

James 1:5: If any of you lack wisdom, ask God and it will be given

2 Timothy 1:7: For God did not give us a spirit of timidity but a spirit of power and love and self-control.

Philippians 4:6-7: Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving, let your requests be made known unto God. And the peace of God which passes all understanding will keep your hearts and minds in Christ Jesus.

Prayers (including the following)

"Guide and friend of every seeking heart, you take upon yourself all that burdens our lives: Our days of doubt, our divided hearts, our physical weakness and that fear of the future which is often our companion. And you transfigure them, freeing us of all that weighs us down."

"Lord of the perplexed, enable us today to re-discover your amazing truth - that in your strength we truly can begin to walk anew with lightened step and clearer vision, moving from the shadows into the clear flowing waters of your healing, gentle grace."

Iona Community

Blessing

Concluding music:

Taize: 'Laudate Dominum omnes gentes'
(Praise the Lord, Praise the Lord, all you people.
Alleluia.)

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in case anyone would like some individual prayer, we will be available in the side chapels after the service

If you would like to be part of our Reflections team, helping us to put together the service and/or deliver it, please speak to any one of the team.

*The Parish Church of St Andrew
and St Cuthman, Steyning*

REFLECTIONS

5 February 2023

'In Between Time - Do Not Worry'

Opening music:

Lead me Lord (from Psalm 5)

Welcome

Bible Reading

Matthew 6:25-34

Therefore I tell you, do not worry about your life, what you will eat or what you will drink or about your body what you will wear. Is not life more than food and the body more than clothing? Look at the birds of the air; they neither sow nor reap, nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And can any of you, by worrying, add a single hour to your span of life?

And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothed the grass of the fields, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you – you of little faith?

Therefore, do not worry, saying, "What will we eat?" or "What will we drink?" or "What will we wear?" for it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. But strive first for the Kingdom of God and his righteousness, and all these things will be given to you as well.

Reading: Poem

For the Interim Time (*John O'Donohue*)

When near the end of day, life has drained
Out of light, and it is too soon
For the mind of night to have darkened
things,

No place looks like itself, loss of outline
Makes everything look strangely in-between,
Unsure of what has been, or what might
come.

In this wan light, even trees seem groundless.
In a while it will be night, but nothing
Here seems to believe the relief of darkness.

You are in this time of the interim where
everything seems withheld.
The path you took to get here has washed
out;
The way forward is still concealed from you.

"The old is not old enough to have died away;
The new is still too young to be born."

You cannot lay claim to anything;
In this place of dusk,
Your eyes are blurred;
And there is no mirror.

Everyone else has lost sight of your heart
And you can see nowhere to put your trust;
You know you have to make your own way
through.

As far as you can, hold your confidence,
Do not allow confusion to squander
This call which is loosening
Your roots in false ground,
That you might come free
From all you have outgrown.

What is being transfigured here in your mind,
And it is difficult and slow to become new.
The more faithfully you can endure here,
The more refined your heart will become
For your arrival in the new dawn.

Music into Silence

Love Bade me Welcome

(*George Herbert, music by Vaughan Williams*)

Love bade me welcome, yet my soul drew
back,
Guilty of dust and sin.
But quick-eyed Love observing me grow slack
From my first entrance in,
Drew nearer to me, sweetly questioning
If I lacked any thing.

"A guest", I answered, "worthy to be here":
Love said, "You shall be he".

"I, the unkind, ungrateful? ah my dear,
I cannot look on thee".

Love took my hand, and smiling did reply,
"Who made the eyes but I?"

"Truth, Lord, but I have marred them, let the
shame

Go where it doth deserve."

"And, know you not", says Love, "who bore
the blame?"

"My dear, then, I will serve."

"You must sit down", says Love, "and taste my
meat:"

So, I did sit and eat.

Reflective Silence

(*about 12-15 minutes*)

Music out of Silence:

O Taste and See

(*music: Ralph Vaughan Williams*)

Meditation on Bible Verses

Proverbs 3.5-6: Trust in the Lord with all
your heart and do not rely on your own
insight. In all your ways acknowledge him and
he will make straight your path

Proverbs 16.9: A man's mind plans his way
but the Lord directs his steps

Psalms 25.4: Make me to know thy ways O
Lord; teach me thy paths

Isaiah 40:31: But they who wait for the Lord
will renew their strength, they shall mount up
with wings like eagles, they shall run and not
be weary, they shall walk and not faint.