

Make me happy  
Through the years  
Never bring me  
Any tears  
Let your arms be as warm  
As the sun from up above  
Bring me fun  
Bring me sunshine  
Bring me Love

*Sung by Eric Morecambe and Ernie Wise  
Written by Arthur Kent and Sylvia Dee  
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Please feel free to leave quietly when you  
feel ready – or stay to the end.

**We invite you to the next Reflections  
on Sunday 7 September at 6pm.**

Please feel free to take this sheet home  
with you.

If you would like to be part of the  
Reflections team – to read or to help put the  
services together - please let one of us know.

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# Reflections

## ‘BRING ME SUNSHINE’

**SUNDAY 3 AUGUST  
6pm**

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

# REFLECTIONS

3 AUGUST 2025

## MUSIC ON ENTRANCE

### Lever du Jour (Daybreak)

*from Daphnis et Chloe,*

*by Maurice Ravel (1875-1937),*

*performed by Berliner Philharmoniker,*

*conductor: Pierre Boulez*

## WELCOME AND INTRODUCTION

### READING: POEM

#### There's nothing like the Sun

There's nothing like the sun as the year dies,  
Kind as it can be, this world being made so,  
To stones and men and beasts and birds and  
flies,

To all things that it touches except snow,  
Whether on mountain side or street of town.  
The south wall warms me: November has  
begun,

Yet never shone the sun as fair as now  
While the sweet last-left damsons from the  
bough

With spangles of the morning's storm drop  
down

Because the starling shakes it, whistling what  
Once swallows sang. But I have not forgot  
That there is nothing, too, like March's sun,  
Like April's, or July's, or June's, or May's,  
Or January's, or February's, great days:  
And August, September, October, and  
December

Have equal days, all different from November.  
No day of any month but I have said -  
Or, if I could live long enough, should say -  
'There's nothing like the sun that shines  
today.'

There's nothing like the sun till we are dead.

*Edward Thomas (War poet 1878-1917)*

Heavenly Father,  
We praise your Holy name.

We come before you in a world where there  
is darkness, pain and suffering. We may  
speak of sunshine as representing  
contentment, ease or happiness. We know,  
in simple terms, the sun cannot shine all  
day. In this troubled world we thank you for  
your faithfulness and that you remind us in  
your word that you are always with us. Let  
us be comforted by your word - that  
through all the chaos of this world you are  
still changing hearts.

You tell us not to fear and you draw us close  
into your presence. Thank you for your  
goodness, thank you that you know the way  
we take, and guide us.

Thank you Lord that through every weakness  
and hard place, your strength is displayed in  
our lives. We cannot do it on our own -  
you are our helper and our strength. All  
things are possible through you.

We ask - each day as the sun rises, Lord, let  
your light shine on us - the warmth of your  
presence, the brightness of your love, the  
radiance of your joy, the shining of your  
hope.

Keep us faithful in the knowledge that we can  
rest in your eternal glory,

All: **Amen**

## BLESSING

## CLOSING MUSIC

### Bring Me Sunshine

Bring me sunshine  
In your smile  
Bring me laughter  
All the while  
In this world where we live  
There should be more happiness  
So much joy you can give  
To each brand new bright tomorrow

## READING - POEM

### Step Into the Sunshine

Step into the sunshine my friend,  
let it kiss your face and refine your spirit into  
a golden bar.

Step into the sunshine my friend,  
come out of the shadows of your past,  
emerge as a saintly being clothed in angelic  
white.

Step into the sunshine my friend;  
let the great sun inflame your soul  
with magnificent grace and transformative  
power.

Step into the sunshine my friend,  
wipe the darkness from your eyes  
see what miracles the new day brings.  
Believe in all the light you see.

Step into the sunshine my friend;  
bathe yourself in the warm river of humanity.  
Recognize yourself for the first time in its  
watery mirror.

Step into the sunshine my friend,  
witness the delicate flower break through the  
hard crust of earth,  
marvel as its fragrant bud blooms.

Step into the sunshine my friend,  
experience the wonder in a child's face,  
let them lead you to the next 10,000 sunrises.

Step into the sunshine my friend,  
feel the soft rays touch your wounds;  
know how the daylight can heal.

Step into the sunshine my friend,  
smell the ocean heave against the climbing sun  
listen to the wisps of the meadowland's  
verdant fragrance.

Step into the sunshine my friend;  
see the sparrow take flight toward the light,  
watch its tireless wings glide on a blanket of  
rising thermal air.

Step into the sunshine my friend.

*James Bradley McCallum (2013)*

## BIBLE READING

Consider it pure joy, my brothers and sisters,  
whenever you face trials of many kinds,  
because you know that the testing of your  
faith produces perseverance. Let perseverance  
finish its work so that you may be mature and  
complete, not lacking anything. If any of you  
lacks wisdom, you should ask God, who gives  
generously to all without finding fault, and it  
will be given to you. But when you ask, you  
must believe and not doubt, because the one  
who doubts is like a wave of the sea, blown  
and tossed by the wind.

Blessed is the one who perseveres under trial  
because, having stood the test, that person  
will receive the crown of life that the Lord  
has promised to those who love him.

Every good and perfect gift is from above,  
coming down from the Father of the heavenly  
lights, who does not change like shifting  
shadows.

**James 1:2-8,12,17**

## MUSIC INTO SILENCE

### Like the Sunshine

Like the sunshine after rainfall,  
Like the gentle breeze;  
Like the stillness of the morning,  
Like the radiant trees:  
These things I knew before,  
Never have they spoken such life to me;  
Oh, the wonder of a maker  
Whose heart delights in me.

Like the nurture of a baby  
At its mother's breast;  
Like the closeness of a lover,  
Like two souls at rest:  
These things I knew before,  
But never have they spoken such peace to  
me;  
Oh, the wonder of a maker  
Whose heart delights in me.

The heavens declare his magnificence,  
The earth resounds with his praise;  
Be still my soul, and be satisfied  
To worship him,  
To worship him.

Like the vastness of a desert,  
Like the ocean's roar;  
Like the greatness of the mountains,  
Where the eagles soar:  
These things I knew before,  
But never have they spoken such power to  
me;  
Oh, the wonder of a maker  
Whose heart delights in me.

*Written and performed by Stuart Townwend  
(b1963)*

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## **SILENCE FOR REFLECTION (10-15 MINUTES)**

*Please feel free to move around the  
church to find a quiet place to  
contemplate and pray*

## **MUSIC OUT OF SILENCE**

### **Goodness of God**

I love you, Lord  
For your mercy never fails me  
All my days, I've been held in your hands  
From the moment that I wake up  
Until I lay my head  
Oh, I will sing of the goodness of God

*'Cause all my life you have been faithful  
And all my life you have been so, so good  
With every breath that I am able  
Oh, I will sing of the goodness of God*

I love your voice  
You have led me through the fire  
In darkest night you are close like no other  
I've known you as a Father  
I've known you as a friend  
And I have lived in the goodness of God,

Your goodness is running after, it's running  
after me  
Your goodness is running after, it's running  
after me  
With my life laid down, I surrendered now  
I give you everything,

All my life you have been faithful  
All my life you have been so, so good  
Every breath that I am able  
I'm gonna sing of the goodness of God.

*Performed by Genavieve Linkowski  
Written by Ed Cash, Ben Fielding,  
Jason Ingram, Brian Johnson, Jenn Johnson  
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## **MEDITATION ON BIBLE VERSES**

**Psalms 113:3** - From the rising of the sun to  
its going down, the Lord's name is to be  
praised.

**Psalms 19:1-2** - The heavens declare the  
glory of God, the skies proclaim the works of  
his hands.

**Psalms 84:11-12** - For the Lord God is a sun  
and shield, the Lord bestows favour and  
honour. No good thing does he withhold from  
those whose walk is blameless. O Lord  
Almighty, blessed is the man who trusts you

**2 Samuel 23:3-4** - The God of Israel spoke;  
the Rock of Israel said to me: "Whoever rules  
fairly over people, who rules with respect for  
God, is like the morning light at dawn, like a  
morning without clouds. He is like sunshine  
after a rain that makes the grass sprout from  
the ground.

**Isaiah 9:2** - The people who walked in  
darkness have seen a great light; Those who  
dwelt in the land of the shadow of death,  
Upon them a light has shined.

**Psalms 139:11-12** - If I say, "Surely the  
darkness shall fall on me," Even the night shall  
be light about me; Indeed, the darkness shall  
not hide from you, but the night shines as the  
day; the darkness and the light are both alike  
to you