

trinity @7

04.05.20

welcome

We can probably agree that meeting via an online video platform would not be our first choice, but in these strange and difficult times, it is a way for us to be together, and that's a good thing. Like any other Sunday night, tonight we will share some music and some words and hopefully, a little bit of peace.

Before we get started, you're welcome to bring a candle and some matches for a brief candle lighting time. Place the candle near you so we'll see it on the screen.

If you'd like to stay online after the readings and music, we can check in with one another. If you'd rather leave the meeting, that's fine, too. Do what feels right.

a centering prayer

I will keep still and wait like the night
with starry vigil
and its head bent low with patience.
The morning will surely come,
the darkness will vanish . . . **amen**

Excerpted
quote from
Rabindranath
Tagore.

interlude

Lockdown

by Brother Richard Hendrick

Yes there is fear.

Yes there is isolation.

Yes there is panic buying.
Yes there is sickness.
Yes there is even death.
But,
They say that in Wuhan after so many years of noise
You can hear the birds again.
They say that after just a few weeks of quiet
The sky is no longer thick with fumes
But blue and grey and clear.
They say that in the streets of Assisi
People are singing to each other
across the empty squares,
keeping their windows open
so that those who are alone
may hear the sounds of family around them.
They say that a hotel in the West of Ireland
Is offering free meals and delivery to the housebound.
Today a young woman I know
is busy spreading fliers with her number
through the neighbourhood
So that the elders may have someone to call on.
Today Churches, Synagogues, Mosques and Temples
are preparing to welcome
and shelter the homeless, the sick, the weary
All over the world people are slowing down and reflecting
All over the world people are looking at their neighbours in a new way
All over the world people are waking up to a new reality
To how big we really are.
To how little control we really have.
To what really matters.
To Love.
So we pray and we remember that
Yes there is fear.
But there does not have to be hate.
Yes there is isolation.

Brother
Richard
Hendrick is a
Capuchin
Franciscan
living in
Ireland.



But there does not have to be loneliness.
Yes there is panic buying.
But there does not have to be meanness.
Yes there is sickness.
But there does not have to be disease of the soul
Yes there is even death.
But there can always be a rebirth of love.
Wake to the choices you make as to how to live now.
Today, breathe.
Listen, behind the factory noises of your panic
The birds are singing again
The sky is clearing,
Spring is coming,
And we are always encompassed by Love.
Open the windows of your soul
And though you may not be able
to touch across the empty square,
Sing

interlude

When we love, we always strive to become better than we are. When we strive to become better than we are, everything around us becomes better too.

a quote from *The Alchemist* by Paulo Coelho

interlude

We are travelers on a cosmic journey, stardust, swirling and dancing in the eddies and whirlpools of Infinity.

quote above and below often mistakenly attributed to Paulo Coelho, but they are by Deepak Chopra, though slightly altered from *The Seven Spiritual Laws of Success*.

interlude

Life is Eternal. We have stopped for a moment to encounter each other, to meet, to love, to share. This is a precious moment. It is a little parenthesis in Eternity.

interlude

candle lighting – while Krista plays, let's take a moment to light our candles

interlude

It is possible
by Joyce Rupp

it is possible
to become so one
with Earth
that every flower
perfumes the soul,
every snowflake
sends icy softness
dancing through veins,
every drop of rain
trickles down vessels
of the heart,
every cloud in the sky
sails along
songlines of the spirit,

interlude

every earthquake
rumbles in the gut,
every tide of the sea
moves in and out of self,
it is possible
to become one
with Earth
just as it is possible
to become one
with all people,
their pain, my pain,
their joy, my joy,
their struggle and delight
an echo of my own.
it is possible to become one.
it is possible.

Joyce Rupp (b. 1943) is well known for her work as a writer, a spiritual "midwife," and international retreat and conference speaker.



reflection

closing prayer

Who wait
for the night
to end

bless them.

Who wait
for the night
to begin

bless them.

Who wait
in the hospital room
who wait in the cell
who wait
in prayer

bless them.

Who wait
for news
who wait
for the phone call
who wait
for a word
who wait
for a job
a house
a child

bless them.

Who wait
for one who
will come home
who wait
for one who will not come home

bless them.

Who wait with fear
who wait with joy
who wait with peace
who wait with rage

who wait for the end
who wait for the beginning
who wait alone
who wait together

bless them.

Who wait
without knowing
what they wait for
or why

bless them.

Who wait
when they
should not wait
who wait
when they should be
in motion
who wait
when they need
to rise
who wait
when they need
to set out

bless them.

Who wait
for the end
of waiting
who wait
for the fullness
of time
who wait
emptied and
open and
ready
who wait
for you,

o bless.

amen

Closing prayer by Jan Richardson.

interlude

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invitation

Please stay online if you'd like to say hello to others and/or to bring up something from the readings or the reflection that moved you or prompted a question.

Thanks to Krista Seddon for her music.

Thanks to Matt Lincoln for his dogged determination in bringing us together and for his reflection. Thanks to tonight's readers.

Thank you to all the poets and musicians in the world who reflect life back to us in the most beautiful ways. And of course, thank *you*.



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