

REFLECTIONS

9 June 2024, 6pm

*A quiet contemplative service
lasting about 40 minutes*



INNER PEACE

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

REFLECTIONS – INNER PEACE

Music prior to the start

Mars – the bringer of war (from 1745)

*Movement 1 from The Planet Suite
by Gustav Holst*

Welcome & Introduction

Music (Song)

Yarabba ssalami

God of Peace, rain peace upon us,
fill our hearts with peace.

*Palestinian song sung for the
International World Day of Prayer 2024
[an ecumenical movement led by
Christian women praying for peace and justice]*

Reading - Poem

Put peace into each other's hands

Put peace into each other's hands
and like a treasure hold it;
protect it like a candle flame,
with tenderness enfold it.

Put peace into each other's hands
with loving expectation;
be gentle in your words and ways,
in touch with God's creation.

Put peace into each other's hands,
like bread we break for sharing;
look people warmly in the eye:
our life is meant for caring.

As at communion, shape your hands
into a waiting cradle;
the gift of Christ receive, revere,
united round the table.

Put Christ into each other's hands,
he is love's deepest measure;
in love make peace, give peace a chance
and share it like a treasure.

Fred Kaan

Words © 1989 Hope Publishing Company (CCLI)

Make me a channel of your peace:
It is in pardoning that we are pardoned,
In giving to all that we receive,
And in dying that we're born to eternal life.

*Words by Paul Mealor
Attributed to St Francis of Assisi
Set to the hymn 'Make me a channel of your
peace'*

Closing Music

Venus the bringer of peace

*Movement 2 from The Planet Suite
by Gustav Holst*

(please do not feel the need to wait until this
music has finished before leaving)

Please leave quietly

If you would like someone to pray privately
with you, please walk round to one of the
side aisles.

Please take this sheet home with you.

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

Prayer

God our deliverer,
defender of the poor and needy,
when the foundations of the earth are
shaking,
give strength to your people
to uphold justice
and fight all wrong,
in the name of your Son,
Jesus Christ our Lord.
Amen

Blessing

Do not be anxious about anything, but in
every situation, by prayer and petition, with
thanksgiving, present your requests to
God.

And the peace of God, which transcends all
understanding, will guard your hearts and
your minds in Christ Jesus

Philippians 4:6-7

Peace I leave with you; my peace I give you. I
do not give to you as the world gives. Do
not let your hearts be troubled and do not
be afraid.

John 14:27-29

Music

Song: Peace

Make me a channel of your peace:
Where there is hatred, let me bring your
love;
Where there is injury, your healing power,
And where there's doubt, true faith in you.

Make me a channel of your peace:
Where there's despair in life let me bring
hope;
Where there is darkness, only light,
And where there's sadness, ever joy.

O, Spirit, grant that I may never seek
So much to be consoled as to console,
To be understood as to understand,
To be loved as to love with all my soul.

Music: Song

How Great is our God *[Sung in Hebrew and Aramaic]*

Gadol elohai shiru ki gadol Elohai
Kol echad yirei ki gadol Elohai

Verse 1 (Hebrew)

Melech hamlachim
Nisa me'al shchakeem ha'aretz tehalel
Dar beor nigav, kol tzel nas mi panav
Kolo mar'eed harim Kolo mar'eed harim

Verse 2 (Arabic)

Min jeelen lijeelen yamluku Wal waktu
biyadihi
Al alifu wal yaa' al bidayatu wa nihaya
Al aabu samawi al ibnu sarmadi
Aroohul azali aroohul azali

Chorus (Arabic)

A'atheem ya Rab
Kam anta a'atheem ya Rab
Kam anta a'atheem ya Rab
Shem me'al kol shem
Otcha raui le'halel
Libi yashir ki gadol Elohai

English words

The splendour of a King, clothed in majesty
Let all the Earth rejoice
All the Earth rejoice

He wraps himself in light
And darkness tries to hide
And trembles at His voice
Trembles at His voice

*How great is our God, sing with me
How great is our God, and all will see
How great, how great is our God*

Age to age He stands
And time is in His hands
Beginning and the end
Beginning and the end
The Godhead Three in One
Father Spirit Son
The Lion and the Lamb
The Lion and the Lamb

Chorus

Name above all names
(how great is our God, sing with me)
Worthy of our praise
(how great is our God, and all will see)
My heart will sing How great is our God
You're the name above all names
(how great is our God, sing with me)
You are worthy of our praise
(how great is our God, and all will see)
And my heart will sing -

Chorus

*Music and Lyrics by Chris Tomlin / Ed Cash /
Jesse Reeves
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Publishing,*

Bible Reading

Philippians 4:6-9

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honourable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.
New Living Translation

Music

Taizé chant: My Peace

My Peace I leave you, my peace I give you;
trouble not your hearts.

My peace I leave you, my peace I give you;
be not afraid.

*Performed by St Andrew's Episcopal Church,
Seattle
© GIA/Les Presses de Taizé*

Period of silent reflection (about 15 minutes)

During this period you are invited to light a candle
During this time please feel free to move to different areas in the church.

Music out of silence –

Song: Calm me, Lord

Calm me, Lord, as you calmed the storm;
still me, Lord, keep me from harm.
Let all the tumult within me cease,
enfold me, Lord, in your peace.
Calm me, Lord, as you calmed the storm;
still me, Lord, keep me from harm.
Let all the tumult within me cease,
Lord, enfold me in your peace.

*Words: David Adam
Music by Margaret Rizza
Performed by
Newman University Church, Dublin*

Reading

Guided meditation on bible verses

Matthew 5:9 - Blessed are the peacemakers,
for they will be called children of God.

Matthew 22:37-39 - Jesus replied, "You must love the Lord your God with all your heart, all your soul, and all your mind. 'This is the first and greatest commandment. A second is equally important: 'Love your neighbour as yourself.'"

Colossians 3:15 - Let the peace of Christ rule in your hearts, since as members of one body you were called to peace.

Romans 15:13 - May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.