

Greenbelt 2025

## Quiet Communion

Wild Goose Resource Group with John Bell

### Welcome

#### **Come and find the quiet centre**

Come and find the quiet centre  
in the crowded life we lead,  
find the room for hope to enter,  
find the space where we are freed:  
clear the chaos and the clutter,  
clear our eyes, that we can see  
all the things that really matter,  
be at peace, and simply be.

Silence is a friend who claims us,  
cools the heat and slows the pace;  
God it is who speaks and names us,  
knows our being, touches base,  
making space within our thinking,  
lifting shades to show the sun,  
raising courage when we're shrinking,  
finding scope for faith begun.

In the Spirit let us travel,  
open to each other's pain,  
let our lives and fears unravel,  
celebrate the space we gain:  
there's a place for deepest dreaming,  
there's a time for hearts to care,  
in the Spirit's lively scheming  
there is always room to spare!

Shirley Erena Murray (1931-2020)

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**Invocation with Chant** (*Cantor and Response*):

Come, Holy Spirit  
**Come, Holy Spirit**  
Come, Holy Spirit  
**Come, Holy Spirit**  
Maranatha!  
**Maranatha!**  
Come, Lord, come  
**Come, Lord, come**

**Prayer**

Leader	Lord, teach us the silence of humility,
<b>All</b>	<b>the silence of wisdom,</b>
Leader	the silence of love,
<b>All</b>	<b>the silence that speaks without words,</b>
Leader	the silence of faith.
<b>All</b>	<b>Lord teach us</b>
	<b>to silence our own hearts and minds</b>
	<b>that we may listen</b>
	<b>for the movement of your Holy Spirit,</b>
	<b>and feel your presence</b>
	<b>in the depths of our being.</b>

**Chant Kyrie Eleison** (*Cantor and Response*)

Kyrie Eleison  
**Kyrie Eleison**  
Christe Eleison  
**Christe Eleison**  
Kyrie Eleison  
**Kyrie Eleison**

**A Story of Healing, told in Mark 8: 22-26**

**Come and find rest in Christ**

Come and find rest in Christ,  
healer of broken, wounded lives.  
He who was pierced and bled  
longs to relieve our pain.

Will you come, to receive  
God's forgiveness and love?  
Will you come, be restored  
by God's mercy and grace?

Where can we run and hide,  
shamed and rejected if we be?  
Where Jesus' spirit breathes  
all are made whole through love.

Will you come, to receive  
God's forgiveness and love?  
Will you come, be restored  
by God's mercy and grace?

Jesus throws wide his net,  
gathers the broken, finds the lost.  
Come and be nursed by God;  
trust in his care and live.

Will you come, to receive  
God's forgiveness and love?  
Will you come, be restored  
by God's mercy and grace?

Words & Melody: Swee Hong Lim.

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## **Prayer**

### **We are coming Lord to the table**

We are coming, Lord, to the table.  
We are coming, Lord, to the table.

With the gift of bread, we are coming, Lord.  
With the gift of wine, we are coming, Lord.  
Oh, we are coming, Lord.  
Oh, we are coming, Lord.  
Oh, we are coming, Lord.  
Oh, we are coming, Lord.

We are coming, Lord, to the table.  
We are coming, Lord, to the table.

To receive the bread, we are coming, Lord.  
To receive the wine, we are coming, Lord.  
Oh, we are coming, Lord.  
Oh, we are coming, Lord.  
Oh, we are coming, Lord.  
Oh, we are coming, Lord.

Sierra Leone, author unknown

## The Communion Story

### Prayer

**Sanctus** (*Cantor and Response*)

Holy holy holy, God of power and might  
**Holy holy holy, God of power and might**  
Heaven and earth are full of your glory  
**Heaven and earth are full of your glory**  
Hosanna, hosanna, hosanna in the highest  
**Hosanna, hosanna, hosanna in the highest**  
Blessed is the one who comes in the name of the Lord  
**Blessed is the one who comes in the name of the Lord**  
Hosanna, hosanna, hosanna in the highest  
**Hosanna, hosanna, hosanna in the highest**

**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  
and forgive us our sins  
as we forgive those who sin against us.  
Save us in the time of trial  
and deliver us from evil.  
For the kingdom, the power and the glory are yours,  
now and forever,  
Amen.**

### Invitation

#### Songs as we celebrate Communion

Eat this bread, drink this cup,  
Come to me and never be hungry.  
Eat this bread, drink this cup,  
Trust in me and you will not thirst.

Taizé

This is the body of Christ  
broken that we may be whole  
this cup as promised by God  
true to his word  
cradles our Lord  
food for the good of the soul

John L. Bell ©1998 WGRG, Iona Community

## **Blessing**

### **The peace of the earth**

The peace of the earth be with you  
the peace of the heavens too.  
The peace of the rivers be with you,  
the peace of the oceans too.  
Deep peace, flowing over you.  
God's peace, growing in you.

Original Words & Melody: Guatemalan traditional. English translation: Christine Carson. © 1998, 2023  
Christine Carson & WGRG, Iona Community, Glasgow, Scotland