

Visions United Spirit Gathering

August 9th, 2020

Sabbath: "The Practice of Saying No"

*Inspired by "An Altar in the World": A Geography of Faith
by Barbara Brown Taylor*

Our Community Gathers

Prelude

There is a Time

- *Daphna Pearson*

Words/Music: Carolyn McDade Arr: Lydia Pedersen c. 2006
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Welcome

God's Doors Are Open to All!
Open Doors · Open Minds · Open Hands · Open Hearts
Visions United seeks to be a safe place for people of all
races, creeds, ages, cultural backgrounds,
sexual orientations and gender identities to worship.

Peace

One: May the Peace Christ be with you

All: **And also with you.**

Lighting of the Christ Candle

Each week we light a candle.

It's a moment of pause as we create sacred space.

We invite you to light one, too.

Heralding the rising of the sun,
Honouring the spark of the Divine within,
Celebrating the Light of Christ among us,
With this candle we welcome the gift of this day.

Sharing of WOW Moments

Gathering Words

In a summertime world, look and see
Sunlight dancing on rippled water
Butterflies performing minuets
Lilies splashed in glorious colour beside the road
This God created. **It is good!**

In a summertime world, stop and listen:
Birds proclaim the early morning light
Grasshoppers sing the heat of the day
Children laugh in sheer delight for the freedom of summer.
This God created. **It is good!**

In a summertime world, taste and know:
The goodness of a dripping, melting ice cream cone
The sweetness of ripe strawberries
The blessing of garden produce, freshly harvested.
This God created. **It is good!**

Song Medley MV#185 Everyday is a Day of Thanksgiving
 (Song leaders: Daphna & John Pearson)
 Words/Music: Leonard Burks. Used with permission.

MV#46 Bless the Lord
 Words/ Music: ©1995, 2002, Ken Canedo, Dan Brennan, Kevin Ruth, Marc Cavellero.
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Theme Introduction An Altar in the World

Prayer

God of Sabbath promise:
 you created not only work, but also the blessing of rest.
 Too often the pace and challenges of life can leave us feeling
 exhausted, stressed, overwhelmed.
 Our soul is in need of renewal and refreshment.
 You call us to be re-created, again and again.
 Help us to take up your invitation
 of respite for our soul and spirit,
 of comfort for our bodies and minds,
 of space for sabbath and holy rest.
 Open us to receive your gentling Spirit and your healing presence. Amen.

We Listen for Wisdom

Wisdom Readings & Reflection Genesis 1:31 - 2:3
 Exodus 20: 8-11
 Deuteronomy 5:12-15

Song Come and Find the Quiet Centre (v.1) (Song leader: Bill Peters)
 Words: Shirley E. Murray, alt. 1982. Hope Publishing Company.
 Music: attrib. Benjamin Franklin White 1844. Harm: Ronald A. Nelson 1978. Lutheran Book of Worship.
 Used by permission of Augsburg Fortress. CCLI # 11077526

Reflection Sabbath: The Spiritual Practice of Saying 'No'

Song VU#766 As The Deer Pants for the Water (*Psalm 42*) (vs. 1&2)
 (Song leaders: Daphna Pearson & John Foster; Whistle: John Foster)
 Words/Music: para. Martin Nystrom. ©1983 Maranatha Music.
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Our Community at Prayer

We Go Forth to Be a Blessing

Blessing & Changing of the Light

Song VU#626 I Heard the Voice of Jesus Say (vs. 1&3)
 (Song leaders: John Pearson, Daphna Pearson, John Foster; Whistle: John Foster)
 Words: Horatius Bonar 1846. Alt. Music: trad. English Melody,
 adapt, by Ralph V. Williams, 1872-1958. Contributors: KINGFOLD, Horatius Bonar.
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Thank You for Joining Us!
May Each of Us Carry the Spirit into the world with us.