

WE ARE CHURCH International

Saturday, 14 November 2026

Do Not Be Afraid – Have No Fear

Moderator: Paul U.
Welcome:
A warm welcome to everyone present and participating in our Eucharist today, and heartfelt thoughts of connection to all those who are elsewhere today.
Let us also join in spirit with all those who, by following Jesus authentically and placing their trust in God, journey through this world and contribute to building the Kingdom of God.

Let us prepare ourselves with the following music:
Song: Peace be still
https://www.youtube.com/watch?v=lsIpGiz3SfQ

Moderator:
Introductory Thoughts:
How quickly our vital energy is drained and diminished when fear and anxiety take hold of us. Suddenly, our thoughts and feelings are no longer free or light; it is as if we are no longer in control of our own lives. Our minds become trapped in narrow, repetitive loops—perhaps even in existential distress—and our creativity feels buried. It is a blessing to have people around us who are sensitive—those who reach out a hand, offer their time, and truly listen. People who care about resolving difficult situations, who stand by us and help us find a way back to a life where joy and confidence prevail. And, even more importantly, how wonderful it is to be able to trust that we are accompanied on every step of our life's journey—even when it seems as though no one is there.
Moderator: Let us hear a few brief reflections on this topic from literary figures. Then, following a song, we will hear two passages—one from the First Testament and one from the Second Testament of the Bible.

Impulse Reader 1 [GABRIELLE C]:
Perhaps all the dragons in our lives are princesses who are merely waiting to see us, one day, looking beautiful and courageous.
Perhaps everything that frightens us is, at its deepest core, something helpless that is asking us for help.
Be patient with all that is unresolved in your heart, and try to love the questions themselves—like locked rooms or like books written in a very foreign language.

Rainer Maria Rilke, Letters to a Young Poet (1904)

- 30-second pause –

Impulse Reader 2 [GABRIELLE C]:
"My heart is afraid that it will have to suffer," the boy said to the alchemist one night, as they gazed up at the moonless sky. "Tell your heart that the fear of suffering is worse than the suffering itself. And that no heart has ever suffered when it followed its dreams, for every moment of the search is a moment of encountering God and eternity." "Do not give in to your fears. If you do, you will not be able to speak with your heart."

Paulo Coelho – The Alchemist (1988)

- 30-second pause –

Impulse Reader 3 [ASHIK K]:

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that frightens us most. We ask ourselves: Who am I to be brilliant, magnificent, talented, and wonderful? But who are you, really, not to be? You are a child of God. Playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure. We are all meant to shine, as children do. And as we let our own light shine, we unconsciously give others permission to do the same.

Marianne Williamson, A Return to Love (1992)

- 30 Sec Pause –

Impulse Reader 4 [ASHIK K]:

I have learned that courage is not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear.

Nelson Mandela, Long Walk to Freedom (1994)

- 30-second pause –

Impulse Reader 5 [ASHIK K]:

There are more things that could frighten us than there are things that actually afflict us; we suffer more often in our imagination than in reality. Therefore, we should stop fearing and worrying about things that will either certainly never happen, or will only occur when we are no longer here.

Seneca, Letters to Lucilius (Epistulae morales, c. 65 AD)

- 30 Sec Pause –

Song: Do not be afraid

https://www.youtube.com/watch?v=N3hr6icTChc

Impulse Reader 6 [VIRGINIA S]:

Reading from the First Testament Isaiah (41:10): Do not be afraid, for I am with you, look...do not look around in fear, for I am your God. I strengthen you; yes, I help you; I take hold of you with my right hand, a hand full of righteousness.

A reading from the Second Testament, the Gospel of Mark (4:35–41): 35 That evening, he said to them, "Let us cross to the other side." 36 They sent the crowd away and took him along in the boat, just as he was. Other boats accompanied them. 37 Then a violent storm arose, and waves broke over the boat, so that it began to fill with water. 38 Jesus was in the stern, sleeping on a cushion. They woke him and cried out, "Teacher, are you not concerned that we are about to perish?" 39 Once awakened, he rebuked the wind and said to the sea, "Be silent! Be still!" The wind ceased, and there was a great calm. 40 He asked them, "Why are you afraid? Do you still have no faith?" 41 They were filled with great awe and said to one another, "Who is this, that even the wind and the sea obey him?"

(Biblical texts from „Bible in Inclusive/Just Language"

Moderator:

We have now heard a few reflections. Let us take some time to share what resonated with us in these texts, or what helps us when we find ourselves navigating through stormy times.

Sharing

Song: Dans nos obscurités
https://www.youtube.com/watch?v=xW6ZvESIxgs

Reader 7 [LYLE M]:

Our Petitions and Remembrances

We feel a deep connection to the people of this earth—in the many challenges they face, as well as in their capacity to perceive what is beautiful and uplifting.

- Let us remember the countless people affected by the many armed conflicts, by exploitation and violence—and the many who pay for these with their lives.
All: O God, our Mother and Father, stand by the victims and strengthen us to encourage those in power to pursue peaceful action.

- Let us pray for those who find themselves in great distress, weighed down by burdens and fears.
All: O God, our Mother and Father, may they encounter people who will help them and bring light back into their lives.

- Our thoughts go out to all those burdened by illness or physical limitations.
All: O God, our Mother and Father, may they feel Your presence during times of suffering, and may our support offer them renewed hope.

- Many long for change within the churches, so that the message of Jesus may continue to serve as a foundation and guide for life for future generations.
All: O God, our Mother and Father, continue to grant courage to those who strive for a credible form of Christianity, so that Your Spirit—which opens up the future—may be felt and may contribute to the well-being of all people.

Living God, with You, our lives have a firm foundation.
We thank You for the many beautiful moments in life, and for Your companionship during the difficult ones.
We place our hope and trust in You. Amen.

Reader 8 [ELZA F]:

Eucharist

In our shared meals with fellow believers, we are connected to a long tradition of dining—a practice through which Jesus reached out to people, sought them out in their specific life circumstances, and shared his life with them. By sharing meals, he reveals God's bond with the very ordinary situations of our daily lives; God shares life with us and is present in the midst of everything that happens, throughout all of history. God draws near to us to unburden us of all that weighs us down or causes us fear. Thus, these commemorative meals become a sign of our connection—to God, to Jesus, and to one another. The One who, since ancient times, has identified Himself as "I am here" remains ever-present—in our own era, and in this very moment. This is a cause for joy and for celebrating together in gratitude, for we are always held and embraced by God's affection.

And so, we recall the words of Paul:

"For I received from our Liberator what I also handed on to you: that on the night he was betrayed, Jesus—to whom we belong—took bread. He spoke a blessing, broke the bread, and said: 'This is my body for you; do this in remembrance of me.'

After the meal, he likewise took the cup, saying: 'This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.' For whenever you eat this bread and drink from this cup, you proclaim the death of the Liberator, until he himself returns."

(1 Corinthians 11:23–26, from „Bible in Inclusive/Just Language"

Communion

Meanwhile music: **„The Servant Song"** von Richard Gillard
https://www.youtube.com/watch?v=SIhhxhPOwfc&list=RDSIhhxhPOwfc&start_radio=1

Reader 9 [MAEVE W]:
Prayer after Communion:
O God of unobtrusive companionship, we are invited to discover Your presence anew each time—strengthened by the meal and following in the footsteps of Jesus—we set out upon our various paths. Grant us open eyes and the willingness to contribute wherever we are able.

Moderator:
We live in times when, regrettably, many people believe that conflicts cannot be resolved peacefully, but only through violence. In contrast, let us uphold thoughts of peace—of *shalom*—which signifies a good life for everyone on this earth, rather than merely the absence of war.

Song: Dona la pace:
https://www.youtube.com/watch?v=-IaNHvQIZC0&list=RD-IaNHvQIZC0&start_radio=1

Moderator:
Strengthened by looking toward God as the foundation of our lives—and through our community, the sharing of our thoughts, and the sharing of a meal—we now move forward, accompanied by a musical blessing.
Song: Benediction
https://www.youtube.com/watch?v=u_L1IhyeCUg&list=RDu_L1IhyeCUg&start_radio=1