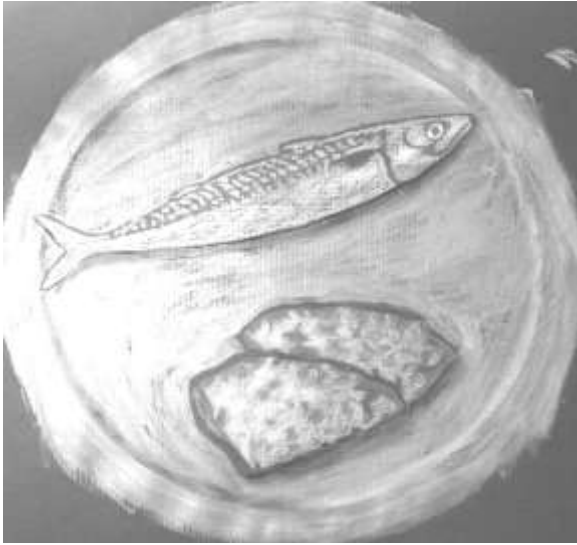


WELCOME TO...



FAST FOR CHANGE

The Presbyterian Church of Saint David Early Morning Service

Silent Preparation for Worship: Let us worship God

In the midst of a world where people hunger and thirst,
come worship a God who feeds the hungry.

In the midst of a world where people are abused and oppressed,
come worship a God who calls for compassion and justice.

In the midst of a world filled with wars and rumour of war,
come worship a God who desires peace for the world.

In the midst of a world of spiritual emptiness,
come worship a God who gives life meaning.

Come worship a God whose grace and love know no end.

Hymn: The Love of God comes close

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Prayer of Confession:

God of mercy **we confess to You our faulty fast.**

Instead of setting the oppressed free **we buy cheap without asking who pays with poor wages and abuse.**

Instead of inviting the homeless poor into our houses
we erect fences and gates to keep them out.

Instead of breaking the yoke, **we continue consuming until the earth cries out its pain.**

Forgive us when we humble ourselves as an alternative to actually changing. **Forgive us when our spiritual disciplines turn us in on ourselves and away from our neighbours both near and far.** Forgive us when we hide ourselves from our kin,

the hungry, the naked, the poor, our sisters and brothers in Christ.

Forgive us and turn us to the fast You desire through Jesus Christ. Amen.

Absolution Christ hears our confession and forgives our sins. **Christ, have mercy on us and show us a new way.**

Sung response: Lord, have mercy

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Passing the Peace Let us share the peace of the Lord with one another. **The peace of the Lord be with you.**

Prayer for Understanding

Scripture Readings: **Old Testament: Isaiah 58** Is such the fast that I choose, a day to humble oneself? Is it to bow down the head like a bulrush, and to lie in sackcloth and ashes? Will you call this a fast, a day acceptable to the LORD? Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin?

Gospel: Luke 12 Do not worry about anything in life - what you'll eat, or what you'll wear. Look at the birds of the air, or the flowers in the field. If God takes such good care of birds and flowers, how much more will He care for you? So don't be afraid. Instead, let your lives be marked by compassion and generosity, sharing what you have been given with those in need, storing up your treasure in heaven instead of here on earth. And may the blessing of God - Creator, Redeemer and Sustainer - encourage and strengthen you in every good work.

"Lord, O Lord, our God"

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Reflection: Fast for Change – a Spiritual exercise

Hymn: When the poor ones

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OUR FATHER IN HEAVEN, HALLOWED BE YOUR NAME...

We approach your holiness with empty stomachs, opening our hearts to the people here in Canada and around the world who have this feeling every day.

MAY YOUR KINGDOM COME... **And unite us in faith. Turn the tables to inspire our imagination for change. Reveal your truth to us, replacing our ignorance and greed with justice and mercy.**

MAY YOUR WILL BE DONE ON EARTH AS IT IS IN HEAVEN... **Let your love enter our hearts, our communities, our nation, and give us joy in our work as we share the abundance of your creation.**

GIVE EACH OF US THIS DAY, OUR DAILY BREAD... **Nourish everyone, everywhere – in rural areas, in cities, towns, farms and reserves, those who rely on food aid in refugee camps, in food banks or soup kitchens.**

FORGIVE US OUR SINS... **We lament our disconnectedness. We tune out the injustice around us and forget the dispossessed, those displaced by natural disaster, the hungry used as an instrument of war, the fertile soil lost to pollution, landmines, flooding or drought, the loss of indigenous knowledge and of species.**

JUST AS WE FORGIVE THOSE WHO SIN AGAINST US... **Teach us mercy. In a world where the rules benefit the rich but create real suffering for the poor, teach us to be forgiving and compassionate without losing our sense of urgency for change.**

LEAD US NOT INTO TEMPTATION, BUT DELIVER US FROM EVIL... **Guide those who set prices, regulate markets, and who control land at a time when competition for the earth's resources threatens the ethics of those who plant, process, transport, prepare and serve food in the world.**

FOR THE KINGDOM, THE POWER AND THE GLORY ARE YOURS NOW AND FOREVER... **We acknowledge you as the ultimate authority over leaders and citizens of all nations. Instruct those who have earthly powers to submit to your will, to do justly, and to love mercy. Generous and holy God, inspire us with your love, challenge us with your truth, and empower us with your strength to build a world without hunger. AMEN.**

Hymn: All who hunger (vs. 1-2)

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Thanksgiving

This is the table, not of the Church, but of the Lord. It is made ready for those who love God and for those who want to love God more. So, come, you who have much faith and you who have little, you who have been here often and you who have not been here long, you who have tried to follow and you who have failed. Come, because it is Christ who invites you. It is our Lord's will that those who want to find God should meet God here." (*from Invitation from 'a Celtic Eucharist'*)

Are you ready to accept this gracious invitation? **People: We are ready!**

Jesus said: "I am the bread of life. All who come to me shall not hunger, and all who believe in me shall never be thirsty. **People: We are hungry and thirsty. O Lamb of God, we come! We remember that on the night of betrayal and desertion, Jesus took his authority as the Christ and offered the bread in thanksgiving and said . . . People: "Take, eat. This is my body which is given for you. Do this in remembrance**

In the same way, and by the same authority, Jesus offered the cup in thanksgiving and said, **People: "Take, drink. This is my blood of the new covenant which is poured out for you and for many, for the forgiveness of sins. Do this, as often as you drink it in remembrance of me."**

Come, Holy Spirit. Come. Open our eyes to the mystery of Christ's presence in these ordinary things in these our ordinary lives. May they be for us the very essence of the living Christ in our midst. Through the broken bread . . . **People: We participate in the Body of Christ.** Through the cup of blessing . . . **People: We participate in the new life Christ gives.** These are the gifts of God for the people of God. **People: Thanks be to God!** Come, for all things are ready!

Communion

Hymn All who Hunger (vs. 3)

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Dismissal Blessing Go, knowing that your life has been touched by grace. Go, convinced that you are connected to a larger world. Go, filled with the love of the Gospel of Christ. May the blessing of God who loves you, be yours; the blessing of Jesus, the crucified, be yours; the blessing of the Spirit, who resides in you, be yours, now and forever. The Rev. Dr. Art Van Seters,

Hymn: May the God of hope go with us

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