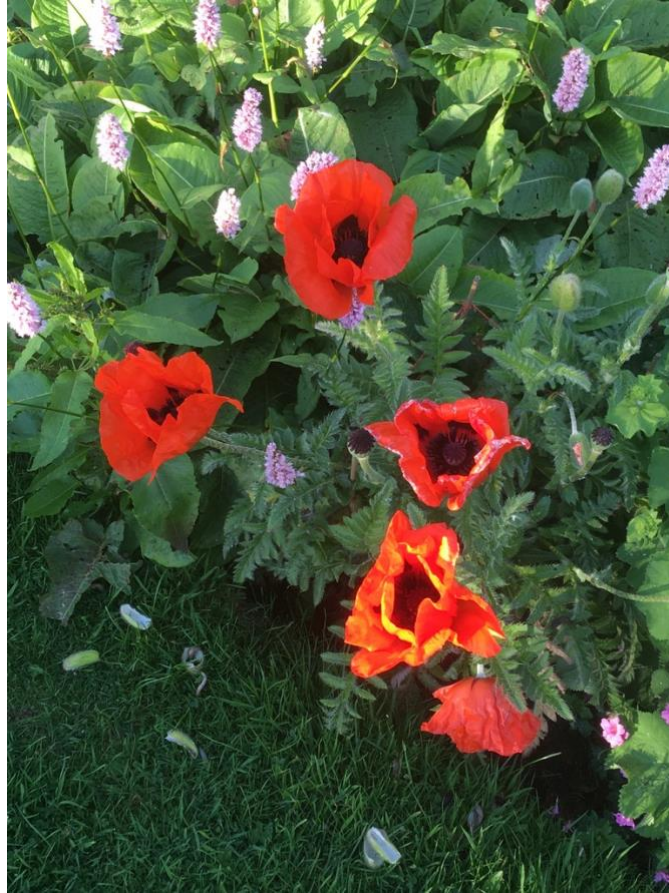


## **St Magnus Cathedral, Kirkwall**

[www.stmagnus.org](http://www.stmagnus.org)

Scottish Charity SCO 05322/CCL No 119086

[www.facebook.com/StMagnusCathedralCongregation](https://www.facebook.com/StMagnusCathedralCongregation)



Minister: Rev Fraser Macnaughton

Tel: 873312

[FMacnaughton@churchofscotland.org.uk](mailto:FMacnaughton@churchofscotland.org.uk)

Pastoral Minister: Rev. June Freeth

Tel: 721449

[JFreeth@churchofscotland.org.uk](mailto:JFreeth@churchofscotland.org.uk)

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Welcome to St Magnus Cathedral this morning. It was founded in 1137 by St Rognvald, in honour of Magnus, his uncle. The Cathedral belongs to the people of Orkney and its doors are open to all. If you are a visitor, we hope this order of service will help you feel part of our worship together.

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**SUNDAY 12<sup>th</sup> July**

You can find our Sunday worship here.

<https://www.facebook.com/StMagnusCathedralCongregation/>

or on YouTube here.

[https://youtu.be/d\\_dElqm5gBs](https://youtu.be/d_dElqm5gBs)

Join our Wednesday ZOOM meditation by signing up here.

[stmagnuszoom@gmail.com](mailto:stmagnuszoom@gmail.com)

Candle meditation

Halleluiah for green  
and the colours of the field  
for yellow and the colour of corn  
gold and the colour of hay  
caramel and the colour of barley

Halleluiah for laughter  
and the sound of life  
for weeping and the sound of pain  
whispering and the sound of mystery  
silence and the sound of grace

Halleluiah for children  
and the chance of a new world  
for seeds and the potential for growth  
imagination and the ability to dream  
strength and the possibility to go on

Halleluiah for love  
and the promise of life  
love and the grace to change  
love and for love again

Halleluiah for life

Reading from Ecclesiastes 3 translation by Shirley Erena  
Murray

From Ecclesiastes 3 Kate Richmond  
Our life has its seasons, and God has the reasons why  
spring follows winter, and new leaves grow, for there's a  
connection with our resurrection that flowers will bud  
after frost and snow.  
So there's never a time to stop believing, There's never  
a time for hope to die, There's never a time to stop  
loving, These three things go on.  
There's a time to be planting, a time to be plucking, a  
time to be laughing, a time to weep,  
a time to be building, a time to be breaking, a time to  
be waking, a time to sleep.  
But there's never a time..... to stop believing, There's  
never a time for hope to die, There's never a time to  
stop loving, These three things go on.  
There's a time to be hurting, a time to be healing, a  
time to be saving, a time to spend,

a time to be grieving, a time to be dancing, a time for  
beginning a time to end.  
But there's never a time..... to stop believing, There's  
never a time for hope to die, There's never a time to  
stop loving, These three things go on.

May we be struck by the wisdom of these words  
and marked by hearing them.  
For within story lies meaning, and  
within meaning, the wisdom for which we seek.

### Reflection Change and Chaos

We all want to control our lives, to some extent, so that  
we can feel safe. Change often throws a wrench in that  
plan, hurling curve balls and body blows that mess with  
the order we crave. Change can feel chaotic. Many of us  
feel that sense of chaos just now.

The difference between a deck of cards and an iPhone  
illustrates the possibilities of chaos. The deck of cards  
is shuffled and completely disordered, a prime example of  
chaos. The iPhone is a prime example of order, an amazing  
machine, the result of decades of precision technology.  
What happens if I drop the cards on the ground? Are they  
any more or less ordered. No. They are no less chaotic  
than they were in my hands.

What about the iPhone? If I drop the iPhone, it  
will be less ordered. It could even be unfixable. The  
machine will be broken, and just as when a friend of mine  
[who shall remain nameless] accidentally dropped his  
iPhone down the toilet, the technical geniuses at the  
Apple store will tell me to get a new machine because  
there is nothing they can do to restore order to my  
phone.

The deck of cards won't organize itself. But it can  
easily be put into order with the help of an even  
moderately intelligent mind. It has potential to be put  
back into order.  
When you think about it, this is incredible. The deck of  
cards which is completely chaotic has greater  
adaptability and potential for order than the precisely  
designed iPhone.

Maybe chaos feels too strong a word. Maybe the word  
"messy" is closer. Or else maybe the word confusion seems  
more fitting. As psychologist Milton Erickson said, "If  
you are willing to be confused about what you know, what  
you know will grow bigger, better and more useful."

This is why at least some chaos can be a gift. If the world functioned like a machine, it would struggle to handle change. Thankfully, the world is a living system and operates more like a deck of cards (sometimes it feels like a house of cards), where change becomes an opportunity for new things to emerge. If people operated like machines, we would struggle with change. But we are more like a deck of cards. With some reorienting of our perspective, such as recognizing that we can't always control the cards you're dealt, but we can always control the way we play them, and some reorganizing of our choices, change brings incredible new opportunities. As Friedrich Nietzsche said, "You need chaos in your soul to give birth to a dancing star."

Change is powerful and not nearly as random as it often appears. Making one, small change such as changing our routine, smiling at a stranger or crossing the street to talk to a neighbour, can lead to incredible transformation.

This excerpt from the novel *The Shack* by W P Young describes the beautiful chaos of a garden. "It was chaos in colour. His eyes tried unsuccessfully to find some order in this blatant disregard for certainty. Dazzling sprays of flowers were blasted through patches of randomly planted vegetables and herbs, vegetation the likes of which Mack had never seen. It was confusing, stunning, and incredibly beautiful. Every step close Mack took changed whatever patterns he for an instant thought he had seen, and nothing was like it had been. But every step back he took from what appeared to be chaos, and taking a wider view of a situation, he began see beauty and order that was hard to detect when he was close up."

Change invites this high and wide perspective. As hard as it is, learning to stay open and awake in the middle of change because incredible new doors can open for us. Change always comes bearing gifts of new possibilities. As the artist Cezanne said, "We live in a rainbow of chaos."

Enjoy the colour, variety and gifts that change brings to life. Befriend chaos, and we can befriend change. Befriend change, and we can unlock the secret to a peaceful life. The first truth of change is that it happens and we are always in the middle of it. The second truth of change is to allow the future to emerge within, through and around us. The third truth of change is to

embrace chaos. Buckle in, stay present, know who we are  
and get ready to grow.

### Prayer

Our celebration of life is always incomplete if we forget  
other people. So this day our hearts reach out in love to  
all whose experience of the divine presence has been  
shaped in the harshness of life.

We call to mind.. those who are still afraid to come  
out.

May they be lifted by the progress and protections  
shifting all around them and may they find the support  
they need to sustain this lift, recognizing that this  
kind of encouragement doesn't always come from biological  
family, and knowing that, even with progress and  
protections, dangers still lurk. May they find clear  
pathways to chosen family unfolding, beckoning for them  
to leave the isolating harm of the closet and to move  
confidently into the open air, trusting that there are  
countless others who know this journey well and who will  
lovingly travel right alongside them, following their own  
unique pace.

Those who are afraid of messing up:

May they take this fear and reshape it into thoughtful,  
generous intention, not worrying about getting anything  
perfect, but rather trusting a combination of their gut  
and those around them to tell them when they might listen  
instead of talk, when they might welcome education and  
invitation, and when they might let go of ego and simply  
say, "I'm sorry. Let me try that again."

Those who are overwhelmed by the enormity of the work  
ahead:

May they tread this vast, deep whirlpool, feeling this  
movement buoyed by mutual aid, countless helpers lifting  
each task together, and if they are new to this fight,  
may they see what has been accomplished in just a matter  
of weeks. If they have been fighting this fight for  
years, may they see the fruits of that commitment surging  
vibrantly to life, calling more and more souls to this  
communally supported churning, each gift of individual  
generosity pouring sustainability into these expanding  
waves of collaborative motion.

We commit all who need a special sense of the divine presence. For all these and for those who journey with them, we pray that presence, in Jesus' name AMEN

blessing

Who we are is a given: we are children of God's creation.

Who we are is also a choice;  
will we honour or undermine the connections that form us?  
We are the joy of God's heart, to be the source of joy for others.

May you stay safe in the Way of Christ, and may you be blessed by his Spirit this day and always.