

REFLECTIONS

*A quiet contemplative service
lasting about 45 minutes*

**1 September 2024,
6pm**

Prayer

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

Please feel free to leave when you feel ready – or stay to the end.

Please take this sheet home with you.

If you would like to be part of the Reflections team – please let one of us know.

Our next Reflections will be at 6pm on Sunday 6 October, with 'God of Comfort' as the theme.

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Reflections: Sunday 1 September

PRAYER

Praying as we can, not as we can't

MUSIC ON ENTRANCE

Miserere

Gregorio Allegri (1582–1652)

Sung by Tenebrae, directed by Nigel Short.

READING

It is a thin veil which hides the Holy Place
And if we allow our souls their space,
We commune, we touch, we transcend
Where heaven and earth to each other
bend."

*A Sister of The Community of the Virgin Mary,
(CSMV) Wantage.*

WELCOME AND INTRODUCTION

PRAYER

Dear God,
Speak gently in my silence.
When the loud outer noises of my
surroundings
And the loud inner noises of my fears
Keep pulling me away from you,
Help me to trust that you are still there
Even when I am unable to hear you.
Give me ears to listen to your small, soft
voice saying:
"Come to me, who are overburdened, and
I will give you rest.....
for I am gentle and humble of heart."
Let that loving voice be my guide.
Amen.

Henri J.M. Nouwen – With Open Hands

READING

Be careful not to parade your religion
before others; if you do, no reward awaits
you with your Father in heaven.
Again, when you pray, do not be like the
hypocrites; they love to say their prayers
standing up in synagogues and at street
corners for everyone to see them.

O Lord hear my prayer

O Lord hear my prayer

Come and listen to me

Jacques Berthier (1923 - 1994)

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CLOSING PRAYER

Keep your soul in peace.

Let God work in you.

Welcome thoughts that raise your hearts
to God.

Open wide the windows of
your soul

Amen.

St Ignatius of Loyola

MUSIC TO CONCLUDE

BLESSING

May you recognize in your life the presence,
Power and light of your soul.

May you realize that you are never alone,
That your soul in its brightness and
belonging
Connects you intimately with the rhythm of
the universe.
May you have respect for your individuality
and difference.

May you realize that the shape of your soul
is unique,
That you have a special destiny here,
That behind the facade of your life
There is something beautiful and eternal
happening.

May you learn to see your self
With the same delight,
Pride and expectation
With which God sees you in every
moment.

John O'Donohue

CLOSING MUSIC

Nocturne in E Minor, Op.72, No 1 (4.37)

Nocturne in G Minor, Op.37, No 1 (6.33)

Fryderyk Chopin -

Played by Idil Biret

Watch less I follow any path that grieves
you;
Lead me in the everlasting way.

Philippians 4: 6-7 - The Lord is near; do
not be anxious, but in everything make your
requests
Known to God in prayer and petition with
thanksgiving.
Then the peace of God, which is beyond all
understanding,
will guard your hearts and your thoughts in
Christ Jesus.

Acts 17: 28 - In him, we live, and have our
being.

POEM Sussex Days

When I rise with the lark in the morning
And take to the sheep-trod way,
To dream, while the skylarks are singing,
Till the end of a summer's day
On the scented turf of the Sussex Downs,
'Tis a blessed peace holds sway.

When the wind sings in the rigging
And the salt spray stings my lips,
As the yacht dips her bows when she's
tacking
And the rest of her class outstrips,
And her sheets glean white in the sunshine
'Tis the love of the sea that grips.

When twilight creeps over Downland
There's mist below on the lea,
And the Hunter's Moon as she's rising
Paves a golden path on the sea,
And the silence that reigns is music,
'Tis the Psalm of the soul, set free.
C.C.Ringham

MUSIC *with closing prayer*

O Lord hear my prayer (Taizé)
O Lord hear my prayer
O Lord hear my prayer
When I call answer me.

Truly I tell you: they have their reward
already. But when you pray, go into a room
by yourself, shut the door, and pray to your
Father who is in secret; and your Father
who sees what is done in secret will reward
you.

In your prayers do not go babbling on like
the heathen, who imagine that the more
they say the more likely they are to be
heard. Do not imitate them, for your Father
knows what your needs are before you ask
him.

This is how you should pray:

Our Father in heaven,
May your name be hallowed;
Your kingdom come,
Your will be done,
On earth as in heaven.
Give us today our daily bread.
Forgive us the wrong we have done,
As we have forgiven those who have
wronged us.
And do not put us to the test,
But save us from the evil one.

For if you forgive others the wrongs they
have done, your heavenly Father will also
forgive you; but if you do not forgive others,
then your Father will not forgive the
wronges that you have done.

Matthew 6: 1; 5 – 15

POEM Take Time To Pray

I got up early one morning
And rushed headlong into the day.
I had so much to accomplish
I didn't have time to pray.
Problems overwhelmed me,
Impossible seemed the task.
"Why doesn't God help me?" I wondered,
He replied "You didn't ask."
I wanted to see joy and beauty,
But the day continued depressing and bleak.
I wondered why God didn't show me;
He said, "But you didn't seek."
I woke early one morning,
And paused before entering the day.
I had so much to accomplish,
I had to take time to pray.

Anon

READING

Through Prayer We Enter into God's Compassionate Heart

Prayer is far from sweet and easy. Being the expression of our greatest love, it does not keep pain away from us. Instead, it makes us suffer more, since our love for God is a love for a suffering God, and our entering into God's intimacy is an entering into the intimacy where all of human suffering is embraced by divine compassion. To the degree that our prayer has become the prayer of our heart, we will love more and suffer more, we will see more light and more darkness, more grace and more sin, more of God and more of humanity. To the degree that we have descended into our heart and reached out to God from there, solitude can speak to solitude, deep to deep, and heart to heart. It is there where love and pain are found together.

Henri J M Nouwen - Reaching Out

MUSIC INTO SILENCE

Be Still: PSALM 46: 10 :
Be still and know that I am God.

Be still and know that I am God
Be still and know that I am
Be still and know
Be still
Be

Deirdre Ni Chinneide.
from album 'I will sing for you'

PERIOD OF SILENT REFLECTION

(12-15 minutes)

During this period you are invited to light a candle and place it in the sand tray. Please feel free to move around the church, if you wish, to reflect and pray.
Feel at home in your Father's house, whose walls and columns are soaked in the prayers of centuries. Feel free to 'hug' a column!

MUSIC OUT OF SILENCE

Responses for Choral Evensong The Lord's Prayer

Our Father which art in Heaven
Hallowed be thy name.

Thy kingdom come, Thy will be done in
earth
As it is in Heaven.

Give us this day our daily bread,
And forgive us our trespasses as we forgive
them that trespass against us,

And lead us not into temptation, but deliver
us from evil, Amen.

Setting by John Sanders (1933-2003)
*Choral Evensong is sung in this church on the
third Sunday of every month, except August.*

PRAYER

I open my life to you Lord,
I make space in this day for your coming
I move from busyness to your stillness
I move from sounds to your silence
I move from insensitivity to awareness
I thrust out from the land and look to
heaven.
I open my life to you
I open my heart to your love.
I open my ears to your call
I open my eyes to your presence
I open my life to you.

David Adam - A Desert in the Ocean.

MEDITATION ON BIBLE VERSES

Psalms 139:1-3; 22-24 - Lord, you have
examined me and you know me.
You know me at rest and in action; you
discern my thoughts from afar.
You trace my journeying and my resting
places, and are familiar with all the paths I
take...
Examine me, God, and know my mind;
test me, and understand my anxious
thoughts.