God walked around,
And God looked around
On all that he had made.
He looked at his sun,
And he looked at his moon,
And he looked at his little stars;
He looked on his world
With all its living things,
And God said: I'm lonely still.

Then God sat down—
On the side of a hill where he could think;
By a deep, wide river he sat down;
With his head in his hands,
God thought and thought,
Til he thought: I'll make me a man!

Up from the bed of the river
God scooped the clay;
And by the bank of the river
He kneeled him down;
And there the great God Almighty
Who lit the sun and fixed it in the sky,
Who flung the stars to the most far corner of the night,
Who rounded the earth in the middle of his hand;
This Great God,
Like a mammy bending over her baby,
Kneeled down in the dust
Toiling over a lump of clay
Till he shaped it in his own image;

Then into it he blew the breath of life,
And man became a living soul.
Amen. Amen.

~James Weldon Johnson

ALL SAINTS EPISCOPAL CHURCH

Celebrating and Sharing God's love for all.

All Saints Mission: To be a channel of God's love.

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