

We invite you to the next Reflections
on Sunday 2 February 2025 at 6pm.

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.*

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Reflections

**A quiet contemplative service
lasting about 40 minutes**

SIMPLICITY

**5 January 2025
6pm**



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

REFLECTIONS

Sunday 5 January

SIMPLICITY

MUSIC ON ENTRANCE

from

**Prelude from Cello Suite No 1
in G major (JS Bach)**

WELCOME AND INTRODUCTION

BIBLE VERSE

Romans 12:2 Do not be conformed to this age, but be transformed by the renewing of your mind, so that you may discern what is the good, pleasing, and perfect will of God.

We invite you to contemplate this verse during the music and silence which follows.

MUSIC INTO SILENCE

Piano piece

*(by Ludovico Einaudi, played by
Neil Aiton)*

CONCLUDING MUSIC

In the Bleak Midwinter

In the bleak midwinter
Frosty wind made moan
Earth stood hard as iron
Water like a stone
Snow had fallen
Snow on snow, snow on snow
In the bleak midwinter, long, long ago

Our God, heaven cannot hold him
Nor earth sustain
Heaven and earth shall flee away
When he comes to reign
In the bleak mid-winter
A stable-place sufficed
Lord God Almighty, Jesus Christ

Enough for him whom cherubim
Worship night and day
A breastful of milk, and a manger full of
hay
Enough for him whom angels fall down
before
The ox and ass and camel
Which adore

Angels and archangels may have
gathered there
Cherubim and seraphim thronged the
air
But only his mother in her maiden bliss
Worshiped the Beloved
With a kiss

What can I give him
Poor as I am?
If I were a shepherd, I would give a
lamb
If I were a wise man, I would do my
part
Yet what I can, I give him
Give my heart.

*Words: Christina Rossetti (1830-1894)
Music: Howard Darke (1888-1976)*

**All: Rest quietly in his presence
Listen**

We pray for confidence
to share your word with others
and for the opportunity to
proclaim it.

Forgive our reluctance,
our timidity.

We pray for wisdom
to know what should be said
and the moment in which to
say it.

Forgive our reticence,
our anxiety.

We pray for knowledge
of the fullness of your grace
and the willingness to live it.
Forgive our ignorance,
our self-reliance.

**All: Be the centre of all we are
The light by which we walk
The blessing we bring to
others
Through Jesus Christ alone
we ask.
Amen**

BLESSING

PERIOD OF SILENT REFLECTION

(12-15 minutes)

*Please feel free to move around the
church, if you wish, to reflect and pray.*

WORDS OUT OF SILENCE

I ask not to fly from the world but
to be involved with the world. I am
in the world but also in the
presence of Jesus. I listen for his
word to a broken world. He sees
my brokenness and the
brokenness of the world around
me. I stand in God's presence
looking at him, listening to him ,
bringing to him the things of the
world that have filled my vision.

I listen for his word.

Be thou my vision O Lord.

Amund Karner

MUSIC

Be Thou My Vision

Be thou my vision, O Lord of my
heart

Be all else but naught to me, save
that thou art;

Be thou my best thought in the day
and the night

Both waking and sleeping, thy
presence my light

Be thou my wisdom, be thou my
true word
Be thou ever with me, and I with
thee, Lord;
Be thou my great Father, and I thy
true son;
Be thou in me dwelling, and I with
thee one

Be thou my breastplate, my sword
for the fight;
Be thou my whole armour, be thou
my true might;
Be thou my soul's shelter, be thou
my strong tower:
O raise thou me heavenward, great
Power of my power

Riches I heed not, nor man's empty
praise;
Be thou mine inheritance now and
always;
Be thou and thou only the first in
my heart:
O Sovereign of heaven, my treasure
thou art

High King of heaven, thou heaven's
bright Sun
O grant me its joys after vict'ry is
won;
Great heart of my own heart,
whatever befall
Still be thou my vision, O Ruler of all

*Words: traditional Irish hymn
trans: Mary E Byrne (1880-1931)*

*Music composed by John Rutter
(b1945)*

*Performed by the Cambridge Singers,
conducted By John Rutter*

MEDITATION ON BIBLE VERSES

Micah 6:3 He hath showed me O
man what is good and what doth the
Lord require of thee, but to do
justly, and to love mercy, and to walk
humbly with thy God.

Matthew 6:33 But seek ye first the
kingdom of God, and his
righteousness, and all these things
shall be added unto you.

Psalms 26:10 Be still and know that
I am God, I will be exalted among
the heathen, I will be exalted in the
earth

PRAYER

All: **Let us be still before the
Lord
Rest quietly in his presence
Listen**

Let us bring before the Lord
the words that may have hurt
and all those left unsaid;
the anger we have felt
and resentment we have fed.

All: **Let us be still before the
Lord
Rest quietly in his presence
Listen**

The Lord is slow to anger
Willing to forgive
Full of grace.
Draw near to him