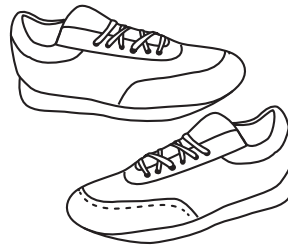


LITURGY:



The Work-out of the People

CALL TO WORSHIP

standing in place, the congregation slowly moves their arms in the direction indicated in the prayer

Thanks be to God for this day:
For all that is above us, below us, behind us, before us,
Around us, within us, beyond us. Thanks be to God for this day.

WARM-UP

OPENING SONG

“Guide My Feet”

congregation steps together to the beat, and moves into a line in the center of the chapel

Guide my feet while I run this race,
for I don't want to run this race in vain.
Stand by me... Hold my hand... I'm your child...

WARM-UP

PRAYER OF CONFESSION

each member holds hands with a partner across the aisle and stretches their partner when indicated

Merciful God, we confess that we have been called into vigorous action in your name, yet we have stood to the side and have been complacent. We have been voiceless in the face of injustice and motionless when we face inequality.

Lord, have mercy.

left side of the aisle bends at the waist, right side gently pulls their arms to stretch

Christ, have mercy.

right side of the aisle bends at the waist, left side gently pulls their arms to stretch

We are people of movement, yet we have preferred stagnation and idleness. We are people of commitment, yet we have lived in fear. We are people of the world, members of your beautiful creation, yet we have remained isolated and removed from the workings of your world.

Lord, have mercy. Christ, have mercy.

God of giving, forgive us in our times of neglect, forgive the ways in which we wound ourselves, each other and the life of the world.

Lord, have mercy. Christ, have mercy.

STRETCH

ASSURANCE OF PARDON

Brothers and sisters, our Confession stretches us to put into words the ways we have injured ourselves and the world. But the words of Pardon also stretch us into new ways of being forgiven. Know that you are a forgiven people of God and be at peace. Look to your partner and tell them, “You are forgiven.”

STRETCH

SONG OF PRAISE

“Hallelujah, Praise Ye the Lord!”

CARDIO

*congregation moves into the pews and stands when their part of the song is sung;
song is sung three times, with the speed increasing*

Hallelu, Hallelu, Hallelu, Hallelujah! Praise ye the Lord!

SCRIPTURE

Mark 8:22-25

CARDIO

during the scripture, the congregation jogs in place

SERMON

CARDIO

during the spoken reflection, the congregation sits; after the reflection each member is invited to find a partner and conduct a Walk & Talk in which they discuss the scripture passage while walking

BLESSING OF THE WATER

BREAK

the congregation gathers in a circle around the water

PRAYERS OF THE PEOPLE

STRENGTH

*the congregation finds a space where they can push against an object (i.e. a pew, wall, table).
After each intercession, they push with all their strength against that object as a prayer offering.*

As we come into your healing presence, we cannot forget the joys and many blessings you have shown us. We give you thanks for the times when we have known darkness and yet have been surprised by your healing light, and for the help and healing you give freely to us through the Spirit, through the church, and through others. We pray:

As we come to share the richness of your grace, we cannot forget the rawness of the earth, so we pray for our world, your creation, that it may be gentle with us and we may be respectful with it, we pray:

And we cannot hear your words of peace and forget a world at war, so we pray especially for the places in the world that are ruled by conflict, violence and destruction, we pray:

We cannot know the bread of life and forget those who are hungry, those who suffer, and those who cry out for relief, and so we pray for the poor, the slighted, the abandoned, the lost, we pray:

And we cannot drink life-giving waters and forget those who thirst, so we pray for the depressed, the ailing, the hurting and the sick, we pray:

Lord, we cannot celebrate the feast of your family, and forget our divisions and our troubles, and so we pray for our families, for this community of faith, and for our church, we pray:

CLOSING AND BENEDICTION

COOL DOWN

*the congregation inhales and raises their arms as the leader calls out each line,
and then repeats it as they bring their arms down*

God of movement, bless our bodies, bless our action, bless your world. Amen.