

We invite you to the next Reflections  
'Bring me Sunshine' on Sunday 3 August  
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*

# DO NOT BE AFRAID

**Sunday 6 July 2025**  
**6pm**

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

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Andrew &  
St Cuthman, Steyning**

# **REFLECTIONS**

**6 July 2025**

## **MUSIC ON ENTRANCE**

**Gymnopedies 1-3, Eric Satie**

## **OPENING MUSIC**

### **Do not be afraid**

*Do not be afraid, for I have redeemed you.  
I have called you by your name; You are  
mine.*

When you walk through the waters I'll  
be with you,  
You will never sink beneath the waves.

When the fire is burning all around  
you,  
You will never be consumed by the  
flames.

When the fear of loneliness is looming,  
Then remember I am at your side.

When you dwell in the exile of a  
stranger,  
Remember you are precious in my  
eyes.

You are mine, O my child; I am your  
father,  
And I love you with a perfect love.

*Sung by St Laurence's Church Chorley  
Words: Gerard Markland. © Kevin  
Mayhew Ltd*

*We pray together:*

**All that we love  
Into your keeping.  
All that we care for  
Into your care.  
Be with us by day,  
Be with us by night;  
And as dark closes  
The eyelids with sleep,  
May we waken  
To the peace of a new day.  
Amen**

## **BLESSING**

## **CONCLUDING MUSIC**

### **The Lord is my Shepherd**

The Lord is my Shepherd, I shall not  
want;  
He maketh me to lie down in green  
pastures:  
He leadeth me beside the still waters.  
Yea, though I walk through the valley of  
the shadow of death, I will fear no  
evil.  
For you are with me, you will comfort  
me,  
Surely goodness and mercy shall follow  
me  
all the days of my life:  
And I will dwell in the house of the  
Lord forever.

*Performed by The Sixteen  
Words: Based on Psalm 23  
Music: Howard Goodall © Faber Music*

**Psalm 23:4** - Even if I go through the deepest darkness, I will not be afraid, Lord, for you are with me. Your shepherd's rod and staff protect me.

**2 Timothy 1:7** - For the Spirit that God has given us does not make us timid: instead his Spirit fills us with power, love and self-control.

**John 14:27** - "Peace is what I leave with you; it is my own peace that I give you. I do not give it as the world does. Do not be worried and upset; do not be afraid"

**Philippians 4:6** - Don't worry about anything but in all your prayers ask God for what you need, always asking him with a thankful heart.

## PRAYERS

Dear God,  
Speak gently into my silence.  
When the loud outer 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.  
"Come to me, all you who are over-  
burdened, and I will give you rest...  
for I am gentle and humble of heart"  
Let that loving voice be my guide.

**Amen**

## READING - POEM

### Be not Afraid

Today I will live out those ancient words,  
be not afraid.  
I will be not afraid as fear begins to flood my mind and water rises with my worry.  
I will be not afraid as I think about the future and the questions that begin to ring loud.  
I will be not afraid as I lay down dreams that have slowly started to die and I'm left holding one word, "Why?"  
I will be not afraid as I plant seeds and water new dreams and pray they come to life.  
I will be not afraid of the enemy or his tricks or the night because I know that joy comes with the morning light.  
And it is always almost morning.  
I will be not afraid of the unknown because I will continue to remember that I am known.  
And I will be not afraid as we continue to make our way through all that is heavy, all that is here and all that is holy.  
I will be not afraid for the Father has called me his.  
I will be not afraid for Christ died only to rise, and he will come again.  
I will be not afraid for the Spirit lives within and moves me to be not afraid.  
I will hold tight to these three words, "Be not afraid," as they still and forever hold true  
As they still and forever lead us beyond what we know to be true.

*by Tanner Olsen*

## BIBLE READING

### Jesus Calms the Storm

On the evening of that same day Jesus said to his disciples, "Let us go across to the other side of the lake." So they left the crowd; the disciples got into the boat in which Jesus was already sitting, and they took him with them. Other boats were there too. Suddenly a strong wind blew up, and the waves began to spill over into the boat, so that it was about to fill with water. Jesus was in the back of the boat, sleeping with his head on a pillow. The disciples woke him up and said, "Teacher, don't you care that we are about to die?"

Jesus stood up and commanded the wind, "Be quiet!" and he said to the waves, "Be still!" The wind died down, and there was a great calm.

Then Jesus said to his disciples, "Why are you frightened? Have you still no faith?"

But they were terribly afraid and said to one another, "Who is this man? Even the wind and the waves obey him!"

**Mark 4:35-40**

## MUSIC INTO SILENCE

### Nada te turbe (Taizé version)

Nada te turbe, nada te espante  
quien a Dios tiene nada le falta.  
Nada te turbe, nada te espante  
Sólo Dios basta.

*Translation from the Spanish:*

Let nothing trouble you, let nothing  
frighten you.  
Everything passes, God does not  
change. Patience overcomes everything.  
In your thoughts arise, rise up to  
Heaven.  
Let nothing disturb you.

*Based on a prayer by St Teresa de Avila  
Music: Jacques de Berthier, © Les Presses  
de Taizé*

## 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

### MEDITATION ON BIBLE VERSES

**Joshua 1:9** - Remember that I have  
commanded you to be determined  
and confident! Don't be afraid or  
discouraged, for I, the Lord your  
God, am with you wherever you go.

**Isaiah 41:10** - Do not be afraid - I am  
with you! I am your God - let  
nothing terrify you! I will make you  
strong and help you.