

# From Palms to Resurrection Worship Booklet

Eastminster Presbyterian Church  
April 2020

Worship Service via Facebook Live  
10:00 am Sundays  
11:00am Virtual Coffee Hour  
(Link for coffee hour: <https://zoom.us/j/962122234>)

Worship services will also be posted on YouTube  
([https://www.youtube.com/channel/UCRoaTea\\_WeiLUkfHbwEVNuQ?view\\_as=subscriber](https://www.youtube.com/channel/UCRoaTea_WeiLUkfHbwEVNuQ?view_as=subscriber))

[www.eastminsterchurch.org](http://www.eastminsterchurch.org)  
[www.facebook.com/eastminsterpresbyterian](https://www.facebook.com/eastminsterpresbyterian)

Dear Eastminster Presbyterian Church,

We are experiencing a Lent like no other. I have grieved the knowledge that we would not be able to worship together throughout Holy Week. And yet, we still are able to worship. I have come to realize that the location of worship is not what is important, but the people gathered. We believe that Christ is with us as we journey through these unprecedented times together. We believe that the gospel of Christ strengthens us amid distress and comforts us in the face of suffering.

What follows here are resources for you and for those with whom you live to use for praying together on Palm Sunday, during Holy Week, and on Easter. We will be having services on Facebook Live for Palm Sunday and for Easter and on Zoom for Maundy Thursday, but this resource will help to deepen your experience of these days at home.

Every time we gather to worship virtually, I would invite you to prepare your homes with symbols to help mark the sacred space and time that is worship. Have a Bible with you, to follow along in the readings. Find a piece of cloth, any cloth that you might have, and lay it out on a table. On top of that cloth add a candle and light it as we begin worship. There will be other items I'll ask you to have for some of Holy Week services, which you will find in this resource. Bulletins will be posted on the church's website for our Palm Sunday, Maundy Thursday, and Easter services.

If you are struggling to connect via our electronic means, please contact me so that I can help you. We know that using technology can be a steep learning curve and we want to do everything possible to help you connect in. Know that you are in my prayers.

Grace and Peace,  
Kristin

Rev. Kristin Stroble  
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## **PALM SUNDAY, April 5<sup>th</sup>**

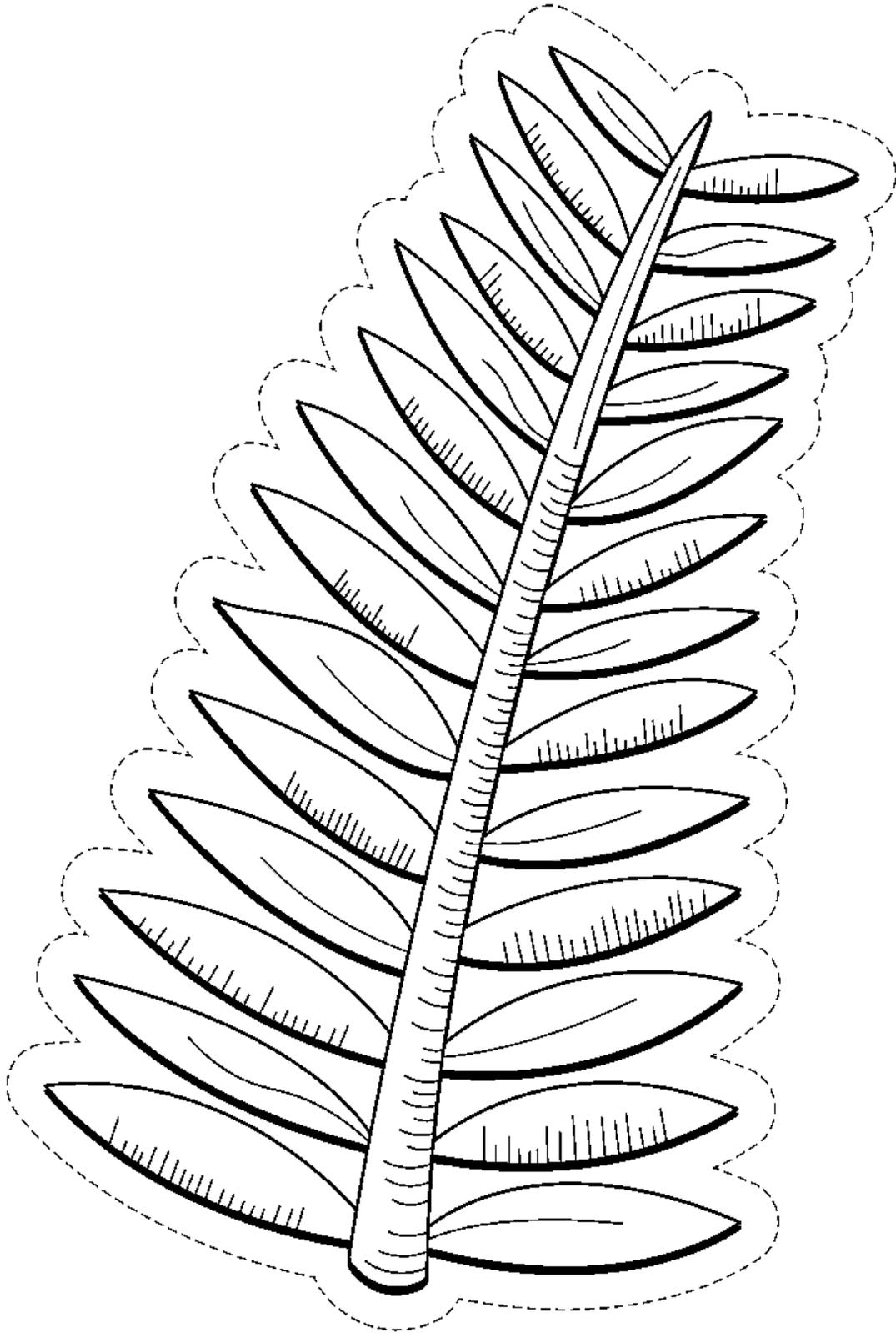
**Activity to prepare ahead of time:** Please create a palm branch to have as part of your worship space for Palm Sunday. You can print out the palm coloring page that is on the next page. You could also create your own palm by tracing your hand on green construction paper (or color the paper green). Do this 4-5 times, cut them out, glue on a stick or straw and you've made a palm branch. Or you might want to find a branch in your yard that you can use. Be creative!

**Take a Picture:** Take a picture of you (or your whole family) waving your palms. Email that into Kristin by Thursday, April 2<sup>nd</sup> so she can create a virtual palm parade.

**Prepare your space:** Sunday morning set out your cloth, candle, Bible, and your palm. Go to the church's Facebook page at 10am to join the rest of the church for our worship service.

### **Other Activities to do on Palm Sunday:**

1. Procession and blessing of your home
  - *Walk around your home – in each space, wave your palm, shout “Hosanna, Blessed is the one who comes in the name of the Lord!” and then pray the blessing for that space.*
  - *A place you go out/come inside: O God, watch over name/s in all our going out and our coming in; keep all evil away from our door; and let us share the hospitality of this home with all who visit, that those who enter here may know your love and peace. In Jesus' name we pray. Amen.*
  - *A place you prepare food and/or eat: O God, you fill the hungry with good things. Send your blessings on those who prepare food here, and make us all ever thankful for daily bread. In Jesus' name we pray. Amen.*
  - *A place you gather with family and/or friends: O God, you set apart time for rest and enjoyment of the world you made. Bless those who gather here for fellowship and recreation, that they may be renewed and refreshed. In Jesus' name we pray. Amen.*
  - *A place where you sleep: Guide us waking, O Lord, and guard us sleeping, that awake we may watch with Christ, and asleep we may be at peace. Amen.*



## **Maundy Thursday, April 9<sup>th</sup>**

*This service is set up around a meal together. To prepare for our worship service sit at a table with your laptop or cell phone. Again have your cloth, candle, and Bible set out on your table. Also, fill a cup with some kind of liquid (juice, wine, water) and have bread on a plate. I would encourage you to make this easy flatbread recipe to use for this worship service. For those who are gluten-free find a recipe for flatbread that includes the ingredients you have at home. That way we all will partake of the same kind of bread, even as we are gathered in different places.*

*This service will take place on Zoom at 7:00pm. Please go to this link: <https://zoom.us/j/874040679> to join the worship service. You can also call in by dialing 646-876-9923, then enter the meeting code, 874 040 679 followed by the # key.*

### **Blessing: A prayer to Bless the Bread**

*Before making the bread, say this prayer (written by Sarah Are, A Sanctified Art)*

Holy God,  
Your last meal was an ordinary meal –  
Simple bread and juice, nothing fancy;  
And yet, it was holy.  
It was holy because all were welcomed at your table –  
Even the one who would betray you.

So today we prepare our own bread as a form of prayer.  
And in our kneading and mixing,  
In our measuring and waiting,  
In our recipe-card-reading and taste-testing,  
We remember you.

As these ingredients mix,  
May our hearts mix with yours.  
And as this bread rises,  
May our awareness of you rise.  
And as this bread is shared,  
May your love be shared.

With hope and gratitude we pray,  
Amen.

## **Native American Flatbread** (recipe from beehiveshoppe.com)

Makes 6 Flatbreads

### Ingredients:

2 cups all purpose flour

1 ¼ cups of lukewarm water

1 Tablespoon baking powder

1 teaspoon salt

2 teaspoons oil (canola oil, vegetable oil, or shortening work best)

...Additional 1-2 Tablespoons of oil (for frying)

Mix flour, salt, baking powder, and 2 tsp. canola oil together in a mixing bowl and add most of the water. Continue mixing and adding water until it has the consistency of tacky pizza dough.

Knead for a few minutes

Let rest in greased bowl for 30-60 minutes

Divide into 6 pieces and roll out very thin (tortilla thickness) onto a floured surface.

Heat cast iron skillet or griddle to 350F and add 1 Tablespoon of canola oil. Heat oil until hot but not smoky hot.

Cook until golden brown spots appear on one side...flip and cook the other side until done.

These can be made ahead of time and kept under a flour sack towel (up to 2 days) or frozen in a Ziplock bag for later use.

## **Good Friday, April 10<sup>th</sup>**

*There will not be a full service today, but Kristin will be posting a short meditation on Facebook and on our YouTube channel. You may also want to use the spiritual practice below.*

### **Prayer of Lament: A Spiritual Practice for Good Friday**

*(Written by David Gambrell, Office of Theology & Worship, PC(USA))*

- Read Psalm 22 as an act of prayer.
- Read the psalm again. Pay attention to what words or phrases stick out to you. Let those words linger on your heart or mind. What might God be trying to tell you through those words.
- Reflect on the state of the world, the church, and your own life.
- Offer these things to God in prayer, seeking God's saving power.
- Perhaps you want to doodle or journal as you are praying.
- Read or pray the psalm a third time.
- Conclude with this or another prayer: *Eternal God, your Son cried out in anguish from the cross, and you delivered him. Do not hide your face from those who cry out to you. By his death and resurrection bring life where there is death: feed the hungry, strengthen the weak, and break the chains of oppression, that all people may rejoice in your saving deeds through Jesus Christ, our Savior and Lord. Amen. (Book of Common Worship 946)*

## **Easter Vigil, April 11<sup>th</sup>**

*We will not be holding a service on Holy Saturday. You can use the prayer practice below to engage in your own time of prayer.*

### **Thanksgiving for Light: A Spiritual Practice for the Easter Vigil**

- Light a candle and read John 1:1–5
- Reflect on and give thanks for times where you see God’s light shining in darkness
- Conclude with this or a similar prayer: *We praise and glorify you, Lord God, for Christ, our life, is risen and has conquered sin and death. He has broken the chains that bind us and freed us to live in his kingdom of light. May Christ enlighten the hearts of all who believe. May Christ transform this world that longs to see him, enlightening the hearts of all who believe, and restore all creation to its rightful place. Glory, praise, thanksgiving, and blessing to you, O God, victor over sin and death, now and forever. Amen. (BCW 831)*

## **Easter At-Home Sunrise Service**

*The next page will have information about our Easter Sunday service. Here is liturgy for you to do at home before the service. Credit goes to “Liturgy by Sarah Are | A Sanctified Art LLC | sanctifiedart.org”*

### **About the Liturgy**

We all have our own traditions around Easter - egg hunts, family meals, Easter lilies and meaningful worship. This year those traditions will not be the same, and yet we believe that just like every Easter before the sun will rise, and something will be different. I'd invite you to carve out some sacred space in your own home to recognize the holiness of this day. You might be wondering why sunrise? Every year thousands celebrate Easter at sunrise because the women discovered the empty tomb in the morning, “while it was still dark” (John 20:1). Therefore, I'd invite and challenge you to be like those women, rise in the dark, to recognize the wilderness, and to watch the sunrise over it.

**Supplies:** Candle and matches, Bible, Journal (if you desire)

### **Liturgy**

#### **Opening | Light a Candle & Settle In**

As you start your morning, head outside or find a place inside that's near a window. Settle in and watch the sunrise. Once there, light a candle. Allow this candle lighting to be a spiritual reminder that this place is a place set apart. This is a moment set apart, for even though the sun will rise, we, like the women at the tomb, begin our journey in the dark. Allow the flame to remind you that even in the darkest times, love and light find a way.

#### **Poem | “The Wilderness is the Birthplace of Joy” by Sarah Are**

*Read the following poem a few times through as a centering prayer. Circle the words that stand out to you. Pay attention to what visuals come to mind.*

*I used to know the wilderness only as pain;  
A land without food, a land without water.  
    But you rained down manna  
    And even water flows in your desert.  
I used to think the wilderness was total isolation—  
    But the Israelites had each other,  
    And you had the stars in the sky.  
So then I thought the wilderness must be time wasted—  
    Forty years of circles.  
    Forty years of wondering.  
    But then I realized, each step is a step,  
    And maybe there's growth in that.  
So then I concluded that the wilderness must be lonely spaces—  
    The woman and her well,  
    The blind man and his gate,  
    Martha and her kitchen,*

*Peter and his fire.  
But then you showed up in each of those places,  
To each of those faces.*

*So now I wonder—*

*What if the wilderness is the birthplace of creation?  
What if the wilderness is where call begins?  
What if the wilderness is where joy is birthed?  
What if, between the dirt and the sky  
And that wide orange horizon,  
The wilderness is where we find you?*

### **Read | John 20:1-18**

*Read John 20:1-18 out loud. As you read, pick out a word or phrase that stands out to you. Share that word or phrase with those around you, or jot it down in the margins of your bible.*

### **Reflect | Discussion or Journaling**

Reflect on the following prompts. You can either jot these down in a journal, mull them over in your mind as the sun rises, or discuss them with family members present.

1. What are your Easter morning traditions? Why is this morning special to you? What feels different about this morning this year?
2. There are many emotions present in this story—fear, hope, grief, disbelief, awe. What emotions are you feeling today? Put words to those emotions. Share with your family or write them down.
3. Jesus says to Mary, “Who is it you are looking for?” What is something you are looking for in your faith journey, in your life, in your relationships, or in your own self-growth?
4. Mary ends her discussion with Jesus with a declaration: “I have seen the Lord.” It is a statement of faith, a statement of hope, a statement of trust. Where do you see God? Where have you seen God in years past, and where do you see God this very morning?

### **Additional questions for children:**

1. Why do we celebrate Easter? What is special about this day? What are some of your favorite Easter traditions?
2. On Easter morning, Jesus returned to his disciples, to people he loved. Who are some of the people you love? Who are the people you would like to see soon?
3. When Mary sees Jesus in the garden, she calls him “Teacher.” What are some good things about teachers? Who are your teachers? What do you love about them? Why is learning so good?

### **Pray | Gratitude Prayer**

Easter is a day of new beginnings and new life. It is a day for hope and love that overflows. It is a day of gratitude for the days we’ve had and the days to come. It is a day where we remember that love is stronger than hate, and death does not have the last word. Therefore, it only seems appropriate to take a moment to practice gratitude. Listen to the birds chirping. Take a moment to appreciate the rising sun, and as you do, write down a list of ten things you are grateful for. Allow this practice to be a prayer.

## **Easter Sunday, April 12th**

*The question on all of our minds since things began shutting down due to the pandemic has been "Will there be Easter?" Easter will be different this year, but yes there will be Easter. A pandemic, a stay-at-home order, cannot stop Easter, the power of resurrection. We will worship together on Facebook Live at 10am on Easter Sunday. The service will also be posted on our YouTube channel later in the day.*

### **Preparation:**

*I'd invite you to send in photos of signs of new life, so we can use them in our worship service. Please send them in as soon as possible, but they must be received by Thursday, April 9th.*

*Easter is a day of celebration. Perhaps you want to get dressed up today in your Easter best. Enjoy a special breakfast. You could try out resurrection rolls and there are lots of recipes online.*

*Prepare your space for worship by having a cloth, Bible, and candle. Also find a stone, a smooth one is best, and include that in your space. We will be using that in our worship service.*

### **Offering**

*Although we may not be gathered for worship in a church building, as a people of God we are called together to continue strengthening the mission of the church.*

*Please continue to support Eastminster Presbyterian Church. We will receive your donations by mail or you can go to <http://www.eastminsterchurch.org/give/online-giving/> to give online.*

Other ways to live and share generously:

- Give to the One Great Hour of Sharing Offering, which will be used to help those who have been affected by the pandemic. You can give to that offering through the church or by going here: <https://specialofferings.pcusa.org/offering/oghs/>
- Give to the Greater Lansing Food Bank (<https://greaterlansingfoodbank.org/>) or to First Presbyterian Lansing's Food Bank (<https://lansingfirstpres.com> go to Online Giving and then to Food Pantry)
- Write a card or letter to a relative, friend, or church member.
- Share something you are grateful for or give/send a compliment to another person.