

SONGS AND RITUALS

Songs and Rituals

Spirit Journey Retreat, February 16-18, 2007

Session 1 (Friday Night)

God

Tune: "Blowin' in the Wind"

It is God that is always driving us
to care about the coming day.
And yet God is the mystery that takes
each one's security away.
It is God that makes us seek happiness,
but does not allow our joy to stay.
It is God who gives each one of us our life,
and God who takes that life away.

It is God that drives us to search for love,
and yet we are constantly pursued
By that force that finally casts each one out
into loneliness and solitude.
It is God that drives us to knowledge and truth,
but always denies us certitude.
It is God that gives each of us our life,
and God that takes that life away.

It is God that gives the desire to achieve,
and yet death leaves our work undone.
It is God that summons us to do good,
and neglect our duty to none.
And yet God is the voice that pronounces guilt,
for our war with self is never won.
It is God that gives each of us our life,
and God that takes our life away.

Opening Ritual Fifth City Preschool

(to be chanted)

This is the day we have!
This is the day we have!

We can live this day
Or throw it away!

This is the day we have!

So, pick up this day and live!

I Love Fifth City

Tune: "I Love the Flowers"

I love Fifth City;
I love the planet Earth;
I love this day in time;
I love the universe.
I'm always ready to see this world of ours.
I tell you, man, I like it here,
I tell you, ma'am, I love it here.

(boom di yada, boom di yada, boom di yada,
boom di yada)

Benediction

L: The Lord be with you.

R: And with thy Spirit.

L: Amen.

R: Amen.

Session 2 (Saturday Morning)

Greeting

L: Praise the Lord, Christ is Risen.

R: He is risen indeed.

L: Amen.

R: Amen.

THE DAILY OFFICE*

THE PRELUDE TO THE OFFICE

Let the Community rise up

The Liturgist: Let us attend unto our lives in the name of the Creator and the Redeemer and the Sustainer. Amen.

The Community: Amen.

ASCRPTION

THE OFFICE OF THE PREPARATION

Let the Community bow down

The Liturgist: Let us acknowledge the condition of our lives before the final Lord of every past who demands that we bear the burden of the whole world and before whom no secret is hid.

The Community: O Thou who hast ever been, we have negated the destiny to which we have been called; we have desired to be less than human beings; we have ignored the decisions required of our lives. God have mercy upon us. Amen.

The Liturgist: Amen.

The Liturgist: I call upon us to remember the unchanging word of life: we are free to live; our every decision is utterly significant. Our gift is that we may embrace our lives as they are with thanksgiving and praise.

The Community: Thine is the kingdom and the power and the glory forever and ever. Amen.

The Liturgist: Amen.

CONFESSION

ABSOLUTION

THE OFFICE OF THE WORD

Let the Community rise up

The Liturgist: Let us appropriate the possibility of our lives before the eternal Lord of every present who demands that we bear the burden of the whole world and before whom all that is, is good.

The Community: O Thou who art ever the same, we offer thanks for the heat and the cold; we offer thanks for the fire and the ice; we offer thanks for the creation and molding of our lives. We lift up our hearts. Amen.

PRAISE

The Liturgist: Amen.

The Liturgist: I call upon us to hear the appointed word of God. "To you also, who were dead through your offenses and sins which were once habitual to you as you followed the course of the world – to you God has given life."

SCRIPTURE

The Community: As it was in the beginning, is now, and ever shall be, world without end. Amen.

The Liturgist: Amen.

Let the Community bow down.

THE OFFICE OF THE OFFERING

The Liturgist: Let us execute the responsibility of our lives before the sovereign Lord of every future, who demands that we bear the burden of the whole world, and before whom all things are possible.

The Community: O Thou who shall ever be, we pray for the structures of history and we remember particularly the poor; those without peace of mind; those without friends; those without worldly possessions; all those here and everywhere who live without the spirit of humanness, particularly those overwhelmed by the grindings of life and hurt by the indifference of others, for thy steadfast love endures forever. Amen.

INTERCESSION

The Liturgist: Amen.

Let the Community rise up

The Liturgist: I call upon us to embrace the demanding word of our vocation; we are under necessity to expend ourselves for the sake of all creation – past, present and future.

DEDICATION

The Community: We present and offer ourselves unto thee, O Lord, to be a reasonable, holy and living sacrifice. Amen.

The Liturgist: Amen.

THE POSTLUDE TO THE OFFICE

The Liturgist: Let us now go forth to labor freely, gratefully and sacrificially; God the Father, God the Son, God the Holy Spirit, bless, preserve and keep us all. Amen.

BENEDICTION

The Community: Amen.

**Ecumenical Institute: Chicago worship experiment (Geneva 4)*

The Lord's Prayer

Tune: "Midnight in Moscow"

Our Father, who art in heaven,
Hallowed be Thy name;
Thy kingdom come,
Thy will be done
On earth as it is in heaven.
Give to us this day our daily bread;
And forgive us our debts
As we forgive our debtors.
Lead us not into temptation.
But deliver us from all evil,
For Thine is the kingdom,
The power and the glory,
Forever and ever. **Amen.**

Fifth City Preschool Meal Ritual

Food is Good. Right? (**Right!**)
Life is Good. Right? (**Right!**)
All is Good. Right? (**Right!**)

What do you say? (**It's Okay!**)
What do you say? (**It's Okay!**)
What do you say? (**It's Okay!**)

Greeting

L: Grace is yours and peace

R: From God Almighty and the Lord Jesus Christ.

L: Amen.

R: Amen.

Good News

Tune: "Good News, Chariot's Coming"

Chorus:

Good news, all is good.
Good news, all is received.
Good news, all is approved
All is possible.

That's the word of life he came to bear;
That's the word of life he came to bear;
That's the word of life he came to bear;
That's the word, the good news.

It's an affirmation, life is good . . .

Whatever you are you are received . . .

Whatever your past it's stamped approved . . .

All is possible, the future is yours . . .

Greeting

L: Thanks be to God

R: And to our Lord Jesus Christ.

L: Amen.

R: Amen.

Amazing Grace

(Lyrics adapted by John P. Cock, *By Cosmic Design*, p. 123)

Tune: "House of the Rising Sun"

Amazing grace, ten thousand times,
has touched the heart of me;
I once was lost but now am found,
was blind but now I see.

Through mighty, awesome turns in life
I have already come;
'tis grace that makes me whole through faith,
and grace will lead me on.

Amazingly, since primal star,
grace joined this voice of mine
with all creation near and far
to celebrate sublime.

When we've been journeyed all our days
by grace till breath is gone,
we'll no less yearn to sing its praise
than when we'd first begun.

Grace

Tune: "Mary's Little Boy Child"

Where sin abounded, grace did all the more abound, Paul said.
The state of our whole life is this, that we are separated.
Separated from life's aim and its origin;
Separated from ourselves and from other kin.

Grace strikes when we are estranged from life's mystery,
From its greatness and its depth, its source and destiny.
Grace strikes when we are in great restlessness and pain,
And when all of life itself seems meaningless and vain.

Grace strikes when we are estranged from another life;
When relationships become filled with human strife.
Grace strikes when we deeply feel this separation,
Because another life we've harmed through what we have done.

Grace strikes when in our self-hate we are in despair;
And the failures of our lives become too hard to bear.
Grace strikes when, year after year, the longed-for life does not appear,
And all joy is gone away and courage changed to fear.

Sometimes at the moment while separated
A light breaks through, a word is heard, "You are accepted."
A wave of light sometimes breaks through in that moment of great dread,
And a voice is heard to say, "You are accepted."

Grace strikes then but do not seek to know or do that day.
Perhaps later you will know just what to do and say.
As for now simply accept the fact of what's been said
By a greater Thou than you, "You are accepted."

Grace strikes then but we may be no better than before;
And believing may not be increased to any more.
But we are united to life's aim and origin,
Reunited to ourselves and to other kin.

"Where sin abounded, grace did all the more abound," Paul said.
Now the state of our whole life is reunited;
Reunited to life's aim and its origin,
Reunited to ourselves and to other kin.

Session 3 (Saturday Afternoon)

Greeting

L: It is to freedom

R: You have been called.

L: Amen.

R: Amen.

Free to Decide (sung as a round)

Tune: "Hi, Ho Nobody Home"

Free, free, free to decide
What this world is going to be:
This indicative is ours
To be free, free . . . (*repeat*)

Morning of Freedom

Tune: "Morning Has Broken"

Morning of freedom, final awareness,
Standing on nothing, groundlessly there,
Myself inventing, ever becoming,
Never completed, always undone.

Anchored securely, wholly united,
Warring gods fallen, painful relief,
My yoke is easy, light is the burden.
The day is coming, destiny won.

Responsibility

Tune: "Yellow Submarine"

Chorus:

Free we live in responsibility,
Duty bound and free in relativity.
Free we live in responsibility,
Whoever we may be, their deeds are
history.

Observe and judge the given facts.
Weigh up the values. Decide and act.
We're alone, completely free.
Leave the judgment to history.

To no principle, no law,
To no authority can we withdraw.
We decide it all alone,
Right from right and wrong from wrong.

Obligation is the call.
To God and neighbor, surrender all.
The free venture is the deed
Rendered up to meet the need.

Session 4 (Saturday Night)

Greeting

L: Glory be to the Father, and to the Son, and to the Holy Ghost.

R: As it was in the beginning, is now and ever shall be;

L: World without end.

R: Amen.

The Heart of Creation Ritual*

I bow to *spirit* at the heart of creation:

To all universes,
To our universe,
To mother earth;

And to all species,
To all human tribes . . .

To enemies,
To friends,
To colleagues,
To family,
And to my own being.

I bow to all as thou:

To the human thou,
To the nonhuman thou,
To all situations
And through these, to the eternal *thou*.

I bow to all this day. **Namaste.** (four times)

*Rubrics

Starting with fingers slightly together and touching the heart with base of the thumbs,
follow the leader in much reaching, bowing, twisting, and stretching.

Say the last line four times while bowing in the four directions of the universe,
whispering the last three.

Session 5 (Sunday Morning)

Ritual for Pioneering on Behalf Of

Leader: As soon as we were born, a new possibility was born with us, a free heartbeat stormed through the great sunless heart of the human race.

Group: **Whether we would or not, we brought a new rhythm, a new desire, a new idea, a fresh sorrow.**

Leader: Whether we would or not, we enriched our ancestral body.

Group: **Where are we going? How shall we confront life and death, virtue and fear?**

Leader: All of the race takes refuge in our breasts; it asks questions there and lies waiting in agony.

Group: **We have a great responsibility. We do not govern now only our existence.**

Leader: Each of us is a throw of the dice on which, for a moment, the entire fate of the human race is gambled.

Group: **Everything we do reverberates throughout a thousand destinies.**

Leader: As we walk, we cut open and create that river bed into which the stream of our descendants shall enter and flow.

Group: **“I am not alone! I am not alone!” Let this vision inflame us at every moment.**

All: **May it be so.**

Adapted from *The Saviors of God: Spiritual Exercises*, by Nikos Kazantzakis, p. 72

The Invitation

Tune: “Bye, Bye, Love”

Refrain:

Come to me, all you who labor, and are heavy laden,
And I will give you rest. And I will give you rest.

You are invited to be set free. Be not offended, attend to me.
Lay down your burden, pick up your life: the one solution for all your strife.

The call comes daily confronting me, all former patterns are shaken free.
The man exalted, the God brought low: behind this offense, my death I know.

I'm at the crossroads, I must decide to live offended or faith confide.
There is no reason the cross to choose: it's my election, my life to lose.

The Church triumphant is yet to be, always becoming in history.
The one salvation, severity. The Church's task is to set all free.

I Am the One

Tune: "76 Trombones"

I am the one set free to embrace the world.
I am the one compelled all to give.
I am the one condemned to be ever sorrow-filled
And to die each moment that I live.

I am amazed my life is in history.
I am amazed this world's where I'm bound.
I am amazed I'm one with creation's family
And in each the mystery is found.

The guardian of the world for all eternity,
Living, living, with all who've gone before,
The director of the world in all its future
And the key hist'ry is waiting for.

The wise one who can always know the knowing,
Standing, standing ever in the fray.
The actor who is always on the stage in every single age,
And moves a million mountains everyday.

Greeting

L: These are the times.

R: We are the people.

L: So be it.

R: Be it so

Praise the Lord All Nations (Psalm 117)

Tune: "We Shall Overcome"

Praise the Lord, all nations.
Extol God, all people.
For great is God's kindness toward us,
And the mercy of the Lord is everlasting.
Hallelujah.

The Church

Tune: "Theme from 'Exodus'"

The Church of God is like the pioneer:
The sensitive, responsive one,
Who hears the Word of God,
And sees God's judgments,
And has a vision of the resurrection.

The Church of God is like the Israelite:
Whose voice denounced idolatry,
And lived in caring love,
The law responsible,
And thus eventually, all nations would be blessed.

The Church of God is like the Nazarene:
First risen in obedience,
Who, on behalf of all,
Showed what all might do,
Who, in God's mercy, lived and gave that gift to all.

The Church of God, the world society:
To God-in-Christ and Christ-in-God,
Responds in hope and trust,
Repents for humankind,
And so reduplicates the deed of Jesus Christ.

Those Who Wait on the Lord

Those who wait on the Lord shall renew their
strength.
They shall mount up on wings as eagles.
They shall run and not be weary.
They shall walk and not faint.
Help us, Lord. Help us, Lord, in thy way.

Those who love the mystery . . .

Those who live the risen life . . .

Those who serve the suffering world . . .

Those who die on the march . . .

Greeting

L: Grace is yours and peace

R: From God Almighty and the Lord Jesus Christ.

L: Amen.

R: Amen.

Give Thanks

Tune: "Wendy"

Chorus:

Praise be to God the Power Almighty,
Praise be to God who came to this earth.
Praise be to God the Spirit eternal,
Praise be to God forever.

Give thanks for the mystery
that we cannot know or see,
The final reality
whom we embrace,
whom we embrace.

Give thanks that all life is good,
give thanks that we are received.
Give thanks that the past's approved
and the future is open,
and the future is open.

Give thanks that we all are free
to live life responsibly.
Observe, judge, and weigh the fact,
decide and act,
decide and act.

Give thanks for the will to be
the Church in all history,
To care for society
and die our deaths,
and die our deaths.

Most of the song lyrics were written or adapted by the Ecumenical Institute: Chicago