



Consolation & Courage

As the Body of Christ in Tumultuous Times



Bishop Cathleen on Consolation as the Body of Christ:

We gather tonight as the Body of Christ in Kansas, seeking both consolation and courage in light of tumultuous events occurring both globally and nationally, particularly the situation of dissension and violence unfolding in Minnesota. As Presiding Bishop Sean Rowe wrote yesterday, “The Christian story is full of people who lived in frightening and brutal times, and who followed Jesus’ call.”

Tonight, we gather, people of varied opinions and varied gifts, to seek the consolation that comes from communion with God and one another. We come together as the Body of Christ devoted to experiencing and bearing forth Jesus’ Way of Love.

Tonight, as Jesus taught us to do, we come into the presence of the God who loves us and who loves the world. We come into the holy mystery that by prayer and scripture we can commune with the Creator, whose very existence and presence brings us consolation.

Litany of Healing and Hope

Enriching Our Worship 5, p. 52

Officiant - Weeping may spend the night, but joy comes with the morning.

For the losses we have endured,

Hear our cry, O God.

For broken hearts and broken lives,

Hear our cries, O God.

For wounded innocence and shattered dreams,

Hear our cries, O God.

During a brief silence, particular griefs may be named in chat.

When we are weary or lost,

O Christ, lead us home.

Litany of Healing and Hope contd.

When we are hopeless and sad

O Christ, lead us home.

When we are angry and tears become our food

O Christ, lead us home.

When we are faithless and fearful

O Christ, lead us home.

When we grieve and despair

O Christ, lead us home.

Because you have been our companion in sorrow,

Holy Spirit, give us peace.

Litany of Healing and Hope contd.

Because every child you have made lives forever,
Holy Spirit, give us peace.

Because suffering can make us kinder and more courageous,
Holy Spirit, give us peace.

Because nothing can separate us from your goodness,
Holy Spirit, give us peace.

Because you pray within us ceaselessly,
Holy Spirit, give us peace.

Weeping may spend the night, but joy comes with the morning;
Holy God, we bless your name.

Litany of Healing and Hope contd.

You remove our mourning clothes and dress us in gladness;
Mighty God, we bless your name.

You will turn our lament into dancing;
Loving God, we bless your name.

You forgive all our sins and heal our infirmities;
Immortal God, we bless your name.

You renew us in your loving-kindness;
We are your people and you are our God.

Hear our cries, O God. Heal and restore us. Fill us with your peace. In all things remind us of your love, for the sake of your Son, Jesus Christ, in the power of the Holy Spirit. ***Amen.***

A prayer for guidance

Bishop:

O God, by whom the meek are guided in judgement, and light rises up in darkness: Grant us, in all our doubts and uncertainties, the grace to ask what you would have us to do, that the Spirit of wisdom may save us from all false choices, and that in your Light we may see light, and in your straight path we may not stumble; through Jesus Christ our Lord.

All: Amen

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Psalm

46:1-4

God is our refuge and strength,

a very present help in trouble.

*Therefore, we will not fear, though the
earth be moved,*

***and though the mountains be
toppled into the depths of the sea;***

Though its waters rage and foam,

***and though the mountains
tremble at its tumult.***

The Lord of Hosts is with us:

***the God of Jacob is our
stronghold.***

Hebrews 12:1-2

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith, who for the sake of the joy that was set before him endured the cross, disregarding its shame, and has taken his seat at the right hand of God.

The Beatitudes

When Jesus^[a] saw the crowds, he went up the mountain, and after he sat down, his disciples came to him. ² And he began to speak and taught them, saying:

- ❖ *Blessed are the poor in spirit, **for theirs is the kingdom of heaven.***
- ❖ *Blessed are those who mourn, **for they will be comforted.***
- ❖ *Blessed are the meek, **for they will inherit the earth.***
- ❖ *Blessed are those who hunger and thirst for righteousness, **for they will be filled.***
- ❖ *Blessed are the merciful, **for they will receive mercy.***
- ❖ *Blessed are the pure in heart, **for they will see God.***
- ❖ ***Blessed are the peacemakers, for they will be called children of God.***
- ❖ *Blessed are those who are persecuted for the sake of righteousness, **for theirs is the kingdom of heaven.***
- ❖ *Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely^[b] on my account. ¹² Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you.*

Bishop Cathleen on Consolation as the Body of Christ:

As individual members of, and the collective, Body of Christ in Kansas our lives are inspired by and filled with the Presence of Christ, molding our prayers, thoughts, and actions. In tumultuous times, we will carry the courage of Christ.

We are called to be Peace-Makers!

- Upon visiting Coventry in England, a town once leveled by bombings, Pope John Paul II taught: ***“Peace is not just the absence of war... Like a cathedral, peace must be constructed patiently and with unshakable faith.”***

Division and tumult are confusing; I don't know about you, but I can feel paralyzed! But that is not what God intends for the Body of Christ.

The last year or two, many in our diocese have been studying the idea of Holy Currencies as we seek to move our parishes and diocese forward in mission. I believe these Currencies are a helpful way to view current civic unrest and political realities as well. They may help us when we experience being overwhelmed and unsure of what God might have us do as faithful Christians. They may help us see what part of the cathedral of peace we are called to build.



Actions Across TEC through Holy Currency lens

- Episcopal Migration Response Network <https://dfms.formstack.com/forms/emmministrynetwork>
- Weekly Immigration Update Calls [Webinar Registration - Zoom](#)
- Written Weekly Prayers : [Public Policy and Witness Weekly Prayers – The Episcopal Church](#)
- Weekly Zoom liturgy of prayers [Join by Zoom](#)
- Congressional Advocacy [Action Alerts – The Episcopal Church](#)
- Casa Maria [Casa Maria | St. Nicholas Episcopal Church](#)
- Episcopal Migration Ministries [Episcopal Migration Ministries – The Episcopal Church](#)
- Episcopal Relief and Development [Homepage - Episcopal Relief & Development](#)

Meditation in Turbulent Times

Action and contemplation are both necessary elements of true faith.

Parker Palmer wrote that *“one cannot exist without the other. When we fail to hold the paradox together, when we abandon the creative tension between the two, then both ends fly apart into madness. ...action flies off into frenzy...contemplation flies off into escapism.”*

Meditation draws us inward so that
we can move outward with
confidence and compassion.

Listening to Winter – Macrina Wiederkehr [excerpts]

Winter is raging through the dark, empty branches and I am listening.

I am listening to the roar and to the quiet of winter.

I am listening to a beauty that sometimes remains unseen.

I am listening.

I am listening to the seed hidden in the earth.

I am listening to the dark swallowing up the light

I am listening to faith rising out of doubt.

I am listening to the need to believe without seeing.

I am listening.

I am listening to the season of contemplation, to the urgency of our world's need for reflection.

I am listening to all that waits within the earth, to the bulbs and seeds, to deep roots dreaming.

I am listening to the sacred winter rest.

I am listening.

I am listening to long nights, comforting darkness, fruitful darkness, beautiful darkness.

I am listening to the darkness of the winter season.

I am listening to the sparks of hope within the darkness.

I am listening.

I am listening to the storms raging out my window, to storms raging in my heart.

I am listening to all that makes me pull my cloak a little tighter.

I am listening to trust buried deep in the ground of my being.

I am listening.

I am listening to the quiet life in winter's womb.

I am listening to winter, nurturing spring.

I am listening to winter handing over to spring.

I am listening to the poetry of winter.

I am listening.

I am listening.

A photograph of a winter landscape. A path of snow leads through a field of tall, dry grasses. In the background, there is a line of trees and a hazy sky.

Meditate:

Pick up a word, phrase, feeling or image that is alive for you right now. This is meditation. Take a mental journey with what seems important for you to hear tonight.

Pray:

Ask God into your meditation. Have a little conversation with God about what is coming up for you. Begin to form a prayer request to God or listen for God's prayer for you.

Rest in God

If you would like to share with others something that came up for you in this time of meditation together, please do so in a sentence or two in the Chat.

Closing Prayer

led by Bishop Cathleen and said by all in unison and unmuted

God, grant me the serenity to accept the things I cannot change,

The Courage to change the things I can,

And the Wisdom to know the difference.

Amen