

- with human with subject
  - to feel or express sorrow, or regret for
  - to mourn for (sb/sth)
- with object without subject
  - to feel, show, or express grief, sorrow, or regret
  - to mourn (sb/sth)
- with
  - an expression of grief or sorrow
  - a formal expression of sorrow to someone, especially in writing or song, at a funeral or death

Lament is caused by —  
 understanding events or circumstances that  
 the universe of the world are almost so hard  
 to realize ourselves."

"They couldn't see the pain, grief, despair, and rage in my face. They also refuse to acknowledge that they are the cause of my pain."

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The thing that led to our decision was the timing of the product cycle. There's a lot of stuff out there that's just not going to work.

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24. In Figure 1, the dimension of the  $i$ th subpopulation is given by  $1000 \times 10^{-i}$ , and the

- Answer for the second
- Address the second of the questions: how do you know that the system is secure, private and confidential?
- Cryptographic approach
- But there is one problem with using a single key for encryption & decryption: how do you know that the key is secure?
- A key is a secret and it is difficult to distribute it to the other party

[illegible][illegible]

We will all have seen or read something that has hit us hard, really hard since Russia invaded the Ukraine. I don't know about you but there is something in me that grieves a lot. I wonder if like me you are also questioning a lot? And is anyone else having a problem praying; I mean praying that doesn't sound so trite, sanitised and meaningless?

What God gets from me a lot of the time at the moment, is a rant!!

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*“God does not need defending from our feelings and is much less nervous of strong displays of emotion than we tend to be”*

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The words written in the Worship Leaders course I am on have helped:

The image underneath is the one that I find that I cannot forget.

For me it epitomises the tragic and deteriorating humanitarian situation which in just three weeks has seen 3 million people being displaced and thousands killed and injured.

It speaks to me of innocence lost, endless waiting, long journeys; of darkness and pain and struggle.

But the picture also speaks to me of hope. Of people who are willing to give what they have to make another's journey better, of a unity in purpose to help and to love, of light in a new and better future.

At times like this we can find it hard to express how we are feeling.

At times like this we can find it hard not to be overcome.

Take a look at the Psalms or Lamentations to see how the people of Israel expressed themselves in times of suffering and how they searched deeply to find God's heart and hope in the situation.

When we speak the words in the Nicene Creed “we look for the resurrection of the dead, and the life of the world to come” we are not saying that there will be no pain and suffering, there will be. We will feel it. However, we are also saying that we will not be defined or defeated by it – there is always hope.



# Przemyśl train station in Poland on March 3<sup>rd</sup> 2022



Photographer [Francesco Malavolta](#)

Przemyśl is a town in southeast Poland that is located about 8 miles away from the Ukraine border.

Polish mothers of young children have brought their own prams to the train station as a gift to Ukrainian mothers who are crossing the border with babies in their weary arms.

“The thing that led me to take the picture was that feeling of silence and pain around those strollers, that would soon carry ‘victims’ of the dirty war.”

This photo has been shared thousands of times since March 3rd becoming “a symbol of solidarity toward Ukrainian refugees as well as the camaraderie of motherhood”

At the Przemyśl train station, trains arrive unloading some 10,000 to 20,000 people each day.

# lament

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*verb (used with object)*

- to feel or express sorrow or regret for
- to mourn for or over.

*verb (used without object)*

- to feel, show, or express grief, sorrow, or regret.
- to mourn deeply.

*noun*

- an expression of grief or sorrow.
- a formal expression of sorrow or mourning, especially in verse or song; an elegy or dirge.

**“Lament expresses bewilderment and shock.**

**Something has gone wrong for  
which we cannot account.**

**The event must not be unnoticed:  
it must be shared.**

**What is senseless to us confounds our  
expectation of order, rightness and fairness.**

**Lament is caused by.....  
disorientating events or circumstances that  
make unsense of the world we strive so hard  
to render sensible.”**

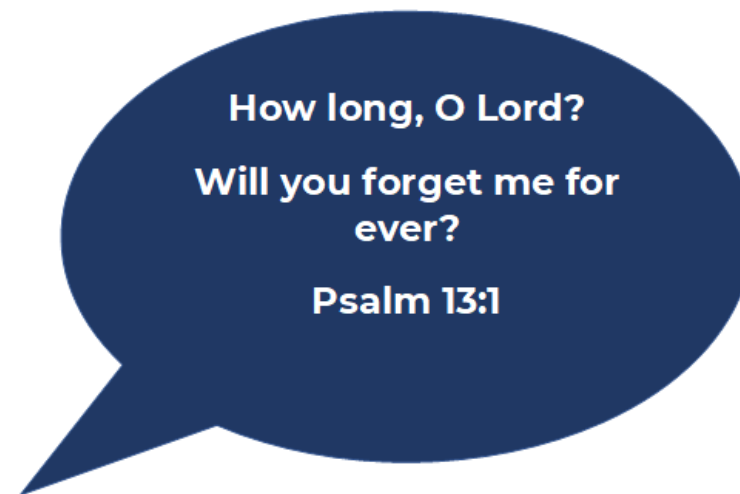
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“Psalms offer speech when life has gone beyond our frail efforts to control.”

“The Psalms are an assurance to us that when we pray and worship, we are not expected to censure or deny the deepness of our own human pilgrimage.”

Dr Walter Brueggemann, Praying the Psalms, page 19

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## DISORIENTATION AND LAMENT

Brueggemann puts forward the idea that life is a constant process of orientation (or equilibrium), disorientation, and reorientation – all experiences represented by different categories of Psalms.

Psalms of lament emerge from the experience of disorientation.

“They express the pain, grief, dismay, and anger that life is not good. (They also refuse to settle for things as they are, and so they assert hope.)”

**YOU ARE INVITED TO THINK ABOUT YOUR OWN WAY TO LAMENT.**

**WE HAVE A GOD WHO CARES.**

**A GOD WHO LOVES US AND WANTS TO HEAR OUR CRIES**

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On this side of the board are some thoughts, prayers, ideas for  
reflection to encourage and inspire us

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- A prayer for the Ukraine
- Reflect on the image of The Sorrowful Saint by Scott Erickson. What thoughts, words, pictures, sounds and feelings arise?
- Thinking about darkness
- Read now or take home with you “A Liturgy for those who Weep Without Knowing Why”
- Do take home with you a guide to writing your own lament psalm



LEADER: The psalmist writes:  
“I call on the Lord in my distress,  
and he answers me.”  
Lord, I call to you in my distress.  
**ALL: I trust you to answer me.**

I lift up the people of Ukraine before you.  
I call to you for mercy and peace.  
Bring comfort to the bereaved, bring an end to violence.  
Lord, I call to you in my distress.  
**ALL: I trust you to answer me.**

I pray for the church in Ukraine and Russia,  
give strength to use their hands for healing,  
and courage to speak truth, justice and love.  
Lord, I call to you in my distress.  
**ALL: I trust you to answer me.**

I pray for world leaders,  
guide their responses to this crisis,  
may hope and grace triumph over fear and hate.  
Lord, I call to you in my distress.  
**ALL: I trust you to answer me.**

In a moment of silence,  
I lift my fears, my sorrows and my hopes to you.  
God of peace, God of love,  
have mercy on our world,  
have mercy on Ukraine.  
Lord, I call to you in my distress.  
**ALL: We trust you to answer us. Amen.**  
(my paraphrase from a prayer at [engageworship.org](http://engageworship.org))

What does darkness make you feel like?  
Does your inside ever feel dark?  
Do you think you can meet Jesus in this darkness?

Nicodemus came to Jesus in the night time to ask him questions, afraid of what others might think of him.

Nathanael showed the darkness within him by revealing the prejudice against a particular group of people.

The greatest revelation Moses received, came in the midst of thick darkness.

**Yet, God met them all, and interacted with them.**

Spend some time asking the difficult questions you carry, the 'why' and the 'how' questions. God wants to meet you in that darkness too.

At the end, light the candle to symbolise Jesus' presence in the darkness.

He may not always answer every question immediately, but he is meeting you where you are at.



## GENERAL STRUCTURE OF A LAMENT PSALM\*\*

### Address, Complaint, Petition, Praise

#### I. Address to God

- sometimes includes an initial plea

#### II. Complaint

- the real lament – cry for help and description of the problem or crisis
- sometimes ends with an affirmation of trust

#### III. Petition

- what the psalmist wants God to do about it
- might include reasons God should answer the prayer

#### IV. Praise or Blessing

- acknowledges prayer has been heard
- vow of praise or worship in anticipation of deliverance

\*\*This structure is a broad generalization. There is much freedom and variety in the composition of lament psalms but a basic pattern can be discerned.

(Walter Brueggemann, *Praying the Psalms: Engaging Scripture and the Life of the Spirit*, 2nd ed., Cascade Books, 2007)