Exeter College Chapel

Taize Service

3 May 2020
Taizé Reflection

The Taizé community was founded in France as a response to World War Two. It was created as a space for people of different nations to come, to work, to pray, to live together. This communal way of life was enhanced by music – the singing of simple tunes many times over as a way of stilling the mind and bringing people together. This term we are unable to meet in the Chapel for Taizé services, but instead we offer this online version with the hope it will bring you some stillness, peace, and calm.

This service can be followed in your own time: there are links to the chants on youtube, or, if you have spotify, here is the playlist¹: https://open.spotify.com/playlist/27AaTKa36l2U5nr7XOKvb5?fbclid=IwAR21gl5QbasMPFbJ9DfBN_jHoz6KMPwdp6cOBNRsdCiFUMFVF3teuOBxyP0

and, if you feel you don’t want to move on from one song, please do repeat. It’s worth finding somewhere with stillness; perhaps lighting a candle or finding something like a plant or stone to centre your vision.

The rubrics below are only suggestions, and are denoted with ¶. The translations of the texts are in italics.

The music is under copyright:

Music: Taizé
© Ateliers et Presses de Taizé, Communauté, 71250 TAIZÉ, FRANCE

¹ It’s called Taize April 28, because originally it was going to be sent out on that date.
ORDER OF SERVICE

¶ As you listen to, or sing along with the first chant, take time to be comfortable in your sitting position. Notice your body; listen to your breathing.

https://www.youtube.com/watch?v=t4Svh-9ohg4

¶ Before the next couple of chants, perhaps you want to light a candle, or find an object to help focus on.

https://www.youtube.com/watch?v=hgBX4K9MjOu
Peace I leave with you, my peace I give to you: don’t let your hearts be troubled.  
https://www.youtube.com/watch?v=V2DwSllqWZw

Christ, light of the world; those who follow you will have the light of life.

During the next songs you might want to think about the things, the people, the experiences which make you anxious; think about them, and then let go of them; hand them over to God.

https://www.youtube.com/watch?v=go1-BoDD7CI

Nothing can trouble, nothing can frighten; those who seek God shall never go waiting: God alone supports us.
The darkness isn’t darkness in your sight: the night is a light as the day.

Perhaps you want to spend some time in silence, sitting still, with your hands at peace in your lap; taking note of your breathing. And letting your mind meander where it will.

At the end of the silence, take a few deep breaths, exhaling from the top of your forehead down to your chin. And the final chant is an upbeat one, as this time of reflection and meditation comes to an end.

https://www.youtube.com/watch?v=t7s8lfRdz5U

Christ is risen, alleluia! Sing unto the Lord! Alleluia.

The Lord preserve your going out and your coming in. Alleluia! Alleluia! From this time forth, forever more. Alleluia! Alleluia!