



Gather in a beautiful outdoor place you can walk to from your home. If you can get near water, wonderful. If you can't, bring a **mason jar of clean water** with you. If you have a drum or egg shaker to accompany singing, bring one! Or feel free to drum along to the beat on your hearts or legs. Sunrise for Easter Morning (April 12, 2020) in Berkeley is estimated at **6:37 AM**. 6:30 AM would be a natural start time, but you can begin this service anytime that works for you!

Follow along via this Document on your **phone** (using the embedded links for scripture and music), or print this out ahead of time and bring along a **Bible**.

### **Gathering**

Say aloud, **“Listen: I will tell you a mystery. We will not all die, but we will all be changed.”**

(I Corinthians)

Sing [Morning Has Broken](#) along with Cat Stevens/Yusuf Islam or *a capella*:

Morning has broken like the first  
morning  
Blackbird has spoken like the  
first bird  
Praise for the singing  
Praise for the morning  
Praise for them springing fresh  
from the world

Sweet the rain's new fall, sunlit  
from heaven  
Like the first dew fall on the first  
grass  
Praise for the sweetness of the  
wet garden  
Sprung in completeness where  
his feet pass

Mine is the sunlight  
Mine is the morning  
Born of the one light Eden saw  
play  
Praise with elation, praise every  
morning  
God's recreation of the new day

Morning has broken like the first  
morning  
Blackbird has spoken like the  
first bird  
Praise for the singing  
Praise for the morning  
Praise for them springing fresh  
from the world

## Remembering

Read one of the resurrection stories from Matthew, Mark, Luke or John. All four versions feature women prominently, and in [John's version](#) (John 20) Mary Magdalene is the star. [Mark's](#) (Mark 16) is the shortest, with an abrupt ending. [Luke's](#) (Luke 24) and [Matthew's](#) (Matt 28:1-10) are similar and juicy.

## Looking Back and Looking Forward

Death is real, and demands that we acknowledge it and its impact on our lives and hearts.

Turn your faces west, toward the sea. Ask those you are gathered with:

**Who are we grieving right now? What do we miss about them?**

**What are the hopes and dreams and realities we are grieving as well?**

**What do we miss about them?**

Easter is not a history lesson, but an invitation to see past death. It is the moment when the veil between life and death/heaven and earth grows thin, and our hopes grow thick.

Face east with your people, and shout your hopes to the rising sun, with these words:

**My hope for this year is \_\_\_\_\_!**

When all are done shouting and hoping, shout together:

**Christ is Risen! Christ is risen indeed, hallelujah!**

## Blessing Each Other

The Rite of Blessing, or Asperging, is an ancient Christian tradition that helps us remember that baptism, a renewing inner and outer life, is always possible. Find a branch or a leaf. Dip it in the water you brought or that your environment is providing. With it, sprinkle every person in your group, while saying "You are a new creation!"

Hug everyone in your group, a long hug. And/or, give yourself the gift of intentional touch: hands placed tenderly on your heart or shoulders. Scientists assure us that loving touch changes us physiologically, our own touch included.

**Sing the Easter classic "Christ The Lord is Risen Today"** along with [this video](#) on Youtube, or any other you may like--or just a capella. Don't be shy if there are strangers around. The world needs to hear joyful song right now more than anything!

Christ the Lord is ris'n today, Alleluia!  
Sons of men and angels say, Alleluia!  
Raise your joys and triumphs high, Alleluia!  
Sing, ye heav'ns, and earth reply, Alleluia!

Love's redeeming work is done, Alleluia!  
Fought the fight, the vict'ry won, Alleluia!  
Jesus' agony is o'er, Alleluia!  
Darkness veils the earth no more, Alleluia!

Lives again our glorious King, Alleluia!  
Where, O death, is now thy sting? Alleluia!  
Once he died our souls to save, Alleluia!  
Where thy victory, O grave? Alleluia!

## **Benediction**

As a final blessing, choose one (or several!) of these "Gospel in 7 Words," which were written by members of our First Church Berkeley community last summer, articulating the message at the very heart of our faith. (Or, make up your own!) Speak these truths out loud and imagine your church community all around the Bay Area, in backyards and on hillsides, or still snuggled up in bed, sharing and embodying this ancient, mysterious, life-saving faith together:

Salvation is love waking up my soul.  
Some experiences shatter the illusion  
of isolation.  
Be the friend you would want yourself.  
God loves us, just as we are.  
Love God, Full Out! Then, Love  
Neighbor  
I can do anything with God's help  
Cast down the mighty, lift the low  
Through Jesus, God loves beyond  
margins  
Here I found solace, light and family.  
My gratitude begins where my  
entitlement ends.  
Let the little children come to me.  
How glorious is your creation, O God.  
I was a stranger & you welcomed me.  
I find Jesus in your loving action

(smile, heart)!  
Love your neighbor as you would  
yourself.  
Earth reflects the amazing glory of  
God.  
Show love and kindness to all people.  
Welcome strangers! You might party  
with angels.  
Hospitality is the whole purpose of  
Christianity.  
Faith isn't a destination but a journey.  
So much love with God and others!  
Not by doing, but being I'm enough.  
Love the hell out of this world.  
God welcomes you home again and  
again.  
We will be changed in a blink.

Turn your face once more to the rising sun, and walk in its direction, toward new life.

**[But not before taking a selfie and sending it to [communications@fccb.org](mailto:communications@fccb.org) by 8am so it can get into the 10am worship slides!]**

If you are in a dancing mood, on your way home sing this other Easter folk classic (“**Lord of the Dance**”) along with [this video](#) (slower, with words on the screen) or [this one](#) (faster), or a capella.

I danced in the morning  
When the world was begun,  
And I danced in the moon  
And the stars and the sun,  
And I came down from heaven  
And I danced on the earth,  
At Bethlehem I had my birth.

**Chorus:**

Dance, then, wherever you may be,  
I am the Lord of the Dance, said he,  
And I'll lead you all, wherever you may  
be,  
And I'll lead you all in the Dance, said  
he.

I danced for the scribe  
And the pharisee,  
But they would not dance  
And they wouldn't follow me.  
I danced for the fishermen,  
For James and John  
They came with me  
And the Dance went on.

**Chorus**

I danced on the Sabbath  
And I cured the lame;  
The holy people  
Said it was a shame.

They whipped and they stripped  
And they hung me on high,  
And they left me there  
On a Cross to die.

**Chorus**

I danced on a Friday  
When the sky turned black  
It's hard to dance  
With the devil on your back.  
They buried my body  
And they thought I'd gone,  
But I am the Dance,  
And I still go on.

**Chorus**

They cut me down  
And I leapt up high;  
I am the life that'll never, never die;  
I'll live in you if you'll live in me -  
I am the Lord of the Dance, said he...

**Chorus**