

A Simple Evening Liturgy from The Iona Abbey Worship Book

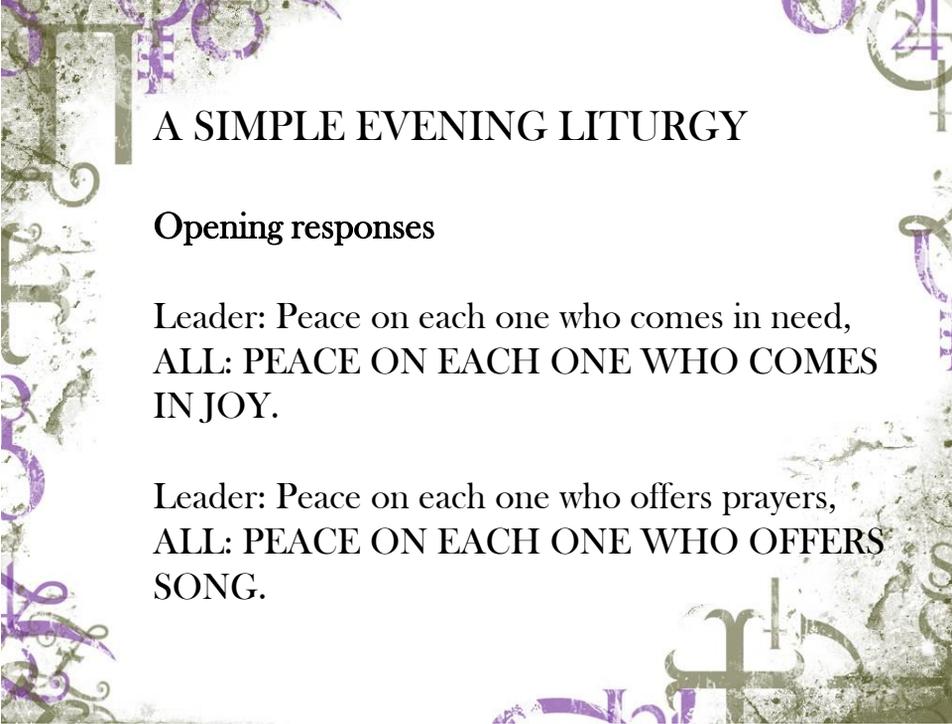
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Iona Community, Fourth Floor, Savoy House, 140 Sauchiehall St, Glasgow G2
3DH, UK.

Come and Fill Our Hearts

w/m. Jacques Berthier

Come and fill our hearts with Your peace
You alone O Lord are Holy
Come and fill our hearts with Your peace
Alleluia!

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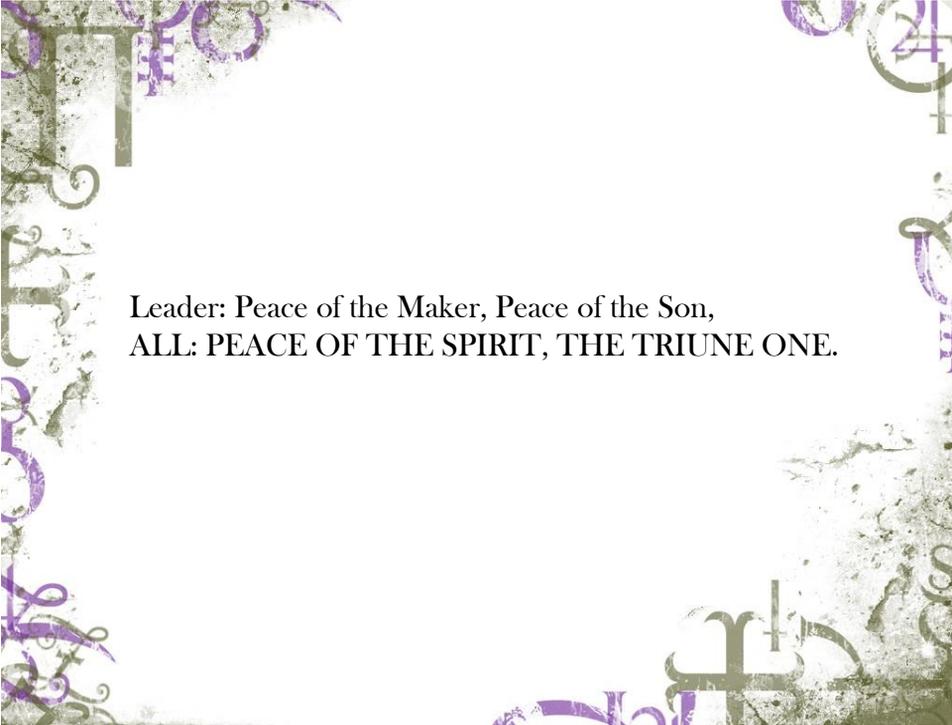


A SIMPLE EVENING LITURGY

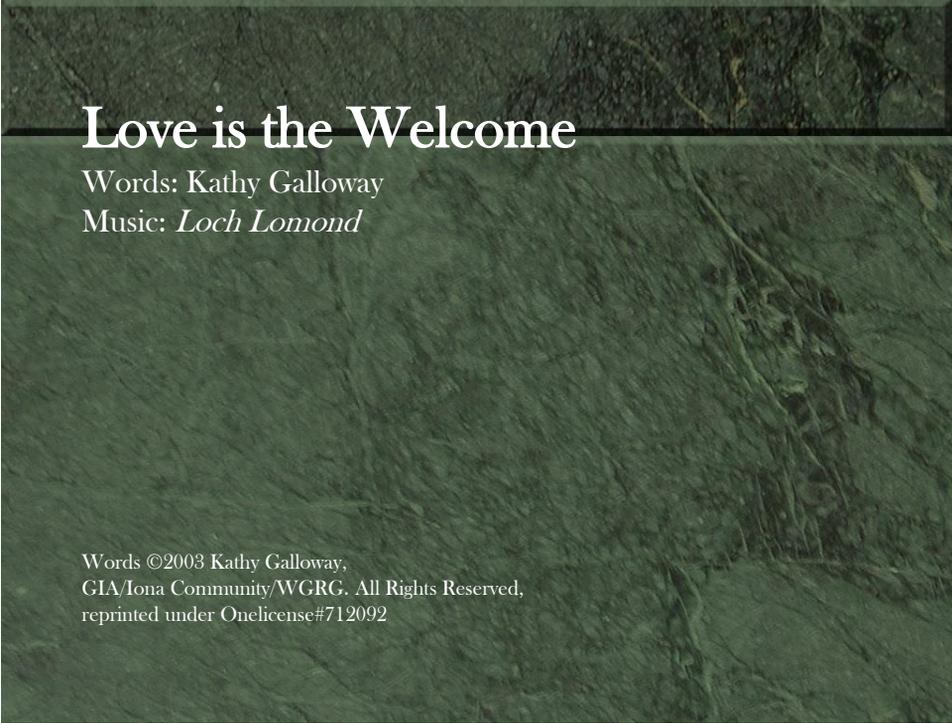
Opening responses

Leader: Peace on each one who comes in need,
ALL: PEACE ON EACH ONE WHO COMES
IN JOY.

Leader: Peace on each one who offers prayers,
ALL: PEACE ON EACH ONE WHO OFFERS
SONG.



Leader: Peace of the Maker, Peace of the Son,
ALL: PEACE OF THE SPIRIT, THE TRIUNE ONE.

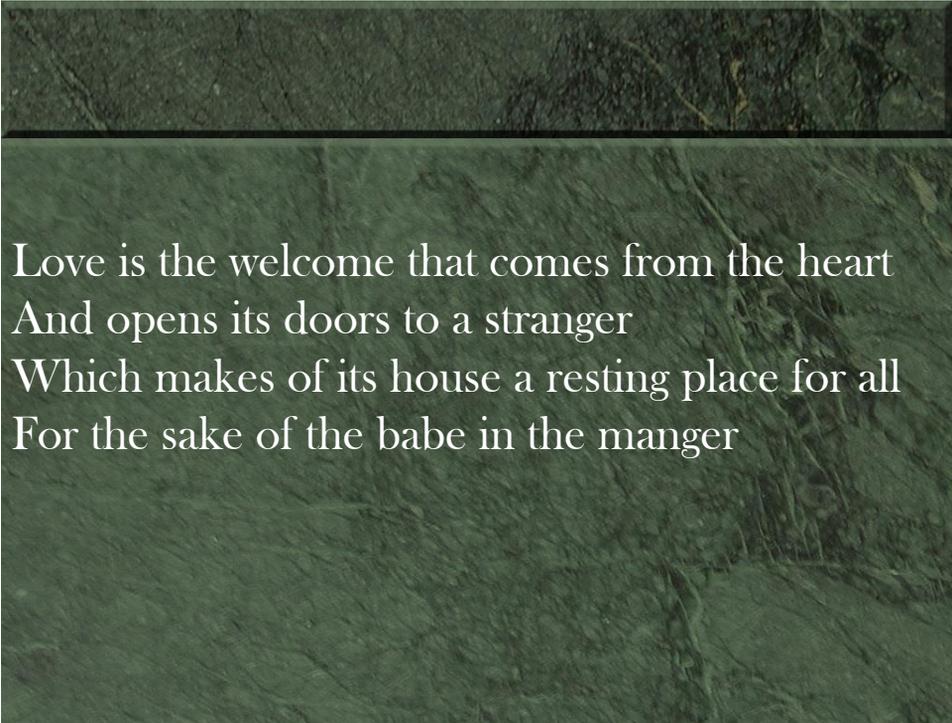


Love is the Welcome

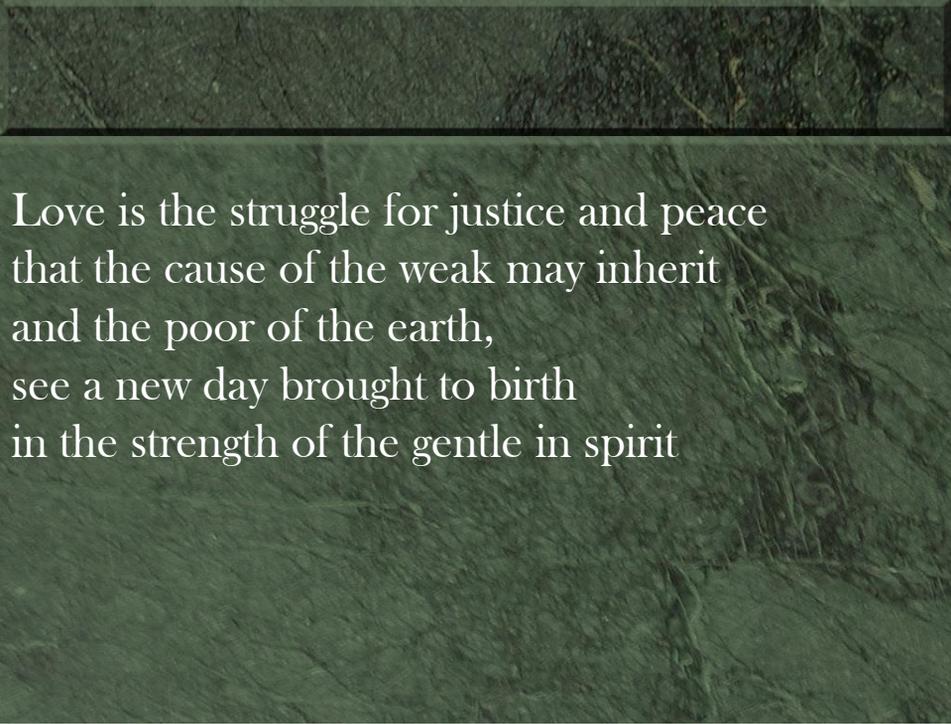
Words: Kathy Galloway

Music: *Loch Lomond*

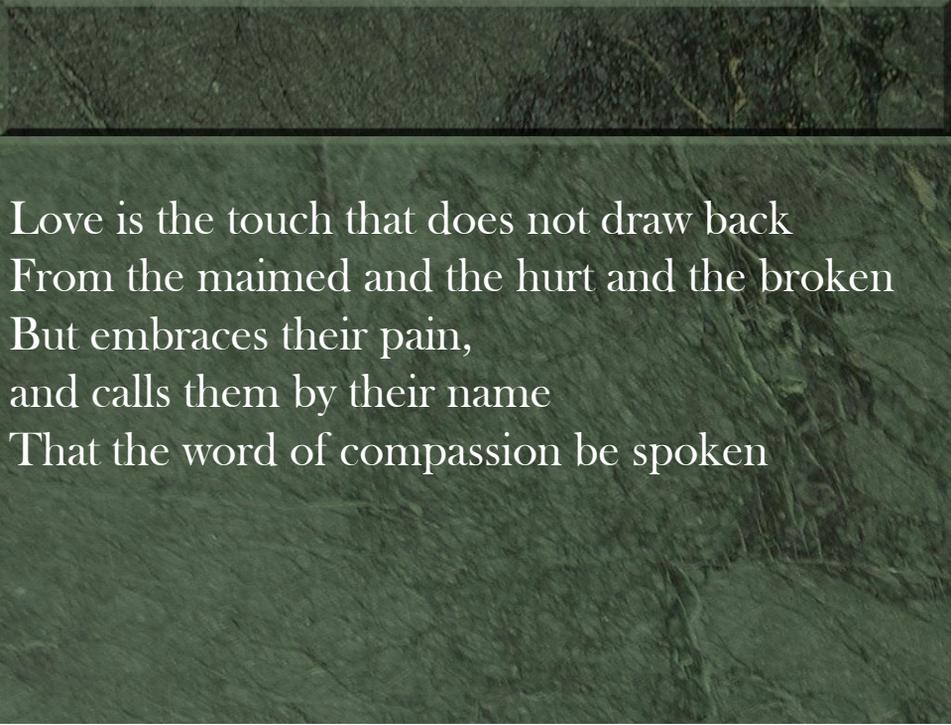
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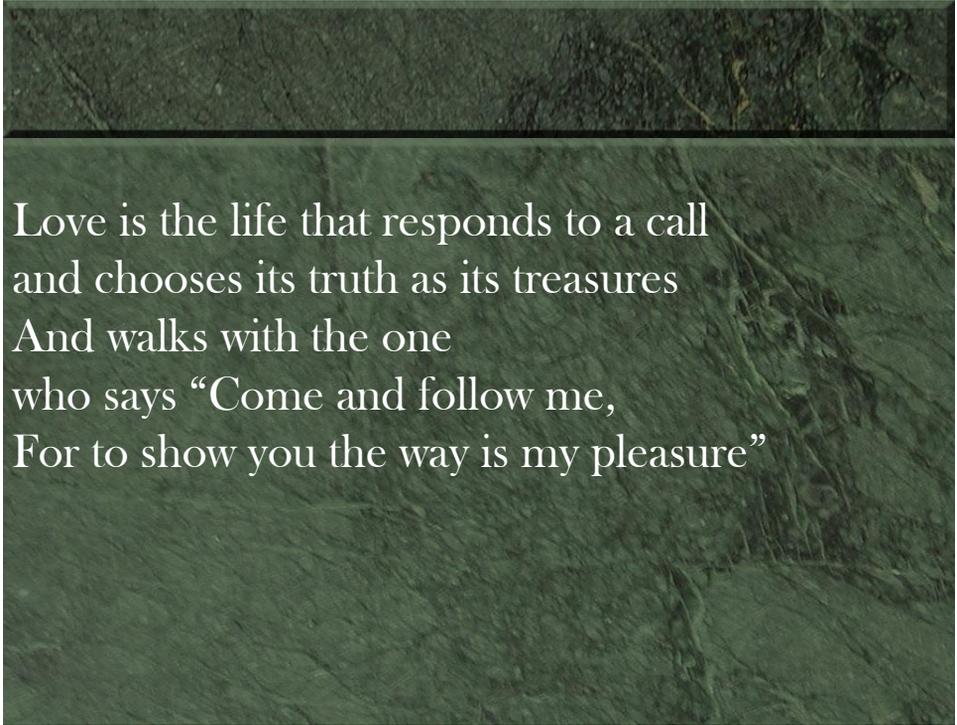
Love is the welcome that comes from the heart
And opens its doors to a stranger
Which makes of its house a resting place for all
For the sake of the babe in the manger



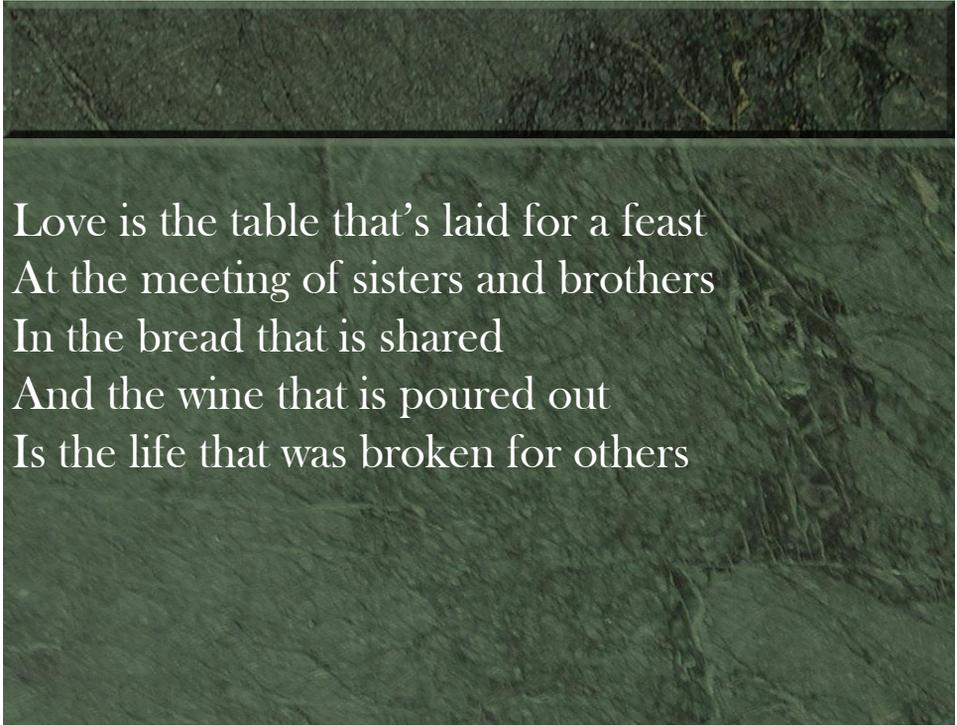
Love is the struggle for justice and peace
that the cause of the weak may inherit
and the poor of the earth,
see a new day brought to birth
in the strength of the gentle in spirit



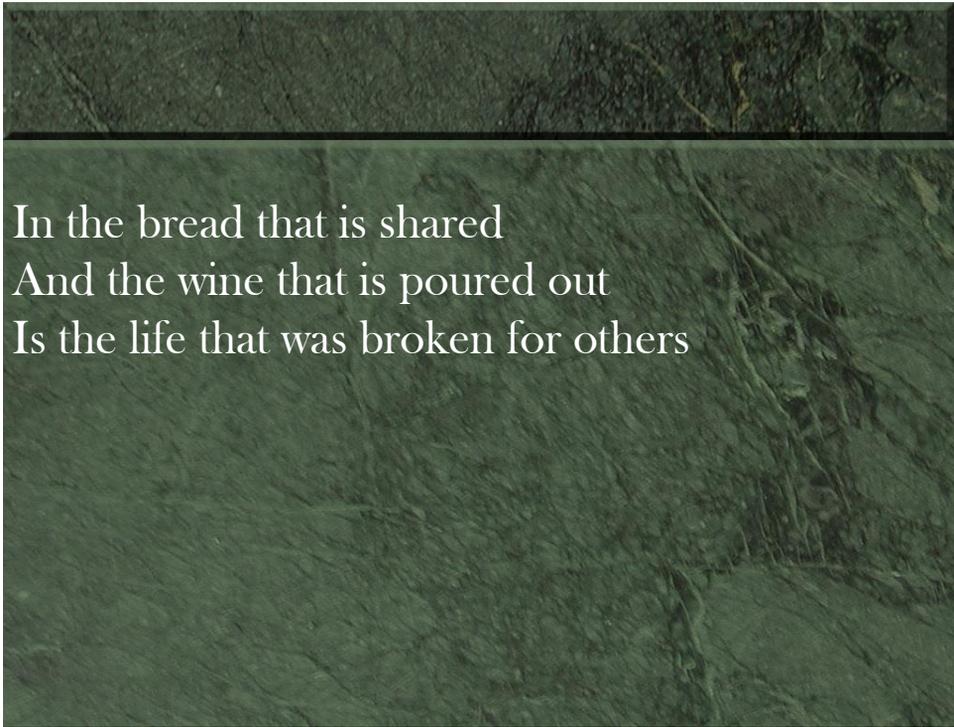
Love is the touch that does not draw back
From the maimed and the hurt and the broken
But embraces their pain,
and calls them by their name
That the word of compassion be spoken



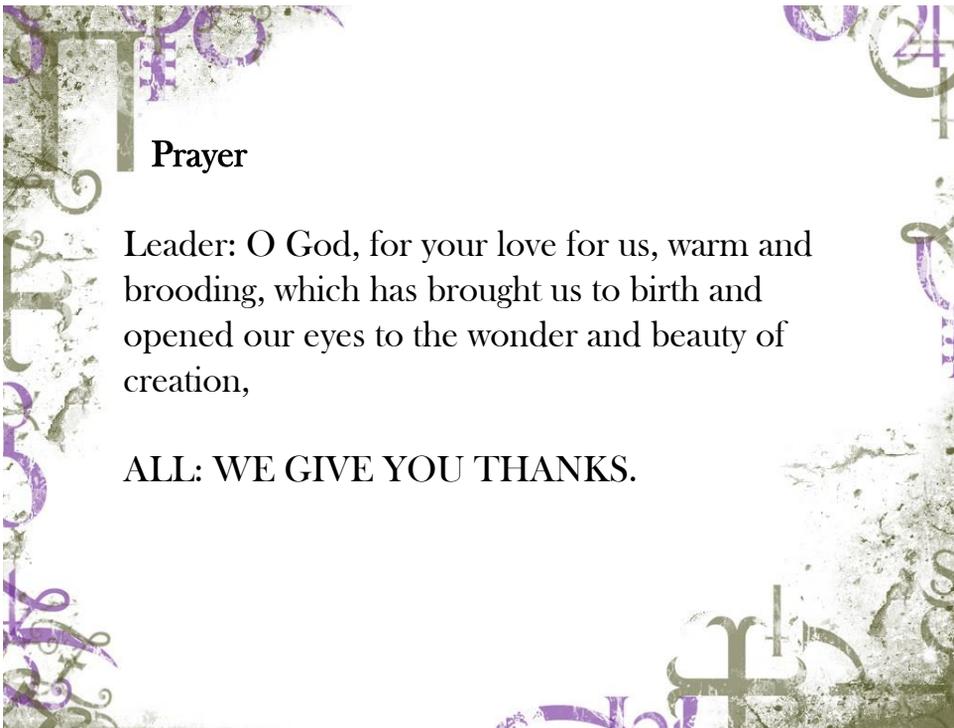
Love is the life that responds to a call
and chooses its truth as its treasures
And walks with the one
who says “Come and follow me,
For to show you the way is my pleasure”



Love is the table that's laid for a feast
At the meeting of sisters and brothers
In the bread that is shared
And the wine that is poured out
Is the life that was broken for others



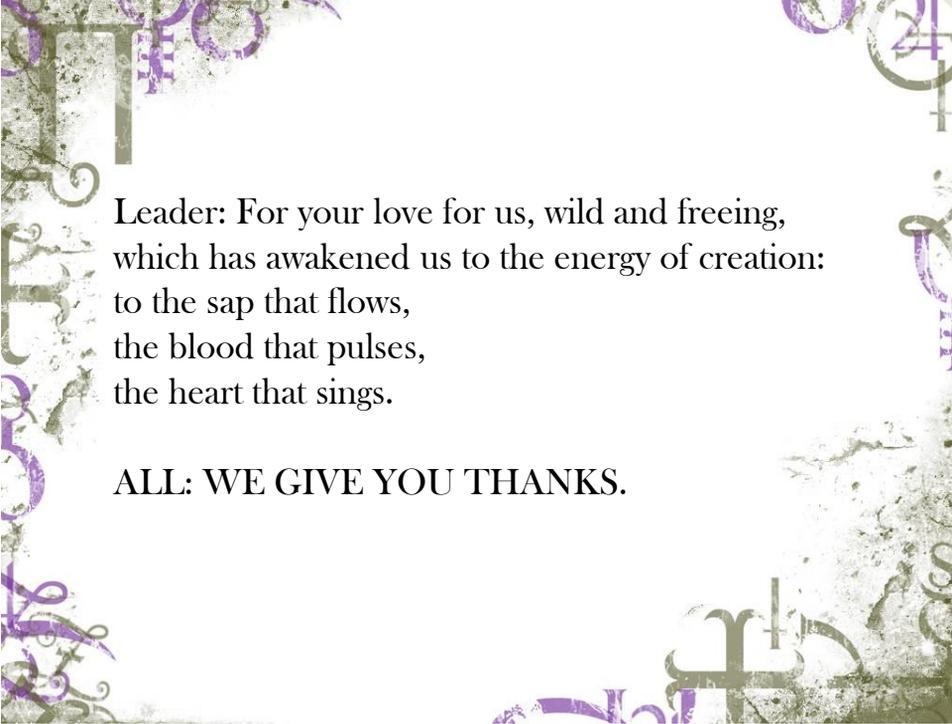
In the bread that is shared
And the wine that is poured out
Is the life that was broken for others



Prayer

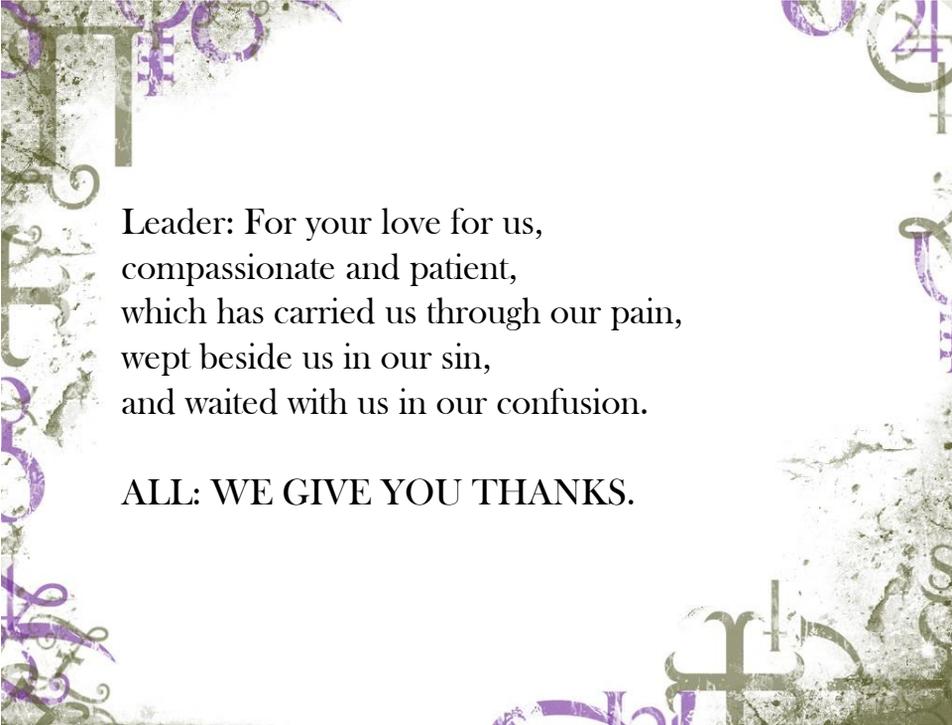
Leader: O God, for your love for us, warm and brooding, which has brought us to birth and opened our eyes to the wonder and beauty of creation,

ALL: WE GIVE YOU THANKS.



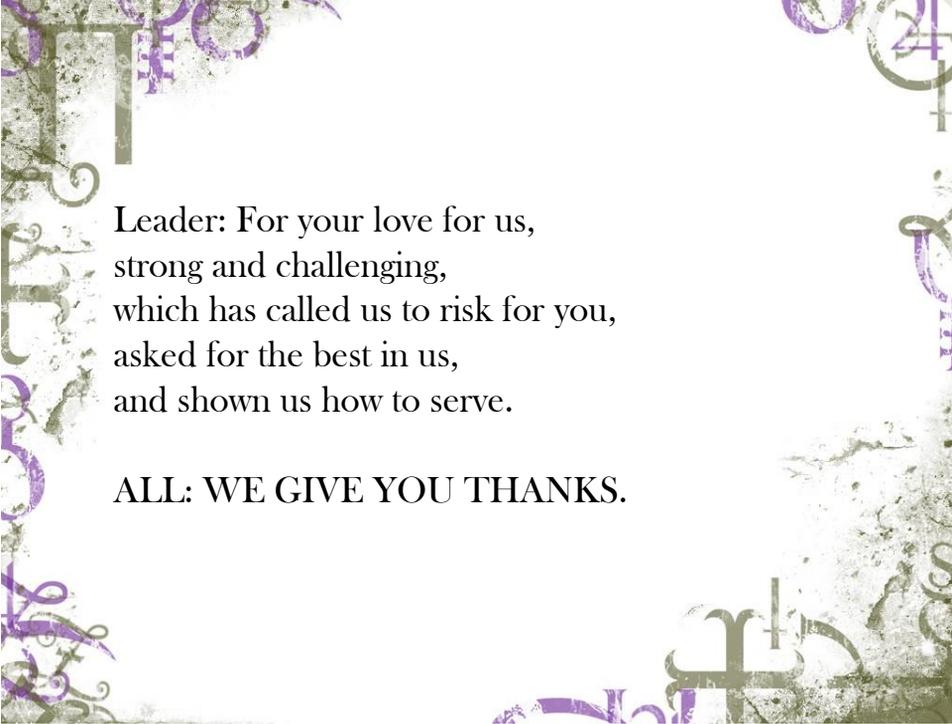
Leader: For your love for us, wild and freeing,
which has awakened us to the energy of creation:
to the sap that flows,
the blood that pulses,
the heart that sings.

ALL: WE GIVE YOU THANKS.



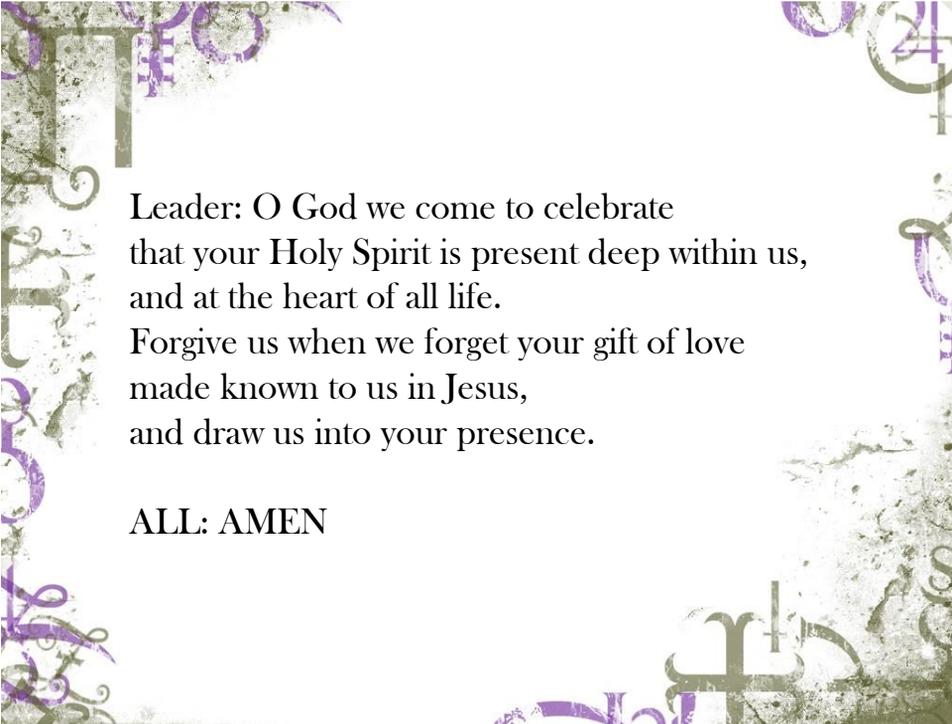
Leader: For your love for us,
compassionate and patient,
which has carried us through our pain,
wept beside us in our sin,
and waited with us in our confusion.

ALL: WE GIVE YOU THANKS.



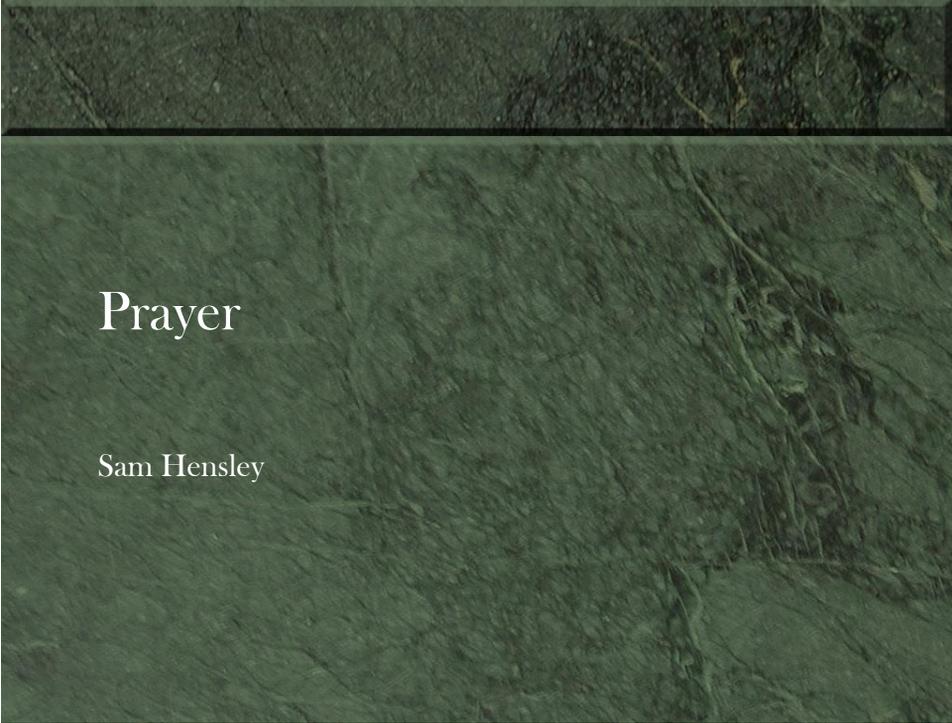
Leader: For your love for us,
strong and challenging,
which has called us to risk for you,
asked for the best in us,
and shown us how to serve.

ALL: WE GIVE YOU THANKS.



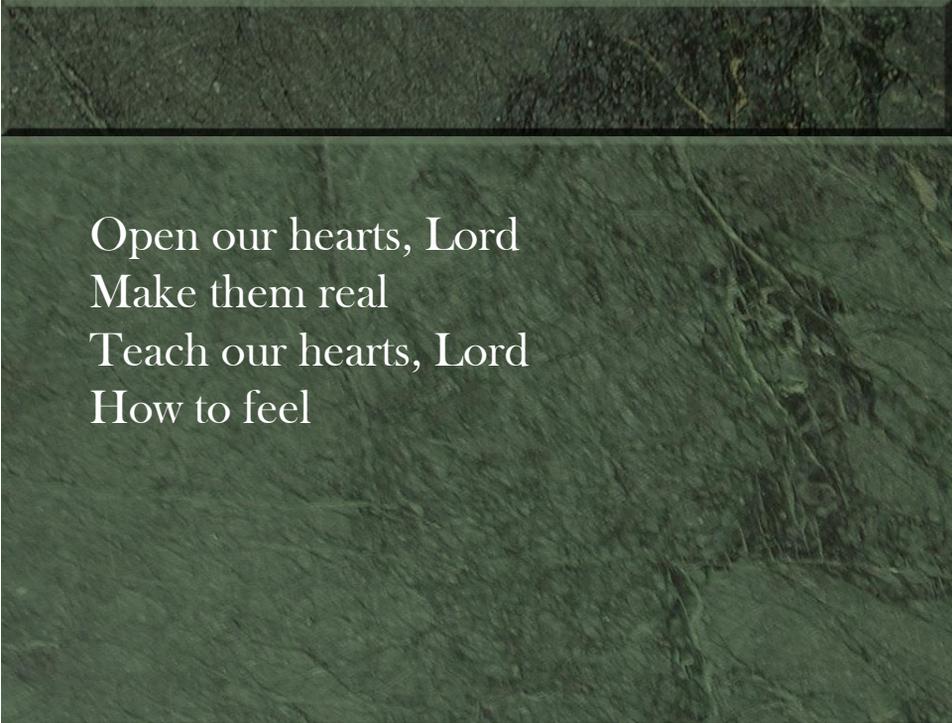
Leader: O God we come to celebrate
that your Holy Spirit is present deep within us,
and at the heart of all life.
Forgive us when we forget your gift of love
made known to us in Jesus,
and draw us into your presence.

ALL: AMEN

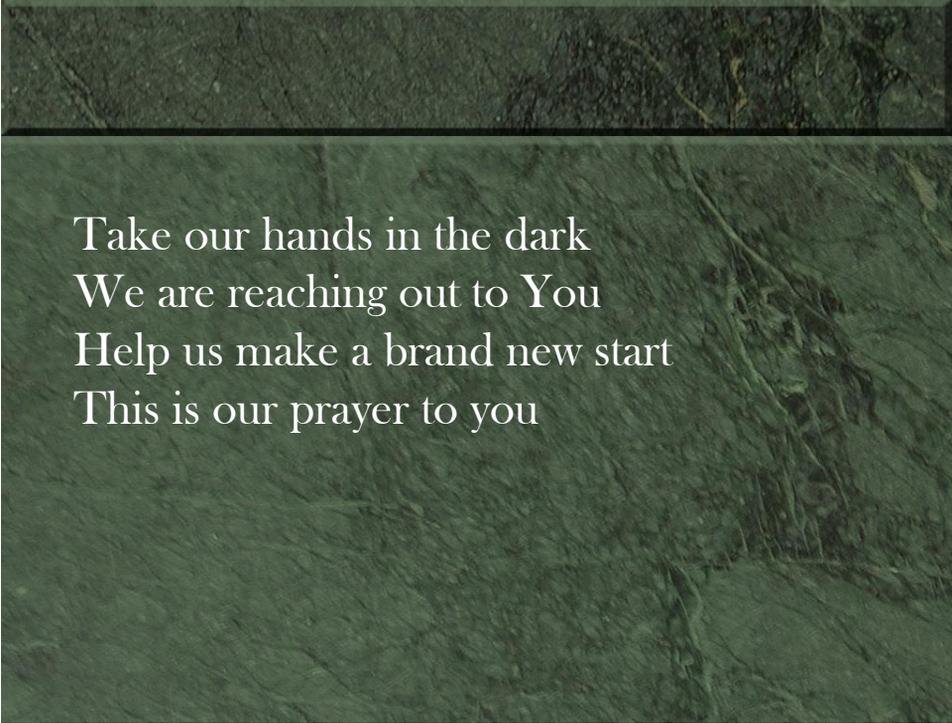


Prayer

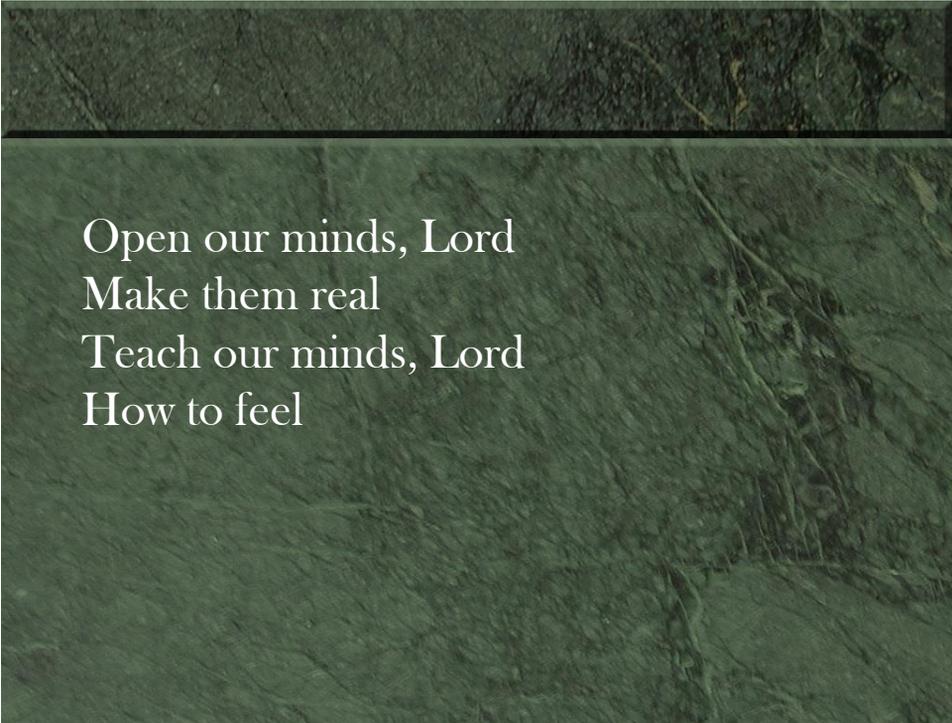
Sam Hensley



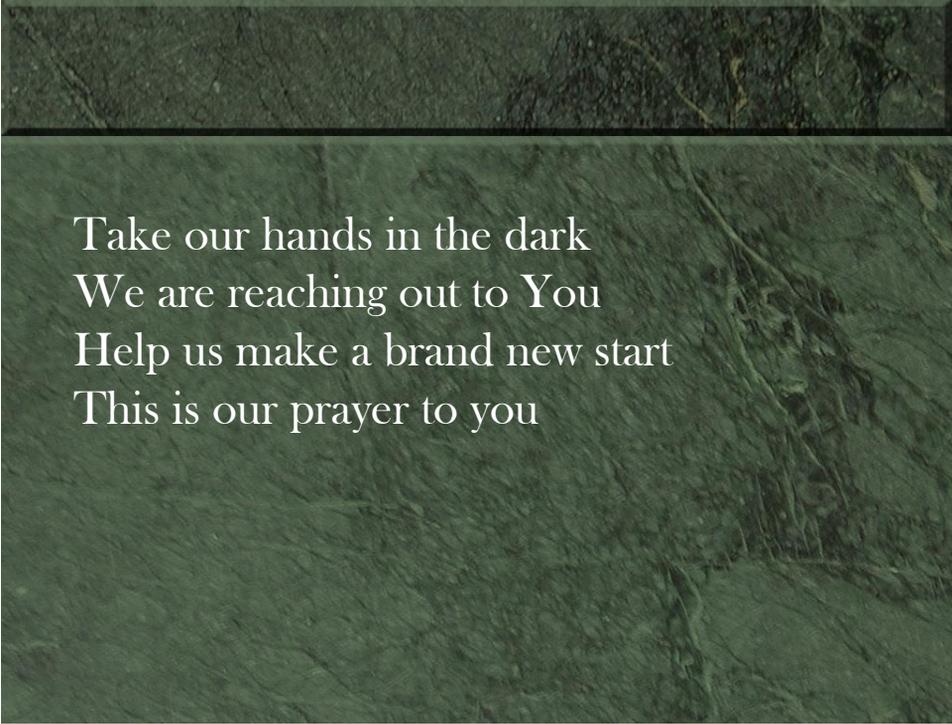
Open our hearts, Lord
Make them real
Teach our hearts, Lord
How to feel



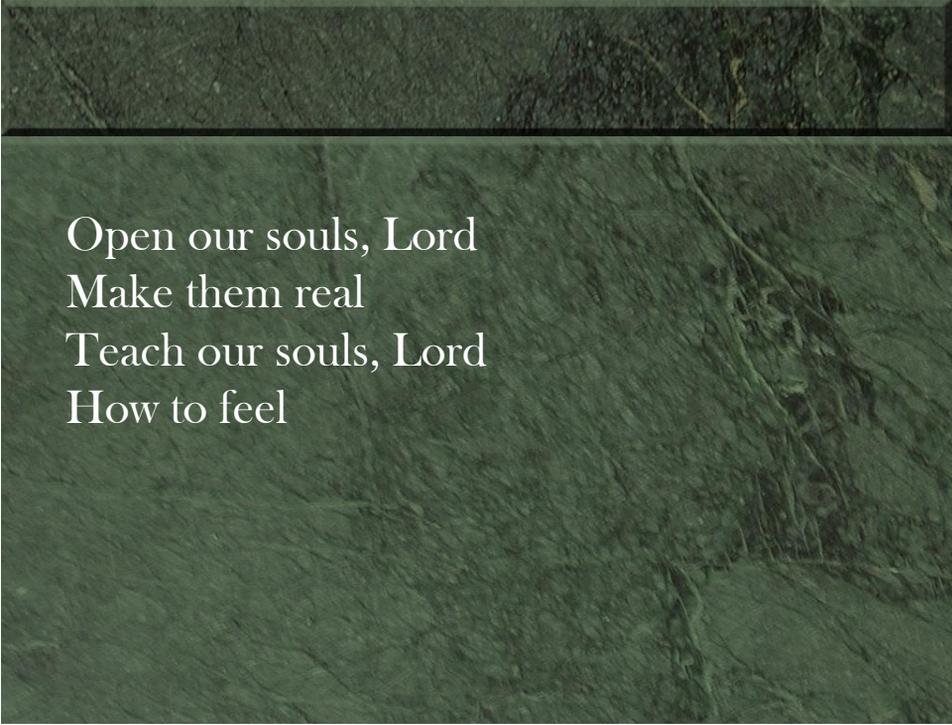
Take our hands in the dark
We are reaching out to You
Help us make a brand new start
This is our prayer to you



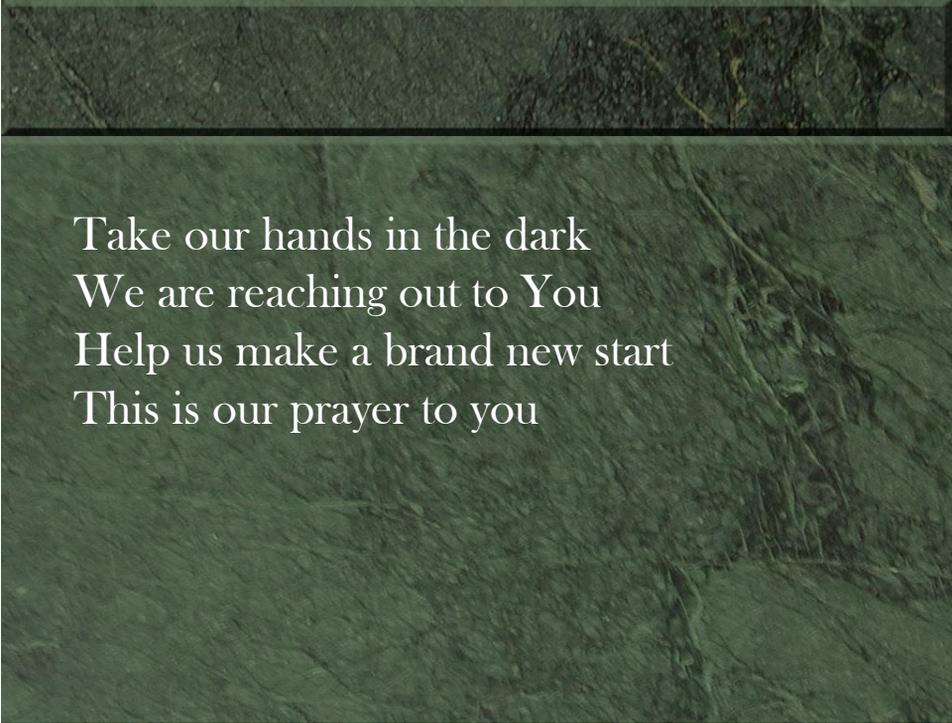
Open our minds, Lord
Make them real
Teach our minds, Lord
How to feel



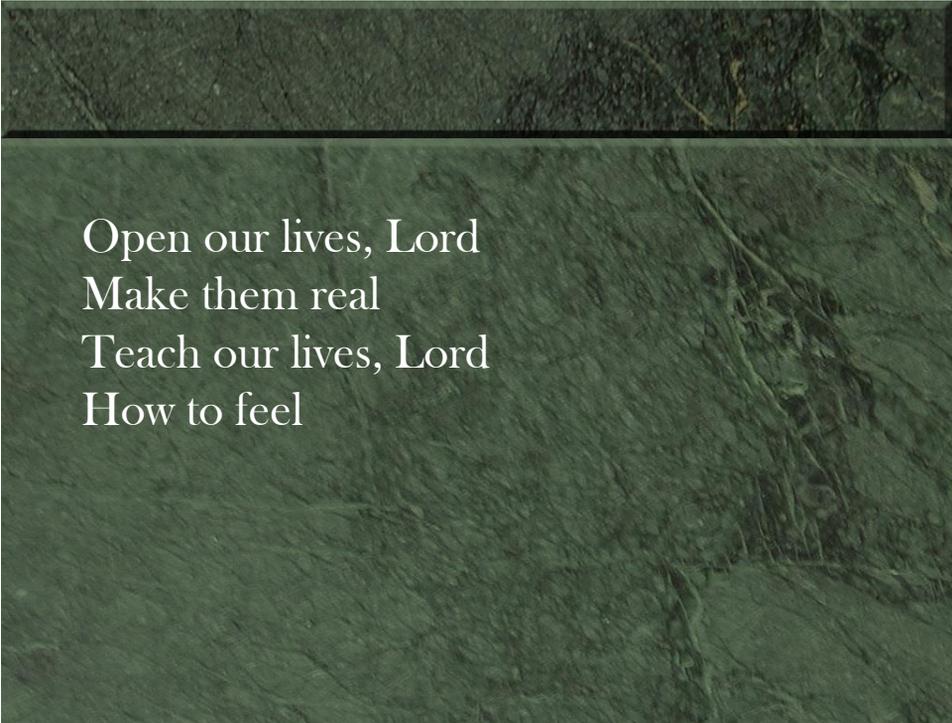
Take our hands in the dark
We are reaching out to You
Help us make a brand new start
This is our prayer to you



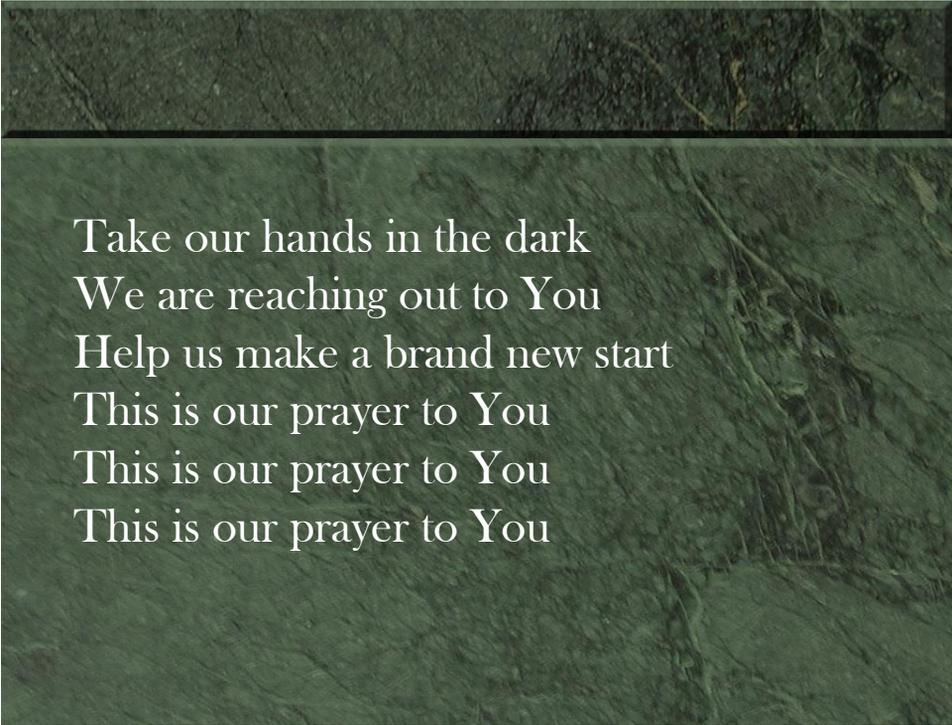
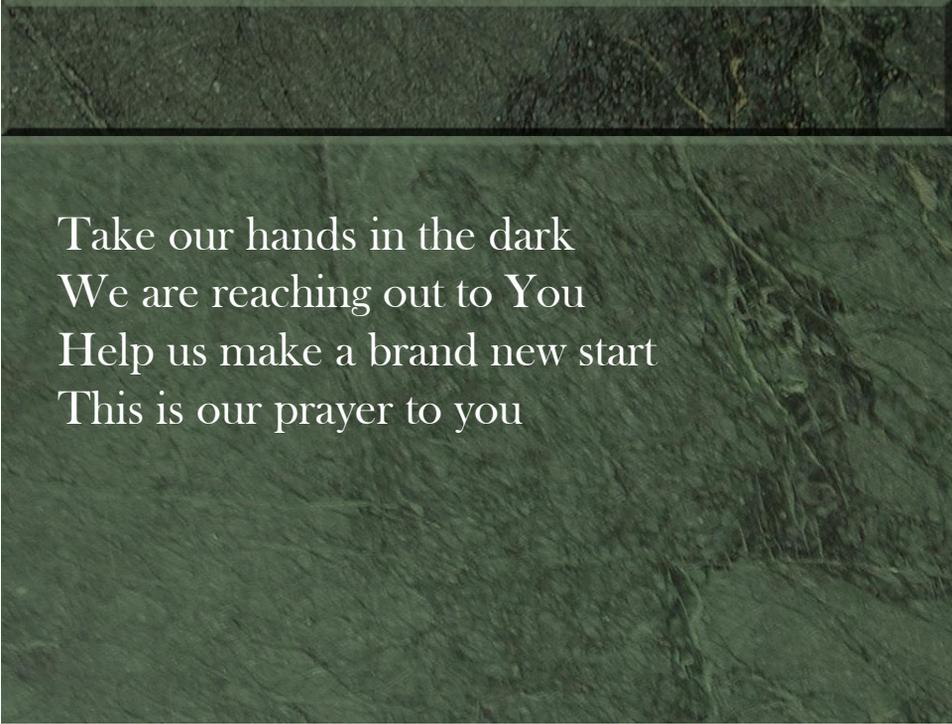
Open our souls, Lord
Make them real
Teach our souls, Lord
How to feel

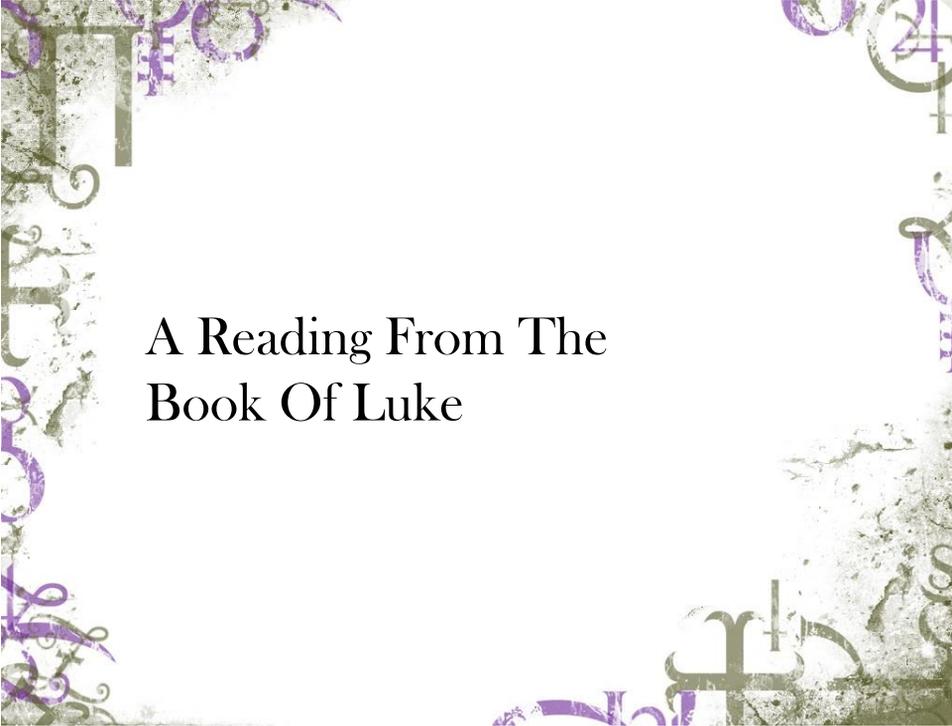


Take our hands in the dark
We are reaching out to You
Help us make a brand new start
This is our prayer to you

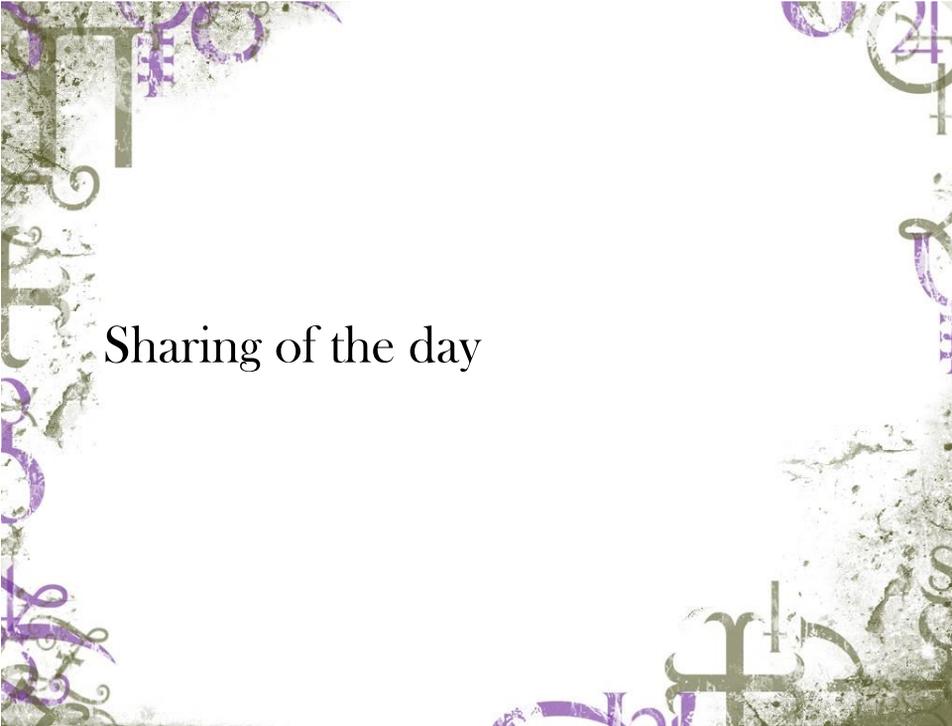


Open our lives, Lord
Make them real
Teach our lives, Lord
How to feel

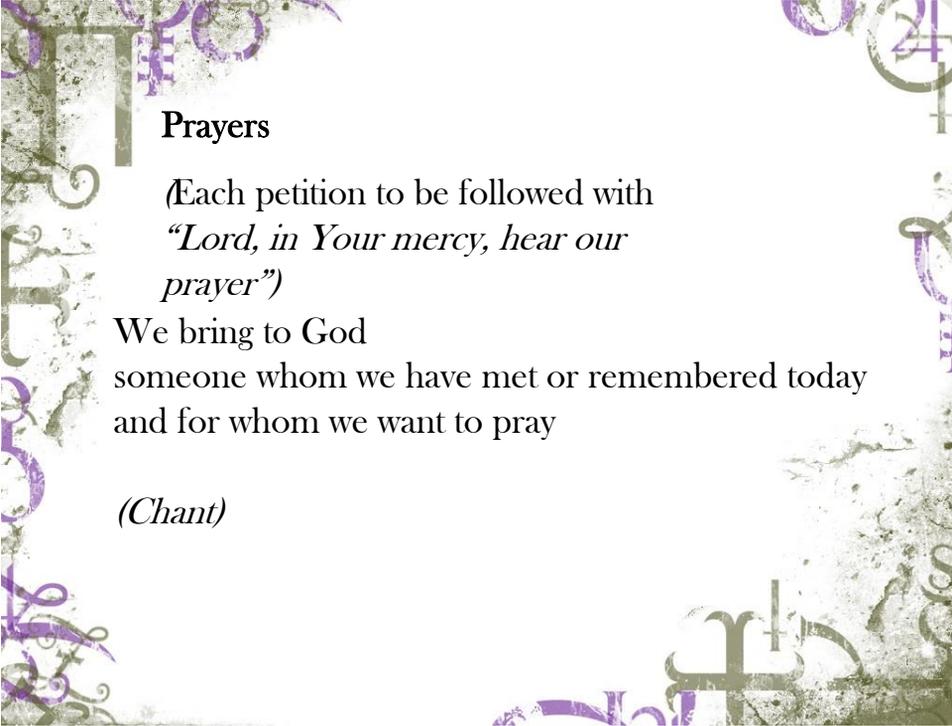




A Reading From The
Book Of Luke



Sharing of the day

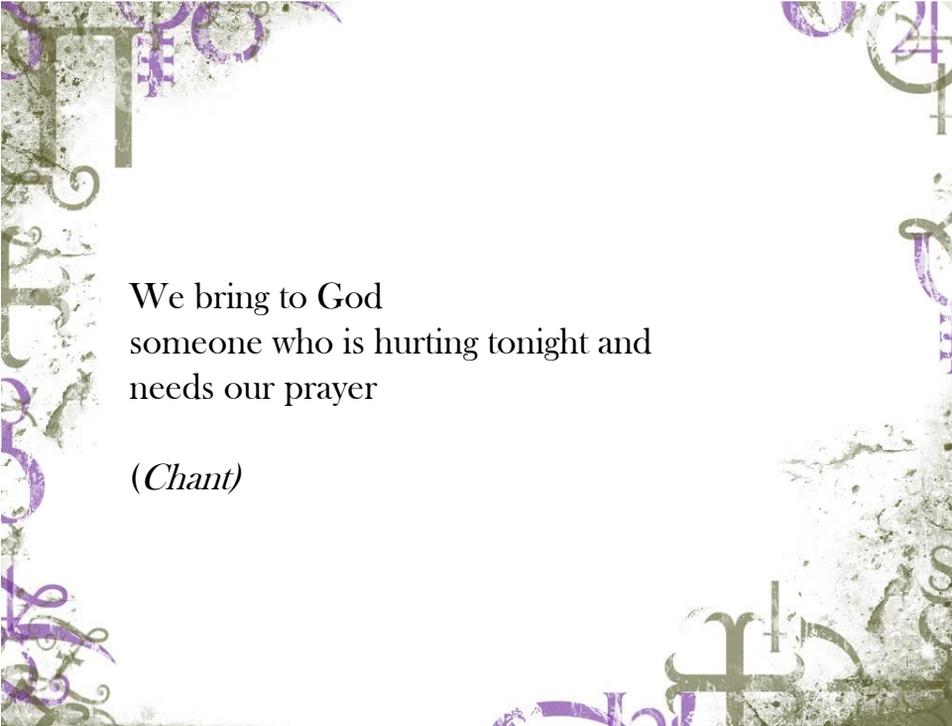


Prayers

(Each petition to be followed with
*“Lord, in Your mercy, hear our
prayer”*)

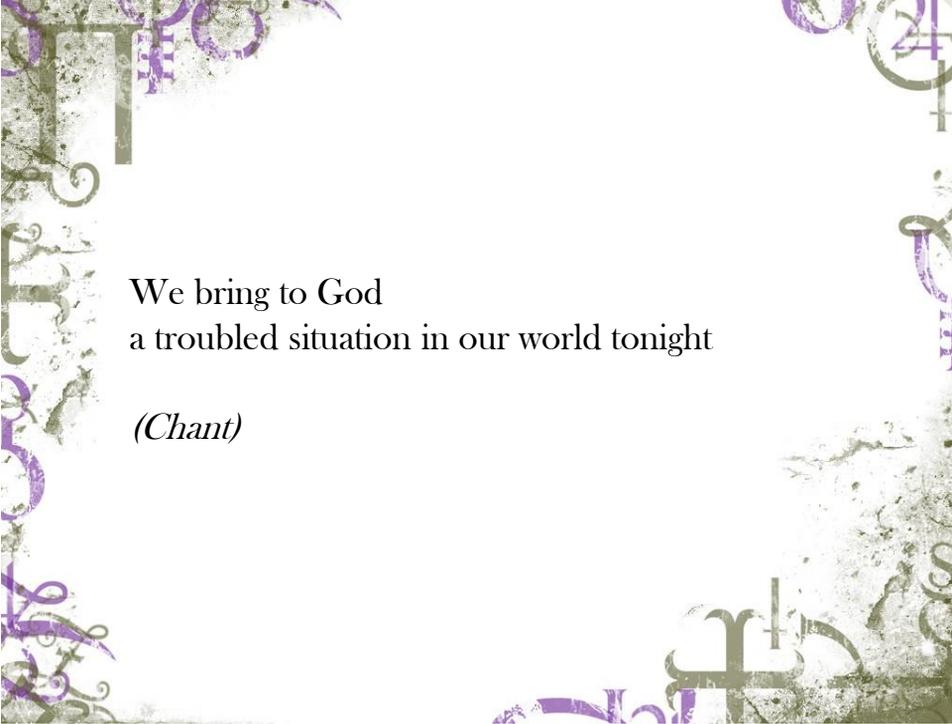
We bring to God
someone whom we have met or remembered today
and for whom we want to pray

(Chant)



We bring to God
someone who is hurting tonight and
needs our prayer

(Chant)



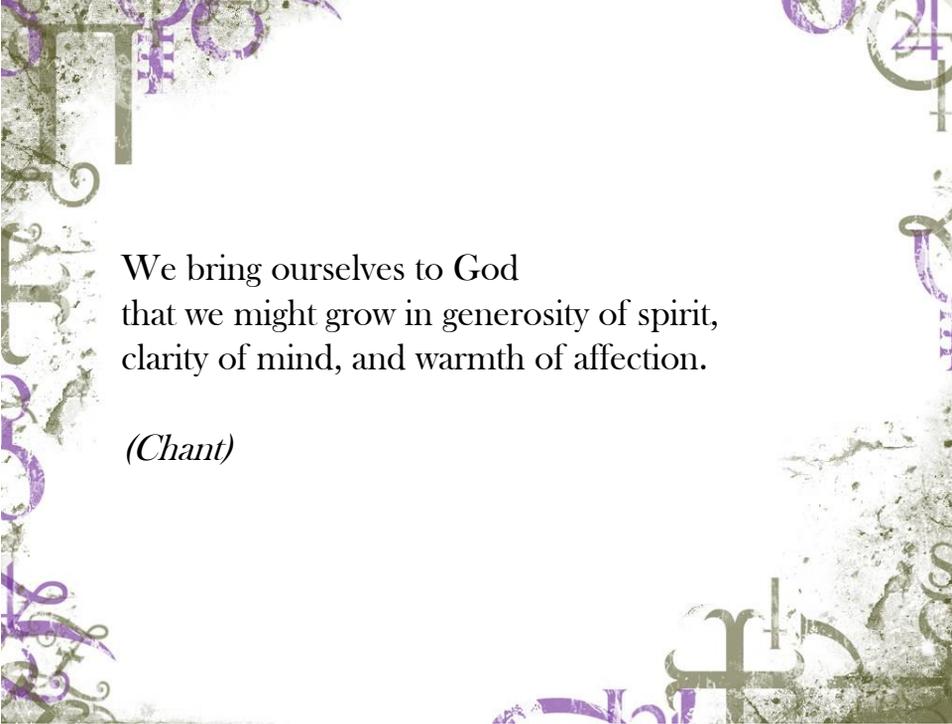
We bring to God
a troubled situation in our world tonight

(Chant)



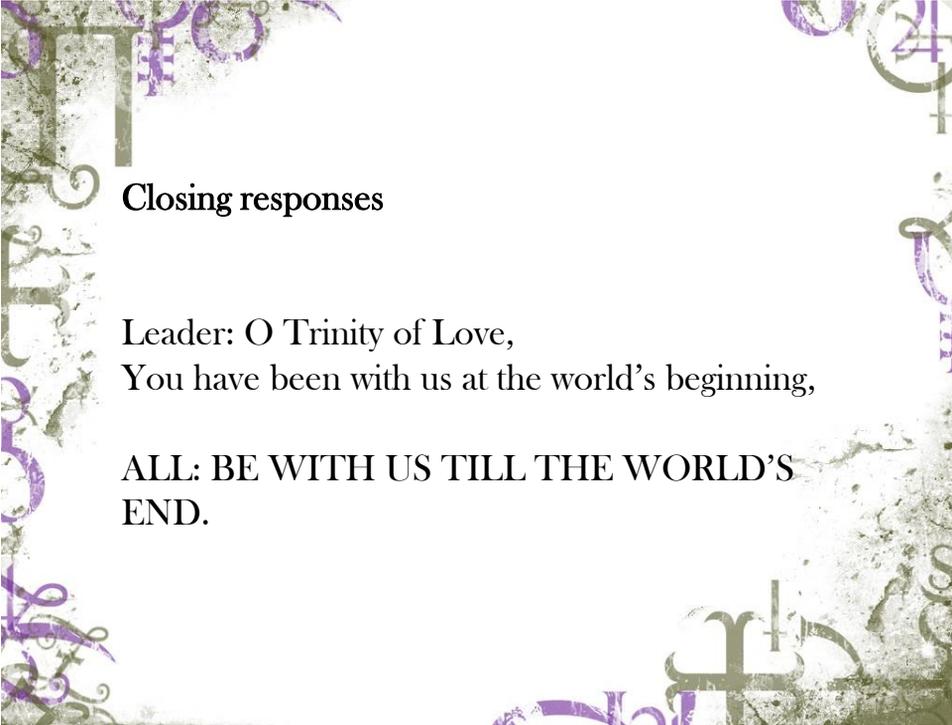
We bring to God,
someone whom we find hard to forgive or trust

(Chant)



We bring ourselves to God
that we might grow in generosity of spirit,
clarity of mind, and warmth of affection.

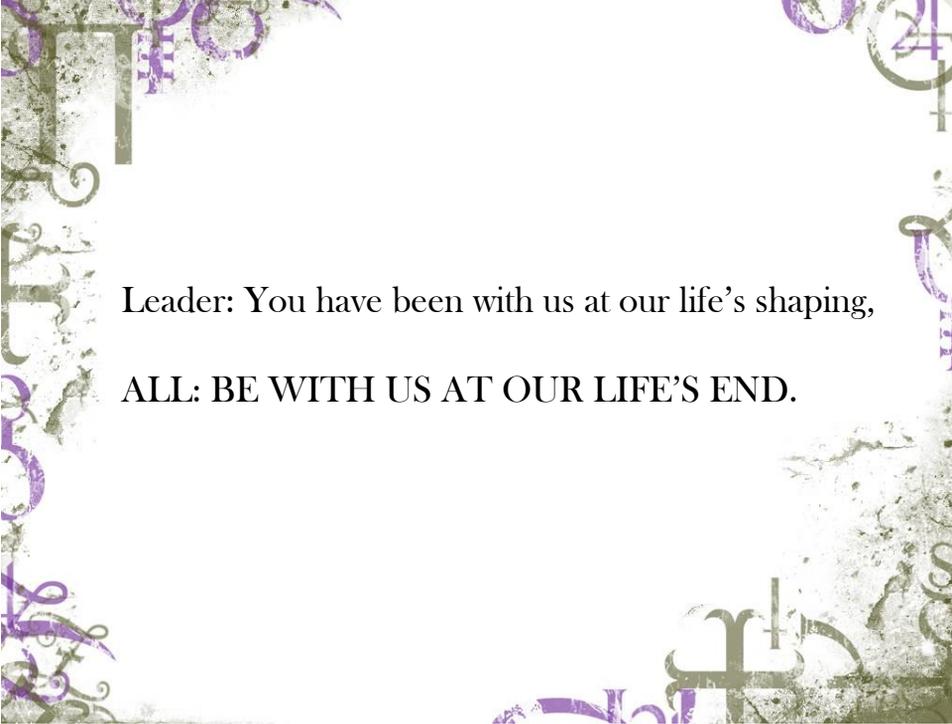
(Chant)



Closing responses

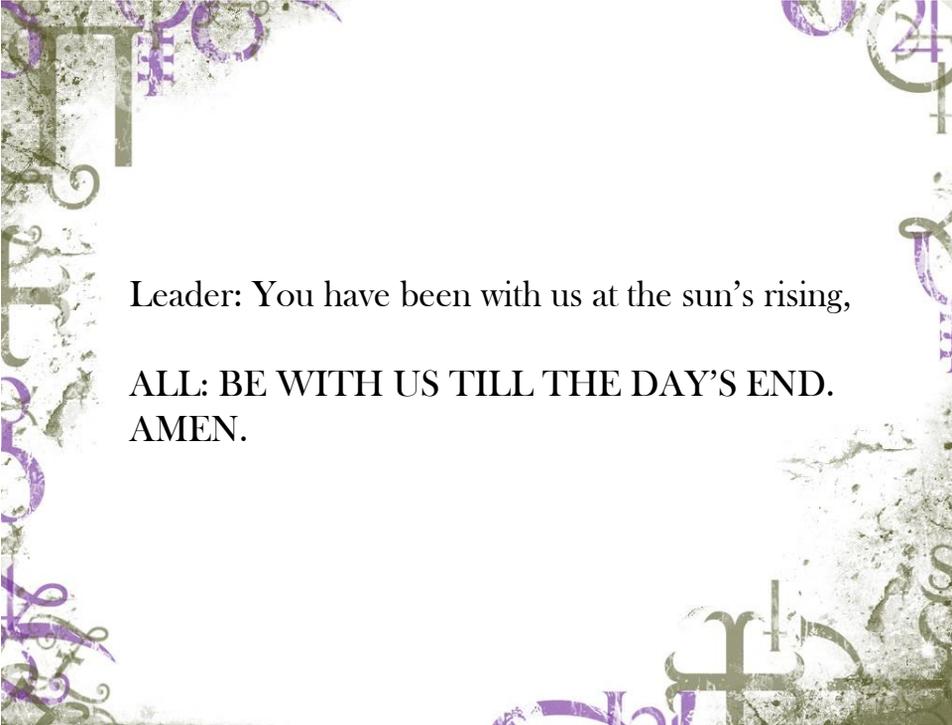
Leader: O Trinity of Love,
You have been with us at the world's beginning,

**ALL: BE WITH US TILL THE WORLD'S
END.**



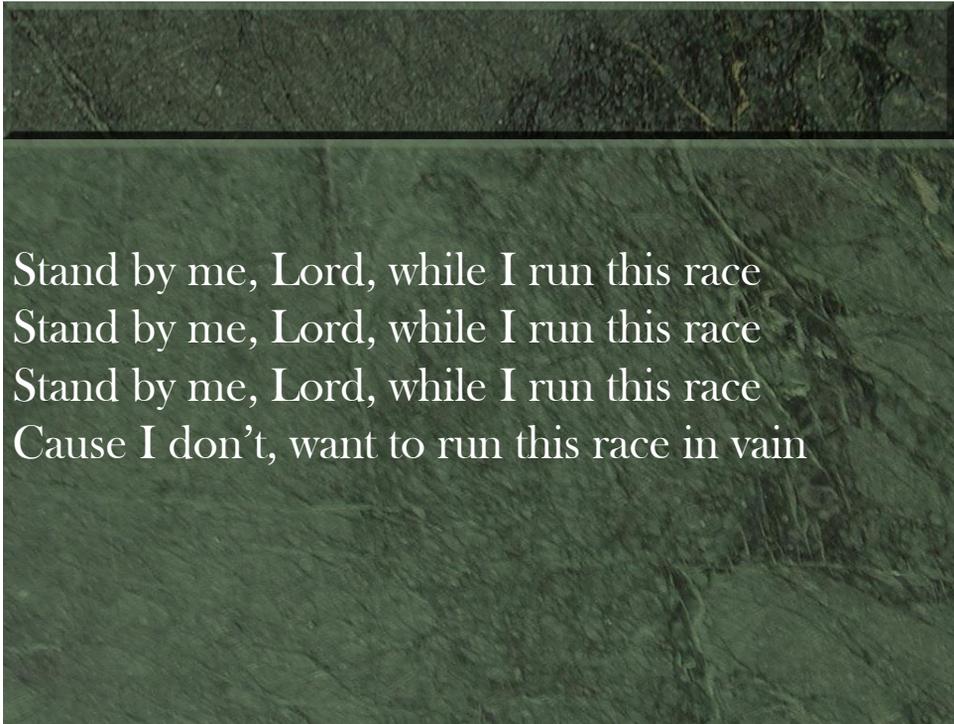
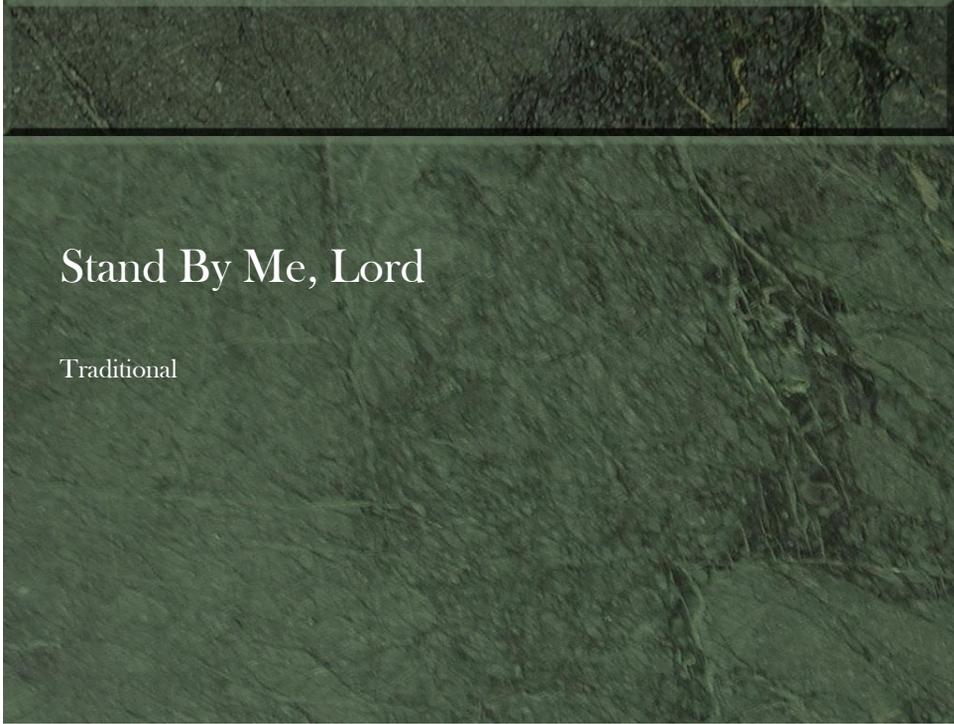
Leader: You have been with us at our life's shaping,

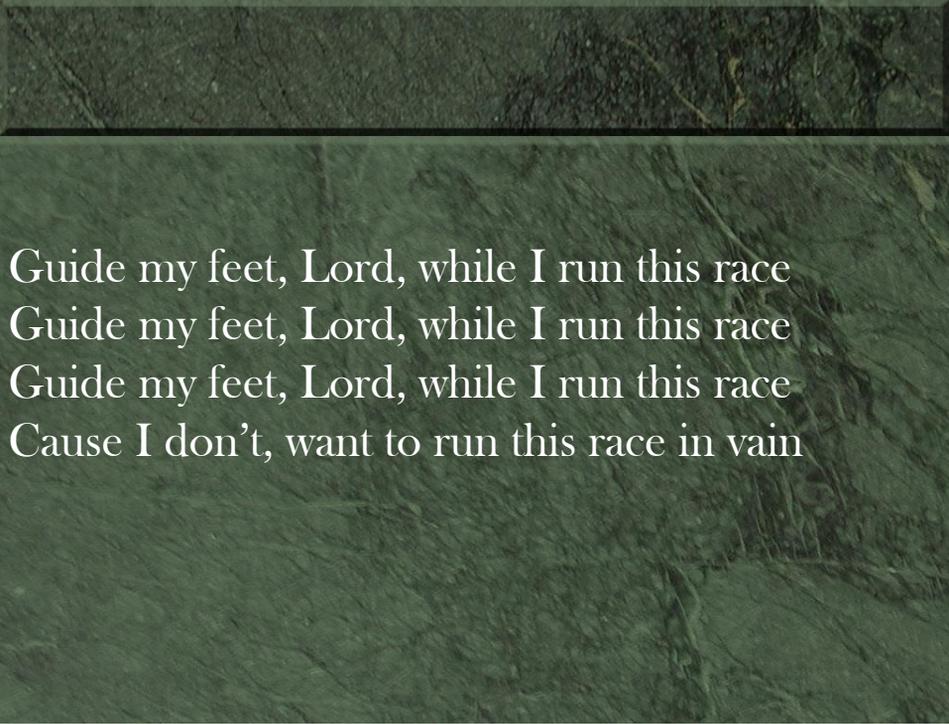
ALL: BE WITH US AT OUR LIFE'S END.



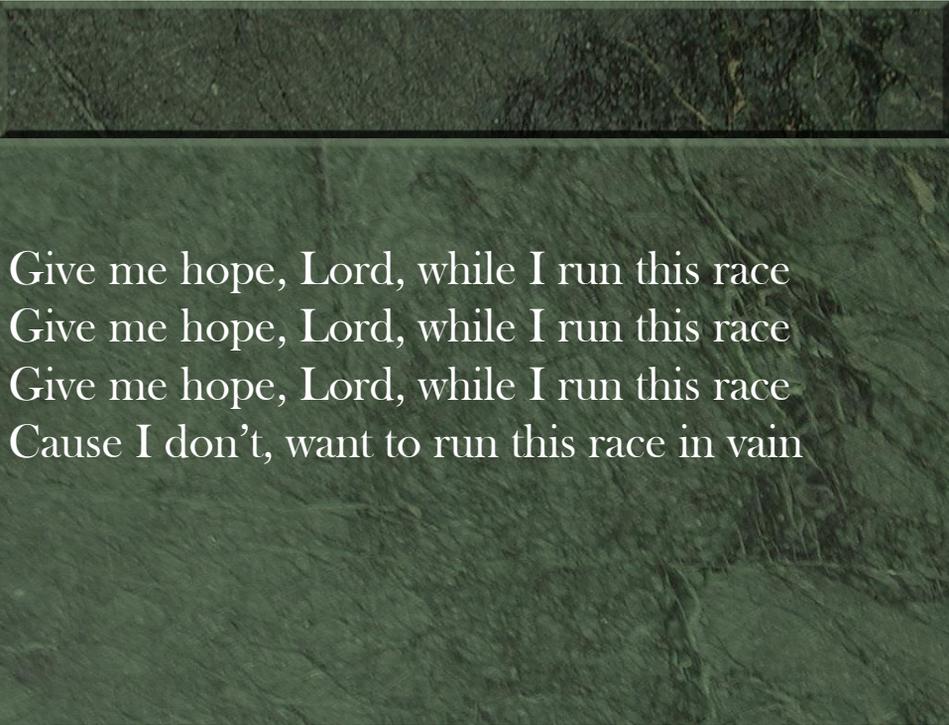
Leader: You have been with us at the sun's rising,

**ALL: BE WITH US TILL THE DAY'S END.
AMEN.**

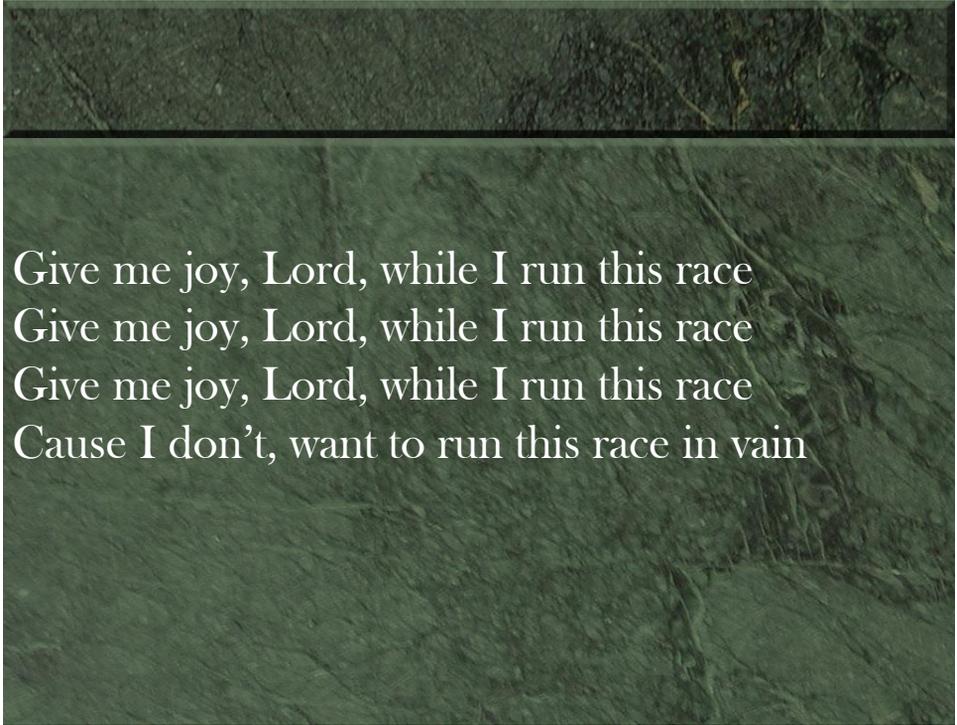




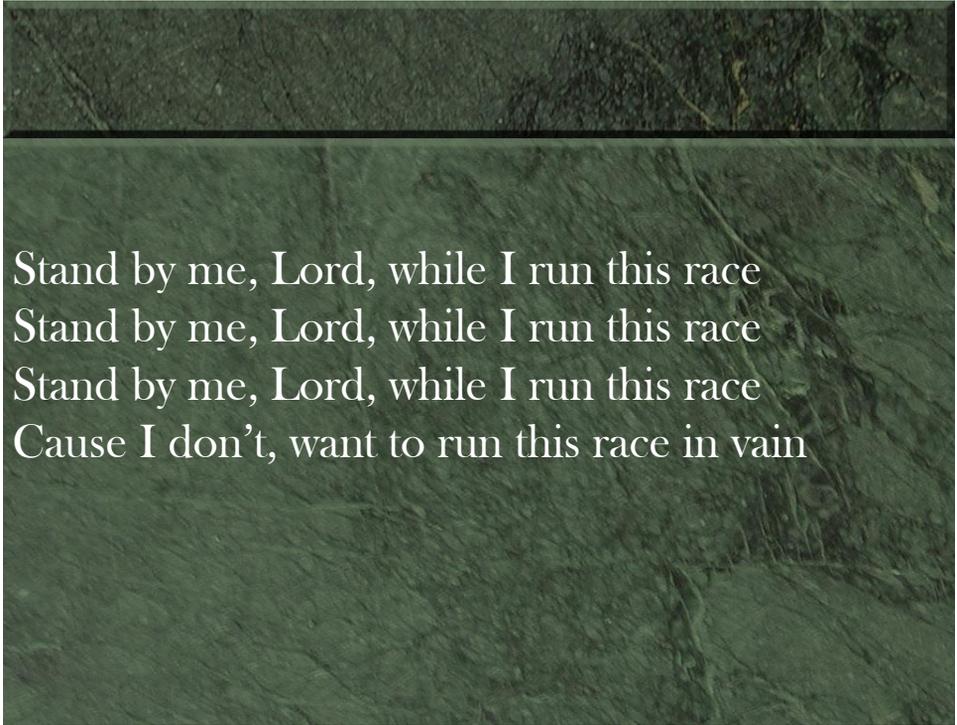
Guide my feet, Lord, while I run this race
Guide my feet, Lord, while I run this race
Guide my feet, Lord, while I run this race
Cause I don't, want to run this race in vain



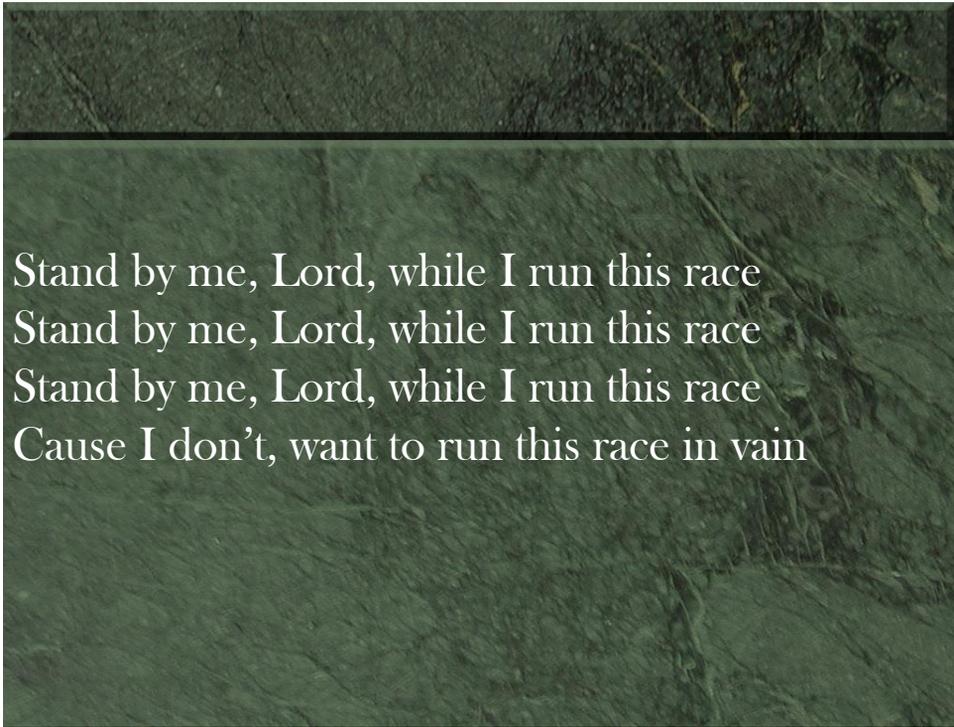
Give me hope, Lord, while I run this race
Give me hope, Lord, while I run this race
Give me hope, Lord, while I run this race
Cause I don't, want to run this race in vain



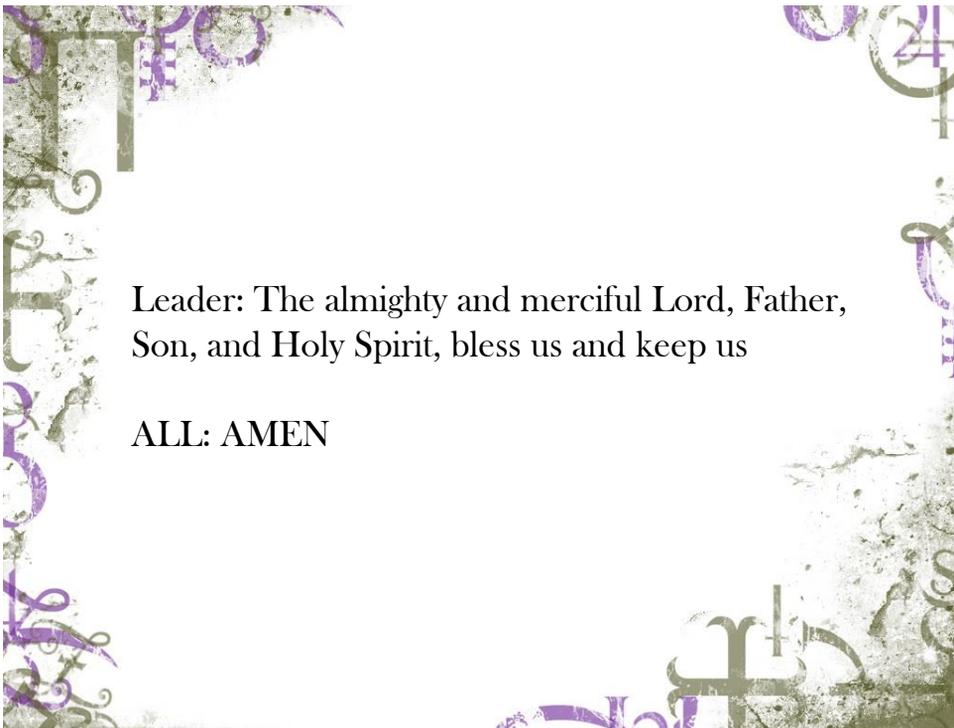
Give me joy, Lord, while I run this race
Give me joy, Lord, while I run this race
Give me joy, Lord, while I run this race
Cause I don't, want to run this race in vain



Stand by me, Lord, while I run this race
Stand by me, Lord, while I run this race
Stand by me, Lord, while I run this race
Cause I don't, want to run this race in vain



Stand by me, Lord, while I run this race
Stand by me, Lord, while I run this race
Stand by me, Lord, while I run this race
Cause I don't, want to run this race in vain



Leader: The almighty and merciful Lord, Father,
Son, and Holy Spirit, bless us and keep us

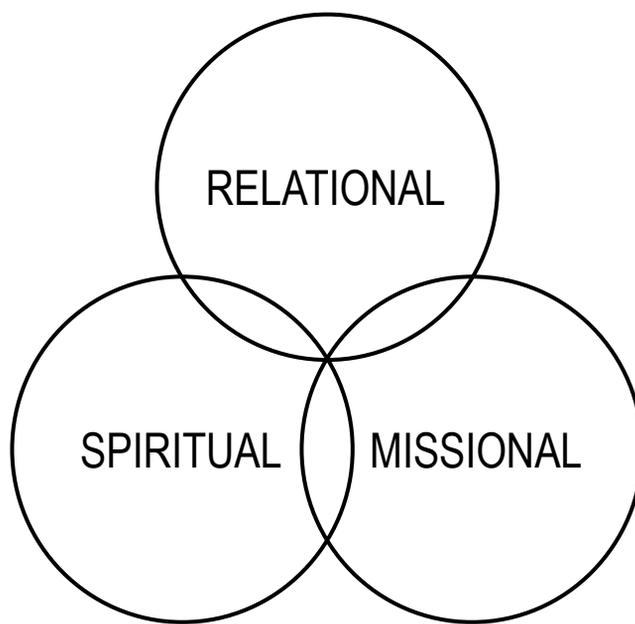
ALL: AMEN

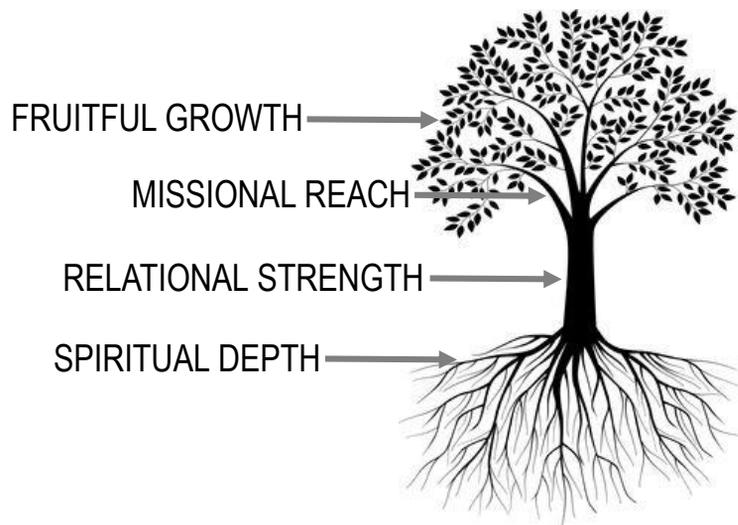




MISSIONAL COMMUNITIES EXIST
WHEN WE PARTICIPATE IN
GOD'S MISSION OF RECONCILIATION
BEYOND THE WALLS OF THE CHURCH
THROUGH FRIENDSHIP AND WORSHIP.

MISSIONAL COMMUNITIES ARE
SACRAMENTAL AND RELATIONAL OUTPOSTS
FOR THOSE THAT CANNOT, OR WILL NOT,
GET TO A TRADITIONAL CHURCH ENVIRONMENT.





SYLLABUS

Improv education is experiential in nature. We can talk about “Yes, and” for days, but until we put it into practice, it’s all theory. That practice inevitably creates conversations around the ideas presented that sometimes branch off in unexpected and exciting directions.

It is the improv instructors job to show the participant the path and pick them up when they stumble. But the participant must do the walking. That means that - from time to time, and depending on the group - we often find that it’s important to linger on an activity longer than we planned, or sometimes even to change the plan entirely to accommodate the needs of the participants.

The syllabus presented below is designed to ease the participant into the practice through a series of small incremental steps so that, by the time we hit the halfway mark, everyone has bought in.

First and foremost, improv is supposed to be fun. The spirit of play we had as little kids - fearless risk taking, cooperation, being present, commitment, and joy - is what we’re trying to bring back into our grownup world. 90% of the benefit of these exercises will come from just relaxing and participating. For that reason, we’re committed to this being fun.

Alas, boring technical descriptions of theater games never do them justice. So despite the clinical nature of our prose, all these games will be both interesting and engaging.

ESTIMATED TIME	ACTIVITY DESCRIPTION	DISCUSSION POINTS
1:00 - 1:05	<p>Introductions and Break Outs</p> <ul style="list-style-type: none"> • Outlining the general goals of the 2 hour program and what we hope them to get out of it. • Brief Introduction from the facilitators. • Breakout into 5 groups! 	<p>- Who are we? Why are we here? What are our credentials?</p> <p>- Brief overview. What is improv “really” about? How can we apply these principles to our own facilitations</p> <p>- You’ll also walk away with some fun new icebreakers and activities you can use in your trainings.</p> <p>- Personal statement of improv’s effect on our lives.</p>
1:10 - 1:40	<p>Warm Ups</p>	<p>- Introduce participants to basic principles of improv and the foundation of our discussion.</p> <p>- Get participants comfortable with taking risks in front of each other through basic activities and games.</p> <p>- Introduce principles of “CLASS RHYTHM” (Low to high risk activities) and “ECONOMY OF FEEDBACK” (What’s important to point out?)</p> <p>- Discuss the importance of the “Warm Up” phase - getting students in a condition to learn sometimes requires more time than the actual teaching.</p>

		<p>- ONGOING: how can we use these improv principles in our training?</p>
	<p style="text-align: center;">Name Game</p> <ul style="list-style-type: none"> • Pass names around with silly sounds and motions. • Goal is to send energy around fluidly 	<p>- Was anyone self conscious? Afraid to make a choice? If so, why?</p> <p>- What was it like when someone made a super bold, risky choice? How did that affect the game?</p> <p>- Focus on and notice when people are criticizing each other. How did that make you feel?</p> <p>- Focusing too hard on the imagined outcome can get in the way of team momentum. (Process vs. Product).</p>
	<p style="text-align: center;">Pass the Clap</p> <ul style="list-style-type: none"> • Send clap around the circle, making eye contact and clapping at the same time. • Keep energy moving around fluidly 	<p>- What happened when the game broke down?</p> <p>- Listening is a two way street. It involves the sender and the receiver and full body communication.</p> <p>- What happened to the conversation when someone wasn't waiting for the other person, doing their own thing?</p>
	<p style="text-align: center;">7 Things</p> <ul style="list-style-type: none"> • People rattle off seven things in a category of their choosing.. • Everyone says yes to each other's ideas, no matter what. 	<p>- What was it like being unconditionally supported?</p> <p>- Have you ever been afraid to speak because you thought your idea was going to get shot down?</p> <p>- Have you ever shot someone down without listening first?</p> <p>- When yes is our first instinct, we create an environment of possibility.</p>
	<p style="text-align: center;">Zip, Zap, Zop</p> <ul style="list-style-type: none"> • Zip, Zap goes around the circle. • Zop reverses direction. • Goal is to keep the energy moving, 	<p>- Zop is like saying "no."</p> <p>- Why did you say, "no?"</p> <p>- How did you feel when someone said "no" to you?</p> <p>- What effect does an environment of no have on your team?</p> <p>- When we're in stressful, new situations - situations where we have no control, our analytical brain shouts at us to say, "No!" more often than it needs to as a method of control.</p> <p>- Negativity begets negativity. If we're</p>

		fighting our clients and not really listening. They aren't going to listen to us.
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	<p>Child Game/Quick Agreement</p> <ul style="list-style-type: none"> • A quick game (Marco Polo or Red Rover) that gets people back together on the same page. • Focus on low stakes silly fun. • Participants should be acting like little kids by the end. 	<ul style="list-style-type: none"> - How the nature of play changes as we age from a focus on process (having fun, working together to a common goal) to product (winning/losing). - How we over generalize our focus on product to every area of our life. And how that focus can impede peak performance. - What athletes call "The zone" - effortless effort. - Zen parallels - right action, detach yourself from expectation. - Attack more of our lives with a spirit relaxed playful confidence.
1:40 - 2:10	Exercises	<ul style="list-style-type: none"> - To give our brains an improv work out, addressing specific themes: - The power of saying "Yes, and" - How positivity and trust can help make us more fearless and more "yesses!" from other people in our life. - How listening without judgement and being present can create instant rapport. - Introduce principles of "MODELING BEHAVIOR" and "TEACHING TO NEEDS" (Improvisational Teaching) and "EXPERIENTIAL LEARNING" - Discuss the importance of the "Exercise" phase - getting students a workout in the day's lesson
	<p>Yes, and!</p> <p>Yes And Story -- <i>Stand in a circle, and tell a story using "Yes, and."</i></p> <p>Word at a time Story --<i>Stand in a circle and tell a story one word at a time.</i></p>	<ul style="list-style-type: none"> - Listening and building on other people's ideas. We give up some control, but it creates more win/wins. - The more we resist, the less we listen, the harder it is to adapt to the unexpected. Feedback loop of negativity. Hard to get our desired outcome if we're trying to control. - "Yes, And" honors the needs and ideas of others while pushing your agenda.
	Hitchhiker	<ul style="list-style-type: none"> - This is intended to show us the power of immediate, unconditional support.

	<p>Group is on a road trip, having a normal conversation.</p> <p>They see a hitchhiker and decide to pick him up.</p> <p>The hitchhiker has an unusual personality trait that the group takes on immediately.</p>	<ul style="list-style-type: none"> - Participants must honor what is put in front of them and fully embrace it . - Saying "Yes, and" and working together to find creative solutions to problems. - Taking big bold risks! And having those risks supported. Rather than shooting down the unexpected, "Yes, anding them!" - Creating an environment of trust and support and play in the classroom can lead to bigger, bolder more fearless choices.
<p>2:10 - 2:30</p>	<p style="text-align: center;">Games</p>	<ul style="list-style-type: none"> - Using the skills we've developed over the the last hour, we'll use some improv games to address some real world challenges salespeople might face - Rapport Building - Overcoming objections - Keeping the conversation going. - We'll be specifically exercising the muscles of mindful/active listening, staying in the moment, fearlessness, and getting what we need. - Discuss the importance of the "Games" phase - where we turn actual, real world scenarios into games for the students to play
	<p style="text-align: center;">That's Awesome! Because!</p> <ul style="list-style-type: none"> • 2 at a time: one participant has a ridiculous problem. The other has to address the problem by empathizing with them and saying "I know because" and use that tool to explore solutions. <p style="text-align: center;">EXAMPLE:</p> <p>"My tire is flat, so I can't go on our date." "I know you're tire is flat, because you ran over that nail. How about I come over and pull that nail out and then we can eat dinner at your house." "I can't have you over, because my house is filthy." "I know your house is filthy, because you've been so busy lately. How about I help you run some of your errands after I fix your tire."</p> <ul style="list-style-type: none"> • Participant with the problem must try to maintain their problem while the other participant fixes it. 	<ul style="list-style-type: none"> - Get participants to "Yes And" objections to find solutions. - Get participants to keep the conversation going. - Side coach, paying special attention to participants "Yes and'ing each other's agenda." - Due to the size of the class, have them pair off to practice this. Float around and listen, making adjustments where needed." - How can this game be used to address actual sales issues.

2:30 - 2:40	<p style="text-align: center;">Debrief</p> <p>- Using “THINK, PAIR, SHARE” have the participants share their experiences with one another.</p>	<p>- Ask the question, “Has your view as a teacher changed during this process? If so, how?”</p> <p>- Ask the Question, “What are some tool that you’re excited about trying in your own classes?”</p> <p>- Lead group discussion about these topics.</p>
	<p style="text-align: center;">Ad Game</p> <ul style="list-style-type: none"> • We need to design and market a new product! In this high energy brainstorming session, we'll build an ad campaign for a product that will never exist! 	<p>- Problem solving.</p> <p>- Saying “Yes, and” and working together to find creative solutions to problems.</p> <p>- Taking big bold risks!</p>

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<http://coldtownetheater.com>
512-423-4209

In addition, here's a list of improv games and improv warm ups that are great for setting the mood for a meeting or event. I didn't put this list together, so I can't 100% vouch for all of it but a quick perusal shows that most of the descriptions are pretty clear.

<http://improvcyclopedia.org/categories/Warm-up.html>

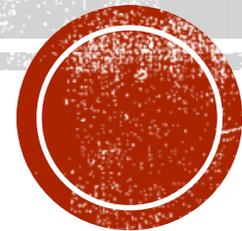
And here are even more games:

<http://improvcyclopedia.org/games/index.html>

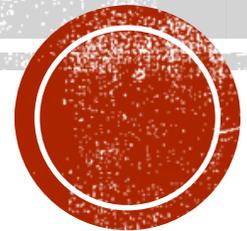
As you can see there's an overwhelming amount. The games I did are my go to favorites for first time and large groups!

<http://improvcyclopedia.org/games/index.html>

MAKING MISSION



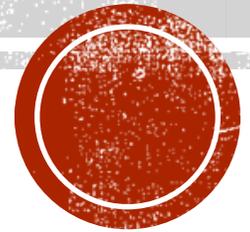
**WHAT, WHERE, WHEN
AND HOW?**



WHY AND WHO?



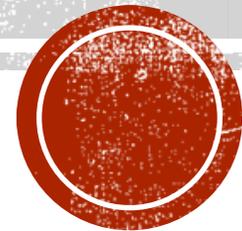
GOD'S WHY?



*The glory of God is the
human person
fully alive!*
-St. Irenaeus



WHO?





**“Go to the Places that He
intended to go!”**



cul·ti·vate

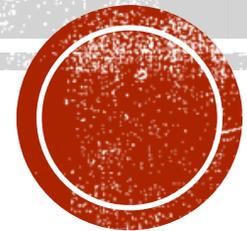
/ˈkʌltəˌvāt/ 

A verb from the mid 17th century, meaning:

- To foster the growth of;
- To seek the society of; make friends with

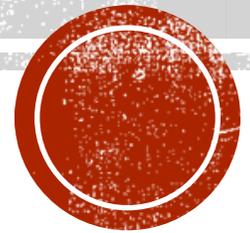


CULTIVATOR AND CURATOR





ASSETS



JOHN 6:8

One of his disciples, Andrew, the brother of Simon Peter, said to him, “there is a boy here who has five barley loaves and two fish; but what is that among so many?”



- **Physical - Red**
- **Relational - Blue**
- **Skill - Yellow**



PHYSICAL

RELATIONAL

SKILLS



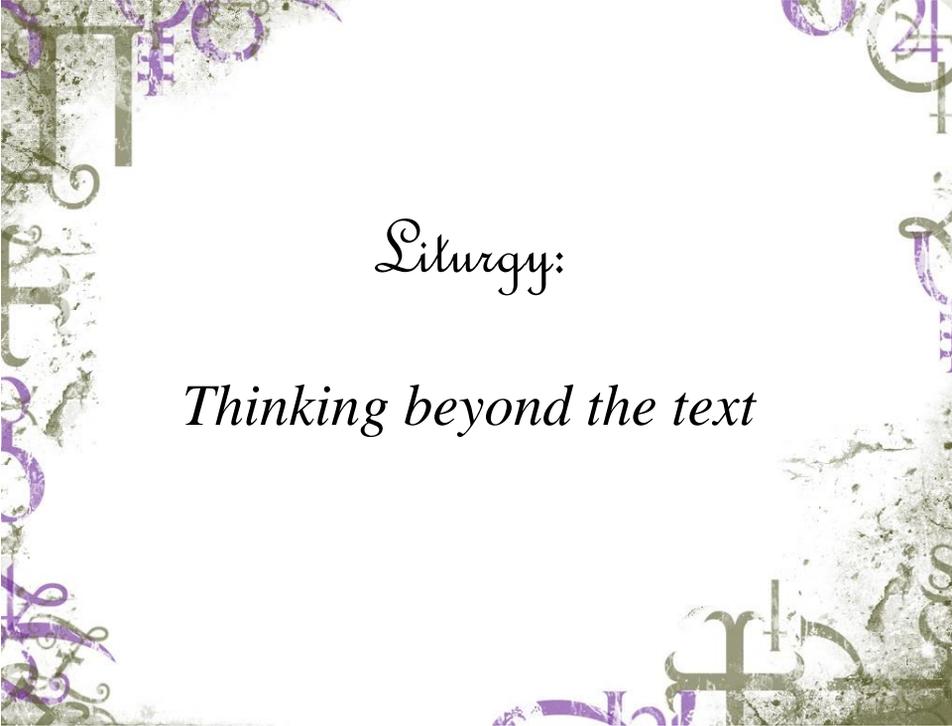
STANDARD ASSETS

- 1 clergy person for 5 hours a month
- \$2,500 for a yearly budget
- 4 volunteers giving 2 hours a week



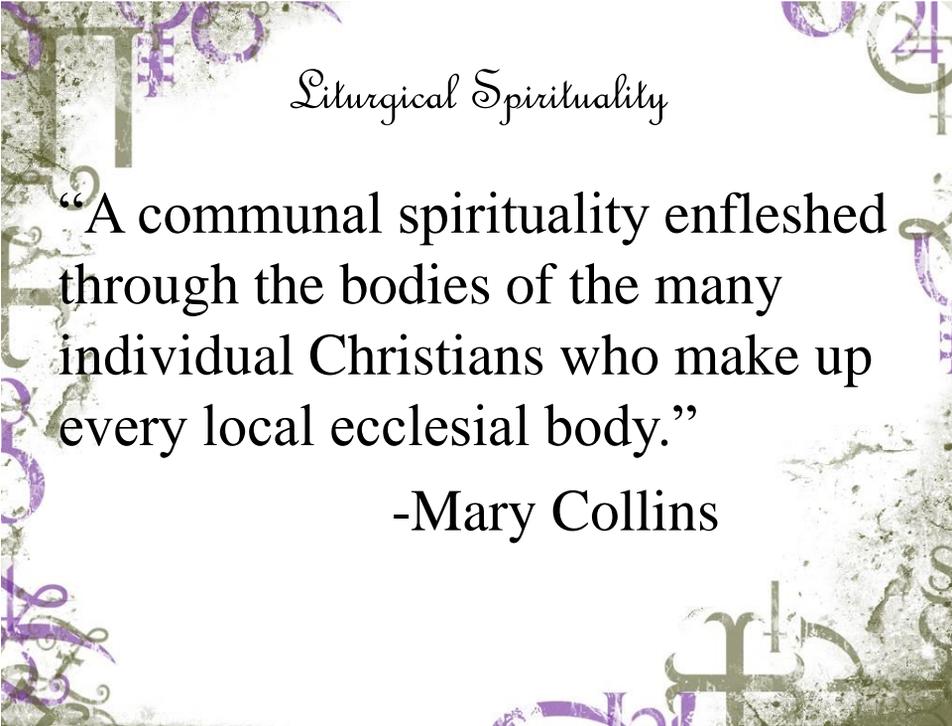
- **Rhythm and Spiritual Nourishment**
- **Deep and Meaningful Relationships**
- **Missional Impulse**





Liturgy:

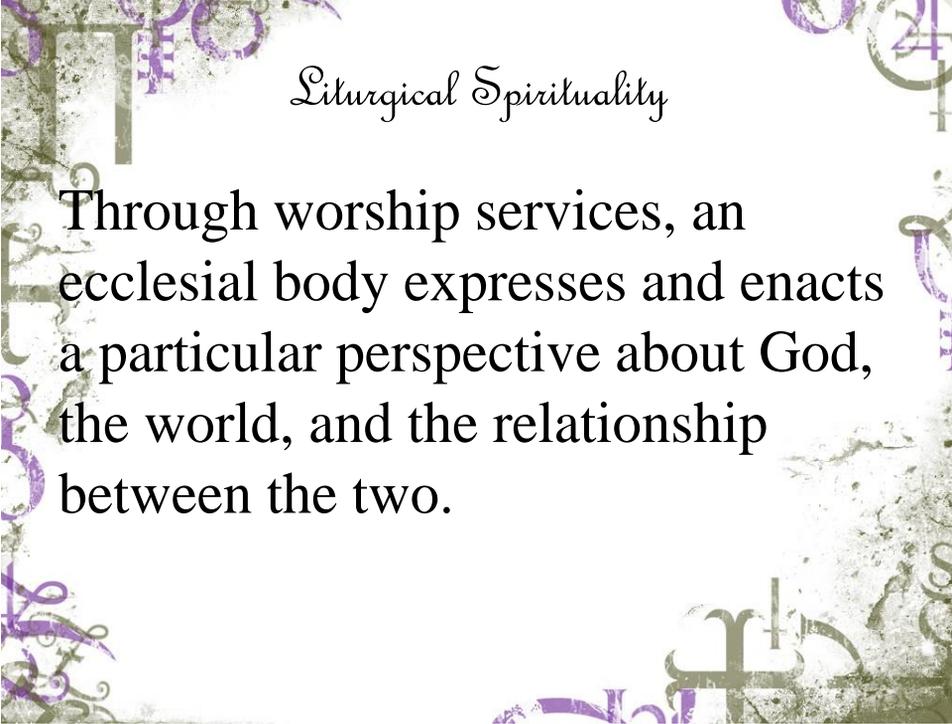
Thinking beyond the text



Liturgical Spirituality

“A communal spirituality enflashed through the bodies of the many individual Christians who make up every local ecclesial body.”

-Mary Collins



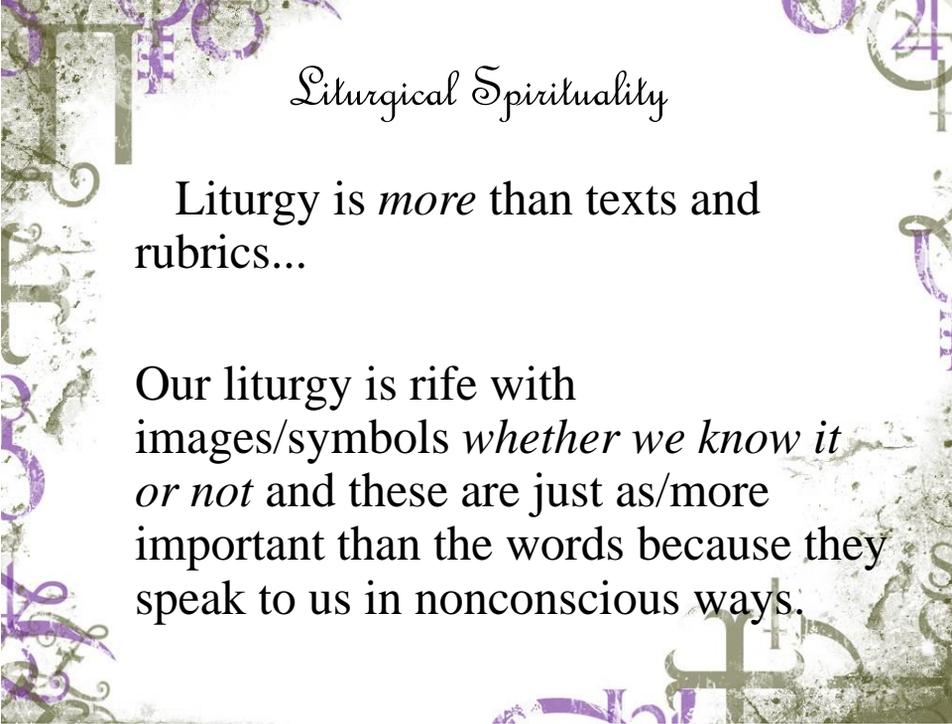
Liturgical Spirituality

Through worship services, an ecclesial body expresses and enacts a particular perspective about God, the world, and the relationship between the two.



Liturgical Spirituality

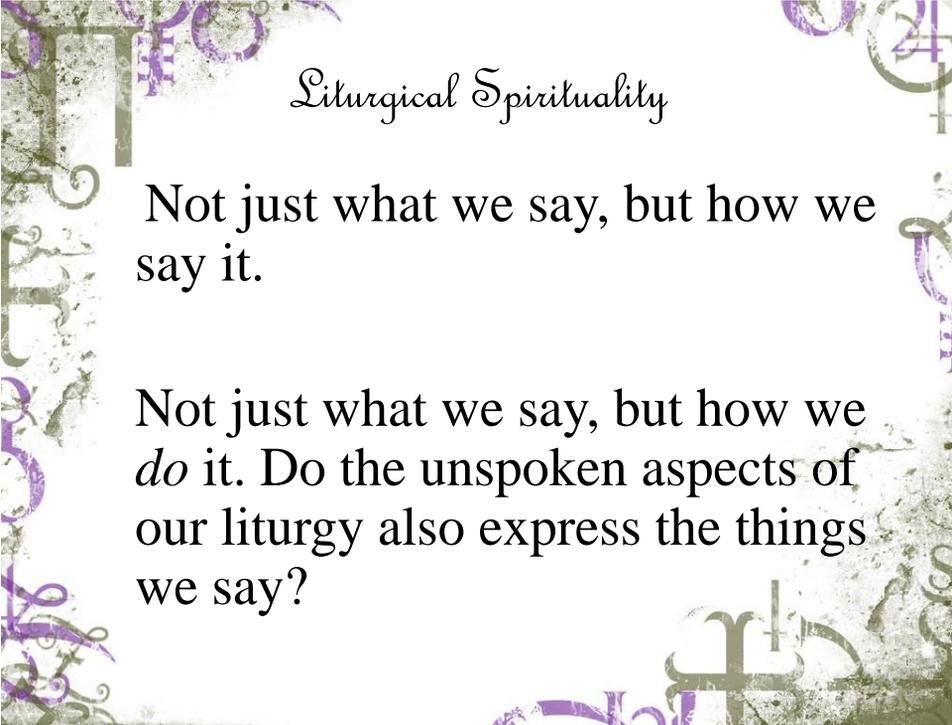
Over time, the images (visual, auditory, and otherwise) made available in liturgy play an important role in the development of a corporate identity.



Liturgical Spirituality

Liturgy is *more* than texts and rubrics...

Our liturgy is rife with images/symbols *whether we know it or not* and these are just as/more important than the words because they speak to us in nonconscious ways.



Liturgical Spirituality

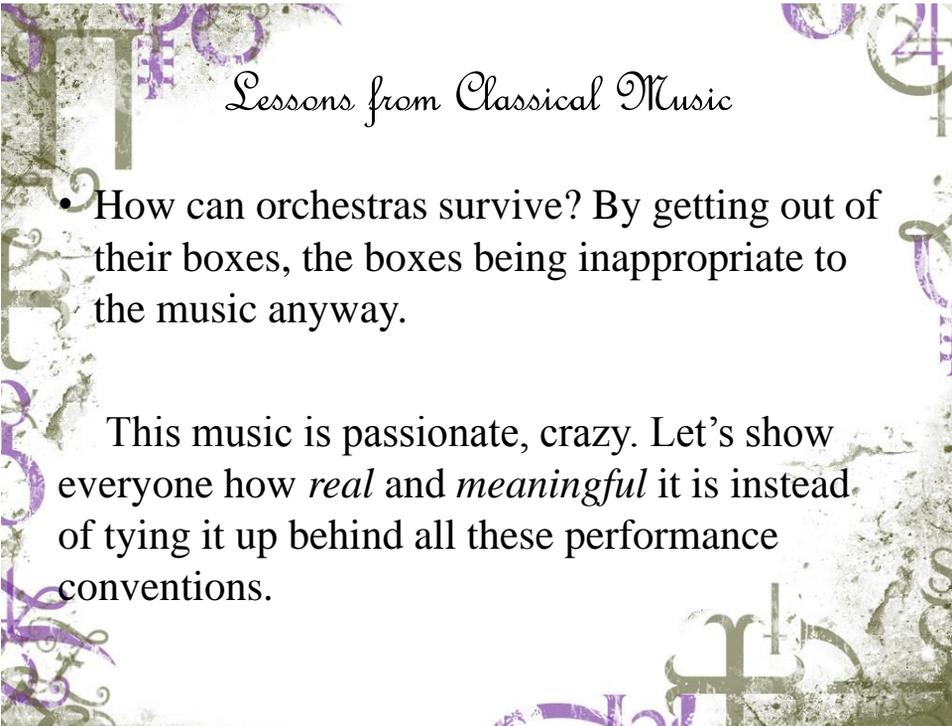
Not just what we say, but how we say it.

Not just what we say, but how we *do* it. Do the unspoken aspects of our liturgy also express the things we say?



Lessons from Classical Music

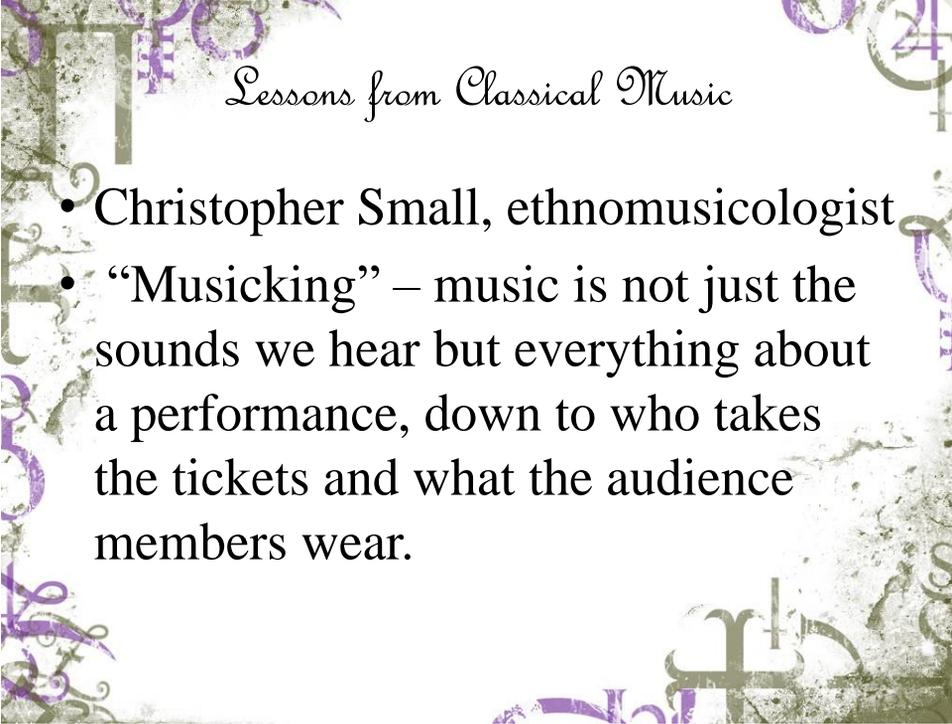
- **Gregory Sandow** – music critic/composer/teacher
- How to do classical music “better” – how to give it some longevity because it is dying.



Lessons from Classical Music

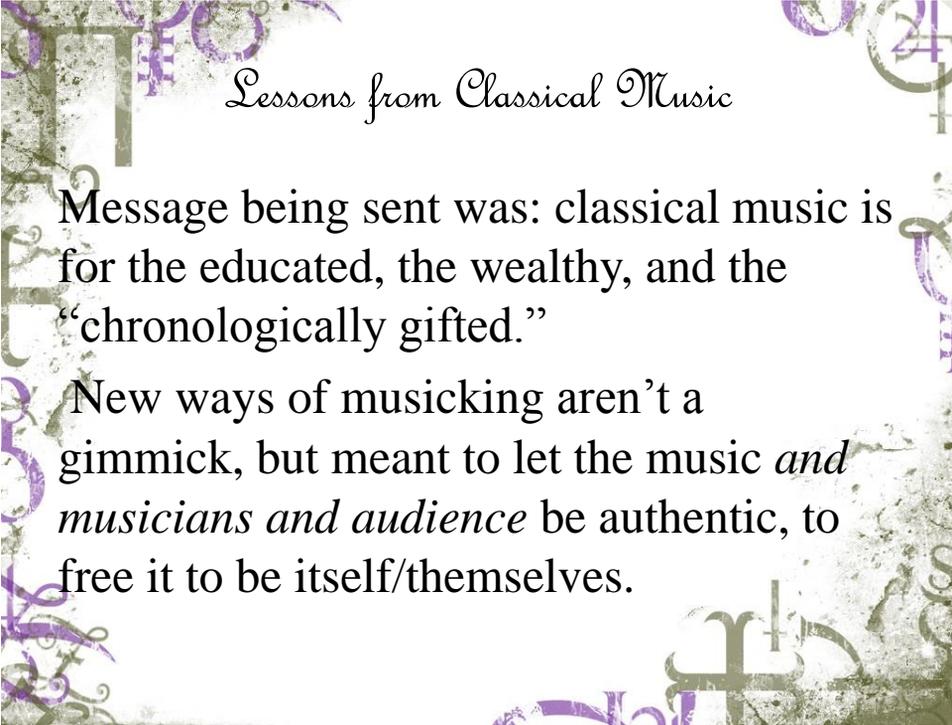
- How can orchestras survive? By getting out of their boxes, the boxes being inappropriate to the music anyway.

This music is passionate, crazy. Let's show everyone how *real* and *meaningful* it is instead of tying it up behind all these performance conventions.



Lessons from Classical Music

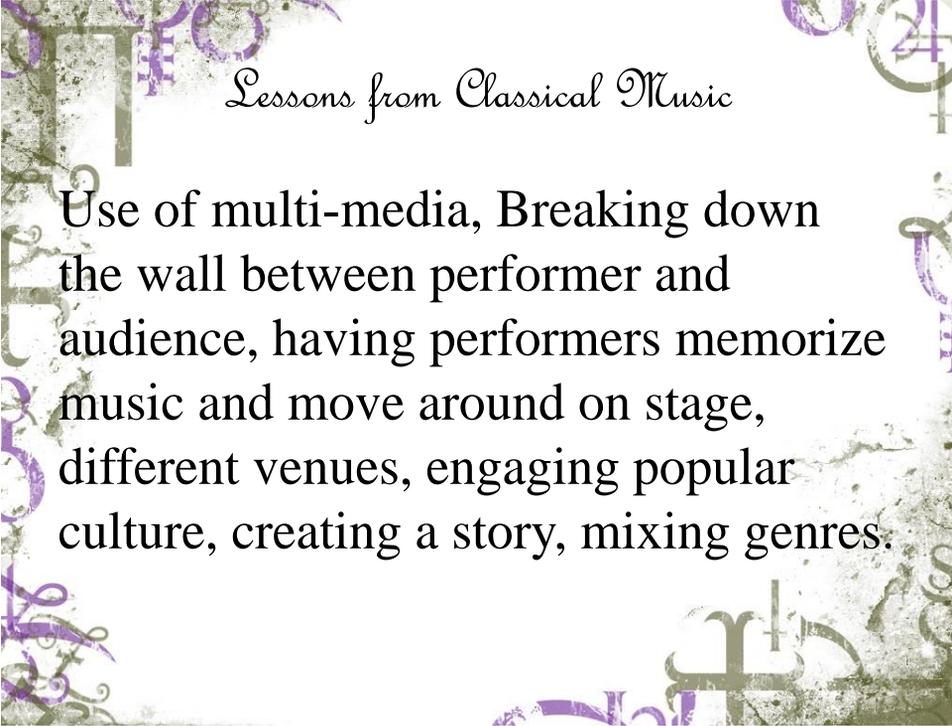
- Christopher Small, ethnomusicologist
- “Musicking” – music is not just the sounds we hear but everything about a performance, down to who takes the tickets and what the audience members wear.



Lessons from Classical Music

Message being sent was: classical music is for the educated, the wealthy, and the “chronologically gifted.”

New ways of musicking aren’t a gimmick, but meant to let the music *and musicians and audience* be authentic, to free it to be itself/themselves.



Lessons from Classical Music

Use of multi-media, Breaking down the wall between performer and audience, having performers memorize music and move around on stage, different venues, engaging popular culture, creating a story, mixing genres.



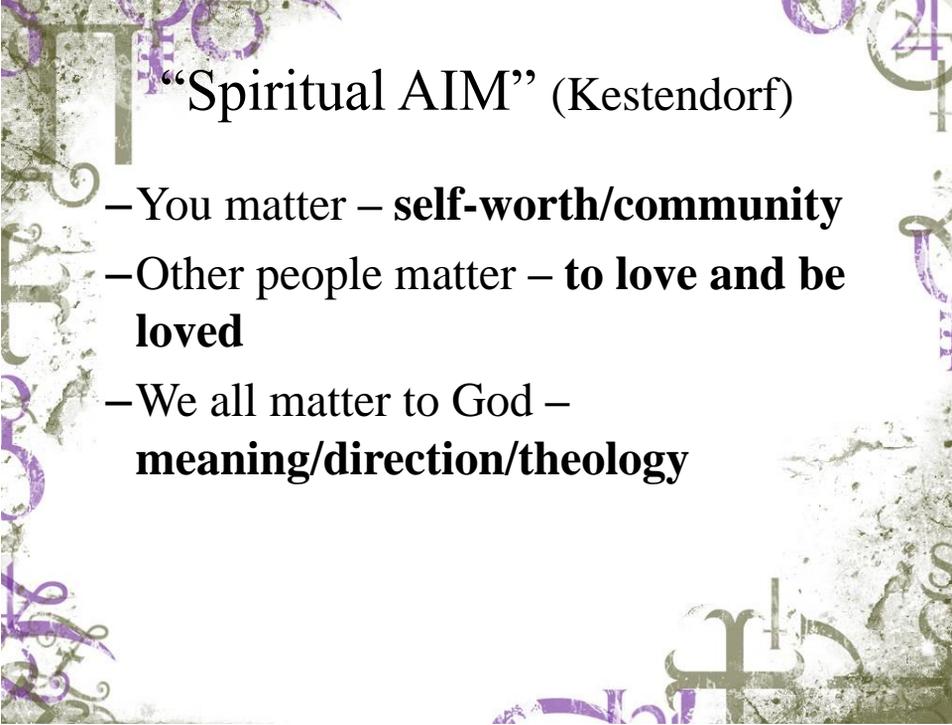
Lessons from Classical Music

- New classical music audiences want to:
 - Participate – we are *musicking* together (even if not actually involved in the *sound*, we participate in the event. Self-expression, response on social media, etc.)
 - Connect with each other, connect with performers
 - Experience transcendence/beauty/passion/story



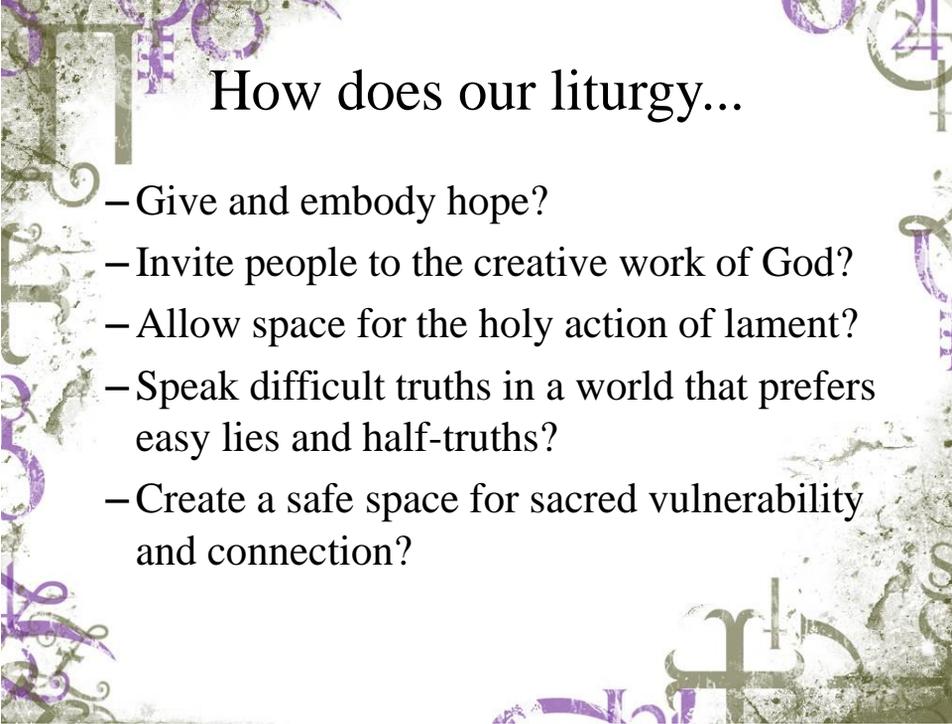
Classical Music meets Pastoral Care

- Participate – we are *musicking* together (even if not actually involved in the *sound*, I participate in the event. Self-expression, response on social media, etc.) **You matter**
- Connect with each other/performers, hear their stories **Other people matter**
- Experience transcendence/beauty/passion
We all matter to God



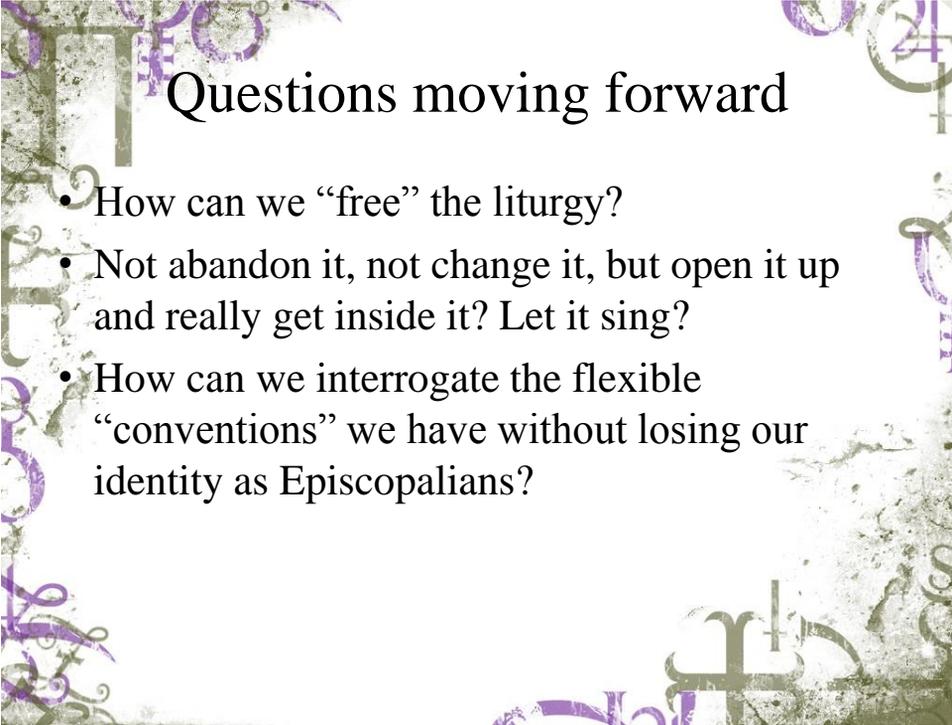
“Spiritual AIM” (Kestendorf)

- You matter – **self-worth/community**
- Other people matter – **to love and be loved**
- We all matter to God –
meaning/direction/theology



How does our liturgy...

- Give and embody hope?
- Invite people to the creative work of God?
- Allow space for the holy action of lament?
- Speak difficult truths in a world that prefers easy lies and half-truths?
- Create a safe space for sacred vulnerability and connection?



Questions moving forward

- How can we “free” the liturgy?
- Not abandon it, not change it, but open it up and really get inside it? Let it sing?
- How can we interrogate the flexible “conventions” we have without losing our identity as Episcopalians?

Specifics

- **Offering** – Do we have to just sit there? What else can be expressed and how?
- **Prayers of the People** – how can we be drawn into the experiences of one another more fully?
- **Preaching** Why are we doing this? How do we preach without preaching a sermon? How do we preach together?

Specifics

- **Scripture reading** – how to deepen engagement? How to combat the false dichotomies of scripture? How to increase the religious imagination of congregation through scripture?
- **Eucharist** – how to enlesh that the ordinary is sacred? That eternity is now? That Jesus is among us? That you matter, others matter, we all matter to God? (*Models of the Eucharist* by Kevin Irwin)

Specifics

- **Entrance**– what are we doing and why? How can this be made more meaningful?
- **Benediction/Blessing** – how do we en flesh what we believe about the church in the world through these rituals?
- **Passing the Peace** – how to teach meaning behind this *through* the experience of it? (It is where it is in the service for a reason...)

Specifics

- **The structure of the service** – how can we communicate to people (without being didactic!) that entering into the liturgy is entering into a *story*?



Liturgy:

Thinking beyond the text