

Planted Prayer

When we plant a seed, we commit to cultivation and collaboration. We tend the soil; we add water; we pay attention in seasons of change; we hope to participate in growth.

Can we do the same with prayer? Can we imagine the fruit we seek, and work to till it in the coming season?

Use the paper globe to write out your prayer. It only needs to be a simple thought, no more than a phrase or sentence. Once you've got your prayer, repeat it to yourself 10 times so you won't forget it.

Your paper is seeded paper.

If you are participating at Millbrook:

Place the paper globe in the bowl on the table. We'll soak the papers overnight. In the morning, we'll tear them into smaller pieces, and plant them under a thin layer of soil. In a few weeks (or maybe longer!), we'll have a living and communal prayer.

If you are participating at home:

Soak your paper overnight. Tear into smaller pieces. Plant them under a thin layer of soil. Water gently and regularly until seeds sprout.

MILLBROOK BAPTIST CHURCH



**TWELFTH SUNDAY AFTER PENTECOST
STATION-CENTERED WORSHIP**

AUGUST 31, 2025

“The world is indeed full of peril, and in it there are many dark places; but still there is much that is fair, and though in all lands love is now mingled with grief, it grows perhaps the greater.”

— J.R.R. Tolkien, *The Fellowship of the Ring*

Welcome to the Millbrook Baptist Church!

Ours is "an experiment in faith," and today, we'll participate in a new worship experiment! We have created eight station-centered worship experiences where congregants can participate in meditative and prayerful activities at their own pace. For those who arrive during the eleven o'clock hour, we will have a brief time of welcome and community prayer, and then we'll engage the various stations together. For those participating virtually, or at a later date, all resources are available both in booklet format, as well as online. We hope the Spirit will speak to you in rewarding and restful ways as we ready ourselves for another school year.



12th Sunday After Pentecost Station-Centered Worship August 31, 2025

**Chiming of the Hour
Welcome
Announcements
Reflective Song
Community Prayer
Offering
Restful Words
Stations of Worship**

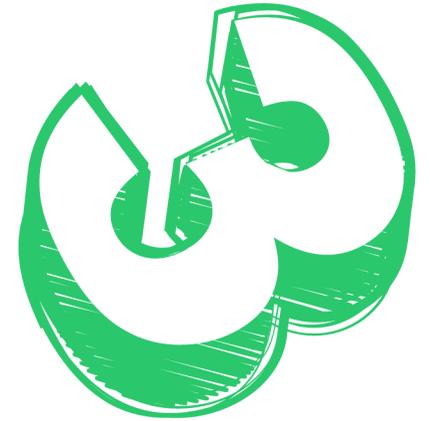
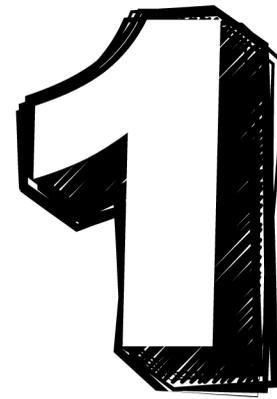
Help. Thanks. Wow.

Anne Lamott says that the essential prayer involves three statements: Help. Thanks. Wow. In the figures below, name a petition to God; give thanks for somebody in your life; express wonder or amazement for something in God's creation. Feel free to doodle around each expression, or make it your own with other personal accents. When you are done, say: "Amen."



Numbered Prayer

In the figures below, write: one thing that makes you happy; two things that make you anxious; three people for whom you are grateful; four communities/places for whom you pray for peace; five ways to love God and neighbor. Now hold your paper to the light, and turn the paper to read each number's action. When you are done, say: "Amen."



Considering Our Hymm

Today, we listened to a hymn, *When Morning Gilds the Skies*, that is three centuries old. The focus is on consistent, lived praise of God. Take time to review its history and words. What does it mean to praise Jesus Christ in our own time? And how might that praise be modeled throughout our daily living?

Representative Text: When Morning Gilds The Skies

1 When morning gilds the sky,
our hearts awaking cry:
May Jesus Christ be praised!
in all our work and prayer
we ask his loving care:
May Jesus Christ be praised!

2 To God, the Word on high,
the hosts of angels cry:
May Jesus Christ be praised!
Let mortals too upraise
their voice in hymns of praise:
May Jesus Christ be praised!

3 Let earth's wide circle round
in joyful notes resound:
May Jesus Christ be praised!
Let air and sea and sky
from depth to height reply:
May Jesus Christ be praised!

4 Be this, when day is past,
of all our thoughts the last:
May Jesus Christ be praised!
The night becomes as day
when from the heart we say:
May Jesus Christ be praised!

5 Then let us join to sing
to Christ, our loving King:
May Jesus Christ be praised!
Be this the eternal song
through all the ages long:
May Jesus Christ be praised!

Psalter Hymnal, 1987

HISTORY:

This litany of praise to Christ was translated from an anonymous German text, "Beim frühen Morgenlicht," thought to date from around 1800 (perhaps even the mid-1700s). The German text was first published in Sebastian Portner's *Katholisches Gesangbuch* (1828) in fourteen stanzas of couplets with a refrain line.

Edward Caswall's English translation, prepared from one of several variants of the text, was published in six stanzas in Henry Formby's *Catholic Hymns* (1854). Caswall (b. Yately, Hampshire, England, 1814; d. Edgbaston, Birmingham, England, 1878) published another eight stanzas in his *Masque of Mary* (1858). Like most other hymnals, the *Psalter Hymnal* provides a text taken from various parts of the Caswall translation.

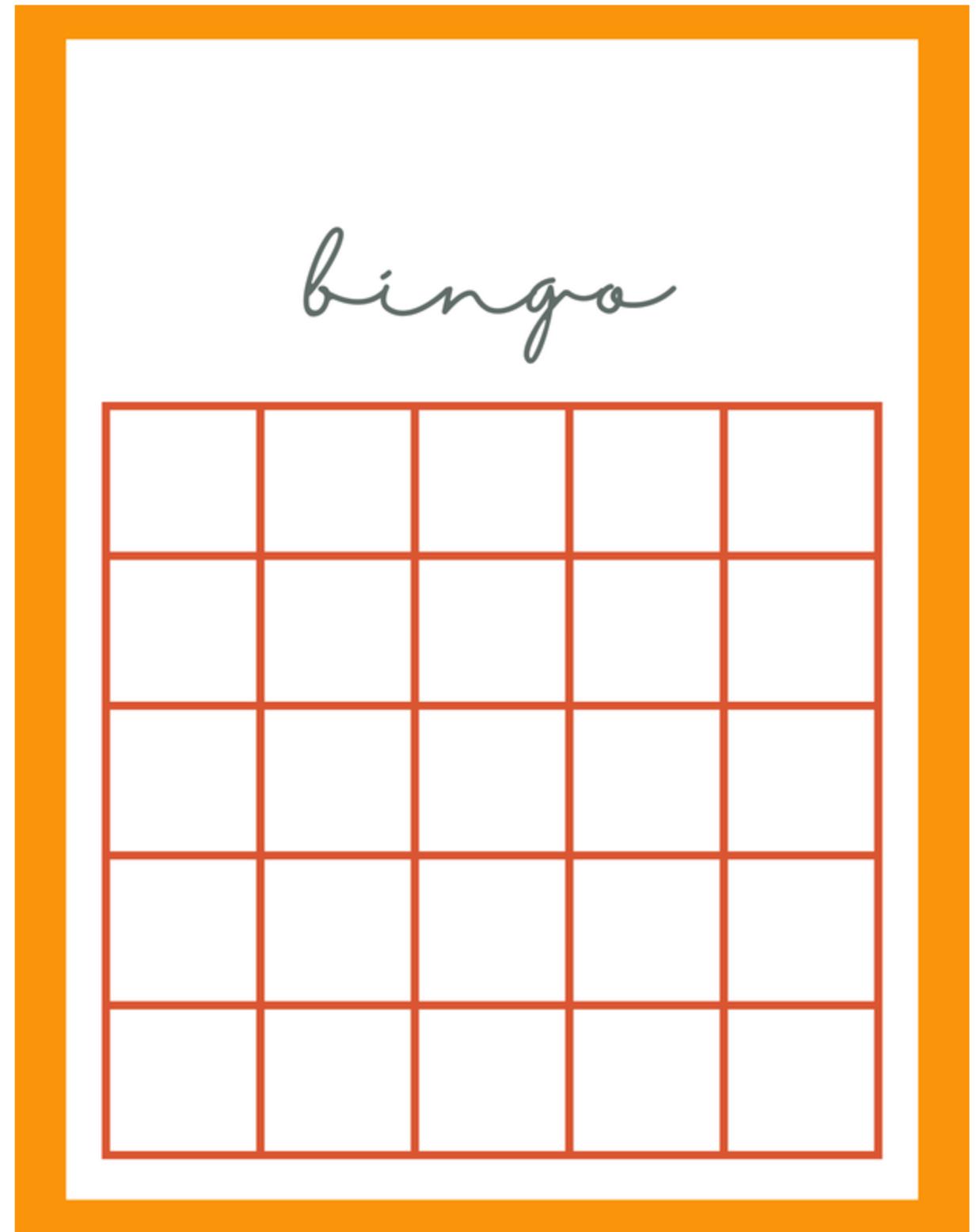
A morning hymn (st. 1) as well as an evening hymn (st. 4), the text presents praise to Christ from angels and human creatures (st. 2) and from the elements of earth to the farthest reach of the cosmos (st. 3). In fact, this text is for all times and places: "Be this the eternal song"!

Caswell, the son of an Anglican clergyman, studied for the priesthood at Brasenose College, Oxford, England. He was ordained in 1839 and served the church in Stratford-sub-Castle but resigned his position in 1847. By this time he had become deeply involved in the Oxford Movement, an Anglican movement with strong Roman Catholic leanings. In 1847 Caswell and his wife traveled to Rome, where they were received into the Roman Catholic Church. After his wife's death Caswell became a Roman Catholic priest and joined the Oratory of St. Philip Neri in Birmingham, a group supervised by John Henry Newman, an earlier Roman Catholic convert from the Church of England. Caswell then devoted himself to two main tasks—serving the poor of Birmingham and writing and translating hymns, mainly from the Latin office-books and from German sources. Many of his translations were published in his *Lyra Catholica* (1849) and, with revisions, in *Hymns and Poems* (1873).

Retrieved from hymnary.org 8/27/2025

Bingo for Rest, Care, and Gratitude

Sometimes, we need a prompt to help us with things like mindfulness, gratitude, and selfcare. Here are several bingo templates, including a blank one, to generate awareness of the world around us. Think about the people, things, and places in your life for which you are thankful. Be mindful of nature. Give yourself the gift of selfcare. Or create your own area of focus. Then spend the day, week, or month working for a row of five.



GRATITUDE

bingo

What are you thankful for? Cut and paste the images on the following page to create a bingo board with all the people, things, and places you are thankful for. Listen to the bingo caller as they call out the different pictures. Mark off the picture on your board with a dot marker, a sticker, or a bingo chip. If you get five in a row, you win the game!

 my family	 Mom	 Dad	 my grandfather	 my grandmother
 my pet	 my home	 my sibling	 my friend	 beds
 the ocean	 my city	 Earth	 nature	 vacations
 school	 art	 books	 music	 the playground
 cars	 TV	 toys	 birthdays	 my city
 computers	 doctors	 my teacher	 snow	 rainy days
 pizza	 ice cream	 food	 the sun	 animals

Cut out these pictures and glue them on the bingo board to play this gratitude bingo game. These pictures can also be used as calling cards.

Nature Walk Bingo

LOOK AROUND WHILE YOU WALK THROUGH NATURE AND MARK OFF ANY OF THE ITEMS YOU FIND!



Digital detox BINGO



Read a Book	Exercise	Journal	Cook a New Recipe	Meditate
Spend Time in Nature	Draw or Paint	Listen to Music	Play a Board Game	Organize Your Space
Learn a New Skill	Volunteer		Practice Yoga	Gardening
Write Letters	Visit a Museum	Do a Puzzle	Attend a Class	Go to a Farmer's Market
Take a Day Trip	Practice Self-Care	Disconnect at Meal Times	Socialize in Person	Explore a Hobby

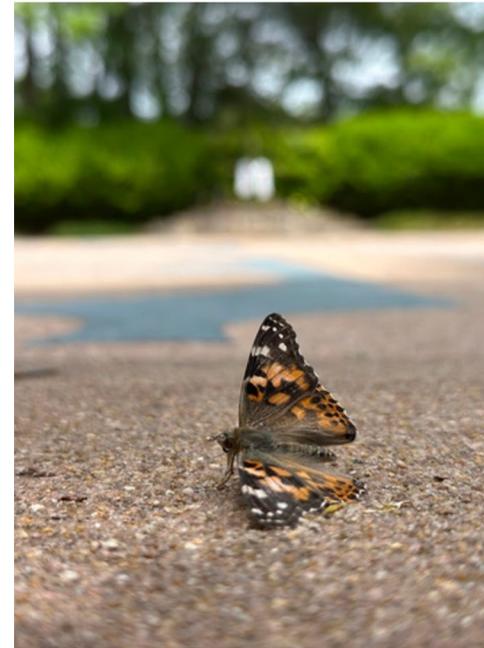


Labyrinth Meditation

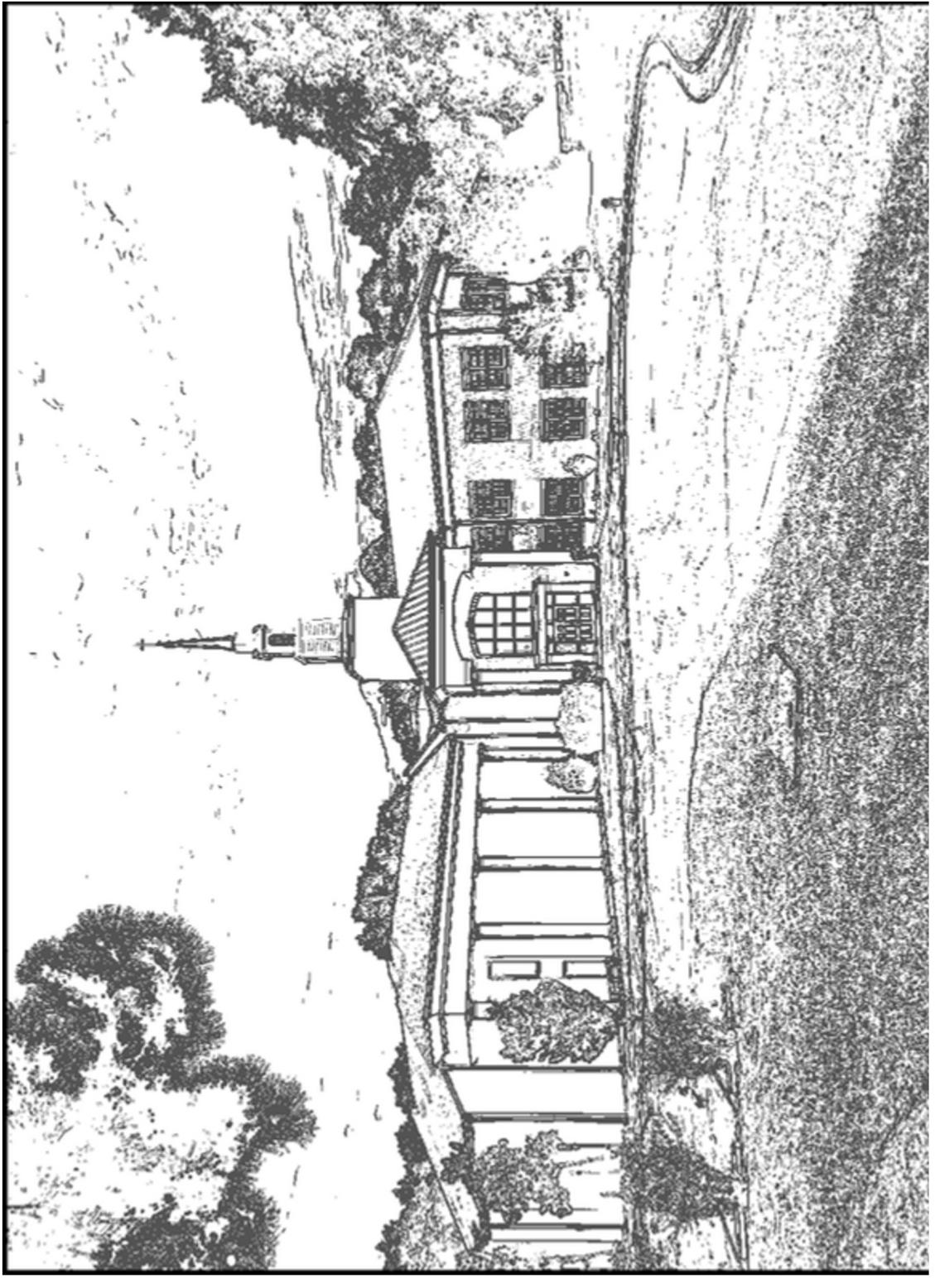
Our labyrinth is available to be experienced 24/7. Consider a meditative walk this morning or later in the week. You can also consider engaging finger labyrinths or coloring sheets. Find a quiet place for reflection and choose the steps that suit your needs.

it's important to remember that a labyrinth is not a maze. There is a path, that though winding, will always lead you to the center. Consider it a journey of reconnection. Here a few helpful steps for the journey:

1. **Consider your purpose.** What is the intent of this walk? Spend some time reflecting on what you hope to accomplish: a rest, an answer, a prayer, space from the world, etc.
2. **Entering:** Approach the entrance consciously. Take deep breaths to center yourself as you prepare for this reflective journey.
3. **Pace Yourself:** Walk at your own pace; there's no rush. Allow your mind to wander or focus on specific thoughts as you navigate the path.
4. **Make it your own:** Consider different ways to experience this walk. Barefooted; at a particular time of day or season; with or without headphones for music or sound dampening; individually or in a group; etc.
5. **Embrace Obstacles:** Just as in life, there may be unexpected turns in the labyrinth. Stay open to surprises along your path. Pay close attention to how the scenery changes.
6. **Reflection at the Center:** Upon reaching the center point, take time for contemplation—whether through meditation or journaling about your experience. Don't rush. Remember, you are at your own pace in your space.
7. **Returning:** The journey back is just as important as the one inward; allow any insights gained during your time at the center to inform your return path.







Prayer Story

You've probably heard the Lord's Prayer and the 23rd Psalm read aloud hundreds of times. And odds are, you've spoken it aloud, too.

How many times have you slowed down and listened line by line? Is there a particular word or phrase that gives you comfort? Strength? Pause? Challenge?

Read one or both of the attached texts. Consider drawing your own storyboard (4 frames) of the prayer or psalm.

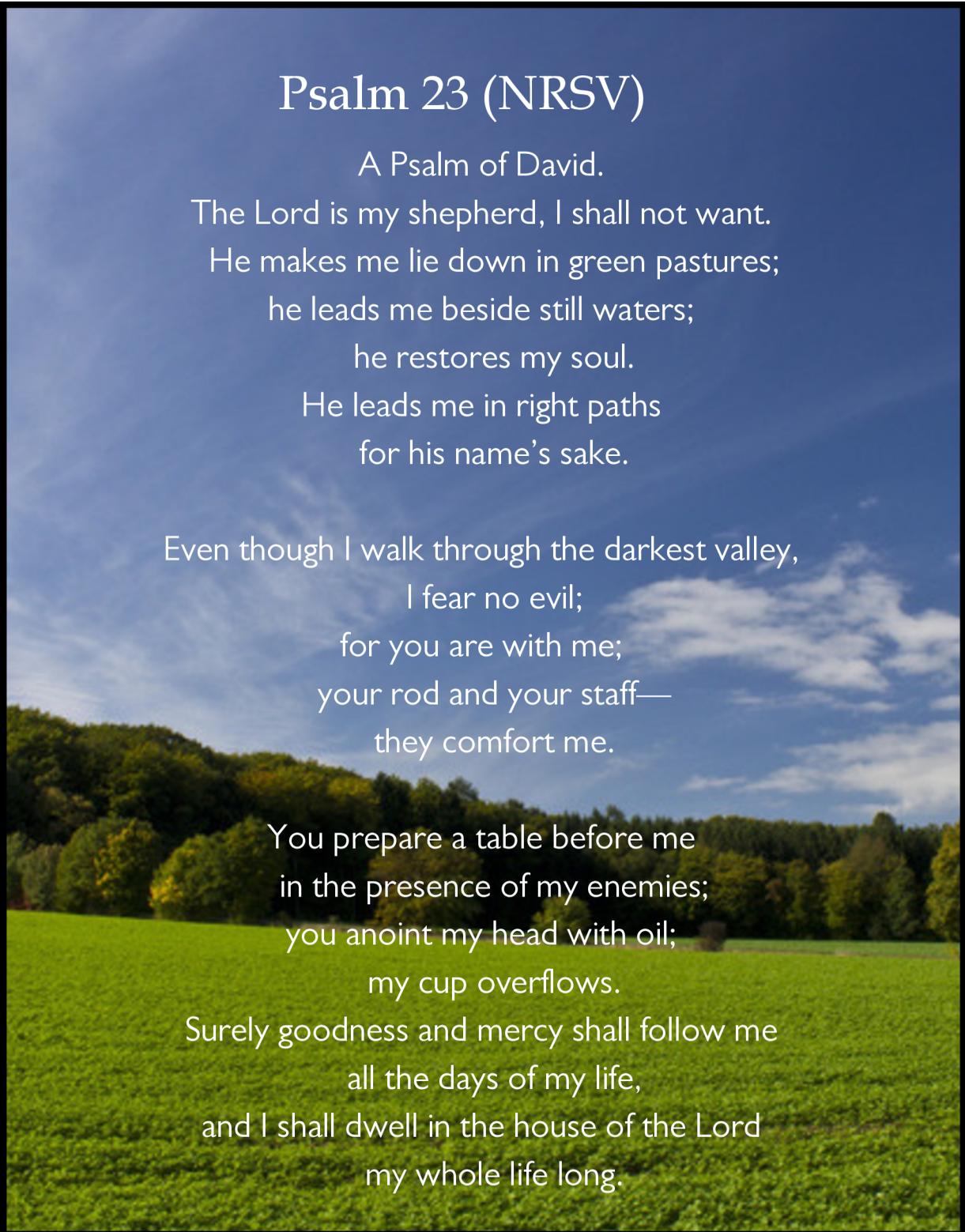
Do you imagine or experience God's presence anew?





Lord's Prayer

Our Father which art in heaven, Hallowed
be thy name. Thy kingdom come.
Thy will be done in earth, as it is in heaven.
Give us this day our daily bread.
And forgive us our debts, as we forgive our
debtors. And lead us not into temptation,
but deliver us from evil:
For thine is the kingdom, and the power,
and the glory, for ever. Amen.



Psalm 23 (NRSV)

A Psalm of David.

The Lord is my shepherd, I shall not want.
He makes me lie down in green pastures;
he leads me beside still waters;
he restores my soul.
He leads me in right paths
for his name's sake.

Even though I walk through the darkest valley,
I fear no evil;
for you are with me;
your rod and your staff—
they comfort me.

† You prepare a table before me
in the presence of my enemies;
you anoint my head with oil;
my cup overflows.

Surely goodness and mercy shall follow me
all the days of my life,
and I shall dwell in the house of the Lord
my whole life long.