

Visions United Spirit Gathering
Lent 1 – February 26, 2023
seeking: honest questions for deeper faith
Who Will You Listen To?

* *Stand as able*

Our Community Gathers

Gathering Music/Prelude

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.

Welcome

Lighting of the Christ Candle & Flame for Peace

Acknowledgement of Land

One: We remember with gratitude
 that we live and worship on lands that are, by law,
 the unceded territories of the Mi'kmaq.

**All: May we live with respect on this land,
 and in peace and friendship with its people.**

Sharing of WOW Moments

Song MV#27 Creator God You Gave Us Life

Words/Music: Judith Snowdon ©2004.
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Invitation to Gather Who will you listen to?

Poem Video

A Seeking Prayer

Holy One
 Listening is always easier said than done.
 So, we take a breath.
 We pause.
 We listen for your still, small voice...
 - *Silence*
 Stir our souls awake.
 Tune our ears to your voice.
 Open our eyes to your shimmering presence.
 Crack open our hearts to make room for you.
 With hope we pray. Amen.

Promise of Grace for the Journey

(Children's program begins)

We Listen for Wisdom

Theme Introduction seeking: honest questions for a deeper faith

Song VU#411 O God We Call (2x)

Words/Music: Linnea Good ©1994 Borealis Music
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Wisdom Reading Matthew 4:1-11

Reflection It Takes Courage

We Respond with Prayer and Gratitude

Invitation to the Table & Offering of Gifts

(Offering is brought forward during Communion Song)

Song VU#460 All Who Hunger

Words: Sylvia G. Dunstan, Music: William Moore, Arr. David Kitt
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Gathering at the Table The Things We Seek

Adapted from words by Sarah A. Speed
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Sharing the Peace

One: Peace of Christ be with you!

All: And also with you.

Great Thanksgiving

One: Lift up your hearts!

All: We lift them up to God!

One: Let us give thanks to our God.

All: It is right to give our thanks and praise.

(Prayer continues)

The Story of Jesus at Table & Words of Institution

Prayer of Intercession and Prayer for the Spirit

Breaking of the Bread and Pouring of the Cup

Sharing of the Bread & Cup

During the Special Music our servers will serve you bread and a grape, fruit of the vine.

Please wait and we will share the elements after everyone has been served.

Special Music Bread of Life

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Prayer after Communion

Governance Review Team – Connection Board Update

The Work of the Congregation - Announcements

We Go Forth to Be a Blessing

Song VU#639 One More Step

Words/Music: Sydney Carter ©1971 Stainer & Bell Ltd.
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Changing of the Light and Blessing

Postlude Music for the Journey

Thank You for Joining Us!
May Each of Us Carry the Spirit into the world with us.