

# Worship in times of isolation

## Godly Baking



*This is worship that is based around baking. You may choose what it is that you bake but worship is designed for a recipe that takes around 20 minutes, where the ingredients can be mixed together in a single bowl and where you can eat what you've baked almost right after the baking is complete – things like scones, biscuits, cookies, rock cakes, brownies are perfect. Gluten-free, vegan, lactose-free recipes work wonderfully well, too. You might like to use a recipe that is a family favourite.*

### **Call to worship:**

Gather your ingredients together and place them in front of you. By the use of these ingredients and the work of your hands, something wonderful will come to pass. God is with you and part of that wonder.

### **Adoration and thanksgiving:**

Where do these all come from? Go back into their origins as far as you can. For example:

- Butter comes from milk that is provided to us by cows. Cows need to eat grass and hay that comes from the earth to produce milk. Dairy farmers provide care for the cows and milk them twice a day. The milk is sent to a butter factory that churns the milk until it become butter.
- Flour comes from grain. Grain is provided to us by farmers who till the earth, place seeds in the soil, tend the seeds until they have grown into plants ready for harvest. They harvest the seed and transport it to silos, from the silos the seed is sent to millers who turn the seed into flour.

- Chocolate comes from cocoa beans that are grown on trees that live in tropic places, while some is grown here most is grown in Africa or South America. There is a lot that goes into making the cocoa beans into chocolate.
- In your thinking you might even like to include the origins of electricity that you will use for baking.

Give thanks and praise to God for the earth that is the beginning point of all things.

Give thanks for all the creatures and all the hands that have gone into the growing and producing of these things.

Give thanks for all the people that are involved in delivering these products into your kitchen.

### **Confession:**

Have you been surprised by what it takes to get these products into your kitchen? It can be easy to take for granted that these things are available to us without thinking about all that is involved. Take a moment to think of other things you take for granted.

**Prayer:** God, when I take what I am gifted for granted, forgive me.

When I assume I am entitled to what others know are privileges, forgive me.

When I presume that food just lands on my plate without effort forgive me.

When I eat without being grateful, forgive me.

### **Assurance:**

One thing we can take for granted is God's love for us. When we realise our shortcomings and name them, God's forgiveness is assured.

Off you go! start baking and as you do you might like to have some songs of praise, happy music or your favourite baking soundtrack playing in the background.

### **The word:**

When you have your goods in the oven, spend the time they take to bake to consider the following.

Living a life isn't as easy as reading a recipe, but we do have the scripture to guide us, words like this reading from Corinthians.

## 2 Corinthians 9:6-15

<sup>6</sup>The point is this: the one who sows sparingly will also reap sparingly, and the one who sows bountifully will also reap bountifully. <sup>7</sup>Each of you must give as you have made up your mind, not reluctantly or under compulsion, for God loves a cheerful giver. <sup>8</sup>And God is able to provide you with every blessing in abundance, so that by always having enough of everything, you may share abundantly in every good work. <sup>9</sup>As it is written,

“He scatters abroad, he gives to the poor;  
his righteousness endures forever.”

<sup>10</sup>He who supplies seed to the sower and bread for food will supply and multiply your seed for sowing and increase the harvest of your righteousness. <sup>11</sup>You will be enriched in every way for your great generosity, which will produce thanksgiving to God through us; <sup>12</sup>for the rendering of this ministry not only supplies the needs of the saints but also overflows with many thanksgivings to God. <sup>13</sup>Through the testing of this ministry you glorify God by your obedience to the confession of the gospel of Christ and by the generosity of your sharing with them and with all others, <sup>14</sup>while they long for you and pray for you because of the surpassing grace of God that he has given you. <sup>15</sup>Thanks be to God for his indescribable gift!

If you visit the Iona Abbey for evening worship as you leave you are given an oatcake – something a bit like an Anzac biscuit – and you are encouraged to break it in half and share it with someone you don't know. While it's something that may not be practiced in the near future, it's an act of generosity that has been a long-term tradition for the Iona Community and has been an excellent way of encouraging everyone, even introverts, to meet new people. The Iona Community believes work and worship are entwined and enrich each other, our worship and prayer and engagement with the bible nourishes our work for justice, peace and reconciliation, and our work for these things nourishes and enriches our worship. We are in times when generosity and kindness make a real difference to our communities. The work you have just done has created something which will now nourish and enrich you and the people you share it with, what of this worship will nourish and enrich you in the work that is ahead of you?

### Intercession:

Are they ready – don't forget those goodies in the oven!

Once they are out of the oven and before you dig in, pray.

Some of the ingredients you have used will have come from farming communities that have recently experienced difficult times – drought, bushfires, even floods, it's been an unusual year. Pray for these communities.

Pray for people you wish you could share your baked goods with but aren't able to.

You might like to package some of your goods up and drop them off to nearby friends, family and neighbours with a note to say you are thinking of them. Depending on what you've baked you might even be able put some in the post – Anzac biscuits have been known to travel long distances and still hold their shape and be edible.

**Song:** Hallelujah, we sing your praises – a song from South Africa

<https://www.youtube.com/watch?v=QQnrPcPqsKI>

**Blessing:**

May God, who in Christ sat with his friends and ate with them, be with you as you eat this work of your hands. May you be enriched, nourished and encouraged by it to do God's work in the world. Amen.

Now, eat up! and God bless you.

Centre for  
Music, Liturgy & the Arts

