

# ESG Prayer Circle – A New Year! Setting a Course for the New Year

January 6, 2021 Epiphany

Welcome, we will begin around 10:45,  
after some music

## **CALVIN AND HOBBS**

**by Bill Watterson**





# Gathering Music – Revival by Laila Biali

- <https://youtu.be/VTfzynp49EM>
- Listen to the words of Inspiration for 2021



# Welcome to our Prayer Circle

- Glad to see you as we Start 2021!
- ***“It’s a chance to let go of some things and decide who we are going to be this coming year.”*** Michelle Thomas-Bush, d365.org
- Light a Candle 🕯️ Inviting God’s presence
- We are not Alone newsletter - Blessings
- Please Mute your Audio unless we ask for participation

## TAKE A MOMENT TO BREATHE



- Focus on where you are right now
- Just notice and acknowledge any physical discomfort you are experiencing in this moment
- Just notice and acknowledge any emotions you are feeling in this moment
- Allow yourself to be open and present to whatever thoughts, fears, images, desires, or yearnings pass through your mind
- Then refocus on your breath & that you are where you need to be right now



Richard Bott, Moderator, UCC

In the last five minutes of 2020,  
I remember the sorrows and the joys that  
this year has brought.

As the year turns, I continue to pray for this  
world, and all of its creatures, including us,  
the human ones.

May the coming year be one of hope  
fulfilled, of our senses widened, our  
dreams expanded...and may we know  
God continues to love, always and  
forever. May we work to do the same.



# Ken Smee's Reflection on Goals

## - a lesson from the Camino

- ▶ This is the time of the year when we commonly make New Year's Resolutions, or maybe we used to. The reality is that we don't know what will happen in 2021. We certainly did not know in 2020! This can be an unsettling feeling. We are used to living our life as we want to, making decisions with some confidence about what will happen. So, how can we even think about setting meaningful goals? With so much unknown, is goal setting even a relevant thought process?



# Ken Smee's Reflection on Goals

## - a lesson from the Camino (2/3)

- The Camino has taught me that every day holds a wonderful surprise. The challenge is to be open to what that might be!
- How does a pilgrim deal with goal setting with all the uncertainty? One of the joys of the Camino is gradually realizing that you can let go of most of what consumes your thinking and worrying each day. With so many unknowns, you have to give yourself permission to set goals one day at a time.

## Ken Smee's lesson from the Camino (3/3)

- ▶ Maybe we have to recognize now, as we would on the Camino, that there are too many unknowns for longer term goal setting, other than getting through what remains of the pandemic. So instead, we could ask ourselves what do we know about this coming week? What do we know about tomorrow? What goals can I set for myself? Doing some exercise, contacting someone I have not talked with for some time, making a different meal for dinner, choosing a book to read, or starting a long put off project? What would make me feel good about myself at the end of the day because I did it? Maybe we have to give ourselves permission to focus on the short term, and make a difference for ourselves and others by what we do in that short term. Maybe that will be much more satisfying and meaningful than sitting on our couch being frustrated because of the restrictions that at the moment have no end!



# UCC Epiphany Prayer, January 6

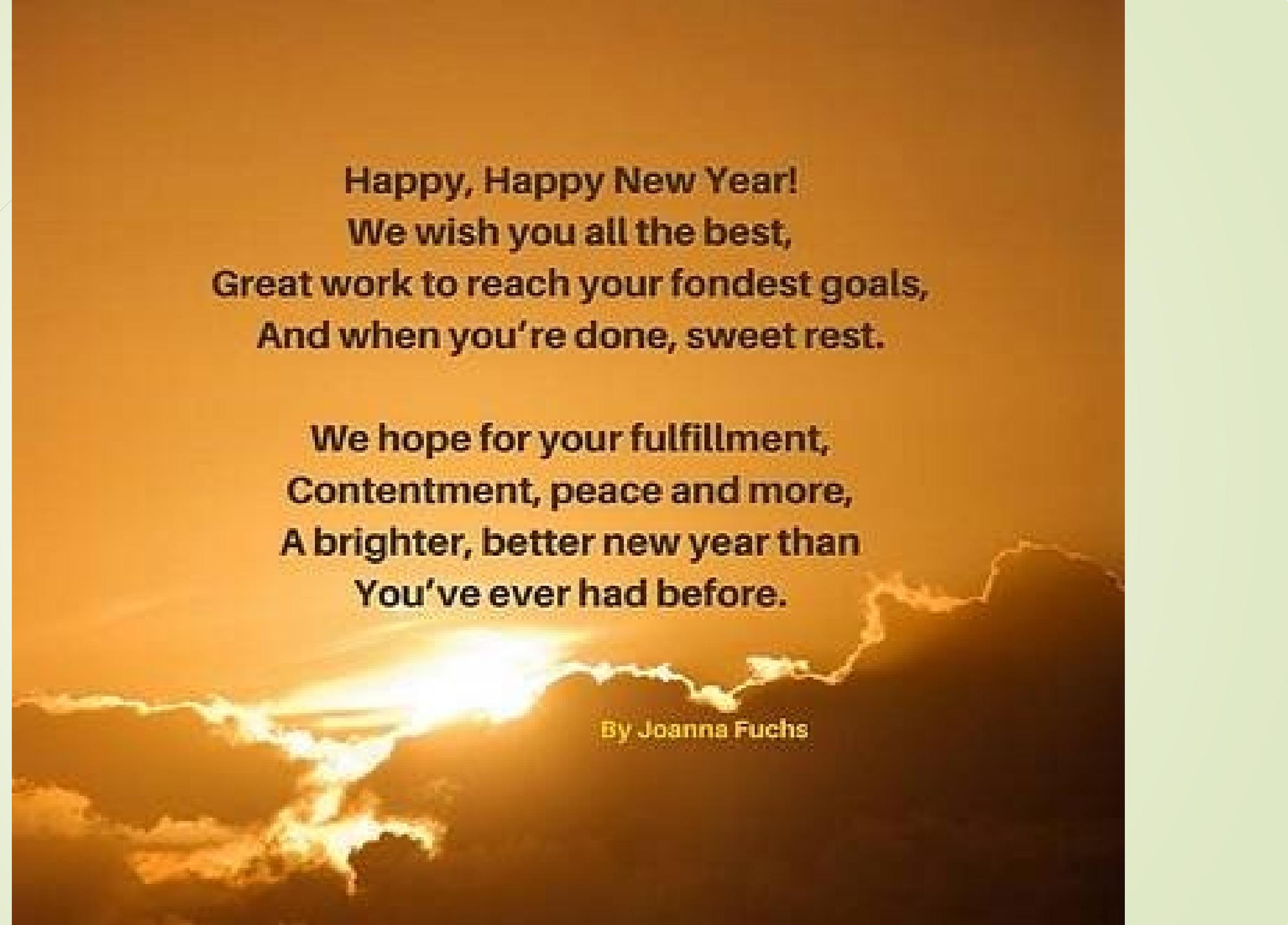
- ▶ We are passing through a threshold that leads into a new way of being church.  
At this threshold **we are not alone:**
- ▶ God is creating new paths and possibilities,  
**as we prepare for where we are going.**  
*(Have a moment of silence to reflect on what is needed to prepare for this new way of being.)*
- ▶ Christ is freeing us with newfound love and grace,  
**as we learn from where we have been.**  
*(Have a moment of silence to reflect on what has been learned from our history.)*
- ▶ The Spirit is revealing new dreams to guide us,  
**as we start our journey home on a new path.**  
*(Have a moment of silence to acknowledge what feelings are arising as we pass through the threshold.)*
- ▶ At this entryway:
- ▶ We take courage in the assurance that God goes with us;  
we affirm our call to go where Christ leads; and  
we trust the Spirit to guide us through the challenging space between, where we have been, where we are, and where we are going.
- ▶ Surely, we are not alone.  
**Thanks be to God.**



**Happy, Happy New Year!  
We wish you all the best,  
Great work to reach your fondest goals,  
And when you're done, sweet rest.**

**We hope for your fulfillment,  
Contentment, peace and more,  
A brighter, better new year than  
You've ever had before.**

**By Joanna Fuchs**





# A time to Share your Prayers Or people you wish to mention?

- An opportunity for your 'Conversation with God'
- I'll start with my prayer, then as you are comfortable,
- Offer your Prayers or thoughts for others
- Turn On your Audio/ Video ...



As you are comfortable,  
please add your own prayers

Loving God, thanks for listening in 2021, as always.

As we continue to plan during this Pandemic, help us to share with you our thoughts and concerns.

This week I pray for our Frontline workers, especially in Health Care, where there was no holiday break and they face constant threats.

I continue to worry about teachers and school children, coping with new ways of learning, while worrying about COVID spread.

Listen now for the prayers of others, both shared and silent.

Thank you for reminding us, We are not alone. Amen

(Return to zoom gallery)



# We are not alone

- Continue to Stay connected by phone, email
- It's hard to isolate just with our own household.
- Watch and Share new resources
- *Looking for facilitators for January 20, 27*
- *Themes from 'We Are Not Alone'*
- Thanks for participating; now please Mute your audio for our final music.



## Blessing:

As we pass over each new threshold,  
let us give all thanks and glory to God,  
**whose power working in us  
can do infinitely more than we can ask  
or imagine.**

Glory to God from generation to  
generation,  
in the church, and through the Spirit,  
now and forever,  
Amen.



Happy New Year 2021   

[https://www.jacquielawson.com/ecard/pickup/r4fc-af6631591442c8171ce3472329895?source=jl999&utm\\_medium=pickup&utm\\_source=email&utm\\_campaign=receivercontent](https://www.jacquielawson.com/ecard/pickup/r4fc-af6631591442c8171ce3472329895?source=jl999&utm_medium=pickup&utm_source=email&utm_campaign=receivercontent)



# Inspirational Music

## Spirit, Open My Heart, MV 79

- <https://youtu.be/TUy4kas8WR8>
- <https://youtu.be/r2IUdwbK8sk>
- One Song – a song for World Peace and togetherness
- Mitchell Jay
- Still Hoping for Peace in this World (2008 music)