

St Magnus Cathedral, Kirkwall

www.stmagnus.org

Scottish Charity SCO 05322/CCL No 119086

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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.

You can find our Sunday worship here.

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

or on YouTube here.

Join our Wednesday ZOOM meditation by signing up here.

stmagnuszoom@gmail.com

Candle Lighting and opening meditation

At the end of this Easter Season of new life and new hope, may the light of this candle continue to remind us that light and life have the victory over death and darkness.

In our tradition the time of rest begins with the lighting of a candle. In this moment the stopping truly begins. To take a few breaths, to allow the mind to quieten. This is the beginning of sacred time.

It is with awe and appreciation that we gather in good company:

People wise and watchful, attentive to essential living, open to whispers of truth and inspiration. Let our openness of mind, body

and spirit overcome any systemic limitation, anything that gets in the way of people being welcomed and celebrated on this day.

May this human family, near and far, vibrate with goodwill; may it emit and evoke from us care and kindness....and bring forth an invitation to surrender to love and peace in all our being.

In this time of discernment and transition, let us rise to the occasion and challenges with better and better humanity: resolving conflict with clarity, honesty and maturity. This is a season to take our places more fully in life - to do the best and right things...to continue the richness and depth of community and to put an end to anything that gets in the way of us flourishing into our passions and prerogatives toward the world.

Reading Joshua 1. 1-10

After Moses the servant of Yahweh died, Yahweh said to Joshua ben-Nun, Moses' second in command: "Moses, my Servant, is dead. Now prepare to cross the Jordan—you and all this People, the Children of Israel—and go to the land I give to them. As I promised Moses, I give you every place on which you set foot. Your domain will run from the Negev in the south to Lebanon in the north, and from the Euphrates in the east—all the land of the Hittites—to the Mediterranean in the west. No one will pose a serious challenge to you as long as you live. I will be with you as I was with Moses. I will not leave you. I will not abandon you. "Be strong! Be courageous! You will lead this People to take possession of the land I swore to your ancestors that I would give them. But you must be strong and very courageous and put into full practice the entire Torah that Moses, my Servant, gave you. Be careful not to deviate from it—neither to the right nor to the left—and you will have success everywhere you go. Keep what is written in the Torah on your lips at all times. Recite it day and night, so that you will be sure to do all that it says. Only then will you be successful on your journey; only then will you act with wisdom. So I charge you: be strong; be courageous! Don't be afraid or discouraged, for Yahweh your God is with you wherever you go."

Reflection

Courage is a holy gift that exists within us. It's ours when we are ready to reunite with it. When we awaken to courage, it becomes an exciting, life-enhancing force that will lift us back into our power and guide us home to our authentic nature.

The greatest act of courage is to be and to own all of who we are — without apology, without excuses, without masks to cover the truth of who we are. True courage comes not just from feeling confident and strong, but from being the honest, authentic expression of ourself. Think about how audacious it is to really believe in ourself. It takes a warrior's courage to acknowledge that our point of view matters, that our truth matters, that our gifts matter, and that our presence on this earth matters. We don't have to earn this right; it's ours as part of our birthright.

Courage is our lifeline to freedom. Can we imagine being so confident that we feel free to just be who we are? Free to be authentic and straight and to show ourself completely in every moment? Free to be bold? Free to expose all aspects of ourself, even the not-so-charming parts? Freedom reigns when we don't have to put on airs or hide our true thoughts, feelings, and beliefs. Freedom reigns when we can speak our gifts out loud and stand up for our greatness and our greatest truth. Freedom reigns when we embrace the courageous warrior that lives inside of us.

Courage is sourced from faith. It's a powerful force inside of us, an innate impulse that compels us to take risks and face our fears instead of playing it safe inside a smaller self. Courage allows us to let ourself be seen as raw, vulnerable, and real. Courage inspires the greatest acts of authenticity. Courage is the willingness to be radically honest with ourself and others. Courage listens to the higher voice of the divine and trusts our instincts. And when in the presence of what's stopping us, courage helps us is able to let go of what we believe we know and take responsibility for our past, willing to go to battle against our fears, regrets, and past mistakes. Courage is the ultimate freedom, the greatest gift we can allow ourself to experience.

Most of us think about courage as something we do, something we think, or a decision we make. But Courage is a gift that we receive at birth. It is a level of consciousness that, whether we have experienced it or not, must be held close, developed, and savoured. It is a state of being. When we are standing in and *being* courageous, we don't have to 'do' courage. When we are *doing* courage, we tend to muscle through a situation or

decision, which we have probably done before. This muscling through is not the kind of courage that transcends the moment, because it is more often than not sourced from fear, from 'I have to' or 'I should.' Instead, courage is poignant, purposeful, and directed toward where change needs to be made. When we experience courage, being and standing in the presence of it, we are clear that the rewards for letting it lead us are infinitely greater than the risks. We were born with this courageous warrior inside of us. In our imagination, we can see that courageous you as sacred and holy, beautiful and empowered. Filled with strength, clarity, and confidence, born ready to participate in the world, to face and conquer our fears, and to reunite with all the other powerful, playful warriors out there.

Prayer

Jesus is gone physically, but he has left us a task: to bring his message of Good News to all. He stays with us in this mission. - For the leaders and members of the Church, that they may accept and carry out their mission to live the Good News and to proclaim it to all peoples and cultures,

- For people who stare to heaven and hope in God's help, that their prayers may be heard: but that they also look to people and commit themselves to them in goodness and compassion, let us pray

- For those engaged in social action, that they may work untiringly to bring genuine justice even to the least in a spirit of reconciliation and love, let us pray: .

For all who suffer because of their faith: that they may draw strength from Christ's promise to be always with us

For all who struggle with doubts: that the spirit of Christ will bring new hope and understanding to their hearts, let us pray

- For Christian communities across the world, that Christ may be alive among us and give us his Spirit to build up and confirm one another in hope and a spirit of service, let us pray:

May our commitment to follow, be our strength in all we do

Blessing

May our feet rest firmly on the ground,
May we see clearly
May we have the capacity to listen, may our words be true
May our hearts and minds be open so that we may return that which has
been given

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