

## Scattering

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

Closing prayer from a Celtic psalter

Bless me this night, O God,  
And those whom I know and love.  
Bless me this night, O God,  
And those with whom I am not at peace.  
Bless me this night, O God,  
And every human family.  
Bless us with deep sleep.  
Bless us with dreams that will heal our souls.  
Bless us with the night's silent messages of  
eternity  
So that we may be set free by love.  
Bless us with the night's silent messages of  
eternity  
So that we may be set free by love. J Phillip Newell



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

Go in peace.

Regards, J Shannon

Presbytery Hospital Chaplaincy Leader  
The Uniting Church in Australia  
Presbytery of the Canberra Region  
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## DIY chapel\* Winter



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**.

\* a chapel is any small place created for worship

## 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 23<sup>rd</sup> 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 blessing of  
winter.

Season to cherish the heart.

To make warmth and quiet for the  
heart.

To make soups and broth for the  
heart.

To cook for the heart and read for  
the heart.

To curl up softly and nestle with  
the heart.

To sleep deeply and gently at one  
with the heart.

To dream with the heart.

To spend time with the heart.

A long, long time of peace with the  
heart.

We give thanks for the blessing of  
winter:

Season to cherish the heart.

Amen