

Scattering

You have stopped and listened. You have shared your concerns.
Now take this blessing with you into your noisy day.

At the Turn of the Year

The blessing of God the creator,
There from the beginning;
The blessing of Christ the Saviour,
God-with-us in history and humanity;
The blessing of the Holy spirit,
Calling us into a future of hope:
Be with each of us,
Our communities,
Our world,
Now and for ever more.

J S Pickard

Go in peace.
Regards, J Shannon

This liturgy is a gift from the Uniting Church in Australia.
The Uniting Church Service is Thursday mornings 9:30am.



Presbytery Hospital Chaplaincy
Leader
The Uniting Church in Australia
Presbytery of the Canberra Region
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* a chapel is any small place created for worship

DIY chapel* Summer



This is a **self guided 'service'** for people who would like a little help to create a moment of worship. It is not meant to replace the regular chapel services offered by the Pastoral Care teams. Please ask a nurse or pastoral carer when chapel services are offered. Everyone is welcome at any service.

This service is in 4 parts:

Gathering – coming together with your spiritual self and with what you see as your divine creator

Celebrating – taking stock of the positive people and influences in your life and giving thanks

Sharing – unburdening yourself

Scattering – gathering the strength you have reaped from taking a moment and taking it back out into the world with you.

The service is designed to be like gathering seeds to scatter later. It is an investment in your wellbeing because it has the potential to feed your deeper needs.

How it works – what you *say /pray* will be in **BLACK**. Guidance and suggestions will be in **RED**.

Gathering

Gracious God – we gather to be close
to you and to remind us of your
presence in each other and ourselves.

This is our time

In Your Holy company

To celebrate, to mourn,

To forgive and to love.

Make this room your chapel and give us
your grace

As we worship together.

Amen

J Shannon



Now it's time to settle into the silence

Put your feet on the floor, close your eyes and listen to the noise
in the corridor,

Listen to the noise or the silence inside the room

Breathe

Celebrating

Because you are troubled, it might be a good time to count a few
blessings. What is going right in your world? Who do you thank
for happy memories? Who loves you? What are the simple
things that give you delight each day? It doesn't have to be com-
plicated. Mary Oliver said in her poem *Praying*:

It doesn't have to be a blue iris,

It could be weeds in a vacant lot,

Or a few small stones;

Just pay attention,

Then patch a few words together

And don't try to make them elaborate,

This isn't a contest but a doorway

Into thanks, and a silence in which

Another voice may speak.

Sharing

This is the place you unburden yourself. Describe your sadness,
worries or dilemmas in your head. Sit with the silence. Feel the
weight lifting for a moment. Stay with the silence as long as you
can. Then you might want to recite a prayer that is familiar like
the Lord's Prayer or the 23rd psalm. You will find a version of the
Lord's Prayer below and a sharing prayer from Leunig: ©

Leunig 2004– *When I talk to you*

The Lord's Prayer

Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.

Give us today our daily
bread.

Forgive us our sins
as we forgive those who
sin against us.

Save us from the time of
trial

and deliver us from evil.

For the kingdom, the
power,

and the glory are yours
now and forever.

Amen

Dear God

We give thanks for the places of
simplicity and peace. Let us find
such a place within ourselves.

We give thanks for places of refuge
and beauty. Let us find such a place
within ourselves.

We give thanks for places of na-
ture's truth and freedom, of joy,
inspiration and renewal, places
where all creatures may find accep-
tance and belonging.

Let us search for these places: in
the world, in ourselves and in oth-
ers. Let us restore them. Let us
strengthen and protect them and
let us create them.

May we mend this outer world ac-
cording to the truth of our inner life
and may our souls be shaped and
nourished by nature's eternal wis-
dom.

Amen