

Saturday Morning Meditation

Lamentations 3: 16-26

Supplies for Meditation

Ceramic Bowl, big cup, anything for collecting note (white, or a light color)

Permanent Markers or acrylic paint and brushes if you'd rather

Liturgy for this service was taken from "*Liturgies from Below: Praying with People at the Ends of the World,*" by Claudio Carvalhaes

Opening Prayer

Come unto me you who are depressed

And you who are oppressed

Come unto me you who are hungry

And you who are angry

Come unto me you who are unemployed

And you who are underemployed

Come unto me you who are anxious

And you who are bitter and frantic

Come to the place of blessings

Where you will find respite, peace, and joy.

(p. 32)

Prayer of Lament:

Oh God that became body and presence,

That wanted to share the path, the bread and the cup,

That loved and embraced, that dreamed and suffered,

That assumed the pain and stored up hopes.

Bring yourself today to those who feel pain in their bodies:

The pain of an unwanted absence,

Pain that like a dagger cuts the soul

And rips open the bowels.

O God, you touched injured bodies,
You stretched out your hand to the despised bodies,
You embraced the ignored bodies,
You put on a body that struggled alongside the most humble,
You felt in your own flesh the brutality of oppression,
So lend your shoulder today to those who cry,
To those who need to know themselves as loved and content
Because torturers and murderers
Continue to steal the lives of loved ones' bodies.

Naked God, exposed, trophy of genocides,
Your body crucified on a whim by the power of the day
And ignored by the lukewarm complicity of so many,
God, whose dead body was seen by the morbid
And cried helplessly in silence for the persecuted.
God, whose body was buried and guarded, out of fear...
Become a body in the midst of our fears,
Liberate us, just as you freed yourself on the third day,
From the sadistic omnipotence of those who carry the sword.

God of the transcendent body,
Of the body that makes us one body, community, people.
God of the body that remains, present
In every search for justice and fulfillment,
In each act of resisting the perverse,
In each table where shared bread reaches and remains,
And where wine is a transforming sacrament.
Rescue us from the waters of resignation,
Give us your hand of solidarity and walk with us
To places where bodies can live and dance and be free
Without appropriators, without repressors, without mercenaries of death.

God of the Bodies (pg. 92)

**Response: Lord, listen to your children praying, Lord, send your Spirit to this place;
Lord, listen to your children praying, send us love, send us power, send us grace.**

Meditation

Affirmation of Faith/Hope

A secret whispered from mouth to mouth as a sacred prayer too holy

To be spoken out loud.

A dream sheltered in the shade of the heart. Too much light might

Burn it, too much heat might dry it out.

A hope so strong you already envision, you already belong to your life as it

Has to be, as it deserves to be.

A secret, a dream, a hope, no time for “Goodbyes,” and “God bless you”

No time for “I’ll miss you” and “come back soon.” No times to court the

dangers , how wide is the desert and how deep the sea.

Nothing can hold you back, nothing can stop your journey. No mother’s love, no father’s

worries.

Nothing can hold you back, there is a dream to fulfill, there is a journey of faith to see

through.

The strength of your youth will protect you, and the almighty God

You will call upon.

When the journey gets rough, when evil spirits threaten you with guns and

Chains and hate and harm, to God you will turn to. ‘Cause the strength of

Your youth will protect you and your God.

Your victory will protect you and your God.

Your victory will be God’s honor and the life you are reaching will be

A living witnessing of God’s rescuing power.

In the new land, in the land of your secret and dream and hope there will

Be you and there will be your God. This much you know and this much

You need to know.

A Secret Whispered (p.244)