

# MOOT COMMUNITY

## Lent Reflections

### Introduction

For those who do not know, the season of Lent falls between Epiphany (when we celebrate the miracle of the incarnation of God) and Easter (the passion, death and resurrection of God). It is traditionally a time for inner reflection, self-exploration and healthy refocusing of our personal faith and spirituality.

This year we are going to focus on the rhythm of life element hospitality. This element is pivotal for the next stage of the evolution of our community, as we ready ourselves to launch our Arts Café lounge.

### The rhythm of life statement on hospitality:

We wish to welcome all whom we encounter, when we are gathered and when we are dispersed, extending Christ's gracious invitation to relationship, meaning and life in all its fullness.

We offer the following sets of resources to assist in spiritual reflection for each of the five weeks of Lent: listen to a podcast, read some of the lectionary texts, and try out one of the forms of contemplative prayer in our *Little and Compline Services* book. If you're new to Lent and want to think more about it, listen to Doerthe's homily on Lent on our Podbean site (<http://mootuk.podbean.com/2008/02/10/the-place-of-lent-in-the-twenty-first-century/>).

### • **ASH WEDNESDAY: 17 February**

Lent begins of with Mini-Moots on Ash Wednesday. We have created a simple liturgy sheet, which can be used in combination with palm crosses. These were handed out at our last service, and are to be burned to make the dust for Ashing.

## • FIRST WEEK OF LENT: 21 – 27 February

Meditate on the following portion of the rhythm of life statement this week:

### **‘Welcome all whom we encounter’**

This way of living costs, and needs to be resourced by a sustaining spiritual life. So why not reflect on your flow of life. Is there space for spirituality in the business of your life?

#### **Lectionary Texts for reflection**

Luke 4:1-13

Psalm 91:1,2,9-end

Deuteronomy 26:1-11

Romans 10:8b-13

#### **Podcast**

Why not have a listen to Shane Claiborne’s challenging podcast

(<http://mootuk.podbean.com/2009/12/19/shane-claiborne-new-monasticism-and-living-out-hope/>) on living out such a welcome in the context of the Kingdom of God. Alternatively, listen to Jemma Allen’s podcast on the Kin-dom of God (<http://mootuk.podbean.com/2009/10/11/christ-friend-god-and-the-kin-dom/>).

#### **Contemplative Prayer**

Why not take one of the scriptural texts above and practice the Lectio Divina on page 75 of our *Little and Compline Services* book.

## • SECOND WEEK OF LENT: 28 – 6 February

Meditate on the following portion of the rhythm of life statement this week:

**‘When we are gathered and when we are dispersed’**

Being part of a network community is not easy; it requires spiritual discipline to keep up with people and to share our lives with one another. Reflect on how you feel relationally connected to Moot. Do you feel supported? Do you feel able to give to others, in and outside of the community?

### **Lectionary Texts for reflection**

Luke 13:31-end

Psalm 27

Genesis 15.1-12, 17-18.

Philippians 3:17-4:1

### **Podcast**

Why not listen to the Jean Vanier podcast about the richness that can be gained by seeking to live a communal approach to life

(<http://mootuk.podbean.com/2010/02/05/wisdom-from-jean-vanier/>). Alternatively, listen to Doerthe Rosenow’s challenge about doing hospitality and being community (<http://mootuk.podbean.com/2009/01/20/the-challenge-of-hospitality-for-new-forms-of-church-in-a-consumptive-culture/>).

### **Contemplative Prayer**

Try using centring prayer with the approach defined by Peter Rundell on page 67 of our *Little and Compline Services* book.

## • THIRD WEEK OF LENT: 7 – 13 March

Meditate on the following portion of the rhythm of life statement this week:

### **'Extending Christ's gracious invitation'**

It is not possible to extend gracious invitation to others if we do not feel immersed in the love of God's gracious invitation to us. Give time this week to meditating on God's love for you.

#### **Lectionary Texts for reflection**

Luke 13:1-9

Psalm 63:1-9

Isaiah 55:1-9

1 Corinthians 10:1-13

#### **Podcast**

Listen to Peter Rundell's homily about journeying with God in a world of uncertainty (<http://mootuk.podbean.com/2008/09/15/journeying-with-god-in-a-world-of-uncertainty/>), or Clare Catford's homily on seeking God beyond our brokenness (<http://mootuk.podbean.com/2008/07/21/affluenza-how-to-get-beyond-consuming-to-try-and-fill-your-empty-soul/>).

#### **Contemplative Prayer**

Given that this week is about seeking God in your life, try doing a daily examen, as found on page 77 of the *Little and Compline Services* book.

## • FOURTH WEEK OF LENT: 14 – 20 March

Meditate on the following portion of the rhythm of life statement this week:

**‘Relationship, meaning and life in all its fullness’**

These are easy words to say, but hard to experience in the busyness of everyday life. Start by reflecting how true this feels for you. Do you experience this of God, and how able are you to offer this to others?

### **Lectionary Texts for reflection**

Luke 15:1-3, 11b-end

Psalm 32

Joshua 5:9-12

2 Corinthians 5:16-end

### **Podcast**

Listen to Ian Mobsby’s podcast on Lent, thirst, prayer and encountering God today (<http://mootuk.podbean.com/2008/02/28/deep-spirituality-2-lent-3-spiritual-thirst-prayer-encountering-christ-today/>), or Phil Medley’s reflection on Christ’s passion (<http://mootuk.podbean.com/2008/03/10/lent-4-jesus-wept-the-call-to-passion/>).

### **Contemplative Prayer**

Why not try out the imaginative approach to prayer as described by Julie Dunstan on page 69 of the *Little and Compline Services* book.

## • FIFTH WEEK OF LENT: 21 – 28 March

Meditate on complete rhythm of life statement this week:

**‘We wish to welcome all whom we encounter, when we are gathered and when we are dispersed, extending Christ’s gracious invitation to relationship, meaning and life in all its fullness.**

Putting together the whole aspiration, we can now connect all the insights and spiritual connections we have gained over first four weeks of Lent. Where and how has God challenged you to go deeper with hospitality in the context of Christ’s passion, a love that costs?

### **Lectionary Texts for reflection**

John 12:1-8

Psalm 126

Isaiah 43:16-21

Philippians 3:4b-14

### **Podcast**

Listen to Ian Mobsby’s podcast on absence and hope in the valley of this life (<http://mootuk.podbean.com/2008/04/26/absence-hope-in-the-valley-of-the-shadow-of-this-life/>), or Abbot Stuart’s encouragement to the Moot Community (<http://mootuk.podbean.com/2009/09/24/the-significance-of-new-monasticism-from-an-abbot/>).

### **Contemplative Prayer**

Putting the whole hospitality aspiration together, explore encountering God in the calling to love others as God loves us by completing an Ignatian meditation as it is explained on page 82 of the *Little and Compline Services* book.

# ASH WEDNESDAY LITURGY

To be completed before the meal if eating together. You will need a candle, a palm cross, a lighter, a plate and a small cup of water.

## // INVOCATION

Someone leads with the words in non-bold. Someone light the candle.

**All: We meet in the name of the Creator, Redeemer and Companion**

This evening we meet as pilgrims on a spiritual journey

We ask that you would be present amongst us;

Comforting us as we journey together:

Strengthening us in all our work

Envisioning us to the present

Helping us be in your eternal grace

**All: Amen**

On this day of Ash Wednesday, we move from celebrating the birth of the Redeemer, to look towards Christ's calling to the desert and the passion that took him to the Cross at Easter. So as we light the candle, and burn this cross, we are reminded of our own fragility, and the privilege of life.

Set fire to the cross, collecting the ash on the plate. Add a small amount of water to make the ash into a paste.

Since early days Christians have observed with great devotion the time of our Lord's passion and resurrection and prepared for this by a season of prayer, contemplation, penitence and fasting.

So as pilgrims, in the liminality of the season of Lent, let us commit to journey deeply with God, in all that we are – mind body and spirit, into our common humanity and faith.

## // READINGS

Select two or more readings including the Gospel.

Psalm 57, James 4.1-10, Joel 2.12-17, Matthew 6.16-21

## // EATING & SHARING

While eating and drinking, share with each other how you are.

## // COLLECT & LORDS PRAYER

Someone to lead this prayer

Holy God,  
our lives are laid open before you:  
rescue us from the chaos of our shadow selves and selfishness;  
and through the death of your Son  
bring us healing and make us whole,  
in Jesus Christ our Lord.

The Lord's Prayer

Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those who sin against us.  
Lead us not into temptation  
but deliver us from evil.  
For the kingdom, the power,  
and the glory are yours  
now and for ever.

Amen.

**// ASHING**

Taking it in turns, with your finger, paint an ash cross onto the forehead of the person next to you, saying the following words:

Remember that you are dust, and to dust you shall return.  
Turn to God and be faithful to Christ.

**// BLESSING**

All: Christ give us grace to grow in holiness,  
To deny ourselves, take up the cross, and follow him;  
And the blessing of God the Creator, Redeemer and Companion  
Be with us now and always, Amen