



Café Reflections

**A short simple service of readings, prayer
and reflection in a relaxed café-style setting**

This service runs for 30 minutes, and could take place mid-week or on a Sunday afternoon. People usually are encouraged to arrive 10/15 minutes before the readings, and stay 10/15 minutes after the readings. So allow an hour to cover the full experience. Leaders can be clergy or lay, and who sometimes create their own reflection sheets, or read from a ready-made collection.

Small group tables and chairs can be arranged in a suitable place, close to the kitchen or kitchen hatch. In the church itself if possible. Volunteers from the congregation serve coffee and homemade cake, from the hatch or to the table.

A dais or microphone on a stand, or roving microphone, is placed in clear view of the group. During the half-hour, the three sections of the reflection and prayer are read at 10 minute intervals. The idea is then that group discussion/reflection on the theme of the day will happen among the participating congregation.

Part One

At this time of the year, the days are long and light. It is a time for outings to the park, to the coast, to the dales. hills and lakes. Today we celebrate God's world and His creation.

As we are gathering, think of yourself strongly rooted like a tree, with your roots sunk deep into the deep springs of God, which will never run dry. Draw inner life and peace from that spring now.



Psalm I

Blessed is anyone who trusts in the Lord;
Such a person is like a tree by the waterside,
that thrusts its roots into the stream.

When the heat comes it has nothing to fear,
its foliage stays green;
Untroubled in a year of drought,
it never stops bearing fruit.

Lord, deepen our trust,
that in you we may grow strong
and bear much fruit.

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Part Two

Lord, in all your creation, we see the profusion of growth.
the variety of fruits;
the cycle of regeneration.

When we engage faithfully with the soil and plant seeds and ensure they receive moisture and nourishment, then they grow into plants providing beauty and food.

In every acorn
there is the potential for a forest;
In every apple pip
there is the potential for an orchard;
In every soul
there is the potential for your kingdom to be established;
full of joy and peace and love.
Lord, may your kingdom come
in us and in all your creation.

Moisture and nourishment are needed for our spiritual lives too, and God can give us these through his Words:

God's Word comes down to us like the rain and the snow come down from above
and return not again, but water the earth,
bringing forth life and giving growth,
seed for sowing and bread to eat,
so is my Word that goes forth from my mouth,
it will not return to me fruitless,
but it will accomplish that which I purpose
and succeed in the task I gave it.

(Isaiah 55. 6-11)

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Part Three

And God saw all that He had made and it was very good.

Let us pray for our fellowship with one another.

Holy God
into this world you have set a community of creation. Earth, sky, sun and rain; plants, animals, insects, birds and fish; women, men, boys and girls, young and old.

We acknowledge our dependence on the fruits of the earth, the clear running water, the shelter of trees and the goodness of soil.
We acknowledge our dependence on you Lord, as author and creator.

So help us, Lord of all, that the network of creation which so supports and helps us may not further be broken, and that we may be amongst those who repair the damage of the years.

Lord our God, you renew the face of the earth
and bring newness to our world.
Restore the waters
Refresh the air
Revive the land
Breathe new life into all your creation
and begin with us.
Amen.

Sources: The Bible NRSV
The Rhythm of Life 1996 David Adam SPCK
(adapted)

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