

*Lenten Evening Prayer*

*in the style of* *Taize*  
Ecumenical  
Community



*Grace Lutheran Church  
3330 Gomer Street  
Yorktown Heights, NY 10598*

# 5 Spiritual Fruits

## Gentleness

*Reading*

Cheralyn Carolina March, 2015

### Kindness

This world is so used to cruelty  
that every act of kindness is seen as flirt.  
I won't change who I am.  
I won't give up my niceness  
just because other hearts have forgotten  
how gentleness feels like.  
Instead I will teach them.  
I will make them remember how to be kind.  
It's sad that you have to be rude  
in order to set a limit.  
You can say no  
and still be the nicest person in the world.

## Invocation

*P: In the name of the Father and the Son and the Holy Spirit.*

**C: Amen**

## Veni Sancte Spiritus

*The congregation will sing the refrain continually while the cantor sings the verses.*

The image shows a musical score for the refrain of 'Veni Sancte Spiritus'. It consists of two staves: a treble clef staff on top and a bass clef staff on the bottom. The key signature is one sharp (F#) and the time signature is 6/8. The melody is written in the treble staff, and the bass line is in the bass staff. Above the treble staff, the letter 'A' is written above the first measure and 'B7' above the fifth measure. The lyrics 'Ve - ni San - cte Spi - ri - tus.' are written below the treble staff, with hyphens under the words. The music ends with a double bar line and repeat dots.

### Cantor Verses

*Come, Holy Spirit, from heaven shine forth with your glorious light.*

*Veni Sancte Spiritus*

*Come, Father of the poor, come,  
generous Spirit, come, light of our hearts.*

*Veni Sancte Spiritus*

*Come from the four winds, O Spirit,  
come breath of God; disperse the shadows over us, renew and  
strengthen your people.*

*Veni Sancte Spiritus*

*Most kindly warming light!  
Enter the inmost depths of our hearts, for we are faithful to you.  
Without your presence we have nothing worthy, nothing pure.*

*Veni Sancte Spiritus*

*You are only comforter, Peace of the soul.  
In the heat you shade us; in our labour you refresh us,  
and in trouble you are our strength.*

*Veni Sancte Spiritus*

*On all who put their trust in you and receive you in faith,  
shower all your gifts.*

*Grant that they may grow in you and persevere to the end.*

*Give them lasting joy! Veni Sancte Spiritus*

## Prayer of the Day

*P: The Lord be with you.*

**C: And also with you.**

*P: Let us pray.*

**C: Father, in the diverse experience of all our emotions, you have given richness to life. As your word teaches, there is a time to mourn and a time to dance, times for sorrow and times for joy. May our sorrows move us to compassion and may our joys lift the weight of living. In these days, we pray especially for you to bring the gift of joy in the midst of our anxiety and boredom, in the midst of our grief and longing. Let us know your presence in this night, that we will rejoice in hope and rest in comfort. In the name of the one whose coming brought great joy to heaven and whose return will bring great joy to earth, Jesus the Christ, we pray. Amen.**

## Scripture Reading

## Correct Others Gently

## Galatians 6

*St. Paul wrote:* My friends, if you find that someone has wandered away from being faithful, you who are spiritual must restore them in a spirit of gentleness, being careful that you may not be tempted to do the same. You must bear one another's burdens, and in this way you will fulfill the law of Christ. . . You must not be led astray; God is not being deceived, for what a person sows, this they will reap. If you are sowing in your own flesh, then out of the flesh you will reap destruction; but if you are sowing in the Spirit, out of the Spirit you will reap eternal life. But we must not lose heart in doing good. For, we will reap at the critical moment if we are not giving up. So then, being in this critical time, let us work for the good of all, and especially for those of the family of faith.

## Silence

## Confession & Kyrie

*P: Let us confess our sin in the presence of God and of one another.*

**C: I confess to God Almighty, before the whole company of heaven, and to you, my brothers and sisters, that I have sinned in thought, word, and deed by my fault, by my own fault, by my own most**

**grievous fault; wherefore I pray God Almighty to have mercy on me, forgive me all my sins, and bring me to everlasting life. Amen.**

Refrain Sung 3x by Congregation

G C am D bm em am D G

Ky - ri - e e - le - i - son, Ky - ri - e e - le - i - son.

*Cantor Verses*

- 1. Lord Jesus Christ, you were sent to heal the contrite, have mercy on us.*
- 2. Lord Jesus Christ, you came to call all sinners, have mercy on us.*
- 3. Lord Jesus Christ, you intercede for us, have mercy on us.*

*Reading*

*Jesus Instructs in Gentleness*

*Mark 10*

And as Jesus was going along The Way, a man came running up and kneeling before Jesus asked him, "Good Teacher, what may I do to inherit eternal life?"

But Jesus said to him, "Why do you call me good? No one is good but God alone. You know the commandments:

- 'You will not murder;
- You will not commit adultery;
- You will not steal;
- You will not bear false witness;
- You will not defraud;
- Honor your father and mother."

But the man replied to Jesus, "Teacher, I have kept all these since my youth."

But Jesus, looking at him, loved him and said to him, "You are coming up short in just one of them. Depart, and sell as much as you have and give it to the poor, and you will have treasure in heaven; then come, follow me."

But the man was shocked by this word from Jesus and he went away grieving, for he held many possessions.

## Silence

### Our Eyes are Turned

Em D G D Em C Am B

O - cu - li nos - tri ad Do - mi - num Je - sum,  
Our eyes are turned to the Lord Je - sus Christ.—

Em D G D Em C Am<sup>6</sup> B Em

o - cu - li nos - tri ad Do - mi - num nos - trum.  
Our eyes are turned to the Lord God, our Sav - ior.

The musical score is written for guitar and voice. It consists of two systems. The first system has a key signature of one sharp (F#) and a 3/4 time signature. The chords are Em, D, G, D, Em, C, Am, and B. The lyrics are: "O - cu - li nos - tri ad Do - mi - num Je - sum, Our eyes are turned to the Lord Je - sus Christ.—". The second system has the same key signature and time signature. The chords are Em, D, G, D, Em, C, Am<sup>6</sup>, B, and Em. The lyrics are: "o - cu - li nos - tri ad Do - mi - num nos - trum. Our eyes are turned to the Lord God, our Sav - ior." The score includes a treble clef and a bass clef, with a double bar line at the end of each system.

### Meditation on Gentleness by Any Mort

There is nothing that shows your strength better than your gentleness. It might sound a little bit odd. It may come across as some kind of a contradiction. Strength is the ability to do things that need a lot of physical or mental effort. It's the choice to continue through the pain even when it feels unbearably hard. Gentleness breeds peace, calm, and consistency of character. It is not volatile or abrupt in its response to the world. Gentleness is strength because it remains constant and clear-minded across all manner of situations. There is nothing strong about the person who is quick to lose their temper and resort to aggression and violence in their spirit, words, and action. This is anything but strength, it is in fact a display of profound weakness. The gentle person attracts the trust of others because of this strength. Their character is consistent, reliable, and steady. They are

aware of the needs of the people around them and willing to bring their natural and peaceful disposition to the party. Everyone carries gentleness within the core of their being. I believe that this gentleness pulses deep within us all and that there are certain steps that we can take to actively bring it out to the surface of our characters. I have also come to believe that acting with gentleness is an act of rebellion. It stands counter to the expectations of a quick tempered, blame-fueled culture where we want to take our frustrations out by criticizing others, shirking responsibility, and fearing and fighting anyone or any way of life that we don't understand or subscribe to. So how can we develop strength founded in gentleness?

### *1. Be Conscious of Your Feelings*

We don't always like to confront how we really feel about things. . . the gentle spirit acknowledges the truth of what is being felt.

### *2. Use the Space between Stimulus and Response*

Gentle people make and embrace the time and space between something happening and when they respond to it. They aren't reactionary. They don't respond immediately. They stop and take a metaphorical step back to ground themselves within that moment between the stimulus (something happens TO you) and the response (you decide what you are going to do about it).

### *3. Allow Yourself to Care*

It is easy to become disenfranchised and switch off your heart. Certain situations can quickly feel hopeless, pointless, and futile if we allow them. Our experiences can lead us to become disinterested. If we are not aware and don't make the intentional decision to care, then 'off' may well become the default position.

### *4. Take your Focus Deeper*

Why does this situation matter? Why is this person important? The gentle spirit will find reasons that ignite a positive motivation. They find an excuse to say 'yes this is worth my attention and investment.'

em

By the

am D

riv - - - ers of Ba-by-lon there we sat

em

and we wept. There we hung up our

am D em

har ps re - mem - - ber-ing home.

G am

It was there that they ask-ed us our

em am B7rit.

cap - tors for son - gs for joy. Oh,

em am em

how could we si - ng of the Lord on

am em Fine

a - li - en soil.

*Cantor: If I forget you Jerusalem, let my righthand wither, my tongue cleave to my mouth, if I prize not Jerusalem above all my joys. Antiphon*



## *Prayers from the Taizé Community . . .*

*P : Jesus our hope, in you we find the consolation with which God comes to flood our lives, and we understand that, in prayer, we can bring everything to you, entrust everything to you.*

*P : Jesus our peace, by your Gospel you call us to be very simple, very humble. You cause to grow within us an infinite gratitude for your constant presence in our lives.*

*P : God of consolation, even when we feel nothing of your presence, still, you are there. Your presence is invisible, but your Holy Spirit is always within us.*

*P : Holy Spirit, you have a call for everyone one of us. So come, prepare our hearts to discover what it is that you expect of each of us.*

*P : God of compassion, disconcerted by the incomprehensible suffering of the innocent, we pray for those who are experiencing times of trial. Inspire the hearts of those who seek the peace that is so indispensable for the whole human family.*

*P : God of consolation, you burden yourself with our burdens, so that we can move forward at every moment, from anxiety toward trust, from shadows toward light.*

**C: Gracious Lord, we give you thanks for the day, especially for the good we were permitted to give and to receive; the day is now past and we commit it to you. We entrust to you the night; we rest in surety, for you are our help, and you neither slumber nor sleep.**

**C: O Lord, support us all the day long of this troubled life, until the shadows lengthen and the evening comes and the busy world is hushed, the fever of life is over, and our work is done. Then, Lord, in your mercy, grant us a safe lodging, and a holy rest, and peace at the last; through Jesus Christ our Lord.**

**C: Our Father who art in heaven hallowed be thy name. Thy kingdom come. Thy will be done; on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses as we forgive those who trespass against us. Lead us not into temptation, but deliver us from evil. For thine is the kingdom and the power and the glory now and forever. Amen.**

# Stay with Us

gm Eb7 cm adim7 D gm dm7 Eb7

*p* Stay with us O Lord Je - sus Christ: night will soon

4 dm dm gm Em cm gm7 F Bb

fall. *mf* Then stay with us O Lord Je - sus Christ: *f*

7 cm Bb F gm D

light in our dark - ness. *p*

*Worshippers may remain in meditation as desired. Please leave in silence when you choose to do so.*

