



WELCOME
TO
SELAH
סלה

Our annual journey to the cross is here

Relax. Rest. Breathe. For the next two hours nothing else matters but you, us, & God.



**Our liturgy, Our service to God,
Our work of God, Our Opus Dei**

THE JOURNEY CONTINUES



LENT



*A reminder of invitation in this
season of Lent*

Come and See..

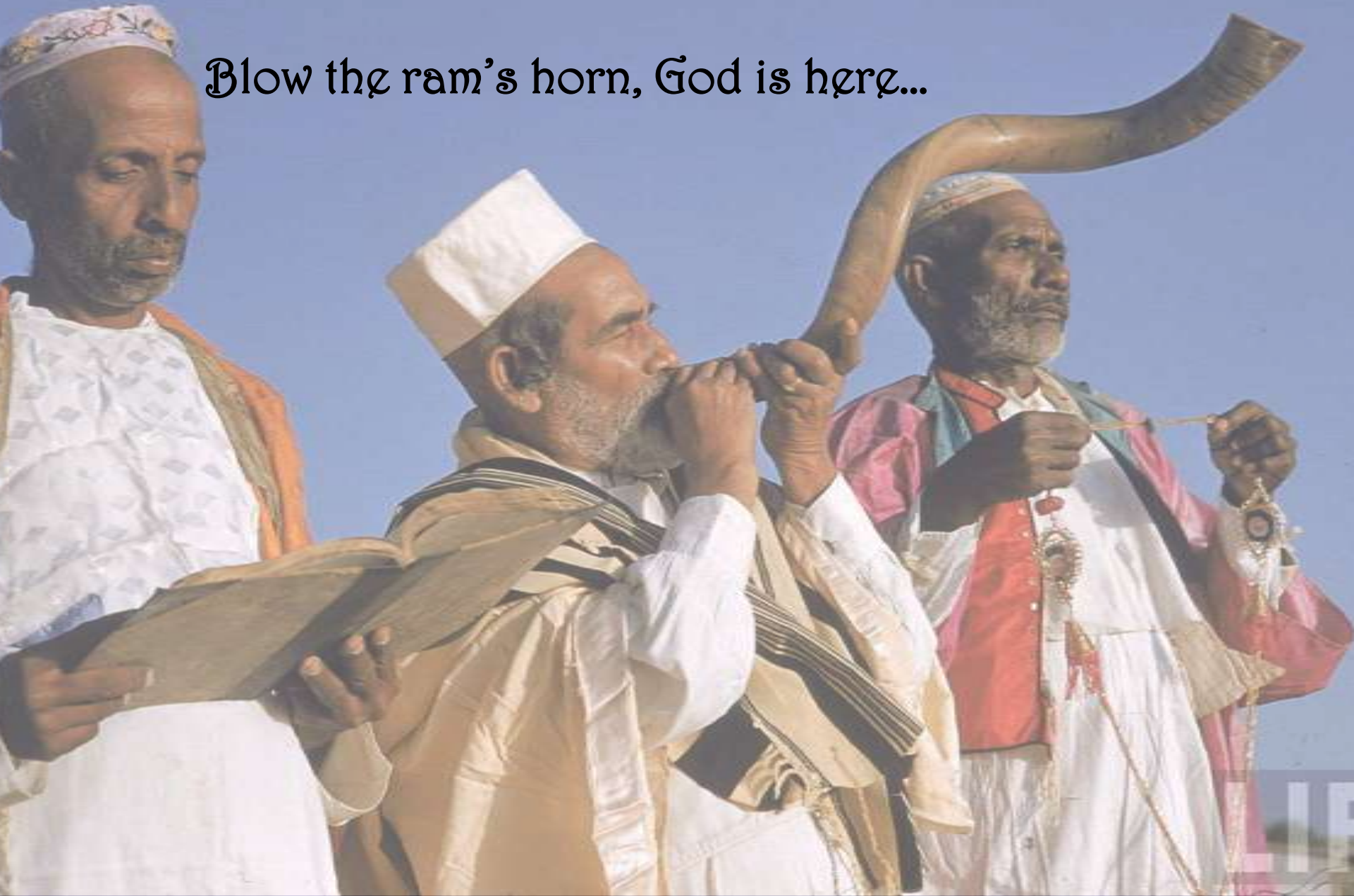
-Jesus


& a reminder of who we are and why we are here.

We are a community of seekers trying to live with God in this world

The Invitatory

Blow the ram's horn, God is here...





The Lord be with you
And Also with you.

Breathe deeply, God is here.
Here is this place of rest and refuge.

God is our lamp
He makes our darkness bright.



The Preparation

We are somber in your presence

Father prepare our hearts

We remember your blessings

Father prepare our hearts

We relinquish our hearts

Father prepare our hearts



The Peace

Quiet the noise in our lives;
that we might better hear Your word

Turn down the volume;
that we might better hear Your word

Quiet the storm;
that we might better hear Your word



The Promise

We understand what truly matters

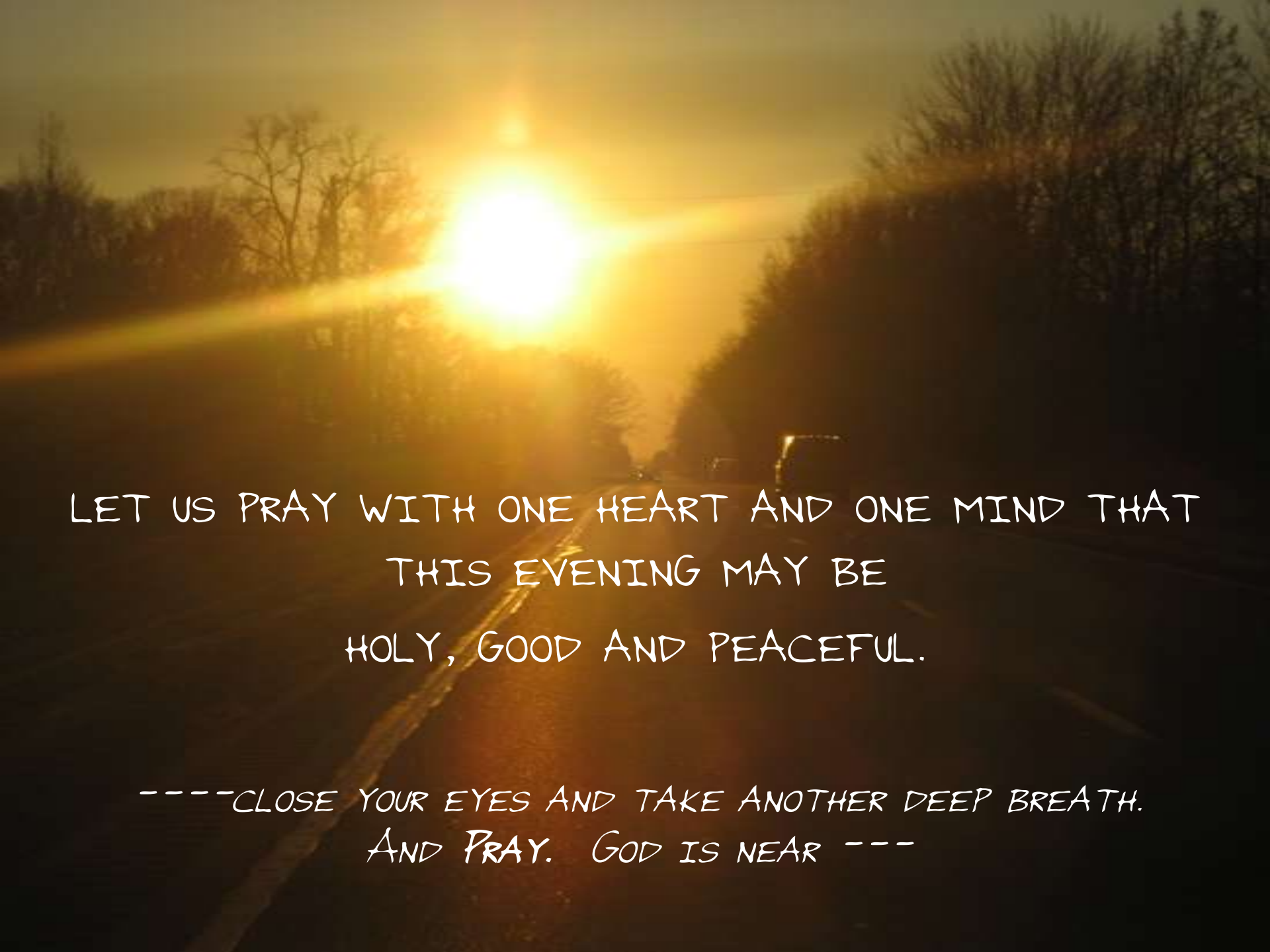
Keep us focused on Your word

We're not giving up to gain approval

Keep us focused on Your word

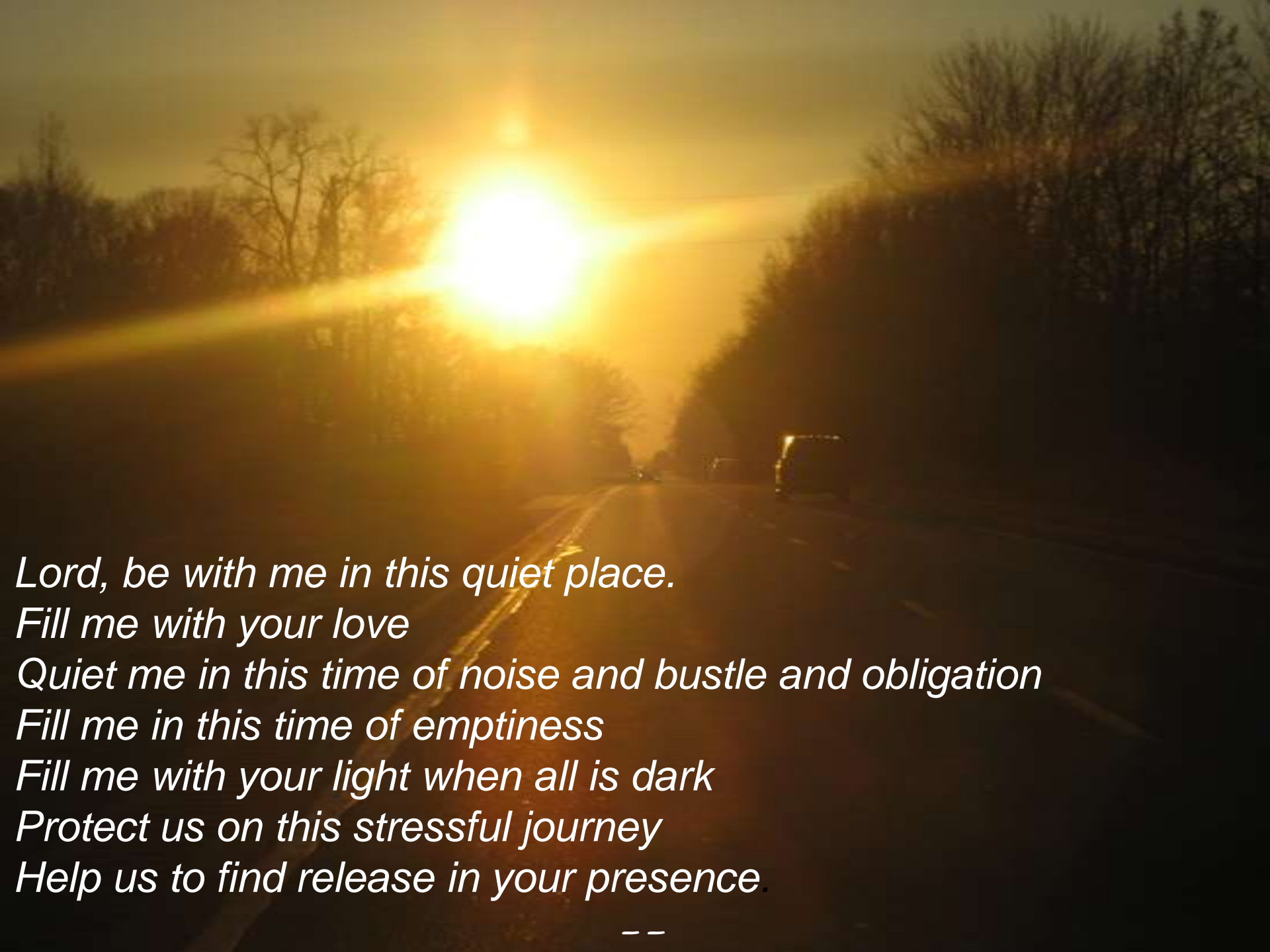
We wish to remember your presence in our lives

Keep us focused on Your word



LET US PRAY WITH ONE HEART AND ONE MIND THAT
THIS EVENING MAY BE
HOLY, GOOD AND PEACEFUL.

-----CLOSE YOUR EYES AND TAKE ANOTHER DEEP BREATH.
AND PRAY. GOD IS NEAR ---



*Lord, be with me in this quiet place.
Fill me with your love
Quiet me in this time of noise and bustle and obligation
Fill me in this time of emptiness
Fill me with your light when all is dark
Protect us on this stressful journey
Help us to find release in your presence.*

A Sound bite from God:

**I WANT YOU TO GET OUT THERE AND WALK-BETTER YET, RUN!-
ON THE ROAD GOD CALLED YOU TO TRAVEL.**

**I DON'T WANT ANY OF YOU SITTING AROUND ON YOUR HANDS. I DON'T WANT ANYONE
STROLLING OFF, DOWN SOME PATH THAT GOES NOWHERE.**

**AND MARK THAT YOU DO THIS WITH HUMILITY AND DISCIPLINE-NOT IN FITS AND STARTS,
BUT STEADILY, POURING YOURSELVES OUT FOR EACH OTHER
IN ACTS OF LOVE, ALERT AT NOTICING DIFFERENCES AND QUICK AT MENDING FENCES.**

From the letter of Paul to the church in Ephesus, Ch 4, vs 1.



COME.
STEP OUT OF THE TRAFFIC...

FOR TWO HOURS STEP AWAY FROM... FOR TWO HOURS STEP OUT OF...
FOR TWO HOURS LEAVE BEHIND...
FOR TWO HOURS...

Step out of the traffic & take a long loving look at God



Be here. Be with each other. Be with God.

The lighting of the candles



Praying with the Church:

O brightness of the immortal Father's face, most holy, heavenly, blessed
Lord Jesus Christ, in whom truth and grace are visibly expressed:
The sun is sinking now, and one by one the lamps of evening shine;
We hymn the Father eternal and the Son and Holy Spirit Divine.
You are worthy at all times to receive our hallowed praises, Lord.
O Son of God, be you, in whom we live, and through all the world adored.

We are a thankful people.

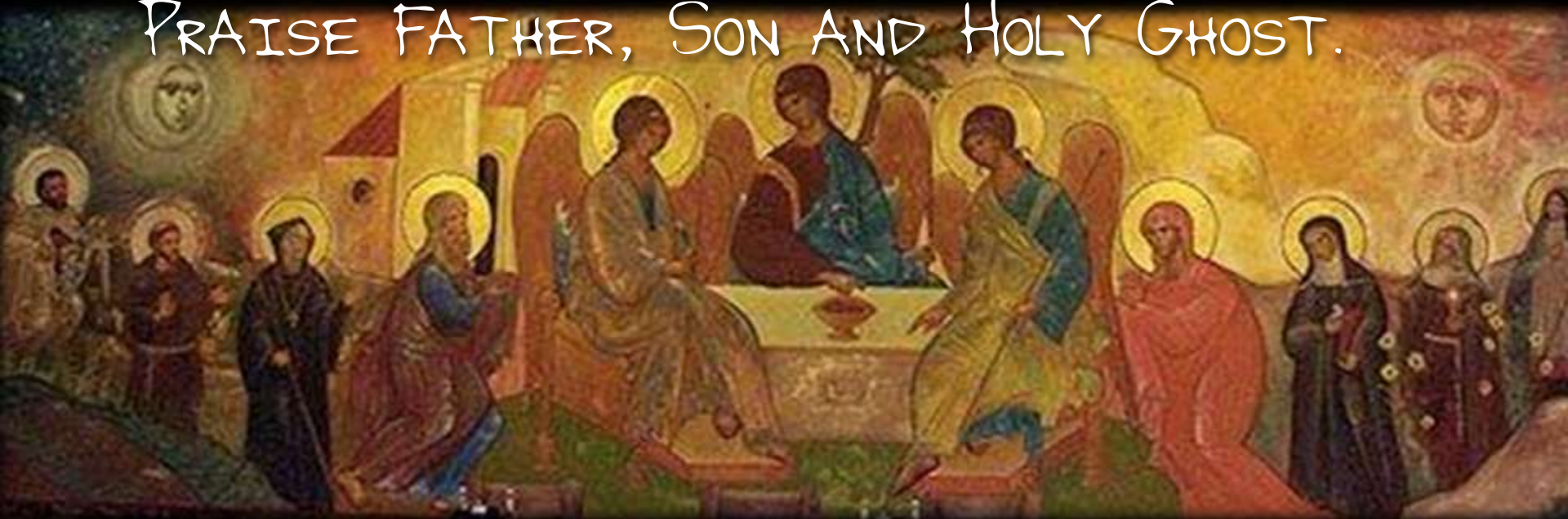
We give thanks to God:

PRAISE GOD FROM WHOM ALL BLESSINGS FLOW

PRAISE HIM ALL CREATURES HERE BELOW

PRAISE HIM ABOVE YE HEAVENLY HOSTS

PRAISE FATHER, SON AND HOLY GHOST.



We are a thankful people.

We pause to remember
Our friend Affisu
And our commitment
To be community with him.



We are thankful for the food that has been
lovingly prepared for us by our parents.

And we give thanks for each other:



LET'S

Eat

the Searching

*Hear God's invitation
Hear God's call*



In lent we are encouraged to care for those things which ultimately matter and to leave behind those things which inhibit our participation in the life of God and the life around us”

- Steven Purcell



**Our liturgy, Our service to God,
Our work of God, Our Opus Dei**

SO HOW GOES LENT?



A person is lying on their back on a rocky shore, looking up at the sky with their hands clasped in prayer. The person is wearing a light blue long-sleeved shirt and dark pants. The background shows a body of water and a bright sky. The text is overlaid on the image.

The Lenten Postures:

Helping us return to God.

Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in *the way* everlasting. *From Psalm 139*

The Lenten Practice.



Help us to be more peaceful and rested;

According to your word, Father

Help us to be the people we seek to be;

According to your word, Father

Help us to come out of our human denial;

According to Your word, Father

**Help us to come out of our protective shell
And to spread our wings;**

According to Your word, Father

Help us to make time to praise you;

According to Your word, Father

**Lent:
Seeking
new
Life
from
Old
bones**

Blessed Be Your Name

Blessed be your name

In the land that is plentiful

Where your streams of abundance flow

Blessed be your name

And blessed be your name

When I'm found in the desert place

Though I walk through the wilderness,

Blessed be your name.



**Every blessing you pour out I'll
Turn back to praise**

**And when the darkness closes in, Lord,
Sill I will say**



A person is shown from the back, with their arms raised in a gesture of praise or prayer. The background is a vibrant, abstract composition of horizontal light streaks in shades of orange, yellow, green, and blue, creating a sense of motion and energy. The person's silhouette is dark against the bright background.

Blessed be the name of the Lord

Blessed be Your name.

Blessed be the name of the Lord,

Blessed be your glorious name.



Blessed be your name

When the sun's shining down on me

When the world's all as it should be,

Blessed be your name.

Blessed be your name,

On the road longed with suffering

Though there's pain in the offering,

Blessed be your name.

**Every blessing you pour out I'll
Turn back to praise**

**And when the darkness closes in, Lord,
Sill I will say**



A person is shown from behind, with their arms raised in a gesture of prayer or praise. The background consists of numerous horizontal, blurred streaks of light in various colors, including yellow, orange, red, green, and blue, creating a vibrant, ethereal atmosphere. The person's silhouette is dark against the bright, colorful background.

Blessed be the name of the Lord

Blessed be Your name.

Blessed be the name of the Lord,

Blessed be your glorious name.

You give and take away

You give and take away

My heart will choose to say

Lord Blessed be your name.



A person is shown from the back, with their arms raised in a gesture of praise or prayer. The background consists of numerous horizontal, blurred streaks of light in various colors, including yellow, orange, red, green, and blue, creating a vibrant, ethereal atmosphere. The person's silhouette is dark against the bright, colorful background.

Blessed be the name of the Lord

Blessed be Your name.

Blessed be the name of the Lord,

Blessed be your glorious name.

BREATHE

**This is the air I breathe
This is the air I breathe
Your holy presence living in me**





**And I, I'm desperate for You
And I, I'm lost without You**

**This is my daily
bread
This is my daily
bread
Your very word,
spoken to me**





**And I, I'm desperate for You
And I, I'm lost without You**

Psalm 121

¹ I lift up my eyes to the hills—
 where does my help come from?
² My help comes from the LORD, the
Maker of heaven and earth.
³ He will not let your foot slip—
 he who watches over you will not
slumber;
⁴ indeed, he who watches over Israel
 will neither slumber nor sleep.
⁵ The LORD watches over you—
 the LORD is your shade at your right
hand;
⁶ the sun will not harm you by day,
 nor the moon by night.
⁷ The LORD will keep you from all
harm—
 he will watch over your life;
⁸ the LORD will watch over your coming
and going
 both now and forevermore.

A Pilgrim Song

¹⁻² I look up to the mountains; does my
strength come from mountains?
 No, my strength comes from God,
 who made heaven, and earth, and
mountains.
³⁻⁴ He won't let you stumble,
 your Guardian God won't fall asleep.
Not on your life! Israel's
 Guardian will never doze or sleep.
⁵⁻⁶ God's your Guardian,
 right at your side to protect you—
Shielding you from sunstroke,
 sheltering you from moonstroke.
⁷⁻⁸ GOD guards you from every evil,
 he guards your very life.
He guards you when you leave and
when you return,
 he guards you now, he guards you
always.

The Practice: making it more than words we read.



Peace be still. Peace be still.
The Storm rages. Peace be still

A stone Celtic cross stands in the foreground, with a stone wall on the left and a coastal landscape in the background. The cross is made of dark stone and has intricate carvings. The wall is made of rough-hewn stones. In the background, there is a body of water, a small town, and hills under a cloudy sky.

*As it was
in the
beginning
Is now
And will be
FOREVER MORE*



“Come let
us reason
together.”
says the
Lord.

*-through the
Prophet Isaiah
chapter 1:18*

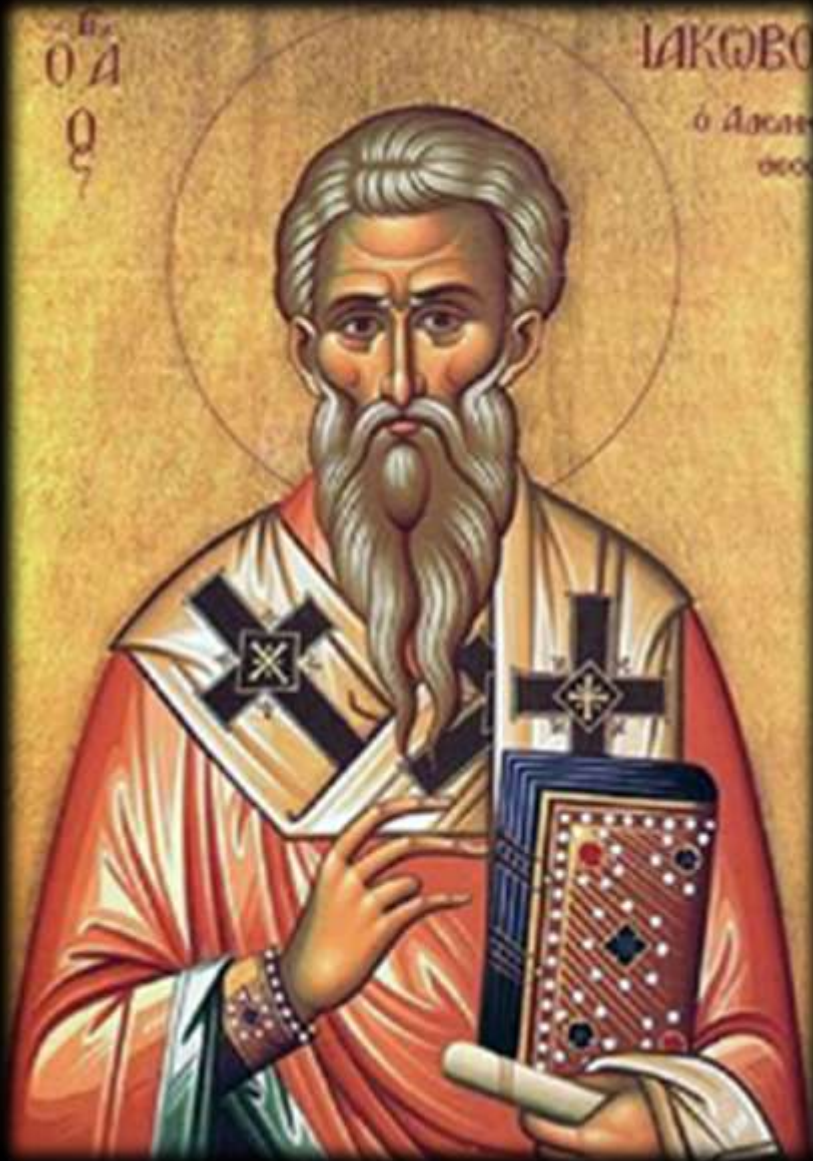
Why we read from The Bible.

- The map of God's reality.
- A compass to help us through this world.
- Not a code of behavior, a list of do's and don'ts.
- Helps us return to the created order.
- Points us to the way life was intended to be.
- The story contained within the scriptures help us to make sense of the story we live in today.
- The point isn't the story itself, the point is God and God's work in this world and in our lives.

Isn't this the carpenter? The son of Mary and brother of James, Joses, Judas, and Simon? And aren't his sisters here with us?



The letter of James *the Just*, the brother of Jesus.
One of the three pillars of the early church.
The “Adelphotheos” in Greek.



About the Letter of James

- James was Bishop in Jerusalem
- Written to Jewish Christian house churches outside of Palestine
- James was martyred 62 AD
- We think the letter was written mid 40's
- Conflict with the world and conflict within the church
- Basic theme: living the faith versus knowing the faith.
- Doesn't have the format of an "epistle" but rather is a collection of wisdom sayings.



The letter to the church from James, Ch 3

NIV

¹Not many of you should presume to be teachers, my brothers, because you know that we who teach will be judged more strictly.

²We all stumble in many ways. If anyone is never at fault in what he says, he is a perfect man, able to keep his whole body in check.

³When we put bits into the mouths of horses to make them obey us, we can turn the whole animal. ⁴Or take ships as an example. Although they are so large and are driven by strong winds, they are steered by a very small rudder wherever the pilot wants to go. ⁵Likewise the tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark.

⁶The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole person, sets the whole course of his life on fire, and is itself set on fire by hell.

⁷All kinds of animals, birds, reptiles and creatures of the sea are being tamed and have been tamed by man, ⁸but no man can tame the tongue. It is a restless evil, full of deadly poison.

⁹With the tongue we praise our Lord and Father, and with it we curse men, who have been made in God's likeness. ¹⁰Out of the same mouth come praise and cursing. My brothers, this should not be.

¹¹Can both fresh water and salt water flow from the same spring? ¹²My brothers, can a fig tree bear olives, or a grapevine bear figs? Neither can a salt spring produce fresh water.

The letter to the church from James, Ch 3



¹³Who is wise and understanding among you? Let him show it by his good life, by deeds done in the humility that comes from wisdom. ¹⁴But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth. ¹⁵Such "wisdom" does not come down from heaven but is earthly, unspiritual, of the devil. ¹⁶For where you have envy and selfish ambition, there you find disorder and every evil practice. ¹⁷But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere. ¹⁸Peacemakers who sow in peace raise a harvest of righteousness.



The letter to the church from James, Ch 3

From the Message

When You Open Your Mouth

¹⁻²Don't be in any rush to become a teacher, my friends. Teaching is highly responsible work. Teachers are held to the strictest standards. And none of us is perfectly qualified. We get it wrong nearly every time we open our mouths. If you could find someone whose speech was perfectly true, you'd have a perfect person, in perfect control of life. ³⁻⁵A bit in the mouth of a horse controls the whole horse. A small rudder on a huge ship in the hands of a skilled captain sets a course in the face of the strongest winds. A word out of your mouth may seem of no account, but it can accomplish nearly anything—or destroy it!

⁵⁻⁶It only takes a spark, remember, to set off a forest fire. A careless or wrongly placed word out of your mouth can do that. By our speech we can ruin the world, turn harmony to chaos, throw mud on a reputation, send the whole world up in smoke and go up in smoke with it, smoke right from the pit of hell.

⁷⁻¹⁰This is scary: You can tame a tiger, but you can't tame a tongue—it's never been done. The tongue runs wild, a wanton killer. With our tongues we bless God our Father; with the same tongues we curse the very men and women he made in his image. Curses and blessings out of the same mouth!

¹⁰⁻¹²My friends, this can't go on. A spring doesn't gush fresh water one day and brackish the next, does it? Apple trees don't bear strawberries, do they? Raspberry bushes don't bear apples, do they? You're not going to dip into a polluted mud hole and get a cup of clear, cool water, are you?

The letter to the church from James, Ch 3



Live Well, Live Wisely

¹³⁻¹⁶Do you want to be counted wise, to build a reputation for wisdom? Here's what you do: Live well, live wisely, live humbly. It's the way you live, not the way you talk, that counts. Mean-spirited ambition isn't wisdom. Boasting that you are wise isn't wisdom. Twisting the truth to make yourselves sound wise isn't wisdom. It's the furthest thing from wisdom—it's animal cunning, devilish conniving. Whenever you're trying to look better than others or get the better of others, things fall apart and everyone ends up at the others' throats.

¹⁷⁻¹⁸Real wisdom, God's wisdom, begins with a holy life and is characterized by getting along with others. It is gentle and reasonable, overflowing with mercy and blessings, not hot one day and cold the next, not two-faced. You can develop a healthy, robust community that lives right with God and enjoy its results only if you do the hard work of getting along with each other, treating each other with dignity and honor.



A Practice:
Listening and Responding to God

Cathedral Labyrinth



CONVERSATIONS

Because *WE'RE IN the wilderness TOGETHER.*

**And we don't want to just talk about it but we want
*To work this out into the details of our everyday life.***

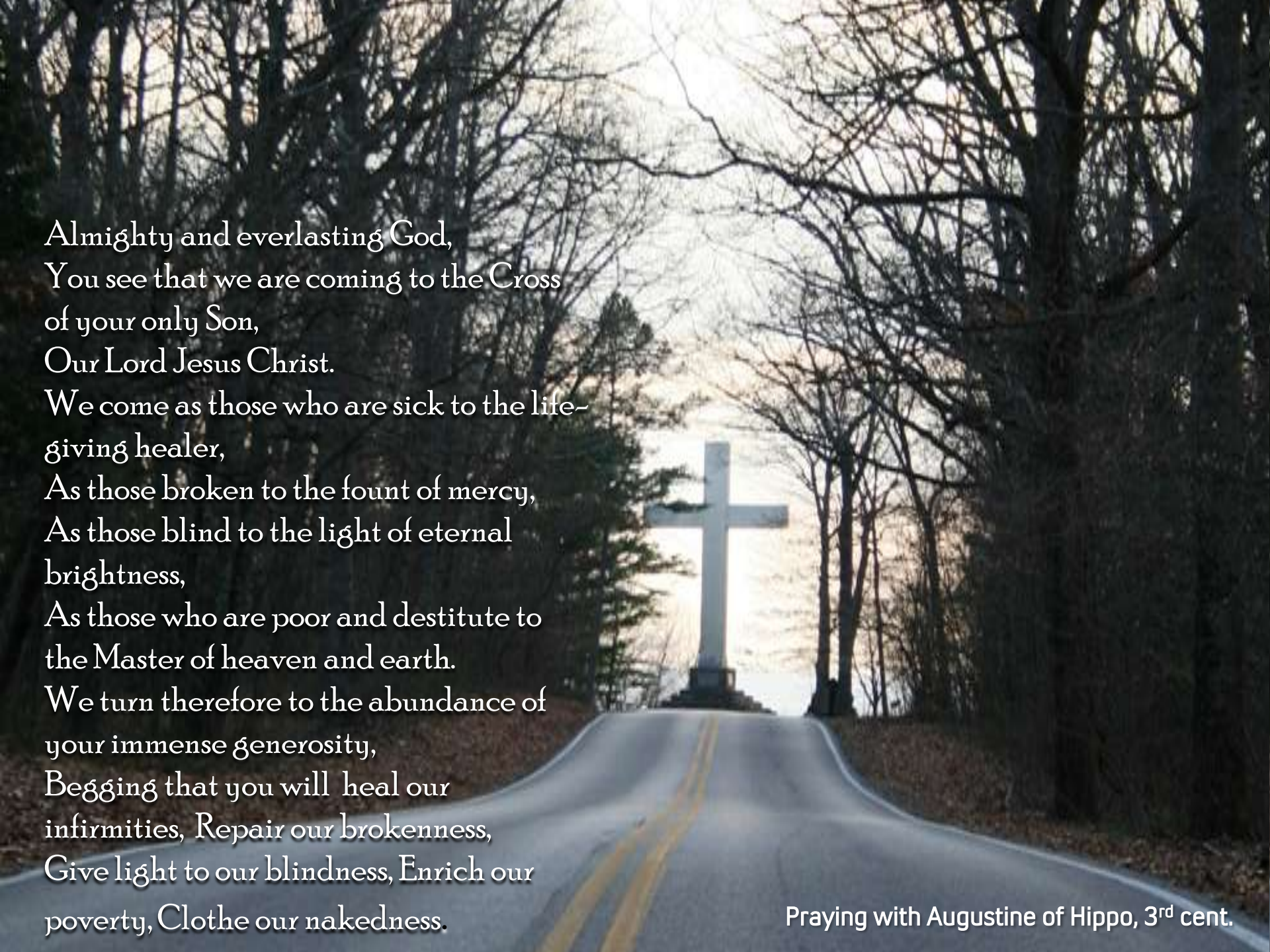
Benediction:

May you go from here unafraid and in peace holding close the hands with which you share this way. May you find yourself this lent returning to life as it should be, life lived with God and with each other. And may every step you take be covered with strength, with healing and with wholeness as you continue along the Pilgrim's Way. Go in peace and heal your world.

SHALOM



Peace Be Unto You



Almighty and everlasting God,
You see that we are coming to the Cross
of your only Son,
Our Lord Jesus Christ.
We come as those who are sick to the life-
giving healer,
As those broken to the fount of mercy,
As those blind to the light of eternal
brightness,
As those who are poor and destitute to
the Master of heaven and earth.
We turn therefore to the abundance of
your immense generosity,
Begging that you will heal our
infirmities, Repair our brokenness,
Give light to our blindness, Enrich our
poverty, Clothe our nakedness.

Praying with Augustine of Hippo, 3rd cent.