

Dear Eastham UMC family and friends:

While we are all on the “stay at home” status due to the COVID-19 pandemic, I am providing you with a step-by-step home meditation/worship format. You may use it for your quiet meditation/worship at home, if online/TV service and service podcast are not your preferred way of coming to God on Sundays. **We are assessing the situation on a weekly basis going forward, and will letting you know when we will be back to normal service in the church sanctuary through email & the church website.**

Our worship service, like many in the Christian tradition, follows a four-fold structure.

This format is a helpful guide not only for our worship together, but also for situations like this when we may have to stay home for safety and health reasons:

GATHERING:

Getting your heart, mind (and often, your body) relaxed yet focused for worship/meditation.

PROCLAMATION AND RESPONSE:

Hearing the word of God, your reflection upon it, and your response to its message.

THANKSGIVING:

Returning thanks to God for His presence with you, and for the blessings you have received in life.

SENDING FORTH:

Preparing yourself to go back into the world, carrying the message and new practice you have learned.

As you structure your worship time, here are some ideas for each of those areas.

Suggested Ways of Using this Worship/Meditation Format:

GATHERING

- Turn off the TV, close your computer (if not using it for worship), gather any items, materials or resources (like music) you hope to use for worship
- Come before God in prayer, asking God to be with you during this time of worship

- Use music to center yourself—this could be listening to a hymn, singing one, or playing sacred instrumental music.

PROCLAMATION AND RESPONSE

- Devotional reading / meditation / reading a sermon.
- If you are worshipping with others, take a few moments and discuss your reflection.

THANKSGIVING

- Lift up prayers of thanksgiving. Make a list of those things for which you are grateful. Next, make a list of prayer requests, concerns, those people or situations you want to lift before God this day.
- Come before God in prayer, not only speaking, but also listening. Be open to God's word to you this day.
- Close (or open) your prayer time with the Lord's Prayer.
- Prepare your giving, your tithes and offerings. Since we are not able to gather, consider mailing it to the church. Our giving is part of our grateful response to God's presence in and working in our lives.
- If there is a song of thanksgiving which is particularly meaningful to you, listen to or sing it now.

SENDING FORTH

- Reflect again on what you have learned or received during this time of meditation/worship. How can you carry forward in your day to day life and your ministry to others?
- Commit to doing at least ONE thing today to live into that mission.
- Close in prayer, and if you desire, a hymn.

May God fill you this day as you worship God, reflect on who Jesus is in your life, and discern how God is calling you this day to be drawn into the kingdom-building work of Jesus. Stay safe and well!

In Christ's love,

Pastor Grace Chur