

ORDER OF SERVICE–Sunday 29th August 2021

Pentecost 14, Reflective service

Set your worship space with a candle to light and items that bring you joy in their holding and remembering

OPENING VERSE:

Every generous act of giving, with every perfect gift, is from above, ... James 1:17a

GREETING

Good morning. As we gather for worship in our homes, I invite you to take a breath and breathe, breathe all the way into your bellies.

Feel the breath, feel it enriching the blood as it circulates through your body.

Let's breathe together, many bodies and yet one body, the body of Christ.

CALL TO WORSHIP

Come all you people

Come from all the experiences of the week

Come with your weariness and your sadness

Come with the hope that you hold to.

Come into the presence of God to love and be loved.

Come let us praise our Maker, Saviour and Spirit

Let's sing

SONG: [Come all you people](#), Iona

[Come all you people](#), Come and praise your Maker,

[Come all you people](#), Come and praise your Maker,

[Come all you people](#), Come and praise your Maker,

[Come now and worship the Lord.](#)

[Come all you people](#), come and praise your Saviour...

[Come all you people](#), come and praise the Spirit...

[U-ua-i mo-se, ti-na-mat-te Mwa-ri](#)

[U-ua-i mo-se, ti-na-mat-te Mwa-ri](#)

[U-ua-i mo-se, ti-na-mat-te Mwa-ri](#)

[u-ya-i mo-se zvi-no](#)

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LIGHTING THE CHRIST CANDLE

Fiona, Jack

We light a candle as a symbol of the light of Christ that shines into the darkest corners of this world.

May Christ's light draw us in

to the hope, peace, joy and love that is ours

in our creator God. Live, everlasting. Amen

WELCOME

Saide

Welcome to worship online. Today our worship service has been pre-recorded, the work of many hearts, hands and voices, crafted with love to bring us together in worship of our steadfast loving God. Please take the time at the end of service to read the long list of thank yous to all who have contributed. A number of shorter songs will be woven through our worship, breathe into them as we sing separately and yet together.

We welcome Fiona Bottcher as our preacher. Fiona is chaplain at Sunshine Hospital and the Community Space at Sunshine UC and also a member of our congregation. We have worked together to shape a reflective service for this fifth Sunday of the month. As we move together into this reflective space Fiona will invite us to focus on our spiritual practice, to notice what we take in to our bodies as we pray and how we breathe this prayer out into the world, sharing God's love.

SONG: [Come to me](#), from [We will walk his way](#)

Come to me, come to me,
weak and heavy laden;
trust in me, lean on me.
I will give you rest.

SONG: [Come to me](#), paraphrase (Matthew 11:28) John Bell, from [We walk his way](#),
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ACKNOWLEDGEMENT OF COUNTRY

Saide and Helen

We continue to receive recorded acknowledgments of country from all around Australia from places where our members live or travel. As we gather here on Wurundjeri Country and acknowledge the original custodians of this place, let us remember all the peoples of this land now called Australia.

Today we hear from Helen Burnham on Wadawurrung Country, Anglesea

We acknowledge and respect the Wurundjeri people of the Kulin nation, the traditional custodians of this land since time immemorial.

We are learning that the land is not ours to own, but to look after; and that if we listen, we may hear in it the calling of the eternal Spirit.

Responding to this call, we commit ourselves to work for justice, reconciliation, and care of the earth.

PRAYERS OF ADORATION

Hannah

Let's take a breath now as we settle into our prayers of adoration & confession.

We are returning to a prayer offered by Hannah Friebe on 6th September last year.

I could hear the birds today. A child's laughter in the distance. Could you hear it? Could you see it?

I heard the sound of the tide coming in and going out.

I follow its sound and it leads me to still, clear, open waters.

The news reports fade away. And they sink into this deep deep ocean.

And in this moment, this very moment, I am found in the stillness.

Connected deeply with the glory of God most high. Mother of all creation.

You breathe life into me. You breathe life upon these waters.

And as I stand or sit or lie in this still glory, the presence of God fills me from within.

Breath of God. Make yourself known to us.

Breathe life into us as you breathe life on these waters.

Breathe life into us afresh as we sit, listening with our eyes and our ears and our heart open.

We sit here, connected to our breath. It comes in, it goes out. Just like the waves.

Lord we acknowledge your presence that runs deep in our being, your spirit breathed within us,

Your Spirit breathed upon us, the very essence of our being.

We acknowledge your presence. In this room, in this zoom. You are here.

You are here in the in-between. You are here in the pain.

You are here in the glory, you are here in the stains.

And God, we adore you. We need you. Help us to realise your closeness despite our fear.

For your love conquers all fears. It is in and through Love that we realise the fullness of you.

You being here in your midst. Thank you that you've never left us.

Thank you that you won't forsake us. Loving God, Mother God. Hold us close.

Show us compassion like a child of your womb.

Reveal to us your purpose in this time.
Even if all that means for us, is the breathe.
We breathe you in. We breathe you out.

Thank you.

PRAYERS OF CONFESSION

Saide

SONG: [Holy Sacred Spirit](#), MV 15

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Loving God we confess our weariness and our sadness
[Holy sacred Spirit, breathe your breath on us.](#)
[Holy sacred Spirit, breathe your life in us.](#)

Risen Christ we confess our anger and our rage
[Holy sacred Spirit, breathe your breath on us.](#)
[Holy sacred Spirit, breathe your life in us.](#)

Breath of Life we confess our helplessness and our despair
[Holy sacred Spirit, breathe your breath on us.](#)
[Holy sacred Spirit, breathe your life in us.](#)

Amen

DECLARATION OF FORGIVENESS

In this stillness, in this space, in this breath
we can be confident that in Jesus' precious name
Our sin is forgiven
Thanks be to God. Amen.

GOSPEL READING: Mark 7:1-8,14-15,21-23

Matilda

Now when the Pharisees and some of the scribes who had come from Jerusalem gathered around him, they noticed that some of his disciples were eating with defiled hands, that is, without washing them. (For the Pharisees, and all the Jews, do not eat unless they thoroughly wash their hands, thus observing the tradition of the elders; and they do not eat anything from the market unless they wash it; and there are also many other traditions that they observe, the washing of cups, pots, and bronze kettles.) So the Pharisees and the scribes asked him, 'Why do your disciples not live according to the tradition of the elders, but eat with defiled hands?' He said to them, 'Isaiah prophesied rightly about you hypocrites, as it is written,

"This people honours me with their lips,
but their hearts are far from me;
in vain do they worship me,
teaching human precepts as doctrines."

You abandon the commandment of God and hold to human tradition.'

Then he called the crowd again and said to them, 'Listen to me, all of you, and understand: there is nothing outside a person that by going in can defile, but the things that come out are what defile. For it is from within, from the human heart, that evil intentions come: fornication, theft, murder, adultery, avarice, wickedness, deceit, licentiousness, envy, slander, pride, folly. All these evil things come from within, and they defile a person.'

For these words of witness and for Christ the Word
Thanks be to God

CHILDREN'S TIME

Dave and Fi B, with Jack cameo

[Chat about Jesus, hand washing and the different ways we think about rule and the heart that we bring to them - how following the rules can be an act love and our prayers can be how we live in the world, loving God, loving neighbour, loving self.](#)

SONG: [Jesus remember me](#), TiS 730

Jesus, remember me
when you come into your kingdom.
Jesus, remember me
when you come into your kingdom.

SONG: [Jesus, remember me](#), by permission Ateliers et Presses de Taize Ltd.,
from [Together in Song](#), Harper Collins Religious

EPISTLE: James 1:17-27

Bella

Every generous act of giving, with every perfect gift, is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change. In fulfilment of his own purpose he gave us birth by the word of truth, so that we would become a kind of first fruits of his creatures.

You must understand this, my beloved: let everyone be quick to listen, slow to speak, slow to anger; for your anger does not produce God's righteousness. Therefore rid yourselves of all sordidness and rank growth of wickedness, and welcome with meekness the implanted word that has the power to save your souls.

But be doers of the word, and not merely hearers who deceive themselves. For if any are hearers of the word and not doers, they are like those who look at themselves in a mirror; for they look at themselves and, on going away, immediately forget what they were like. But those who look into the perfect law, the law of liberty, and persevere, being not hearers who forget but doers who act—they will be blessed in their doing.

If any think they are religious, and do not bridle their tongues but deceive their hearts, their religion is worthless. Religion that is pure and undefiled before God, the Father, is this: to care for orphans and widows in their distress, and to keep oneself unstained by the world.

For these words of witness and for Christ the Word

Thanks be to God

SONG: [Wait for the Lord](#)

Wait for the Lord
whose day is near,
wait for the Lord,
keep watch, take heart

SONG: [Wait for the Lord](#), © Ateliers et Presses do Taize, WORD OF LIFE

HEBREW SCRIPTURES: Song of Solomon 2:8-13

Meredith

The voice of my beloved!

Look, he comes,
leaping upon the mountains,
bounding over the hills.

My beloved is like a gazelle
or a young stag.

Look, there he stands
behind our wall,
gazing in at the windows,
looking through the lattice.

My beloved speaks and says to me:

'Arise, my love, my fair one,
and come away;

for now the winter is past,
the rain is over and gone.

The flowers appear on the earth;
the time of singing has come,
and the voice of the turtle-dove
is heard in our land.

The fig tree puts forth its figs,
and the vines are in blossom;

they give forth fragrance.
Arise, my love, my fair one,
and come away.

REFLECTION

Fiona

Greeting's everyone, My name's Fiona and I feel very blessed to be spending this time with you, my BUC family, this morning.

As we take a moment to breathe, gently breathing in Christ's healing spirit, I'd like to acknowledge that wherever you are now, and however you're coping in this time, we're all suffering in some way from this global pandemic. It's as if there's a dark, heavy cloud filled with anxiety and uncertainty, that hangs over all of us. It can feel very heavy. That's how it feels to me, and many people I know – I wonder if that's how it feels for you too? We are suffering, and we're exhausted, and we are not functioning at full capacity. Any of us.

I pray that we hold each other gently and compassionately in this time, and may the words from my mouth and the meditations of our hearts be acceptable our God, rock and redeemer, and may they bring peace and rest to our heavy hearts. Amen.

Today is the 5th Sunday of the month, and in the BUC tradition we bring a contemplative worship space into our morning today. And the readings we have heard this morning provide a beautiful framework for a contemplative practice that I invite you to join me in.

I love that we have so many shared traditions and spiritual practices in our world and that in this modern day of internet and multiculturalism we can learn so much from each other. In our Christian tradition, we have a rich and deep history of contemplative prayer and meditation practices that go back to the Desert Fathers and Mothers of early Christianity. In my own spiritual journey, I began by engaging in Eastern meditation practices and it was through these that I was led to Christ. And there's one of these practices that I think really holds the messages we hear from our readings today and provides us with a beautiful image of how God's transforming love can work in us: grounding us in the love of God, ourselves, and our neighbour. It's a Buddhist practice called Tonglen. The word Tonglen means: giving and receiving. And in our Christian tradition, we can centre this practice on our greatest commandment: to love God, ourselves, and our neighbour with all our heart – in the act of both receiving and sending God's love.

Our readings today speak into our spiritual practices of transformative love. In our reading from Mark, Jesus, who we remind ourselves is a devout Jew, teaches about law, tradition, and practice. And he does this using the example of a traditional practice of purification through the washing of hands that some, including the Pharisees, but not all Jewish traditions of the time practiced. Although Mark tells us that "all the Jews" did this ritual cleansing practice, it is understood that this was not so. For some reason, perhaps to make his point more strongly, Mark is exaggerating here. Because like our Christian traditions today, the Jews of Jesus time were wrestling and grappling with how to follow their Torah law, the commandments of the Jewish Bible, within their own traditions. Hand washing before eating is not a biblical, or Torah, law but it's a spiritual practice developed within some Jewish traditions to honour Torah laws relating to holy physical cleanliness.

What Jesus rebukes is not the act of handwashing, but the way he witnesses the Pharisees putting the adherence to these practices, these traditions, above the greatest law of all, to love God, ourselves, and our neighbour. He asks, how does keeping this practice feed our hearts so that it's our acts in the world that are clean, or holy – how do they cultivate a loving response in ourselves and our communities?

And so, what does this loving response look like? In his letter to the twelve tribes James says a loving response begins with being quick to listen, and slow to speak. And he goes on to say "be doers of the word, and not merely hearers that deceive themselves" (James 1:22). Doers of the word. James speaks of the implanted word within us that has power to save souls.

As Dave and I spoke about earlier, washing hands can be an act of love, a loving response to suffering, or just another rule we adhere to and police because "those are the rules".

The readings today offer us so much to unpack, but today I want to honour this contemplative space as we allow scripture to weave into our own loving response.

Last week Steph and Dave talked about seeds and plants and the promise of spring. Today we heard this reflected in the beautiful Song of Solomon that the NRSV calls the Springtime Rhapsody. As I invite you into this meditative prayerful

space here now, let's breath in that promise of life, the appearance of flowers, vines in blossom, figs and fruit, and the singing and voices of birds that come to us in springtime.

In the first part of this practice, I invite you to connect with that seed of Love, the implanted word of God, deep in our hearts. As we breath in, may we feel loved and nurtured by God and by God's gifts in our world. Let's breath together now.

Breath in. Breath out. Breathe in. Breath out. Breathe in. Breath out.

And now, feeling loved and nurtured by God, we breathe in the suffering of the world. I invite you to think of a particular person, or group, or situation that moves your heart today. It can be helpful to repeat two or three words that speak directly into the suffering – perhaps anxiety, fear, frustration, loneliness – and repeat these words to yourself with each inward breath.

And then as you breath out, I invite you to breath healing into the world – again think a few particular words, a loving response, that fits the situation: perhaps peace, courage, forgiveness or love and again say these words to yourself as you feel the breath exhale. Let's breath this Tonglen practice together now:

Breath in. Breath out. Breathe in. Breath out. Breathe in. Breath out.

We pray that in our breathing, our healing prayer for ourselves, our neighbours, and the world, we are transformed as God's people who are quick to listen, slow to speak and doers who act to reduce suffering in this world.

Breath in. Breath out. Breathe in. Breath out. Breathe in. Breath out.

Amen

OFFERING

Saide

Let's take a moment now to recall the moments this week when you have offered a word of love, an act of service, the gift of time and to remember when your have received the same. Let's breathe this giving and receiving into our bodies. And now let us pray our longings into our offerings for the world.

We long for the time
when the meek shall inherit the earth
and all who hunger and thirst after justice
shall be satisfied,
and we believe that, despite the persistence of evil,
now is always the time
when more good can be done
and we can make a difference.

**May it be so, through the offering of these gifts
and the offering of our lives. Amen.**

[Source: Prayer for Justice and Peace, Iona]

In all our offering may we have wise and discerning hearts ...

SONG: [Grant us a wise and discerning heart](#)

[Grant us a wise and discerning heart](#)

[Be with your people today](#)

[Grant us a wise and discerning heart](#)

[Lead us to walk in the Way](#)

SONG: [Grant us a wise and discerning heart](#), by Shawn Whelan, Used with permission

PRAYERS OF THE PEOPLE

Tim

with **SONG:** [Peace, Salaam, Shalom](#)

[SONG: Peace, Salaam, Shalom](#) © 2001 Pat Humphries and Sandy Opatow. Moving Forward Music BMI www.pathumphries.com.

Hi, I am Tim Budge and I will be leading Prayers of the People this morning.

At times during the prayer, I will pause and we will sing Peace, Salaam, Shalom as part of the prayer. Let us pray.

First let us hear the words of the poet, Mary Oliver:

*I don't know exactly what a prayer is.
I do know how to pay attention, how to fall down
into the grass, how to kneel down in the grass,
how to be idle and blessed, how to stroll through the fields*

So, dear God, we bring our attention to you. In our minds and imagination, we kneel in the grass, stroll through the fields, and are idle and blessed.

Peace salaam, shalom,
Peace salaam, shalom,
Peace salaam, shalom,
Peace salaam, shalom.

We are in a world which seems almost crazy at the moment, full of dangers, uncertainty, and inequality. We remind ourselves that you are the God of justice, the Prince of Peace, the Good Shepherd. Shepherd us towards your kingdom we pray. Loving God, we look to you to act in our present history, to speak to consciences, to turn hatred to forgiveness, to sow seeds of reconciliation. Help us, in turn, to pay attention to your Spirit working in the world and in the lives of all living beings and in all of creation. You are here with us.

We particularly pray for Afghanistan, that voices of moderates would be heard and followed. We pray that all parties would turn from retribution and blame and seek peace for this country and its people. May our government be guided by compassion and genuine concern for the future of all Afghanis, including those who stay and those who need to leave. May our leaders pay attention to the prophets in our society who speak out for justice and peace.

Peace salaam, shalom,
Peace salaam, shalom,
Peace salaam, shalom,
Peace salaam, shalom.

For some of us, we feel that our current idleness is not blessed. 200 days and counting of lockdown is wearing us all down and we often feel constrained, fragile, concerned about the future and worried about our families and communities in these days. Help us we pray that we may all have the resources, strength and grace to cope. We bring to you those whose health and well-being is particularly at risk. We pray for those with limited access to support, to jobs or education. We also pray for those places around the world that are doing it so much tougher, where poverty, limited health services and rich countries' indifference exacerbate the impact of the pandemic. May we all pay attention to this shared, global struggle that we might learn how to live in a global community of shared hope and resources.

Loving God, you offer us the opportunity to pay attention to all that is around us, to our inner lives, to our neighbours, and beyond. Help us to draw the circle wider, to find the strength to be open to beauty and to suffering. Help us to pay attention to what you would have us do, to listen again to your call on our lives. Help us to move forward in the strength of your Spirit.

AMEN.

Peace salaam, shalom,
Peace salaam, shalom,
Peace salaam, shalom,
Peace salaam, shalom.

NOTICES

Good morning.

I'm Matthew Cameron

And I'm Michael Cameron

And this is the BUC News

Now I have an idea for this segment today.

Do tell ...

Okay so the September Olive Branch is being emailed and posted today.

Michael and Matthew

Ah yes our monthly newsletter.

Correct and I was thinking we could share some of the stories to whet people's appetite.

Great idea and maybe they could enjoy it with a cup of tea and something delicious to eat

I like your thinking - satisfying two appetites at the same time.

Okay so let's get started (eats a biscuit)

Seriously is that how we're going to do this.

I don't know what you mean. What's the first story?

Well Dave is taking us on a journey through time.

Intriguing. I'll definitely add that to my reading list.

I thought so, what do you want to share?

How about a biscuit?

Hilarious

Oh not a biscuit. Alright. Kate and Jamie have offered news from the recent Presbytery meeting

Interesting, do we need to do anything?

We definitely do. We've been invited to read the Regenerating the Church strategy document.

Okay and what do we do then?

We provide feedback, see the report for the details.

Great, there's also news about Discipleship & Education activities

Anything in particular?

There are four topics.

And ...

Okay there's news from the Walking Together Group about the Uluru Statement from the Heart and Strong Spirit Day event.

Right and I think I heard that the Wurundjeri Treaty Forum has been postponed.

Yes until we can be back on site. And there's also stories from the Daytime book club and Eco-theology conversations.

Lots to read about and I noticed that the poem on the front page is from the Eco-theology series as well.

Yes it is - well done!

Thank you (eats another biscuit)

(Frowns disapprovingly) Now do you know what's happening with the Exhibition?

Yes there was an email last week. (hurriedly puts down the partially eaten biscuit) The BUC Arts committee has decided to reschedule Emergence to the 5th-15th November

What a good idea, that will give artists more time to prepare given that we've been locked down for so long.

Definitely and there's plans to add a virtual exhibition alongside the regular set up.

That will be wonderful, it will give so many more people the opportunity to enjoy all the visual and performing arts contributions.

For sure, the information from the email is included in the Olive Branch.

And I also heard something about Bev Garside doing a presentation of her work.

Yes there's an Olive Arts on Zoom event planned for 14th September.

Excellent. Now I want to mention the theme for worship this month.

Okay I'm waiting

Thankyou. It's September so we're offering a Season of Creation.

That sounds amazing.

It is and it will be.

What are we doing this year?

There'll a focus on making commitments again

Good idea.

Yes and so a tree will be built in the Gathering Space

What do we do with it?

Okay so there'll be five branches.

That's very specific

It is, the branches represent energy use, food consumption, travel, advocacy and financial investment.

What do we do with the tree?

Each week we'll be invited to write a commitment in response to one or more of the areas on a leaf and add it to the branch.

I love it but um what if we're still in lockdown?

I guess we write on our leaves at home and bring to the worship space when we return.

Another good idea (eats another biscuit)

What is with you and the biscuits?

What do you mean? They're biscuits! Do you want one?

Oh, well thank you, yes that would be lovely.

More than happy to share ... (offers the plate)

(Takes a biscuit) Thank you. I was getting quite hungry

My pleasure, all you had to do was ask.

So let's finish up - there's lots more to read in the Olive Branch

There is, get your cup of tea or coffee and a biscuit

And settle in for a great read.

Join Dave for the Sunday chat after worship, the Zoom link is available on the website as usual.

Keep up to date with all the news in the Olive Press, website and Facebook group.

Goodbye and thanks for listening.

SONG: [In the Lord I'll be ever thankful](#)

In the Lord I'll be ever thankful

In the Lord I will rejoice

Look to God do not be afraid

Lift up your voices the Lord is near

Lift up your voices the Lord is near

SONG: [In the Lord I'll be ever thankful](#), from the Taize community WORD OF LIFE

BLESSING & SENDING OUT

Saide

Let's breathe together again,
breathe in God's love
breathe in peace, hope, joy
breathe out, breathe out love
breathe out peace, hope, joy.

In all that you do, all that you say
may you always be
confident in God's steadfast love
shaped by Jesus' gift of love
and inspired by the Holy Spirit's breath of love.
Amen

CLOSING VERSE:

Grant us a wise and discerning heart be with your people today

THANK YOU

Liturgist:
Saide Cameron

Candle Lighting:
Fiona and Jack Bottcher

Acknowledgement of Country:
Helen Burnham

Prayer of Adoration:
Hannah Friebel, 06/09/2020

Children's Time:
Fiona and Jack Bottcher
Dave Hall (Pastor: Children, Youth
and Young Adults)

Bible readers:
Meredith Budge
Matilda McClintock
Bella Taranto-Mifsud

Preacher:
Fiona Bottcher

Prayers of the People:
Tim Budge

Notices:
Matthew Cameron
Michael Cameron

Musicians:
James Balsillie
Glenice Cook
Ian Ferguson
Steph Gesling & Josh Whitty
Alistair Hunter
Jess and Anya Kvensakul
Maxine, Clementine & Harriet
Loynd
Dave Miller
Elaine Potter
Courtney Rohde
Kate Scull
Natalie Sims
Daniel Whelan
Shawn Whelan

Images:
Ray Cameron
Ian Ferguson

Wear a mask:
<https://www.theguardian.com/artanddesign/2020/may/03/the-big-picture-spreading-the-message-about-the-1918-pandemic>

Public Notice:
<https://www.vancouverisawesome.com/history/kelowna-spanish-flu-pandemic-2188106>

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