

The balm of life, the cure of woe,
the measure and the pledge of love,
the sinner's refuge here below,
the angels' theme in heaven above.

*Sung by the Choir of
St Mary's Cathedral, Edinburgh
Conductor: Dennis Townhill
Composer: Sir Sydney Hugo Nicholson*

We invite you to the next Reflections
on Sunday 4 May 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**



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

REFLECTIONS

Sunday 6 April

PASSIONTIDE (Could you not watch with me?)

MUSIC ON ENTRANCE

From 'The Crucifixion'
by John Stainer

Jesus Could ye not watch with me, one brief
hour?
Could ye not pity my sorest need?
Ah! If ye sleep while the tempests lower,
Surely, my friends, I am 'lone indeed.

People Jesu, Lord Jesu,
bowed in bitter anguish,
and bearing all the evil we have done!
Oh, teach us, teach us how to love thee
for thy love.
Help us to pray, and watch, and mourn
with thee.

Jesus Could ye not watch with me one brief
hour?
Did ye not say upon Kedron's slope
ye would not fall into the tempter's
power?
Did ye not murmur great words of hope?

People Jesu, Lord Jesu,
bowed in bitter anguish,
and bearing all the evil we have done!
Oh, teach us, teach us how to love thee
for thy love.
Help us to pray, and watch, and mourn
with thee.

The London Fox Choir & Orchestra

Joseph of Arimathaea came to take your son's
body away.

Give hope and faith to the dying and
bereaved,
and gentleness to those who minister to
them.

Lord, hear us.

Lord, graciously hear us.

Simon and Joseph, Mary and John
became part of your Church in Jerusalem.
Bring into your Church today a varied
company of people,
to walk with Christ in the way of his passion
and to find their salvation in the victory of his
cross.

Lord of the Church,

hear our prayer,

**and make us one in heart and mind to
serve you in Christ our Lord.**

Amen

BLESSING

CONCLUDING MUSIC

Bow Brickhill:

We Sing the Praise of Him Who Died

We sing the praise of him who died,
of him who died upon the cross;
the sinner's hope let men deride,
for this we count the world but loss.

Inscribed upon the cross we see
in shining letters, 'God is love';
he bears our sins upon the tree;
he brings us mercy from above.

The cross! It takes our guilt away:
it holds the fainting spirit up;
it cheers with hope the gloomy day,
and sweetens every bitter cup.

It makes the coward spirit brave,
and nerves the feeble arm for fight;
it takes its terror from the grave,
and gilds the bed of death with light:

PRAYERS

Intercession for Passiontide

Let us pray to the Father,
who loved the world so much that he sent his
only son to give us life.

Simon from Cyrene was forced to carry the
cross for your son.

Give us grace to lift heavy loads from those
we meet

Lord, hear us.

Lord, graciously hear us.

Your son watched the soldiers gamble to
share his clothes.

Transform the hearts of those who make a
profit from their victims,
and those whose hearts are hardened by
their work.

Lord, hear us.

Lord, graciously hear us.

The thief, who was crucified with Jesus,
was promised a place in your kingdom.
Give pardon and hope, healing and peace to
all who look death in the face.

Lord, hear us.

Lord, graciously hear us.

From the cross Jesus entrusted Mary his
mother

and John his disciple to each other's care.

Help us also to care for one another
and fill our homes with the spirit of your
love.

Lord, hear us.

Lord, graciously hear us.

In Mary and John your son created a new
family at the cross.

Fill our relationships,
and those of new families today,
with mutual care and responsibility,
and give us a secure hope for the future.

Lord, hear us.

Lord, graciously hear us.

The centurion was astonished to see your
glory in the crucified Messiah.

Open the eyes of those who do not know
you

to see in your son the meaning of life and
death.

Lord, hear us.

Lord, graciously hear us.

WELCOME AND INTRODUCTION

BIBLE PASSAGE

Matthew 26: 36 to 50

Then Jesus went with them to a place called
Gethsemane; and he said to his disciples, 'Sit
here while I go over there and pray.' He took
with him Peter and the two sons of Zebedee,
and began to be grieved and agitated. Then he
said to them, 'I am deeply grieved, even to
death; remain here, and stay awake with me.'

And going a little farther, he threw himself on
the ground and prayed, 'My Father, if it is
possible, let this cup pass from me; yet not
what I want but what you want.' Then he
came to the disciples and found them
sleeping; and he said to Peter, 'So, could you
not stay awake with me one hour? Stay awake
and pray that you may not come into the time
of trial; the spirit indeed is willing, but the
flesh is weak.'

Again he went away for the second time and
prayed, 'My Father, if this cannot pass unless I
drink it, your will be done.' Again he came and
found them sleeping, for their eyes were
heavy. So leaving them again, he went away
and prayed for the third time, saying the same
words.

Then he came to the disciples and said to
them, 'Are you still sleeping and taking your
rest? See, the hour is at hand, and the Son of
Man is betrayed into the hands of sinners. Get
up, let us be going. See, my betrayer is at
hand.'

While he was still speaking, Judas, one of the
twelve, arrived; with him was a large crowd
with swords and clubs, from the chief priests
and the elders of the people. Now the
betrayer had given them a sign, saying, 'The
one I will kiss is the man; arrest him.' At once
he came up to Jesus and said, 'Greetings,
Rabbi!' and kissed him. Jesus said to him,
'Friend, do what you are here to do.' Then
they came and laid hands on Jesus and
arrested him.

POEM

I am the Great Sun

I am the great sun, but you do not see me,
I am your husband, but you turn away.
I am the captive, but you do not free me,
I am the captain but you will not obey.
I am the truth, but you will not believe me,
I am the city where you will not stay.
I am your wife, your child, but you will leave
me,
I am that God to whom you will not pray.
I am your counsel, but you will not hear me,
I am your lover whom you will betray.
I am the victor, but you do not cheer me,
I am the holy dove whom you will slay.
I am your life, but if you will not name me,
Seal up your soul with tears, and never
blame me.

From a Normandy crucifix of 1632

MUSIC INTO SILENCE

Psalm 130:

- 1 Out of the depths have I cried to you, O
Lord;
Lord, hear my voice;
let your ears consider well the voice of my
supplication.
- 2 If you, Lord, were to mark what is done amiss,
O Lord, who could stand?
- 3 But there is forgiveness with you,
so that you shall be feared.
- 4 I wait for the Lord; my soul waits for him;
in his word is my hope.
- 5 My soul waits for the Lord,
more than the night watch for the morning,
more than the night watch for the morning.
- 6 O Israel, wait for the Lord,
for with the Lord there is mercy;
- 7 With him is plenteous redemption
and he shall redeem Israel from all their sins

Choir of Trinity College, Cambridge

PERIOD OF SILENT REFLECTION

(12-15 minutes)

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

MUSIC OUT OF SILENCE

The Deer's Cry

Christ with me, Christ before me, Christ
behind me,
Christ in me, Christ beneath me, Christ above
me,
Christ on my right, Christ on my left,
Christ when I lie down, Christ when I sit
down,
Christ in me, Christ when I arise,
Christ in the heart of every man who thinks
of me,
Christ in the mouth of everyone who speaks
of me,
Christ in every eye that sees me,
Christ in every ear that hears me,
Christ with me.

Sung by Voces 8 to a setting by Arvo Pärt

MEDITATION ON BIBLE VERSES

Mark 11:24-25 - Therefore, I tell you,
whatever you ask in prayer, believe that you
will receive it and you will. And whenever
you stand praying, forgive, if you have anything
against anyone; so that your Father also who
is in heaven may forgive you your trespasses.

Jeremiah 33:3 - Call to me and I will answer
you and will tell you great and hidden things
which you have not known.

1 Thessalonians 5:16-18 - Rejoice always,
pray constantly, give thanks in all
circumstances; for this is the will of Christ
Jesus in you.

Philippians 4:6 - Have no anxiety about
anything, but in everything by prayer and
supplication with thanksgiving let your
requests be made known to God.