

Go and...!

Notes from 2/24/2022 Gathering on Zoom – 40 Participants  
(Bishop's book study was the same time and day on Zoom)

Welcome

- Reminder to please raise hand, stay on mute, and put comments in the chat

Planning Team Introductions: Pastor Judith Anderson, Pastor Jay Berry, Pastor Jill Collict, Pastor Maristela Freiberg, Pastor Danielle McCleary, Pastor Courtney Smith, Pastor Karen Strietelmeier, Vicar Missy Roberts, and Vicar Dianne Lewis

Evangelism:

- “the simple act of sharing the good news of God’s love in Jesus and inviting others to trust in this love and join in God’s work” (ELCA website)
- “anything you do to help another person to move closer to a relationship with God, or into Christian community” (Martha Reese – Unbinding your Heart)
  - o People sharing with one another that life in a faith community and a relationship with Jesus is better
  - o That it matters to care about others
- Spiritual practices help center us

Go and Pray:

- Talked about the overall understanding of prayer
- March theme: Lament
- Prayer is the way we stay in love with God
- Prayer is climbing into the heart of God (Martin Luther)
- Prayer is foundational to the life of the church, both corporate and individual

In the Gospel, what texts come to your mind about Jesus praying? (responses from the chat)

- Gethsemane
- In the garden at Gethsemane
- Jesus taking time away to pray
- in the desert
- praying from the cross
- On the mountain at the Transfiguration (Luke)
- Praying early in the morning
- calling out on the cross, taking time to find peace and pray, asking questions
- He goes to pray on the mountain after he hears of John's death
- Matt. 5:44 But I say to you, Love your enemies and pray for those who persecute you,

Dwelling in the Word:

- The Lord's Prayer (chanted from ELW pg. 326)
- Matthew 6: 9-13 from NRSV and The Message
- Breakout Groups met and discussed, responses were then shared in a large group
  1. How do you hear this scripture differently outside of worship?

- a. Hear the prayer more personally without the worship distractions
  - b. More immediate feel, different words catch your attention
  - c. Focus and think about the words and prayer in them
  - d. Communal, appreciating knowing that we all pray the same words even if we do it on our own
  - e. Different lines mean different things at different times
  - f. This prayer is worship
  - g. Praying the Lord's Prayer with body movements
  - h. One of the last things our memory forgets at the end of our lives
  - i. If we are leading worship or not impacts how we hear and pray this prayer
  - j. Reading different versions provide different things that resonate
2. How is this prayer relevant to your daily life?
- a. Reminder that it is God's will, not mine (good and frustrating reminder!)
  - b. Prayer as a tool, connection to our relationship with God
  - c. Wonderful summary of what prayer should do for us
  - d. Knowing that God is listening
  - e. Go to prayer always, especially when praying together at end of life situations
  - f. It's (usually) the first prayer you learn as a child

Prayer Practices, shared by Pastors Courtney, Danielle, and Judy

- We don't need to have the right words to pray with
  - o Staring at the sky yelling at God is perfectly okay
- Lord's Prayer as an all-encompassing prayer, go-to
  - o Reminder to just focus on today
  - o Can take some stress away
- Prayer Labyrinth: opportunity to be vulnerable and open to ourselves and God's presence
- Prayer can manifest in many ways
- Sharing Highs and Lows: using these to guide prayer
- The Daily Examen Prayer: <https://youtu.be/JVItxNMrNnw>
- Ignatian Spirituality: The Examen <https://www.youtube.com/watch?v=pDQgizJINdk>
- Praying for someone on the spot: if they ask you to pray for them, do it right away with them instead of doing it later
- Praying publicly is scary but important
  - o Formal, informal, vulnerable moments
- Pray when you hear a siren

A Practice that Transforms us with Pastor Giselle Coutinho from Bridge of Peace Community Church in Camden

- Chain of Love: acts of prayer and kindness chains linked together around the church building for all to see
- Prayer Vigil: reclaiming the streets after violence
- Feeding Ministry
- Laying on of Hands

Prayer Practices: discussed in small groups and shared with the larger community

\*\* a more compiled list of these will be emailed out to the participants, if you have something to submit please email it to Maristela ([maristela.freiberg@elca.org](mailto:maristela.freiberg@elca.org)) by Thursday, March 3, 2022.

- Praying the questions in the Bible
- Milestone Ministry prayers and blessings
- Luminaries and praying with candles
- Healing services
- Bidding prayers: prompts/categories with responses from the congregation
- Gratitude journal
- Finger labyrinth
  - o Sticker finger labyrinth could be put on water bottles or computer!
- Getting into nature to pray
- Praying in the shower and letting the water wash away your thoughts/feelings
- Lord your words, Lord your strength, Lord your insight
- Breath prayer
- Praying out in the community, in public eye
- Invitation > intrusive praying
- Stations of the cross
- Prayer stations

From the Chat: Prayer Practices

- I like the idea of looking at the sky and screaming
- In my house we call (highs and lows) “peaks and pits” and use them as dinner starters
- We’ve also shared “what keeps me up at night” in our congregation
- In the before times, we would pray with laying on of hands for life transitions, surgery, jobs, leaving
- Every Friday at sunset we pray through evening prayer via the Friday Evening Prayer edition of daily office: [dailyoffice.Wordpress.com](http://dailyoffice.wordpress.com)
- Help! Thanks! Wow! – Anne Lamott

Sending Prayer:

May this discipline descend me into the depths of encounter with you, O God.

May my dedication divert me from doubt.

May my devotion propel me forward with momentum.

May passion ignite my inertia and free me from boredom.

May my practice hold me steady amidst chaos within and around me.

May breath help me to sustain a healthy pace.

May my prayers grant me endurance for the long haul.

May I hurl myself over plateaus and not rest too proudly when I'm at peak performance. And on the days when I bypass the need for practice, guide me ever so gently to sustained commitment to show up for myself, to show up for you. no matter the excuse I've conjured. Keep teaching me. I'll keep learning. Bless my path of practice with refreshing insight and enduring wisdom. Amen.

*Before the Amen - Creative Resources for Worship (Tirabassi and Tirabassi, eds.)*

Resources:

ELCA Website: [A Season for Prayer and Renewal\(1\) \(elca.org\)](https://www.elca.org)

Documents - [Five Ways to Pray with Your Body | Franciscan Media](#)

Spiritual Practices - Prayer Practices Booklet

Books:

- Unbinding your Heart by Martha Grace Reese
- Praying with the Earth by John Philip Newell
- A Rhythm of Prayer by Sarah Bessey
- Scriptural Disciplines by Adele Ahlberg Calhoun

See you March 31<sup>st</sup>, 2022