

**Mothers Union Diocese of Adelaide Quiet Morning 27th May 2020 10am -1pm**

or at a time of your choice. Please read the preparation notes in advance to help you have a special time apart.

The invitation is to: ~ **BE STILL**~

**Preparation:**

**Decide when you will spend your few hours of quiet. I will set aside the time we decided on, before our gatherings were stopped by the need for isolation. If you wish to speak to me about anything, please do on: 0404 142 965**

**You may wish to be alone, or in a small group, in silence, or to meet later when numbers greater than 10 will be permitted.**

**Have with you your Bible, a notebook and pen, and your prayer book and hymn book in case you wish to refer to them. You may like to light a candle for the light of Christ.**

**If you use the Internet, there will be a hymn or two which you could hear on YouTube. (For that, smart phone, Ipad/Tablet or computer will be needed but you can enjoy the words in any case if you don’t have them).**

**Have a snack or morning tea on hand before you start, so that you can relax into the silence until about 1pm. Adjust the times to suit yourself.**

**Choose a quiet place where you can sit comfortably and stand when you wish to move about. Let others in your household know that you would like to keep silence for the morning – or invite them to join you in the silence.**

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**Welcome to our quiet time with God, and with one another, though apart.**

“God does not practise social distancing,” I read recently, and I know that it is true. We know that God is close to us, and we pause and invite God, or Jesus, or the Holy Spirit, to help us to be aware of their gentle presence.

Sit comfortably, and be still. Relax from the tension of getting ready – face, shoulders, arms, hands, legs, feet – let any tension go. Just breathe gently.

The Holy One is with you, “closer than breathing, nearer than hands and feet.”

Imagine God gazing on you with love. On **you**, just as you are.

Enjoy the stillness. God comes quietly, gently, loving you. Be glad that you can give this time to stillness and quiet.

**A** **prayer** from The Mission of St Clare:\*

O God of peace, who hast taught us

That in returning and rest we shall be saved,

In quietness and confidence shall be our strength,

By the might of thy Spirit lift us, we pray thee,

To thy presence where we may be still

And know that thou art God.

\*Online Daily Office, Episcopal Book of Common Prayer. John Wallace Sutor Jr 1890-1977

**First Reading: 1 Kings 19.11-13**

The angel of the Lord is speaking to the prophet Elijah at Horeb.

“He said, ‘Go out and stand on the mountain before the Lord, for the Lord is about to pass by.’ Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the Lord, but the Lord was not in the wind; and after the wind an earthquake; and after the earthquake a fire, but the Lord was not in the fire; and after the fire a sound of sheer silence.”

Or in another translation, “a gentle and quiet whisper.” (*The* *Message*, Eugene H. Peterson).

**Listen** to the sounds around you, near and far – birds, a clock, the fridge?

Enjoy the safety and stillness of the place you are in.

Spend a few minutes – or more – in prayer, being loved by God, and offering your love and gratitude.

**Remember: it’s not a matter of ‘getting through’ this time of silence. If a word, a phrase, or a reading draws you, stay with it for as long as you like; that is the gift of being alone, and not having to come back together. The time is yours.**

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**Second prayer:** from Michael Leunig:

God, rest us.

Rest that part of us which is tired.

Awaken that part of us which is asleep.

God, awaken us and awake within us. Amen.

And three short **Psalm** verses:

Psalm 37.7 “Be still before the Lord, and wait patiently for him.”

* God’s first answer to prayer is always, “I hear you.”

Psalm 107.29-31: “…he made the storm be still, and the waves of the sea were hushed. Then they were glad because they had quiet, and he brought them to their desired haven. Let them thank the Lord for his steadfast love …”

* What is your desired “haven”? A freedom from …? Tell God about it.

Psalm 46. 10-11 “Be still and know that I am God! I am exalted among the nations, I am exalted in the earth.” The Lord of hosts is with us; the God of Jacob is our refuge.”

* You may feel the presence of God, but whether you do or not, you can know that God is with you.

Has there been a special time (or times) when you **knew** God was with you from what you felt or experienced: at the birth of a baby or grandchild, a wedding, an accident, when someone died at a distance … calm, peace, excitement, happiness, sadness? **Write** down your recollection of any such time, as briefly or fully as you like.

* If not, tell God now – write the words – that you would especially like God or Jesus to make himself known to you, and say why. What is the answer…You may receive an answer as you write your prayer, or in some other way. Just don’t forget that you asked, and God always answers in some way, at some time.

**A** **Hymn**:“Be still, for the presence of the Lord, the Holy One is here.” It’s easy to find on YouTube if you have the Internet, or in *Common* *Praise* No.383

(David J Evans 1957 – Tune Be Still. Irregular). Sung by Aled Jones or others.

Here are the words:

**1**.Be still, for the presence of the Lord, the Holy One is here.

Come, bow before him now, with reverence and fear.

In him no sin is found, we stand on holy ground.

Be still for the Spirit of the Lord, the Holy One, is here.

**2**.Be still, for the glory of the Lord is shining all around;

he burns with holy fire, with splendour he is crowned.

How awesome is the sight, our radiant King of light!

Be still, for the glory of the Lord is shining all around.

**3**.Be still, for the power of the Lord is moving in this place,

he comes to cleanse and heal, to minister his grace.

No work too hard for him, in faith receive from him;

be still, for the power of the Lord is moving in this place.

Every **place** on Earth is sacred, but perhaps you have a special place – at home where you pray, or somewhere in nature, or overseas where, for example, a church brought the reality of God close to you. Write down your memory, and give thanks for it.

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**Third** **reading**: Mark 4.35-41 Jesus calms the storm. “Peace, be still.” “Why are you afraid?” Be grateful to Jesus that our faith offers us “the peace that passes all understanding.”

Is there any kind of “storm” in your life – a worry, a trouble? Hear Jesus say to you, “Peace, be still. Why are you afraid?” Now let Jesus help you with a course of action for the situation, if that is what is needed. Jot it down as you think and pray about it.

**Or** hand the matter over to him, and promise that you will try to be aware of when he gives you an answer at some time to come, however that may be – directly through your own thinking and praying, or through someone else: a friend or relative, a doctor, counsellor, priest – through a piece of news, a phone call, something you read or see; we get answers in so many ways.

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**Fourth reading: Luke 12.32-34.** Where your treasure is …

In this time of silence, listen to Jesus’ loving, gentle but firm voice as he says to any one of us, “Do not be afraid, little flock …” Ask him for clarity about where your “treasure” is – the most important “thing” in your life. Since we are trying to make the reign of God real for us, God will understand whatever you say or write down, perhaps “my family.”

**Or** is it something that takes too much of your time and attention? Take a moment to jot it down, and ask God to help you get it into better perspective. “I am the Lord who heals you.” Exodus 15.26. When we ask, God always gives healing in some form.

“Do you want to be made well?” Jesus asked the lame man at the pool, knowing that sometimes we hold onto what is wrong with us.

Listen to Jesus’ gracious reply when he cleansed the leper: “Lord, if you choose, you can make me clean.” “I **do** choose. Be made clean.” (Luke 5.12-16) Hear the love and willingness in Jesus’ voice. He always wants the best for us. He never imposes suffering or hardship.

**Hymn**: As the deer pants for the water, so my soul longs after you. *TIS* 703

(On YouTube, sung by Bruno Gröning or Robin Mark).

Here are the words:

As the deer pants for the water,

so my soul longs after you.

You alone are my heart’s desire

and I long to worship you.

You alone are my strength, my shield,

to you alone may my spirit yield.

You alone are my heart’s desire

and I long to worship you. © Restoration Music Ltd by permission of Maranatha Music

These words express my longing to be close to God, to express my love for God. Do they speak to you? You may prefer the similar hymn, “As pants the heart for cooling streams”, *TIS* 25.

You may choose to think about and write your longing for God with a different idea.

Give thanks for any moment during this time when God has felt near to you.

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**Final reading: John 14.27:** “Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled and do not let them be afraid.”

Take comfort from Jesus’ words. He used them often with his disciples. He offers them to you now, in this time of isolation.

You may remember a time of difficulty in your life when these words came to you, and you felt that deep peace and calm in spite of what was happening.

**Give** **thanks** for such a special gift, and for the time you have been able to spend today in stillness and silence. In Jesus’ name. **Amen**.

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The Rev’d D E Colsey, May 2020

**Rain in May**



Wisteria changes purple for gold.

Jacaranda flourishes green, feeding her seeds.

Wormwood stays steadfastly grey.

On this otherwise dull-sky day

rain transforms all with diamonds.

© Dawn Colsey May 2020

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Do you like the chants which come from the Taizé community? You can find them on YouTube, or just say the words slowly to yourself as you leave this time of quiet.

“Stay with me, remain here with me, watch and pray.”

“Stay with us, O Lord Jesus Christ. Night will soon fall. Then stay with us, O Lord Jesus Christ. Light in our darkness.”