

## Saint Hilda's by the Sea Anglican Church

*(Open arms, open hearts, open minds)*

*We welcome everyone.*

### *Taizé Service - An inner journey*



**Icon for October**

**Clare of Assisi**

Simplicity is the format for our hour long candlelight Taizé service.

We begin a few minutes prior to 7:00 P.M. on the 1<sup>st</sup> and 3<sup>rd</sup> Sundays of the month.

Our Taizé service is comprised of six parts which often parallel the mystical meditative journey.

Part One - Preparation

We begin a few minutes before 7:00 PM. To the sounds of meditative music you are asked to place a lighted candle on the Taizé table in front of the altar. Then you are to find a comfortable place to sit and to try to focus on being intentional about what hopes you have for the meditation or contemplative period to come.

Part Two – The Journey Begins - Letting Go

Beginning with the bells of Taizé and the first chant the service begins. During this period you are invited to listen to several spiritual reflections. Following each spiritual reading you are encouraged to raise your voice in chant, in English or Latin to the simple Taizé songs presented. The meditative character of these beautiful, yet simple songs repeated over and over permit you to center yourself. An inner calming begins.

Part Three – Illumination

Illumination is a fifteen minute period of silence. Here you have an opportunity to silently pray, reflect, contemplate or meditate. For those who know Centering Prayer or any other meditative form using a sacred word or mantra this time allows the mind and heart to be open to the Presence and to receive that which may be given.

**‘Silence means leaving to God what is beyond my reach and capacity.’**

**‘When words and thoughts come to an end, God is praised in silent wonder and admiration.’**

Part Four – Union

Union begins after the period of silence has ended and the reflections and chanting resume. Any insights received or problems clarified are taken back out into the world. You may likely feel grounded and empowered and in communion with the Holy, for silence has calmed the agitated and restless mind.

**‘The reasons not to love and not to forgive fade into insignificance. Inner peace leads to union with God and we take that love of God back out into the world.’**

Part Five – Final Blessing

We wish each other and all creation peace, by chanting Shalom.

Part six – The Dismissal

The candles are extinguished.

We quietly go out into the night.

## Taizé Songs for October 2010

<b>The Lord is My Light</b>	<i>The Lord is my light, my light and salvation. In God I trust, in God I trust.</i>
<b>Laudate Omnes Gentes</b>	<i>Laudate Omnes Gentes, Lauate Dominum.</i>
<b>In the Lord</b>	<i>In the Lord I'll be ever thankful, in the Lord I will rejoice! Look to God, do not be afraid; lift up your voices, the Lord is near lift up your voices the Lord is near.</i>
<b>Ubi Caritas</b>	<i>Ubi caritas et amor, ubi caritas Deus ibi est. (Where there is charity and love, God is to be found.)</i>

**Silence\*\*\*\*\* Silence\*\*\*\*\* Silence\*\*\*\*\* Silence**

<b>The Kingdom Of God</b>	<i>The kingdom of God is justice and peace and joy in the Holy Spirit. Come, Lord, and open in us the gates of your kingdom.</i>
<b>Jesus Christ, Bread of Life</b>	<i>Jesus Christ, Bread of Life, those who come to you will not hunger. Jesus Christ, Risen Lord, those who trust in you will not thirst</i>
<b>I Am Sure I Shall See</b>	<i>I am sure I shall see the goodness of the Lord in the land of the living. Yes, I shall see the goodness of our God, O come trust in the Lord.</i>
<b>Let your servant now go peace</b>	<i>Let your servant now go in peace, O in Lord. (O Lord). Now go in peace, according to your word (to your word).</i>

## Meditative Music

<b>Prefatory Music</b>	<b>Gregorian Chant</b>	<b>Chant for Meditation</b>
<b>Final Blessing</b>	<b>Shalom</b>	<b>Mantras and Chants</b> Ivo Sedláček

*\*Icons Icons are traditionally used at Taizé services. Icons, traditional or contemporary, serve to provoke us to see, reflected in the persons or images depicted, the many facets of the face of God.*

### *October Icon*

### *St. Clare of Assisi*

When she was 18 years old, Clare left behind the wealth and ease of her noble family and embraced the radical poverty of Jesus, which she had heard St. Francis praise in the streets of Assisi. For her remaining 41 years, she struggled against incredible odds to be true to her ideals. When church authorities ordered her to relax the austerity of her way of life, she patiently insisted that women could follow the Gospel ideals as well as men. Two days before her death, she finally received papal approval for the rule that she had written for her followers.

Like other women religious of her day, Clare and her companions lived within a strict monastic enclosure. What made them different was their rigorous vow of poverty, which forbade even communal possessions. They supported themselves by the work of their hands and depended on alms for the rest. They wore the simplest clothing and fasted every day except for Christmas and Sundays. In all things they strove to maintain among themselves "the unity of mutual love and peace."

For 28 years Clare was continually ill, and often confined to her bed. Even in bed she insisted on doing her share of work. One legend tells of how she dropped a roll of linen cloth she was sewing, and how it rolled too far from her bed for her to reach. The monastery cat, with which she is pictured in this icon, retrieved the cloth for her so that she could finish the work. This story reflects the profound closeness to creation and all other creatures which lies at the core of Franciscan spirituality.

For 41 years Clare led her austere life with the same small group of women, only leaving her tiny monastery once. In spite of her illness and other problems, in spite of the sorrow she must have felt as she watched many of Francis' male followers abandon his ideals after his death, her writings were filled with peace and joy. She challenges us to re-examine our own goals, which often bring us stress and misery, as she speaks of moving us through life "with swift pace, light step, and unswerving feet, so that even your steps stir up no dust..."