

**St. Luke Lutheran Church  
Albuquerque, New Mexico**

**“The Psalms of Lent”**

**Mid-Week Lenten Healing Worship**

**In the Style of Taizé**

**Wednesdays, 6:15 PM**



Sisters of Charity of the Incarnate Word

**How Long O Lord?**

# ***Psalms of Lent***

**Ash Wednesday** – February 14<sup>th</sup> – Psalm 51

**Lenten Midweek Soup Supper and Taizé style Worship**

*Simple Soup Supper: 5:30 PM*

*Lenten Worship: 6:15 PM*

February 21<sup>st</sup> – Psalm 32 – Tom Berardinelli

February 28<sup>th</sup> – Psalm 121 – Alison Schuler

March 6<sup>th</sup> – Psalm 95 – Ben Bernstein (Pastoral Intern)

March 13<sup>th</sup> – Psalm 142 – William Tierney

March 20<sup>th</sup> – Psalm 130 – Andrew or Mary Fidler

These Wednesday evenings we will be centered on the Penitential Psalms of Lent where the pray-ers of these sacred testimonies have poured out their hearts to God and God has revealed His heart to them.



We will view short videos to enrich our imaginative understanding of each Psalm of Lent.

Each Wednesday, different members of our church will offer a brief personal reflection or testimony (*testis* – Latin for “witness”) on how the particular appointed Psalm for the day has impacted their lives.

Healing Prayers (for yourself or intercessory prayer for someone you love) and the “Laying on of Hands” will also be offered as part of worship.

*(Please enter the Sanctuary in silence)*

## Gathering and Meditation Music

### Taizé Chant

### Stay Here and Keep Watch

The image shows a musical score for a Taizé chant. It consists of two systems of music. Each system has a vocal line on a treble clef staff and a piano accompaniment on a bass clef staff. The time signature is 4/4. The key signature has one flat (B-flat). The lyrics are: "Stay here and keep watch with me. The hour has come." and "Stay here and keep watch with me. Watch and pray." The music is simple and contemplative, with a focus on the lyrics.

Text: from Matthew 26; Taizé Community  
Tune: Jacques Berthier, 1923-1994  
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### Prayer for the Presence of Christ

Let us pray together:

Lord Jesus, stay with us,  
for evening is at hand and the day is past;  
be our companion on the way,  
kindle our hearts,  
and awaken hope,  
that we may know you  
as you are revealed in Scripture.

Grant this for the sake of your love.

Amen.

# Confession and Forgiveness

Let us confess our sin in the presence of God and one another.

Holy and gracious God,

**I confess that I have sinned against you this day. Some of my sin I know - the thoughts, words, and deeds of which I am ashamed - but some is known only to you. In the name of Jesus Christ I ask forgiveness. Deliver and restore me, that I may rest in peace.**

By the mercy of God, we are united with Jesus Christ, in whom we are forgiven. We rest now in the peace of Christ and rise in the morning to serve.

## Taizé Kyrie

## Kyrie 5

The image shows a musical score for 'Taizé Kyrie, Kyrie 5'. It consists of two systems of staves. The first system is for 'Equal Voices' and includes a 'Refrain' section (marked with a box 'B') and a 'Verse' section (marked with a box 'A'). The lyrics are 'Ky - ri - e e - le - i - son, e - le - i - son.' The second system is for 'Mixed Voices' and also includes a 'Refrain' section (marked with a box 'B') and a 'Verse' section (marked with a box 'A'). The lyrics are 'Ky - ri - e e - le - i - son, e - le - i - son.' The music is written in a key signature of three sharps (F#, C#, G#) and a common time signature (C). The score includes various musical notations such as notes, rests, and dynamic markings.

Music: Jacques Berthier  
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**WEEK 1 - February 21<sup>st</sup> - Psalm 32: 1-7**  
*You are my hiding place; You will protect me from trouble.*

**Visual Meditation - Psalm 32**

**The Skit Guys**

**Psalm 32: 1-7**

**Antiphon**

**St. Martin's Psalter**  
by Thomas Papachko

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**Antiphon**

- <sup>1</sup>Happy are those whose transgression is forgiven, whose sin is covered.
- <sup>2</sup>Happy are those to whom the LORD imputes no iniquity, and in whose spirit there is no deceit.
- <sup>3</sup>While I kept silence, my body wasted away through my groaning all day long.
- <sup>4</sup>For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer.

**Antiphon**

- <sup>5</sup>Then I acknowledged my sin to you, and I did not hide my iniquity; I said, "I will confess my transgressions to the LORD," and you forgave the guilt of my sin.
- <sup>6</sup>Therefore let all who are faithful offer prayer to you; at a time of distress, the rush of mighty waters shall not reach them.
- <sup>7</sup>You are a hiding place for me; you preserve me from trouble; you surround me with glad cries of deliverance.

**Antiphon**

Thou art my hiding place;  
thou shalt preserve me from trouble;  
thou shalt compass me about with songs of deliverance.  
**Psalm 32:7**



**WEEK 2 – February 28<sup>th</sup> – Psalm 121**  
*I will lift up my eyes to the hills... My Help comes from the Lord.*

**Visual Meditation - Psalm 121**

**The Skit Guys**

**Psalm 121**

**Antiphon**

The image shows a musical score for Psalm 121. It consists of three staves. The top staff is labeled 'desc.' and contains a single melodic line in 4/4 time. The middle staff is labeled 'Choir' and contains a three-part setting (soprano, alto, and tenor) of the same text. The bottom staff is a bass line. The lyrics are: 'My help comes from the Lord, the maker of the earth and heav'n.'

St. Martin's Psalter  
by Thomas Pavlechko

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**Antiphon**

<sup>1</sup>I lift up my eyes to the hills —  
from where will my help come?  
<sup>2</sup>My help comes from the LORD,  
who made heaven and earth.  
<sup>3</sup>He will not let your foot be moved;  
he who keeps you will not slumber.

**Antiphon**

<sup>4</sup>He who keeps Israel  
will neither slumber nor sleep.  
<sup>5</sup>The LORD is your keeper;  
the LORD is your shade at your right hand.  
<sup>6</sup>The sun shall not strike you by day,  
nor the moon by night.  
<sup>7</sup>The LORD will keep you from all evil;  
he will keep your life.  
<sup>8</sup>The LORD will keep  
your going out and your coming in  
from this time on and forevermore.

**Antiphon**

**Testimony – Alison Schuler**

WEEK 3 - March 6<sup>th</sup> - Psalm 95  
*Come, let us sing to the Lord*

Visual Meditation - Psalm 95

The Skit Guys

Psalm 95

Antiphon

desc. We are the peo-ple of God's pas-ture and the sheep of God's\_ hand.

Choir We are the peo-ple of God's pas-ture and the sheep of God's\_ hand.

Pedal

St. Martin's Psalter  
by Thomas Pavlechko

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**Antiphon**

<sup>1</sup>O come, let us sing to the LORD;  
let us make a joyful noise to the rock of our salvation!  
<sup>2</sup>Let us come into his presence with thanksgiving;  
let us make a joyful noise to him with songs of praise!  
<sup>3</sup>For the LORD is a great God,  
and a great King above all gods.  
<sup>4</sup>In his hand are the depths of the earth;  
the heights of the mountains are his also.

**Antiphon**

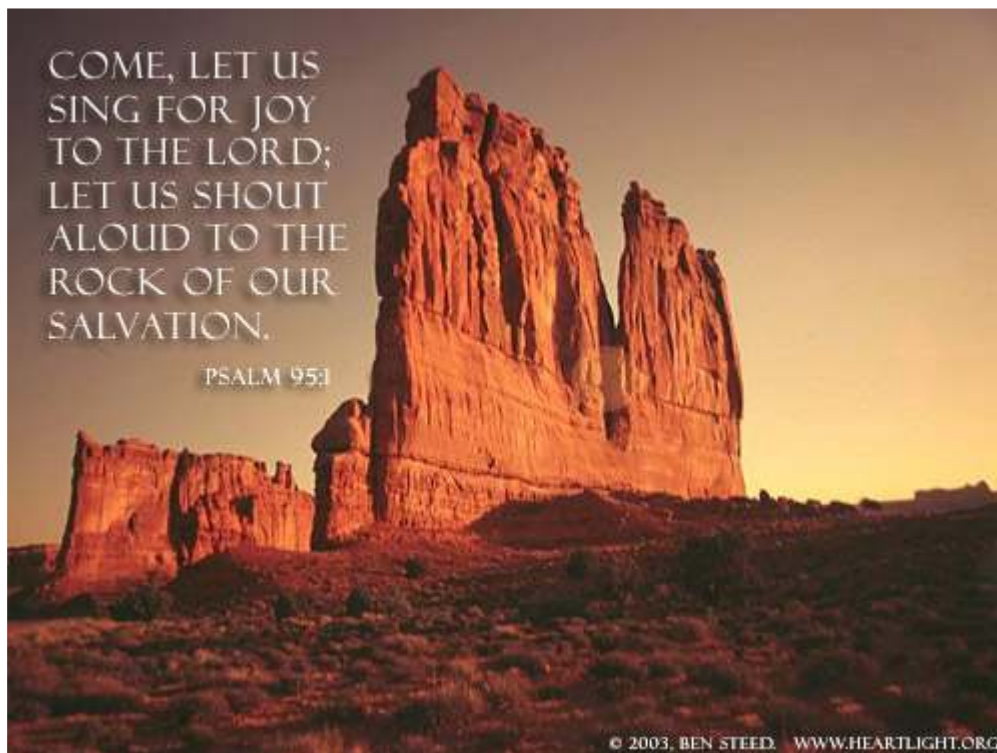
<sup>5</sup>The sea is his, for he made it,  
and the dry land, which his hands have formed.  
<sup>6</sup>O come, let us worship and bow down,  
let us kneel before the LORD, our Maker!  
<sup>7</sup>For he is our God,  
and we are the people of his pasture,  
and the sheep of his hand.  
O that today you would listen to his voice!

## Antiphon

<sup>8</sup>Do not harden your hearts, as at Meribah,  
as on the day at Massah in the wilderness,  
<sup>9</sup>when your ancestors tested me,  
and put me to the proof, though they had seen my work.  
<sup>10</sup>For forty years I loathed that generation  
and said, "They are a people whose hearts go astray,  
and they do not regard my ways."  
<sup>11</sup>Therefore in my anger I swore,  
"They shall not enter my rest."

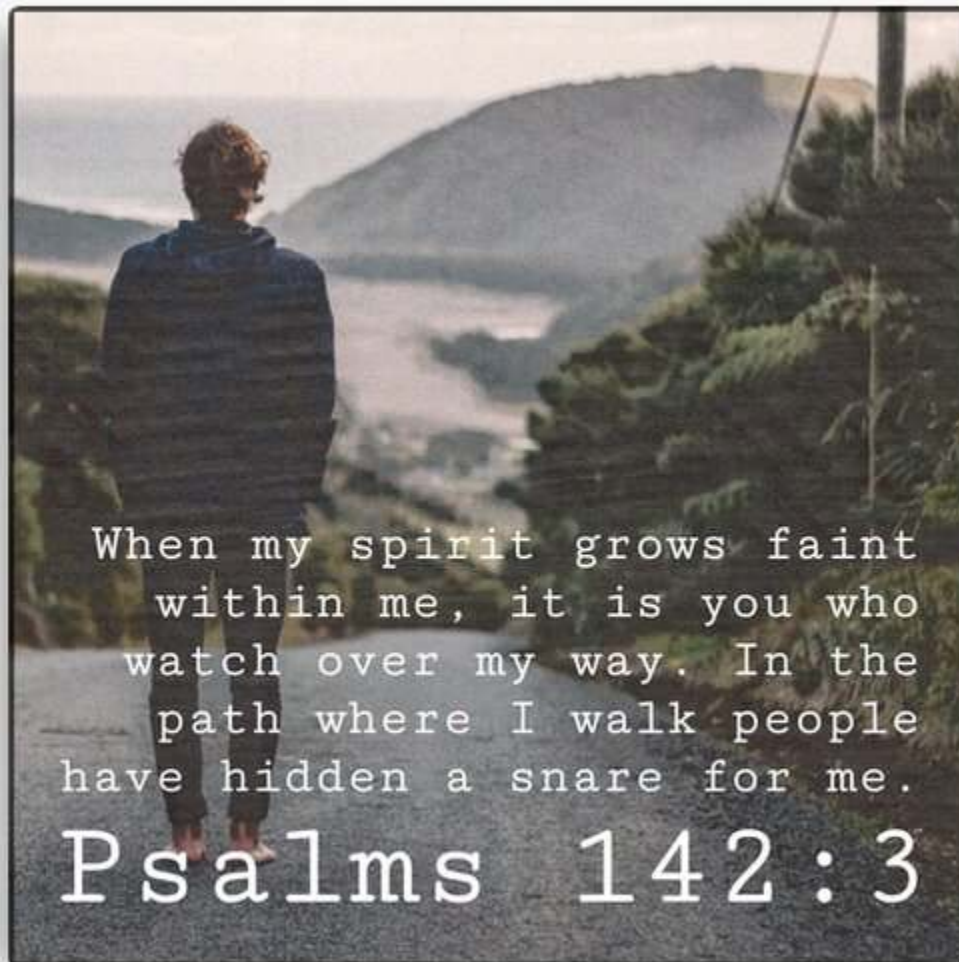
## Antiphon

## Testimony - Ben Bernstein (Pastoral Intern)





## Testimony - William Tierney



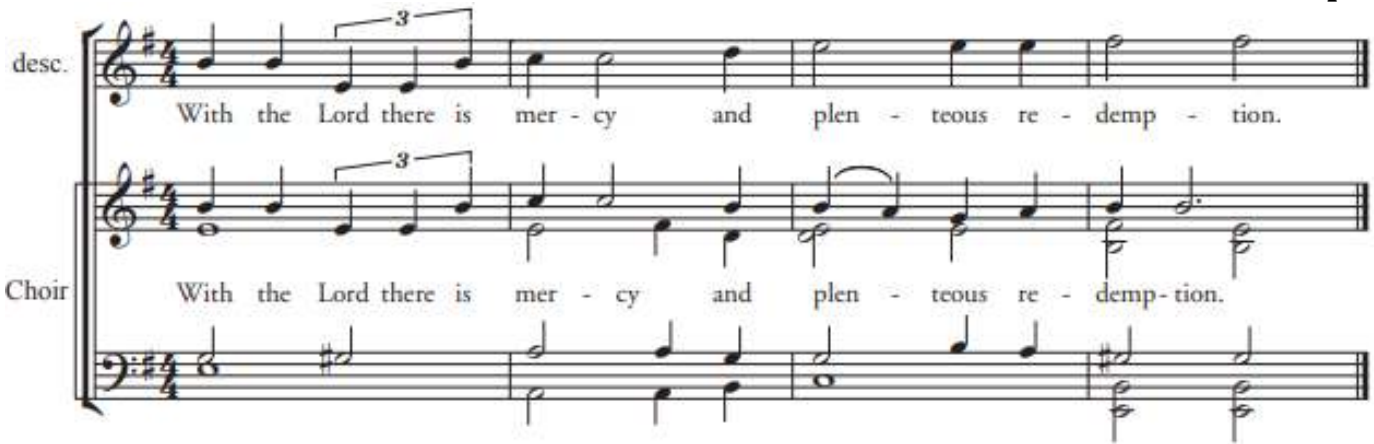
WEEK 5 – March 20<sup>th</sup> – Psalm 130  
*I wait for the Lord, my soul waits*

Visual Meditation - Psalm 130

The Skit Guys

Psalm 130

Antiphon



desc. With the Lord there is mer - cy and plen - teous re - demp - tion.

Choir With the Lord there is mer - cy and plen - teous re - demp - tion.

St. Martin's Psalter  
by Thomas Parfichko

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**Antiphon**

<sup>1</sup>Out of the depths I cry to you, O LORD.

<sup>2</sup>LORD, hear my voice!

Let your ears be attentive

to the voice of my supplications!

<sup>3</sup>If you, O LORD, should mark iniquities,  
LORD, who could stand?

**Antiphon**

<sup>4</sup>But there is forgiveness with you,  
so that you may be revered.

<sup>5</sup>I wait for the LORD, my soul waits,  
and in his word I hope;

<sup>6</sup>my soul waits for the LORD  
more than those who watch for the morning,  
more than those who watch for the morning.

<sup>7</sup>O Israel, hope in the LORD!

For with the LORD there is steadfast love,  
and with him is great power to redeem.

<sup>8</sup>It is he who will redeem Israel  
from all its iniquities.

**Antiphon**

**Testimony – Andrew or Mary Fidler**

## SERVICE OF HEALING

*Leader:* Sisters and brothers, all siblings in Christ, I invite you to come and receive a sign of healing and wholeness in the name of the One, Holy, and Triune God.

*(If you would like to receive individual prayer and laying on of hands, or request prayer for someone you love, you are invited come forward. All are invited to support the prayers offered, by joining in the sung prayer below.)*

### Taizé Prayer Litany Chant

### Libera Nos Domine (Deliver Us, Lord)

A Verse Cantor      B Refrain All      C Cantor      D All

Li - be - ra nos Do - mi - ne.      Li - be - ra nos Do - mi - ne.

*(after those who have come forward are again seated, we continue.)*

*Leader:* All merciful God, through the laying on of hands, and the prayers of this gathering of your beloved people, grant comfort and friendship to all in need tonight. Where there is affliction, give solace; where there is sadness, give hope; where there is weakness of faith, give living signs of assurance. Grant us, your people, to serve as instruments of grace and kindness for each other and all whom you hold dear. In Jesus Christ our Lord we pray, **Amen.**

## The Lord's Prayer

Let us pray as Jesus taught us:

Our Father who art in heaven,  
Hallowed be thy Name.  
Thy kingdom come.  
Thy will be done,  
On earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
As we forgive those who trespass against us.  
And lead us not into temptation,  
But deliver us from evil.  
For thine is the kingdom, and the power,  
and the glory, for ever and ever.  
Amen.

## Blessing

### Taizé Sending Chant

### My Peace

My peace I leave you, my peace I give you:  
trou - ble not your hearts, My peace I leave you, my  
peace I give you: be not a - fraid. *Fine*

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*(In respect for those that wish to stay and meditate, please exit the service in silence)*

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