

Bournville Parish Church - St Francis of Assisi invites you to...

*New Vine: Exploring the
divine through
creative meditations*

*Our meditation today will focus on
Blessed Are The Peacemakers*



Sunday 4th October

4.30 pm

Welcome to this New Vine meditation from Bournville Parish Church as we gather to explore the divine through creative meditation.

The vision for these meditations follows a retreat day we hosted in July 2019 where we offered a variety of creative workshops exploring the divinity of God. Throughout the day we opened ourselves to explore and connect with the divine through our whole bodies, through touch, through movement, through listening, through breathing, asking God to renew and refresh our bodies, our souls and our minds as we sought to connect with the holiness of God, ourselves and each other.

The vine was planted, and now we need to continue to feed and water the vine. We have been gathering on the first Sunday of each month to explore the divine through creative meditations, these have been a time of silence, stillness and simplicity. We plan to meet again in Bournville Parish Church when it becomes possible again and in the meantime we invite you to join us in this online meditation. **We hope you find this space a peaceful and restful place of holy encountering.**

“Be still, and know that I am God” Psalm 46:10a

We gather in silence

*'And all shall be well and all shall be well and all manner of thing shall
be well'*

Saint Julian of Norwich

Go Peaceful in Gentleness

*Go Peaceful, in Gentleness
through the violence of these days.*

*Give freely, show tenderness
in all your ways.*

***God speed you God lead you,
and keep you wrapped around his heart:
may you be known by love.***

*Through darkness in troubled times,
let holiness be your aim.*

*Seek wisdom, let faithfulness
burn like a flame.*

***God speed you God lead you,
and keep you wrapped around his heart:
may you be known by love.***

*Be righteous, speak truthfully
in a world of greed and lies.*

*Show kindness, see everyone
through heaven's eyes.*

***God hold you, enfold you,
and keep you wrapped around his heart:
may you be known by love,
may you be known by love.***

Paul Field

Played and sung by Ali Bann

Introduction

‘Blessed are the peacemakers, for they shall be called children of God’

Why are peacemakers needed? There is turmoil in people’s lives, sometimes brought about by others or by situations outside their control, sometimes through their own self-doubt, insecurity or feelings of an inability to cope, sometimes through disappointments.

God is the ultimate peacemaker and so we turn to Him to help us find peace. He knows our need and will come to reassure and comfort us sometimes in unexpected times and places.

As God’s workers in the world we are called to help others to find peace in the midst of turmoil. We are called to be there even when we are not expected. As we do God’s work in this way we act as His children.

During this meditation seek to find peace in God and strength to help others.

*Saint Julian of Norwich, living in the 14th century, reassured us,
‘All shall be well, and all shall be well, and all manner of thing shall be well’*

Put Peace into each other’s Hands

*Put peace into each other’s hands
and like a treasure hold it,
protect it like a candle-flame,
with tenderness enfold it.*

*Put peace into each other’s hands
with loving expectation;*

*be gentle in your words and ways,
in touch with God's creation.*

*Put peace into each other's hands
like bread we break for sharing;
look people warmly in the eye:
our life is meant for caring.*

*Give thanks for strong — yet tender — hands,
held out in trust and blessing.
Where words fall short, let hands speak out,
the heights of love expressing.*

*Reach out in friendship, stay with faith
in touch with those around you.
Put peace into each other's hand:
the peace that sought and found you.*

Fred Kaan. Played and sung by Ali Bann and Rob Pinnock

Litany

*God of peace and understanding, pour down your love into our troubled and
challenging world.*

*Our lives today often seem confusing and changing.
Your love is constant;
let it steady us, balance us and ground us.*

*We feel frustration when we stay at home
We are anxious and uncomfortable when we venture out.*

Let your love flow into us to calm us, quieten us and settle us.

*We listen and hear people who are hurting.
Help us to share your love to ameliorate their suffering,
and your forgiveness to bring peace to their hearts.*

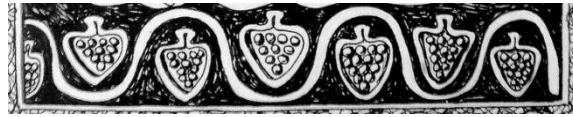
*We open our eyes and see exasperation and dissatisfaction.
Give us the courage to cheer and support,
the patience and gentleness to listen and reassure.*

*We look around and witness conflict.
Help us to find the resolution in open dialogue,
the desire to seek conciliation and cooperation.*

*God of love, we know that by letting you into our hearts we can find peace.
Help us to be at peace in ourselves
that we may in turn reach out to others to help them find peace.*

Amen





Preparation

As we prepare for some moments of precious stillness, may we acknowledge our fears and difficulties, then let them go, as God's love strengthens our resolve to make a difference in our world.

*Let us, 'Go placidly amid the noise and haste
And remember what peace there may be in silence...
Speak our truth quietly and listen to others...
Neither be cynical about love
For in the face of all aridity and disenchantment
It is as perennial as the grass...
Be gentle with yourself...
You are a child of the universe...
And whether or not it is clear to you
No doubt the universe is unfolding as it should...
Be at peace with God...
Keep peace with your soul.'*

Adapted from 'Desiderata' by Max Ehrman

Meditation

We enter a period of stillness and silence of meditation.

Meditation Music: 'The Lark Ascending', Ralph Vaughan Williams, Richard Friedman, violin, London Festival Orchestra, Conducted by Ross Pople

Taizé Chant

Nada Te Turbe

Nothing can trouble

Nothing can frighten

Those who seek God

Shall never go wanting

Nothing can trouble

Nothing can frighten

God alone fills us

Nada Te Turbe

Nada te espante

Quien a Dios tiene

Nada le falta

Nada te turbe

Nada te espante

Solos Dios basta

Sung and played by Ali Bann and Rob Pinnock

Prayers and Sending Out

'Our deepest fear is not that we are inadequate.

Our deepest fear is that we are powerful beyond measure.

It is our light, not our darkness

That most frightens us.

We ask ourselves

Who am I to be brilliant, gorgeous, talented, fabulous?

Actually, who are you not to be?

You are a child of God.

Your playing small

Does not serve the world.

There's nothing enlightened about shrinking

So that people won't feel insecure around you.

We are all meant to shine,

As children do.

We were born to manifest

The glory of God that is within us.

It's not just in some of us;

It's in everyone.

*And as we let our own light shine,
We unconsciously give other people permission to do the same.
As we're liberated from our own fear
Our presence automatically liberates others.'*

Marianne Williamson

*'No peace lies in the future which is not hidden in this present instant
Take peace.
The gloom of the world is but a shadow.
Behind it, yet within our reach, is joy.
Take joy.'*

Fra Giovanni, Christmas Eve, 1531AD

*Loving God, let us go from this place empowered by your love and feeling
your peace which passes all understanding.*

Our next meditation will be on Sunday, 1st November
at 4.30pm

For further information on New Vine: exploring the divine
through creative meditations or for our next retreat

please contact Revd Gail

Email revdgail@icloud.com



Video production by Catherine Pinnock