

DALMENY KIRK AND QUEENSFERRY PARISH CHURCH

MIDWEEK SERVICES

OCTOBER 2022

The services in October will have an autumn theme. This follows naturally from the Season of Harvests. In many areas the harvest will still be being gathered in.

Week 2 – Letting go

All of us at some stages in our lives feel there are things of which we would like to let go. This service is designed to help all of us to do that.

OPENING RESPONSES

As the days shorten and the wind blows chill, as the seasons change and life's circle turns, we gather together through the wonder of technology

**BRINGING WITH US OUR CARES AND OUR TROUBLES,
OUR MEMORIES AND OUR DREAMS AND OUR
BROKENNESS AND OUR BEAUTY.**

God of our growing and our withering, welcome us now, and teach us to let go of that which we need carry no more.

Hymn or song: You might like to listen to a recording of, or read the words of, Hymn 721 “We lay our broken world.”

Read Psalm 39 verses 10 - 13

Prayer

How shall we pray this morning?

God of those who seek to be faithful,
Jesus of those who stumble while following you,
Spirit of all who need your breath within them:
May we be filled more with grace than with our
grudges;
May we work for justice in our communities rather than
turn a blind eye;
May we share hope with those who are struggling
rather than our hardened hearts;
May we bring joy into the gloominess of the days of
those we meet;
May we offer welcome to the forgotten instead of
slamming the door;
May we continue to love even those we find hard to
love;
May we continue to share grace with all and persist in
the work of peace when everyone around us tells us
simply to give up.

And now hear us as we pray further in the words Jesus
taught his disciples, saying:

OUR FATHER

Read: Ecclesiastes 1 verses 1 - 11

Matthew 11 verses 25 - 30

Reflection

Reflect briefly on some aspect of any of the readings – perhaps a phrase speaks to you. Or reflect on letting go of burdens which can weigh us down and which prevent us from being the people we should be. It is not necessary to deliver a talk. You might choose to read poetry or play music.

Prayer

This is a time for prayers for the world; for the communities in which we live; for the Church and those who minister here in any capacity; for those known to us to be in particular need of our prayers; for ourselves.

CLOSING BLESSING

We have let go of what we no longer need to carry.

MAY THE LETTING GO BE GENTLE AND THE SCARS HEAL CLEANLY.

We have let go of what weighed down our hearts and minds.

MAY THE LAYING DOWN OF OUR BURDENS HELP US TO TRAVEL MORE LIGHTLY.

We have let go of what was empty of life and strength.

MAY THE SHEDDING OF THE OLD MAKE WAY FOR NEW GROWTH.

God of time and seasons, take from us that which we have let go. These things are safe in your care and need burden us no longer. Nourish us in green shoots of new beginnings and hold us always in the cycle of life and the circle of your love.

AMEN.