

***Fifth Sunday in Lent***

***Spiritual practice to cultivate Gratitude, one of the eight pillars of joy.***

*5:30 p.m., Sunday, March 13, 2022*

*Jonesborough Presbyterian Church*

(As you enter, please light a candle and place it by the Christ Candle.)

**Gathering music**     **“Dona Nobis Pacem”**

**Welcome**

**Music**                                 **“Put Everything in Order”**

Lyrics by Macrina Wiederkehr and music by Velma Frye, from *Seven Sacred Pauses*

**Scripture**                                 **Colossians 3: 12-17**

<sup>12</sup> Put on then, as God’s chosen ones, holy and beloved, compassion, kindness, lowliness, meekness, and patience, <sup>13</sup> forbearing one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. <sup>14</sup> And above all these put on love, which binds everything together in perfect harmony. <sup>15</sup> And let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful. <sup>16</sup> Let the word of Christ dwell in you richly, teach and admonish one another in all wisdom, and sing psalms and hymns and spiritual songs with thankfulness in your hearts to God. <sup>17</sup> And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

Psalms 46:10 (repeat)  
<sup>10</sup> **Be still and know that I am God**  
Be still and know that I am  
Be still and know  
Be still  
Be

**Silence**

**Meditation** Our guided meditation this evening is on **Gratitude & Generosity** Practice found on pages 336-342 in *The Book of Joy*.

During their long-awaited reunion, their last week together, Archbishop Tutu and the Dalai Lama often stopped to express their gratitude for each other, for all who were making their time together possible. For them, it is their ability to see wonder, surprise, and possibility in each experience and each encounter that is a core aspect of joy.

Brother David Steindl-Rast, a Catholic Benedictine monk, explains it this way: “It is not happiness that makes us grateful. It is gratefulness that makes us happy.” He also says, “When you are grateful you are not fearful... When you are grateful, you act out of a sense of enough and not out of a sense of scarcity, and you are willing to share. Another wise person once called this “Thank-GOD-fulness,” the awareness and acknowledgement that Christ is in all things – much the way Paul wrote to the Colossians.

Archbishop Tutu reminds us that the Bible says that “...it is in (the) giving that we receive.” So, he (Tutu) hopes that people would recognize in themselves that it is when we are closed in “on ourselves” that we tend to be miserable. When we grow in a self-forgetfulness... we discover that we are filled with joy. The Dalai Lama’s interpreter, Jinpa, points out that generosity is often something that we learn to enjoy by doing. It is probably for this reason that charity is prescribed by almost every religious tradition. Generosity is not just about the money we give, but also about how we give our time and (share) our wisdom to/with others. This, of course, is what the Dalai Lama and the Archbishop were doing all week long together – finding new ways to give for others.

**Centering:** As we begin our guided meditation, I invite you to sit comfortably, resting your hands on your legs or in your lap. Close your eyes and take several long breaths. Pay attention to your breath staying in the present moment. **(1 minute)**

1. **For Gratitude, close your eyes and recall three things from your day for which you are grateful.** They can be anything from the kindness of a friend to the bounty of a meal to the warmth of the sun or beauty of the sky. Try and be as specific as you can in recalling what you are grateful for.
2. **While you do this exercise in your head (this evening), consider writing them down when you get home – either journaling or a simple list.** Think about how you might do this exercise on a regular basis. Each time, try to write down three different things. Variation is the key to effective gratitude journaling.
3. **For Generosity, material giving.** There is no substitute for helping to lessen the inequality and injustice in our world. Think about how you can give to others in a new or continuing way.
4. **Giving freedom from fear.** This can involve giving protection, counsel, or solace. This is how we can give our time and attention to others. Who needs your presence today? To whom can you reach out to support?
5. **Spiritual giving.** You don’t have to be a minister, holy person, or spiritual teacher to give in this way. Spiritual giving can involve sharing wisdom and teachings to those who may need them. Think about how you could help others to be more joyful through the generosity of your own spirit in Christ.

**Prayer**

A Prayer of the Iona Community (John Bell)

You keep us waiting,  
You, the God of all time;  
Want us to wait for the right time in which to discover  
Who we are, where we must go,  
Who will be with us, and what we must do.

**So, thank you... for the waiting time**

You keep us looking,  
You, the God of all space,  
Want us to look in the right and wrong places for signs of hope,  
For people who are hopeless,  
For visions of a better world which will appear  
Among the disappointments of the world we know.

**So thank you ...for the looking time**

You keep us loving  
You, the God whose name is love,  
Want us to be like you- To love the loveless and the unlovely and the unlovable;  
To love without jealousy or design or threat;  
And, most difficult of all,  
To love ourselves.

**So thank you ...for the loving time**

And in all this You keep us...

**So thank you...for the keeping time**

And for now... and forever. Amen!

**Music**

**“Put Everything in Order”**

(Please leave in silence.)

**Resources used in preparing tonight’s spiritual practice****Joy Practices**

Dalai Lama, Desmond Tutu, and Douglas Abrams, *The Book of Joy: Lasting Happiness in a Changing World* (New York: Avery, 2016), 307-348.

**Prayer**

John Bell, A Prayer of the Iona Community (2015).

**Music**

Macrina Wiederkehr (lyrics) and Velma Frye (composer and performer) from the CD *Seven Sacred Pauses* (Notre Dame, IN: Sorin Books, 2008). The words were from a book of the same name by Macrina Wiederkehr.

Velma Frye, "Dona Nobis Pacem," track 12; "The Angel of Night," track 1; "Keeping Vigil with the Mystery," track 3; "Put Everything in Order," track 14 – from *Seven Sacred Pauses*

CD. [www.velmafryemusic.com](http://www.velmafryemusic.com)

[www.cdbaby.com/cd/velmafrye](http://www.cdbaby.com/cd/velmafrye) Book:

[www.amazon.com/Seven-Sacred-Pauses-Mindfully-Through/dp/1933495243](http://www.amazon.com/Seven-Sacred-Pauses-Mindfully-Through/dp/1933495243)

[www.avemariapress.com/product/1-933495-24-3/Seven-Sacred-Pauses/](http://www.avemariapress.com/product/1-933495-24-3/Seven-Sacred-Pauses/)