Holy Week

Worship@Home April 6-9, 2020

Welcome to a Holy Week journey like no other!

For perhaps the first time, the Church world-wide will celebrate Holy Week, Good Friday and Easter Day in our homes.

Each day this week there is a Psalm to pray with: and we invite you to read through the Gospel, slowly and gently, allowing the story to speak to your heart.

- Each day we are reading with all our senses: smell, sound, taste, touch: on Palm Sunday we encourage to you 'see'.

There is also an action we invite you to engage with that is an 'active prayer'.

Blessings to you all, as we take this pathway towards Easter Day.

Monday 6 April, 2020
The Sense of Smell



- What is a precious scent to you?
- Perhaps it's something simple like Toast: or maybe you love the Daphne Bush?
- What can you smell right now?

Psalm 36:7 - 9

How precious is your steadfast love, O God! All people may take refuge in the shadow of your wings.

Ever present God, the greatest treasure we receive is your persistent, unwavering love.
There is room for all of us, though we sit at a distance from each other,
to shelter within your familiar, fragrant, mothering arms
and be comforted in your safe embrace.

They feast on the abundance of your house, and you give them drink from the river of your delights.

Gathered in love we find a feasting table,
heady with the smell of finest food,
heavy with goodness and blessing.
You offer us the cup from flowing water that runs deep,
we drink in the freshness and are restored.

For with you is the fountain of life; in your light we see light.

The essence of everything springs,
gurgles and gushes from you,
and we see it all clearly, because of your radiance.

The Gospel John 12: 1-11

When have you been extravagant? Why?
Why is Mary's gesture remembered?
How can we be extravagant to the poor?

Faith & Prayer Action

Stand on your door step and breathe in slowly a few times.

- What can you smell?

If you have a fragrance, go put a little on today. Allow the drift of fragrance remind you of Mary's generosity. **Amen**

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Tuesday 7 April, 2020

The Sense of Sound



Psalm 71:1-3

In you, O LORD, I take refuge; let me never be put to shame.
In the shelter of your abundant love I find my safe house.

Shield me from the hurtful words that others might throw at me,
and my own feelings of worthlessness.

In your righteousness deliver me and rescue me; incline your ear to me and save me.

Because of your goodness I know I am safe and protected.
Don't stop listening to me, keep me within earshot, keep me within your heart.

Be to me a rock of refuge, a strong fortress, to save me, for you are my rock and my fortress.

When I feel vulnerable, unsteady and fragile, you are the solid place of strength and comfort. May it be so.

The Gospel John 12: 20-36

Faith & Prayer Action

An act of listening.
We come to see Jesus…but how well do we listen? Jesus listened for the voice of God which he declared had come for the people's sake. Where do we hear God's voice best? Discerning takes work and engages deep in our being. It requires us to still the clamour around us and listen with our whole selves.

Today do something which helps you to listen…perhaps to a much loved piece of music…or the sound of the sea…or the morning bird call.

Take the time to really hear and enjoy it.

Wednesday April 8, 2020
The Sense of Taste



Fresh bread or fresh toast are very homely! If you have a piece of bread, tear a mouthful off and chew it slowly.

Psalm 70: 1 & 5

Be pleased, O God, to deliver me.
O LORD, make haste to help me!

Rescue me from all this craziness God, if you don't mind,
because some days I'm not too patient and I'm full of anxiety
and the novelty of this isolation is wearing thin – so hurry up!

But I am poor and needy; hasten to me, O God!
You are my help and my deliverer;
O LORD, do not delay!

God, I don't feel like I have everything I need, but I don't know what's missing either.

Come to me God, now! Come and rescue me from this confusion.

The Gospel John 13: 21-32

In this Gospel story, Jesus is troubled in Spirit. We have seen this strong emotion in Jesus when Lazarus died: and we will see it again in the garden before his death.

- Re-read the passage again: see if you can keep close to this troubled spirit of Jesus' as the events of the reading unfold.

Faith & Prayer Action

At this meal, the disciples have no idea of what betrayal is taking place.
Jesus is betrayed by Judas: the disciples are also betrayed.

- Who is it that you need to reconcile with in the faith community you belong to?
- How might you begin that reconciliation within yourself?

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Maundy Thursday 9 April, 2020

The Sense of Touch



Psalm 116:1-2, 12-14

I love the LORD, because he has heard my voice and my supplications.
Because he inclined his ear to me, therefore I will call on him as long as I live.

I can bask in the light of your love, God of all, because I know it's a two- way connection.
I feel your warmth on my skin, your soft breath on the salty breeze,
your fragrance in my home.
That's why I can keep up my end of the conversation, because you are present, because you listen to my cries.

What shall I return to the LORD for all his bounty to me?

How do I repay you for your magnificence?
What can I share with you from my meagre capacity?
What might be a worthy offering?

I will lift up the cup of salvation and call on the name of the LORD, I will pay my vows to the LORD in the presence of all his people.

I will drink to your persistent and outrageous love, knowing the cost of the cup that I hold, and say out loud to anyone who can hear, that I love you. I promise to be a servant of your loving-kindness and because of how that makes me live, people will know.

The Gospel John 13: 1 -17, 31b-35

Faith & Prayer Action

Note how much touching is in this passage… even the whole world is given into Jesus hands.

And Jesus is very 'hands on' in the touching of others as we see in this washing of the feet. This is one of the things that we find hard in social distancing. It is one of the things felt by lonely people all the time, often felt by people in care or other isolation.

This little exercise is about touch but you are invited to engage all of your senses. Fill a bowl with water and take some time to wash your hands.

Feel the water and your hands as they move through it.

Feel and note the texture of the towel.

If you like, use a hand cream and take time to rub it into your nails and cuticles.

Have you also noted the sound of the water?

The scent of soap and hand-cream?

The visual of the movement of water and the warm fluffiness of the towel?

(Perhaps don't taste the soap!)

At the moment we can't touch others too much and a foot washing exercise is difficult. But remember the servanthood nature of foot washing and find a way to serve someone today…perhaps a phone call or a greeting across the fence to a neighbour.

We may be distanced but we can still serve.

After your worship today, clear your worship table so that it is clear and bare for Good Friday

Holy Week liturgy is from Rev. Ian Turnnidge @ Cowes, Rev. Jennie Gordon, minister @ Corner Inlet, Shearwater Team Leader; and Presbytery Resourcing Minister, Gippsland, and Rev. Deacon Wendy Elson @ Wonthaggi-Inverloch-Tarwin Lower