

Nothing Is Normal

A Service of Lament

*Welcome! We hope this service is an oasis of hope for you. Please join in as you are able and feel moved. The assembly reads the text in **bold**.*

WELCOME

GATHERING SONG "On the Willows," *Godspell*

As the song is played, you are invited to write down fears and anxieties which came with you today. Leaders will collect them.

READING: Desiderata by Max Ehrmann

Go placidly amid the noise and the haste, and remember what peace there may be in silence. As far as possible, without surrender, be on good terms with all persons. Speak your truth quietly and clearly; and listen to others, even to the dull and the ignorant; they too have their story. Be yourself. Take kindly the counsel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness. Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe no less than the trees and the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore be at peace with God, whatever you conceive Him to be. And whatever your labors and aspirations, in the noisy confusion of life, keep peace in your soul. With all its sham, drudgery and broken dreams, it is still a beautiful world.

PRAYER OF LAMENT

Lamenting a sense of despair

With Job of old we cry out:

Everywhere the innocent suffer.

Our desires and efforts achieve us little.

We struggle to understand. We struggle to respond.

We struggle to claim our power.

The assembly is invited to voice public laments aloud or in silence.

For what do we lament?

Add your laments--out loud or in your heart

For what do we come before God this day and cry out?

Name your fears, frustrations, dreams—out loud or in your heart.

For what do we confess?

Voice your confession—out loud or in your heart.

Hear us. **Hear us.**

Lead us. **Lead us.**

Give us life. **Give us life.**

Let us pray, Spirit of Life, where hearts are fearful and constricted, grant courage and hope.

Where anxiety is infections and widening, grant peace and reassurance.

Where impossibilities close every door and window, grant imagination and resistance.

Where distrust twists our thinking, grant healing and illumination.

Where spirits are daunted and weakened, grant soaring wings and strengthened dreams.

Remind us of all that is good. Guide our steps as we strive toward the good.

Amen

READING: QU'RAN, SURA 51:24-27

Has there reached you the story of the honored guests of Abraham?

When they entered upon him and said, "Peace,"

he answered, "[And upon you] peace, [you are] a people unknown.

Then he went to his family and came with a fatted calf

And placed it near them; he said, "Will you not eat?"

SONG:

PEACE, SAALAM, SHALOM

Round

part 1

Peace sal-aam, shalom, Peace sal-aam, shalom,

part 2

Peace sal - aam, shalom, Peace sal-aam, sha-lom

READING:

FROM THE GOSPEL OF ST. MATTHEW, CHAPTER 5:

¹When Jesus saw the crowds, he went up the mountain; and after he sat down, his

disciples came to him. ²Then he began to speak, and taught them, saying:

³"Blessed are the poor in spirit, for theirs is the kingdom of heaven.

⁴"Blessed are those who mourn, for they will be comforted.

⁵"Blessed are the meek, for they will inherit the earth.

⁶"Blessed are those who hunger and thirst for righteousness, for they will be filled.

⁷"Blessed are the merciful, for they will receive mercy.

⁸"Blessed are the pure in heart, for they will see God.

⁹"Blessed are the peacemakers, for they will be called children of God. ¹⁰"Blessed are those who are persecuted for righteousness' sake,

for theirs is the kingdom of heaven. ¹¹"Blessed are you when people revile you and

persecute you and utter all kinds of evil against you falsely on my account ¹²Rejoice and be glad, for your reward is great in heaven,

MEDITATION: How do you see yourself and others in the Beatitudes right now?

HYMN

#728: BLEST ARE THEY

READING

BRENE BROWN

If you're exhausted and emotionally on edge, you're not alone. We are inextricably connected to each other and there is massive pain in the world today.

We raised our voices and raised money to help the helpers. We made a difference.

Now, we need to breathe. Walk. Love. Rest. Play. Give thanks. Find joy. AND keep working.

Please write down something that you will do to take care of yourself in the coming days. A leader will collect your contribution, and upon our dismissal you will take an anonymous entry from a box. Please pray for the person who wrote it and consider adopting it among your efforts at self-care, too.

Blessing

Lin-Manuel Miranda

"Everything you feel can be fuel.

Heartbreak. Awe. Outrage. Wonder. Fear. Love. Anger.

You can let it power the rocket ship or blow up the rocket ship.

But YOU'RE the rocket ship.

And we need you tomorrow as much as today. Rest and refuel."

Enable us as we leave this place

To carry forth this prayer into the coming week,

Turning our thoughts toward charity,

Our hearts toward justice,

And our hands toward the work of peace.

Shalom and Amen.

SENDING SONG:

#726: LIGHT DAWNS ON A WEARY WORLD

During the Sending Song, you may have your hand anointed with oil—a reminder that we have been called into this moment and blessed for it, and that we need the strength we draw from one another.