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Thank you for NOT using the Westwood Wi-Fi during any of these services! We need to preserve the transmission bandwidth for our Zoom community members who are attending.

Front cover pictures: Photos from 72 Hours of Easter 2025

SYMBOLS OF THE 72 HOURS

REFLECTIONS

Community of Saints – All of those with us, our ancestors and those yet to be born, all humanity, even those with whom we disagree.

Sacred Oils - Chrism oil is a symbol of our baptismal priesthood, the oil we were anointed with at our Baptism. The Oil of Catechumens is used to anoint those preparing for Baptism. The Oil of the Sick is used to anoint those who are ill. They are ancient symbols, offering strength for our journeys.

Fire – Transforms everything it touches! It clears the way for something new! It also offers light, illumination and warmth.

Foot Washing – Once part of the marriage ceremony, it is an intimate act of vulnerability to the other. In our families, communities and world, whose feet are we called to wash? Whose feet are bleeding, dirty and need washing?

Font – symbol of tomb, womb, union with the Christ - within ourselves, with each other and with all creation. It will be filled with water from the foot washing. We will wash the equidistant cross on Friday and bless ourselves on Sunday with water from the font. The hundred-hour candle in the font represents the Christ – light and growth in the darkness.

Equidistant Cross – Not the cross of execution! This cross represents the tensions and struggles of our real lives as individuals and communities. We reverence these tensions as essential parts of our lives and trust that the Christ – our Source, Divine Mystery – holds us in all of this and makes possible our move towards unity after brokenness and amid diversity, to become Shalom.

The Christ – Divine Energy in All

Paschal Candle – Symbolizes the light of the Christ – Divine energy in all creation.

Table – A place of welcome and gathering to share food, friendship and love.

Bread and Wine – Through the faith and love of the gathered community we affirm our belief and deep knowing that Christ is present in the very ordinary yet sacred elements of bread and wine, just as Christ is present in the very ordinary yet sacred community that gathers in love.

Creation Stations of the Cross – You are invited to explore the juxtaposition of the traditional Stations of the Cross with our environmental crisis, reflections of contemporary prophets and to consider your individual prophetic response.

THURSDAY CHRISM MASS

Welcome!

We are happy to have you with us today and hope you will feel at home.
We are an expression of divine love.

We acknowledge that in the United States and in other countries most of us live on the ancestral lands of Indigenous Peoples.

In Olympia, we are on the ancestral land of the Squaxin and Nisqually people.

I live in _____, the home of the _____.

I invite you to unmute, name your location and the Indigenous People on whose land you live.

(Pause for sharing)

We are people of various abilities, ethnicities, sexual orientations and gender identities.

We are questioning people.

We aspire to love and serve others and believe our well-being is connected with the well being of all. We gather to give thanks and to nourish each other with love, joy, and friendship; and to become the body of Christ for this world.

We value unity over uniformity.

We thirst for justice and we long for peace.

All are welcome, all are included, all are beloved in our Holy Wisdom Community.

I am Free (Plum Village)

I am a cloud, I am the blue sky
I am a bird spreading out its wings
I am a flower, I am the sunshine
I am the earth receiving a seed

And I am free when my heart is open
Yes I am free when my mind is clear
Oh dear brother, oh dear sister
Let's walk together, mindfully

Psalm 85: (Marty Haugen)

God, let us see your kindness; God, let us see your kindness.

Gospel Acclamation (Michael Prendergast & Joseph Sullivan)

Praise and glory to you, O Christ, today and forever!

Blessing of the Oils

...Infuse this oil, which nature has provided and human hands have made, with the presence of Your Sophia Spirit to sanctify our human needs. Bless this oil for our use.

Oil of the Sick (all – extend hands over the oil): **Ever Creating God, through the power of your Holy Spirit, bless this oil + and all who are anointed with it. May they be freed from pain and illness and have peace in the depths of their being. We pray in the name of Jesus the Christ, who is one with You and with us now and always. Amen.**

...Bring them a deep understanding of the Gospel, help them accept the challenge of Christ-life and lead them to the joy of new birth in the community of your church.

Oil of Catechumens (all – extend hands over the oil): **Through anointing by this + Oil, may Catechumens be enriched in faith and understanding, and experience the Gospel of Jesus the Christ. May they embrace good works, joy in service, and the suffering and sorrow of Christian faith and life.**

...May they be made deeply aware of God's love for them.

Oil for the Sacred Chrism (all): **O God, Author of human consciousness and spiritual growth, we joyfully give thanks for the rituals and symbols handed down to us through our ancestors of faith.** (*Voices 1, 2 and 3 follow immediately*)

Voice 1: In creation, You gave us the earth which produces the olive tree which brings forth the richness of this Oil. From the fruit of this tree, we make sacred Chrism.

Voice 2: We bestow sacred Chrism on those called to the holy waters of Baptism. We anoint the newly baptized with oil, blessing them with joy and serenity.

Voice 3: As Moses anointed Aaron and his descendants to serve you as priests, Jesus – your Christ – was anointed with the oil of gladness by the women who followed him.

All: Therefore, Holy One, we pray that – by Your + blessing, You may graciously sanctify this Oil you have created. Permeate it with the strength of Your Holy Spirit. Through the Christ, after whom Chrism is named, may Your divine energy infuse this oil as it did for anointing Your priests, rulers, and prophets.

May those reborn through Baptism, receive this Chrism as a holy sign of the fullness of life. May they be endowed with the dignity of ruler, priest and prophet. May they be clothed with the garment of everlasting life.

Give Us Oil in Our Lamps (Traditional)

Verse 1 Give us oil in our lamps, keep us burning.
Give us oil in our lamps we pray.
Give us oil in our lamps, keep us burning.
Keep us burning till the break of day.

Chorus: Sing hosanna, sing hosanna, sing hosanna to our God of Love!
Sing hosanna, sing hosanna, sing hosanna to our God!

Verse 2 Give us joy in our hearts, keep us sharing.
Give us joy in our hearts, we pray
Give us joy in our hearts, keep us sharing.
Keep us sharing till the break of day.

Chorus Sing hosanna, sing hosanna, sing hosanna to our God of Love!
Sing hosanna, sing hosanna, sing hosanna to our God!

Verse 3 Give us joy in our hearts, keep us singing.
Give us joy in our hearts, we pray
Give us joy in our hearts, keep us singing.
Keep us singing till the break of day.

Preparation of the table and gifts

...Pray, my family in faith, that these gifts bring us together in unity with each other and with our Loving Creator.

R: Our loving God accepts us as we are, blesses, and feeds us on our journey.

...and so with all creation, seen and unseen, we proclaim your goodness as together we sing:

Holy, Holy (Diane S. Whalen)

Holy, holy, holy One, Source of all Life, Power of Love,
Heaven and earth shine forth with your glory.
Hosanna in the highest!
Blessed are all who come in the Name,
who walk in the ways of Love.
Hosanna in the highest! Hosanna in the highest!

...Just as we have been blessed and forgiven, so we are to devote ourselves to making the world whole in the love of Christ and in the mystery of the breaking of the Bread.

All: May your Spirit be called forth in these gifts of bread and cup, that they may become for us the + body and blood of Christ, who gathers all into the light of your friendship and love.

...Take and eat, this is my body:

All: The body which I accepted at my Incarnation, the body which is the visible sign of the Word Made Flesh and which is given for you.

...Take and drink, This is my blood...

All: It binds us together in a covenant that dissolves the illusion that we are separate from each other and all things. Whenever you celebrate this ritual, do as I have done. And remember, I am with you always.

Memorial Acclamation (Diane S. Whalen)

Christ has died, Christ is risen, Christ will come again!

Voice 1: As disciples on the journey, we pray that your Spirit helps and guides us to be your instruments: of listening and hope, of comfort and mercy, of reconciliation and renewal. May we walk together along the way to your Reign of Peace and accompany all who are seeking you, knowingly or unknowingly, in the depths of their own hearts.

Voice 2: May this same Spirit strengthen us to follow Gospel values in all moments of our daily lives. And may we be inspired by the example of all our ancestors whose memories we keep sacred and whose faith emboldens us.

Voice 3: Awaken in us, O strong and tender God, a passion for equality, inclusivity and justice, that all might have a place at the Table of Christ, from which no one is to be excluded. May all come to know your blessing, O Holy One, you are the Source of all Being, Everlasting Word and Spirit, in whose power we gather and in whose love we are filled.

Amen (Diane S. Whalen)

Amen, Amen, Amen!

Aramaic Prayer of Jesus

O Breathing Life of the Cosmos,
You create all that moves in light.

Focus your light within us: help us breathe one holy breath.

Your reign of unity springs into existence

as our arms reach out to embrace all existence.
As we find your love in ours,
let heaven and nature form a new creation.
Grant us what we need each day in bread and insight,
loose the cords of mistakes that bind us
as we release the strands we hold of others' shame and guilt.
Don't let us forget our true purpose,
but free us from what holds us back.
For from you is born all power and life,
the song that beautifies all.
From age to age, you renew all that is.

The Peace of the Earth

(Trad. Guatemalan, English trans. Christine Carson)

The peace of the earth be with you, the peace of the heavens too.
The peace of the rivers be with you, the peace of the ocean too.
Deep peace falling over you. God's peace growing in you.

All: This is the Body and Blood of Christ, one body broken and poured out that we might be one people across the earth; how blessed are we to be able to say that everyone, everyone is welcome to this table into the heart of this sacrament. Christ Jesus, you invite us to receive you, by your word we are healed.

All: We are the Body and Blood of Christ. Amen

Prayer after Communion

R: Amen

Canticle of the Turning

(Tune: Irish Traditional, text Rory Cooney)

Verse 1: My soul cries out with a joyful shout that the God of my heart is great, and my spirit sings of the wonderous things that you bring to the ones who wait. You fixed your sight on your servant's plight and my weakness you did not spurn, so from east to west shall my name be blessed. Could the world be about to turn?

Chorus: My heart shall sing of the day you bring, let the fires of your justice burn.
Wipe away all tears, for the dawn draws near, and the world is about to turn!

Verse 2 Though I am small, my God, my all, you work great things in me.
And your mercy will last from the depths of the past to the end of the age to be.
Your very name puts the proud to shame, and those who would for you yearn; you
will show your might, put the strong to flight, for the world is about to turn!

Chorus (as above)

Verse 3 From the halls of power to the fortress tower, not a stone will be left
on stone. Let the king beware for your mercy tears every tyrant from his throne.
The hungry poor shall weep no more, for the food they can never earn; there are
tables spread, every mouth be fed, for the world is about to turn.

Chorus (as above)

Verse 4 Though the nations rage from age to age, we remember who holds us
fast: God's mercy must deliver us from the conqueror's crushing grasp. This
saving word that our forebears heard is the promise which holds us bound, 'til the
spear and rod can be crushed by God, who is turning the world around.

Chorus (as above)

Closing Prayer Reflection for the Chrism Liturgy 2026
(Psalm 116 by Nan Merrill)

How is your soul?
I invite you to ponder this question today and throughout your week.
What will you keep from your time of reflection?
What will you let go of that you have discovered you do not need?
How is your soul in its divine relationship with the Holy directing you to move
ahead as we continue to hold one another in this completely connected world God
has given us?

THURSDAY RITE CHANTS AND SONGS

Shalom Chaverim (Traditional)

Shalom chaverim, shalom chaverim, shalom, shalom.
May peace be with us; may peace be with us. Shalom, shalom!

Christ Alive! (Diane S. Whalen)

Christ alive! Christ in all! We welcome the Christ!

Glory to God (Diane S. Whalen)

Glory to God! Glory to God! Glory to God in the highest!
And peace to All, peace to earth. Peace to all on earth.

Ubi Caritas (Taize chant – Jaques Berthier)

Ubi caritas, et amor, ubi caritas, Deus ibi est.

You hear Our Prayer (Rose Morrison)

O God, You hear our prayer,
O Love, You hear our prayer,
You are the breath of our one-ness.

Be Still and Know (Joe Reilly)

Chorus: Be still and know that you are loved.
Be still and know what you're made of...

Verse 1 You are your ancestors' dreams,
You are flowing mountain streams,
You are ancient forests and deep roots,
You are rich soil, strong branches and eager shoots.

Chorus (as above)

Verse 2 You are diverse communities,
You are rhythms and melodies,
You are laughter and pain,
You are soft summer rain.

Chorus (as above)

Verse 3 You are compassion and peace,
You are wise stories.
You are songs and poetry,
You are boundless joy, and you are free! (chorus)

Stay Here and Keep Watch with Us

(adapted from Taize – Jaques Berthier)

Stay here and keep watch with us, watch and pray.
Watch and pray.....

FRIDAY CHANTS AND SONGS

Washing the Cross of Shalom: Water is Life! Washing the cross with the water of the font could symbolize the life possible in the tensions in our lives if we are willing to hold them and reverence them for the possibilities of growth they may offer.

Ubi Caritas (Taize chant – Jaques Berthier)

Ubi caritas, et amor, ubi caritas, Deus ibi est.

You hear Our Prayer (Rose Morrison)

O God, You hear our prayer,
O Love, You hear our prayer,
You are the Breath of our One-ness.

A 72 Hour Easter Meditation

(Part 1)

Be at the closed tomb and weep.

Stay.

Be Mary Magdalene.

Show up.

Experience the death.

Let your body feel your aloneness.

Understand the transformation.

See where Soul has been taken.

Walk to the locked-up place in you.

Wonder how your obstacle can be removed.

And then, in your aloneness, know that only you have been chosen
to meet Soul in its resurrected image.

Listen to what offers Hope.

Wait.

Wait some more.

Stay Here and Keep Watch with Us

(adapted Taize chant – Jaques Berthier)

Stay here and keep watch with us,
watch and pray, watch and pray...

SATURDAY CHANTS AND SONGS

Shalom Chaverim (Traditional)

Shalom chaverim, shalom chaverim, shalom, shalom.

May peace be with us, may peace be with us. Shalom, shalom!

Radiant Light Divine (Rufino Zaragoza)

Radiant Light Divine, shine throughout this night.
Jesus, Holy One, holding dark and light... (sung several times)
(cantor will lead the last phrase)
As the daylight fades, and come eventide,
dwell among us, Holy Fire.

Exultet (Diane S. Whalen)

Let us rejoice! Rejoice all saints and angels!
Sing all creation!
All creatures of earth, sea and sky.
Rivers, mountains, hills and valleys.
All creation, sing praise to life!
The Christ alive in all.

Christ alive! Christ in all! We welcome the Christ! (x2)

This is the Night! We proclaim our Sacred Union - With all life.
Dark and light together.
You embrace us in all moments of our lives.
You free us from our separate prisons.
Call us into wholeness.

Christ alive! Christ in all! We welcome the Christ!

This is the night! We remember the beauty of your creation
Of seeds that lay in winter's cold
transformed in their dying to self.
May we see more deeply
That we are one with all
And all are called to wholeness.

Christ alive! Christ in all! We welcome the Christ!

This is the Night! When radiance shines forth from all,
When we say yes to Christ, our communion.
As this Bright and Holy Flame reminds us who we are
We joyfully sing of Oneness.
This is the Night! The Christ our Morningstar shines in us ALL!

Christ alive! Christ in all! We welcome the Christ! (x2)

Light of Christ (Rufino Zaragoza)

Light of Christ, light flaming bright,
Burn in our hearts, Holy Fire.

Breathe on Us (Ruthanne Svendsen)

Breathe on us Holy Spirit, Breathe in us breath of God,
to do justice, and love mercy, and walk humbly with our God,
to do justice, and love mercy, and walk humbly with our God.

You hear Our Prayer (Rose Morrison)

O God, You hear our prayer,
O Love, You hear our prayer,
You are the Breath of our One-ness.

Psalm 34: The Cry of the Poor (adapted, John Foley)

Our God hears the cry of the poor. Blessed be our God.

Come to the Water (adapted, John Foley)

O let all who thirst, let them come to the water. And let all who have nothing, let them come to our God: without money, without price. Why should you pay the price? Come to our God.

And let all who seek, let them come to the water. And let all who have nothing let them come to our God: without money, without strife. Why should you spend your life? Come to our God.

And let all who toil, let them come to the water. And let all who are weary let them come to our God: all who labor, without rest. How can your soul find rest? Come to our God.

And let all the poor, let them come to the water. Bring the ones who are laden, bring them all to our God: bring the children without might. Easy the load and light: Come to our God.

Song of Brigid (Laura Ash)

Refrain: Darkness to light, night into day,
Wellspring of Wisdom, show us the way.

A 72 Hour Easter Meditation (part 2)

Stay.

Be Mary Magdalene.

In all your aloneness feel Infinite connection.

Believe.

Open to Baptism.

Cast out the demons that hold you back.

Know in that Infinite connection, you will recover.

Soul and you together, forever linked.

Return to your work.
Be the place believers and doubters can come.
Show them that the unseen is just as important as the seen.
Love again.
Spring is coming.

Holy Darkness (Dan Schutte)

Holy darkness, blessed night, heaven's answer hidden from our sight.
As we await you, O God of silence, we embrace your holy night.

Stay Here and Keep Watch with Us

(adapted Taize – Jacques Berthier)

Stay here and keep watch with us,
watch and pray, watch and pray.

EASTER SUNDAY CHANTS AND SONGS

Roll Away the Stone (Tom Conry)

They have been saying all our plans are empty.
They have been saying, "Where is their God now?"

Refrain: Roll away the stone, see the glory of God!
Roll away the stone.

They have been saying, no one will remember.
They have been saying, power rules the world.

Refrain Roll away the stone, see the glory of God!
Roll away the stone.

They have been saying, no one hears the singing.
They have been saying, all our strength is gone.

Refrain Roll away the stone, see the glory of God!
Roll away the stone.

They have been saying, “All of us are dying.”
They have been saying, “All of us are dead.”

Refrain Roll away the stone, see the glory of God!
Roll away the stone. (repeat)

Now the Green Blade Rises
(text John Crum, tune Noel Nouvelet)

Now the green blade rises from the buried grain,
Wheat that in dark earth many days has lain;
Love lives again, that with the dead has been;
Love is come again like wheat arising green.

In the grave they laid him, love by hatred slain,
Thinking that he would never wake again,
Laid in the earth like grain that sleeps unseen,
Love is come again like wheat arising green.

Litany of the Saints (Based on John D. Becker version)

Response after each line: Pray with us

Response at end of each verse: All you holy people, pray with us.

Renewal of Baptismal Promises

We believe in God, the Divine Mystery
the heart of all that has ever existed,
that exists now, or that ever will exist.

We believe in Jesus the Christ,
the heart of compassion and love,
who shows us the way of living the Paschal Mystery —
life, death to more life.

We believe in the Holy Spirit the Breath of God,
whose breathing moves upon the earth, and within each of us.

We believe that Divine kinship is here and now,
stretched out all around us for those with eyes to see it, hearts to receive
it, and hands to make it happen.

We know that we, as individuals, as a community and as cultures bound
to structures, traditions and values, struggle to live this kinship that
Love calls us to. In the face of these struggles, we reject the lie of our
separateness and embrace the truth of our Oneness.

We commit to living in peace and care for ourselves, each other and all
creation with open hearts, minds and spirits. Above all, we commit
ourselves to acting in love as fully as we are able and helping each other
to do that, trusting in Holy Wisdom, alive within us.

So we will live as the Beloved Community,
Where all are welcome and all are beloved.

We Come to Your Feast (Michael Joncas)

Verse 1 We place upon your table a gleaming cloth of white:
the weaving of our stories, the fabric of our lives;
the dreams of those before us, the ancient hopeful cries, the
promise of our future; our needing and our nurture lie here
before our eyes.

Refrain: We come to your feast, we come to your feast:

the young and the old, the frightened the bold,
the greatest and the least. We come to your feast,
we come to your feast – with the fruit of our lands and the
work of our hands, we come to your feast.

Verse 2 We place upon your table a humble loaf of bread:
the gift of field and hillside, the grain by which we're fed;
we come to taste the presence of him on whom we feed,
to strengthen and connect us, to challenge and correct us,
to love in word and deed.

Refrain (as above)

Verse 3 We place upon your table a simple cup of wine:
the fruit of human labor, the gift of sun and vine;
we come to taste the presence of him we claim as Lord, his
dying and his living, his leading and his giving, his love in
cup outpoured.

Refrain (as above)

Verse 4 We gather round your table, we pause within our quest, we
stand beside our neighbors, we name the stranger “guest.”
The feast is spread before us; you bid us come and dine: in
blessing we'll uncover, in sharing we'll discover your
substance and your sign.

Refrain (as above)

Holy, Holy (Diane S. Whalen)

Holy, holy, holy One, Source of all Life, Power of Love,
Heaven and earth shine forth with your glory.
Hosanna in the highest!
Blessed are all who come in the Name,
who walk in the ways of Love.
Hosanna in the highest! Hosanna in the highest!

Aramaic Prayer of Jesus

O breathing life of the cosmos,
You create all that moves in light.
Focus your light within us: help us breathe one holy breath.
Your reign of unity springs into existence
as our arms reach out to embrace all existence.
As we find your love in ours,
let heaven and nature form a new creation.
Grant us what we need each day in bread and insight,
loose the cords of mistakes that bind us
as we release the strands we hold of others' shame and guilt.
Don't let us forget our true purpose,
but free us from what holds us back.
For from you is born all power and life,
the song that beautifies all.
From age to age, you renew all that is.

Dona Nobis Pacem (traditional)

Dona nobis pacem, pacem.
Dona nobis pacem. (sung in a round, 4x)

Taste and See (Bob Hurd)

Refrain: Taste and see, O taste and see, taste and see the goodness of
God.

Taste and see, O taste and see, taste and see the goodness of God.

Ubi Caritas (Taize Community – Jaques Berthier)

Ubi caritas et amour. Ubi caritas Deus ibi est.

By Breath (Sara Thomsen)

Refrain: By breath, by blood, by body, by spirit, we are all one. By breath, by blood, by body, by spirit, we are all one.

Verse 1: The air that is my breath, is the air that you are breathing, and the air that is your breath, is the air that I am breathing. The wind rising in my breast is the wind from the east and the west, from the north, from the south, breathing in, breathing out...

Refrain: By breath, by blood, by body, by spirit, we are all one. By breath, by blood, by body, by spirit, we are all one.

Verse 2: The water that is my blood, my sweat, tears from crying, is the water that is your blood, your sweat, tears from crying. And the rising of the tides is in my veins and in the ocean wide, we are in the rising steam, rushing river, running stream...

Refrain: By breath, by blood, by body, by spirit, we are all one. By breath, by blood, by body, by spirit, we are all one.

Verse 3: The earth is dust, the earth is clay, flowers blossoming and fading. We are dust and we are clay, we are blossoming and fading. Every color, every sound, every place is holy ground, oh every living thing, can You hear it laugh, can You hear it sing?

Refrain: By breath, by blood, by body, by spirit, we are all one. By breath, by blood, by body, by spirit, we are all one.

Verse 4 The fire in my heart, my soul flame burning, is the fire in your heart, your soul flame burning. We are spirit burning bright, by the light of day, in the dark of night, we are shining like the sun, and like the moon, like the holy One...

Refrain: By breath, by blood, by body, by spirit, we are all one. By breath, by blood, by body, by spirit, we are all one.

Contemplation Questions for the 72 Hours

- What are we doing here? Why gather as a community for this retreat?
- What is drawing you here? What is drawing us here?
- In what ways are you drawn to meeting God?
- Are you drawn to meeting God manifested in community? In nature?
- What are you most deeply longing for?
- What are we as a community longing for?
- What is most important in our being together?
- What do you bring to give – to this place, to our retreat experience, to our community?
- How has your understanding of God changed from your youth? When in your life did it change?
- What is your image of God now? Who or what is the Divine for you now?

- Recall being around the fire on Thursday, realizing that fire levels and changes everything in its path, what is being leveled and changed in you? In us?
- Ash from/after fire fertilizes the ground, preparing it for new growth. What is incubating within you? Within us?
- When/how have you experienced the destructive power of fire? What did you notice? Did it change your relationship with fire?
- Who were one or two of the most important/influential ancestors in your faith? Who sparked and/or fanned the flames of faith in you?
- What do you hope for those who come after you/us? How can this Easter make a difference?
- What is your relationship with water in nature? Is there a stream, river, lake, body of water that is important to you?
- What does water mean to you?
- When/how have you experienced the destructive power of water? What did you notice? Did it change your relationship with water?
- For what do you thirst? How long have you been thirsty?
- What is it like for you to have your thirst quenched? What does the symbol of the font mean to you?
- Have you experienced giving and receiving foot washing? If so, what was it like to have your feet washed? What was it like to wash another person's feet?
- Whose feet are you feeling called to wash in your world at this time?

- Whose feet are you less inclined to wash?
- Who would you not want to wash your feet?
- Some aspects of foot washing include: intimacy, vulnerability, compassion, honesty, care, forgiveness, being held by another and in community – a feeling of love, excitement, apprehension, fear, sensuality, comforting... What has it been for you?
- The Cross of Shalom has to do with holding, experiencing and wrestling with the tensions of life. What tensions are you holding right now in your life?
- What is keeping you bound, keeping you from being free?
- What is holding you together right now?
- How are the tensions in your life stretching you? Is this stretching growth-producing or harmful for you right now?
- How can releasing these tensions to the Cross – washing the Cross – release you? Release us as a community?
- What is being revealed to you as you contemplate the Cross of Shalom?
- Considering the nine universal prayers, for what/whom do you most intensely pray?
- What breaks or is breaking your heart?
- What dark, shadow, obscure, shaded, blind place in you is longing for Light?
- What is your experience of offering the holy flame to each other? (This will happen in the Saturday evening rite.)

- What do you experience when you look at the faces of those in our beloved community?
- We anoint each other in the Sacrament of Anointing/Healing during this retreat. Consider aspects of your life you would like to have anointed.
- We have an opportunity to anoint each other on Easter morning. This recalls our Baptism, our initiation into Christianity and rededication to this journey. If you would like to be anointed, consider where you would like the oil placed... why that location? Choices made in the past have included: crown of head, forehead, hands, over your heart, throat, legs, feet, etc.

In community we live most fully as human and in relationship to God. We are very grateful to all of you who gathered as community for the 72 Hours of Easter Retreat, both in person at Gwinwood and through the Zoom platform. Special gratitude to those who participated in these rites as presiders, lectors, leaders of prayers or rituals.

Please share your feedback with us – written forms available at Gwinwood, digital forms attached to this worship aid. Improving our retreat next year relies on your comments!

Gratitude to the 72 Hour Planning Committee

Louise, Nancy, Sharon, Saima, Chris, Pam, Julie, Diane, Rose and Royce each worked tirelessly on this year's 72 Hour Retreat.

Special Thanks to our Tech Team

Louise – our *Zoom Minister!* At Gwinwood and beyond, Teresa, Kaila and Kate made it possible to share this retreat with our community outside of the Lacey/Olympia area.

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