

# Reflections

A quiet contemplative service  
lasting about 40 minutes

We invite you to the next Reflections,  
with the theme 'God's Creation' on  
Sunday 5 October at 6pm.

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

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

**Sunday 7 September  
6pm**

# REFLECTIONS

Sunday 7 September

## DISCIPLESHIP

To Know, Love, Follow Jesus

### MUSIC ON ENTRANCE

*The Call, from Five Mystical Songs.*

Come, my Way, my Truth, my Life:  
Such a way, as gives us breath:  
Such a truth, as ends all strife:  
Such a life, as killeth death.

Come, my light, my feast, my strength:  
Such a light, as shows a feast:  
Such a feast, as mends in length:  
Such a strength, as makes his guest.

Come, my joy, my love, my heart:  
Such a joy, as none can move:  
Such a love, as none can part:  
Such a heart, as joyes in love.

*Words by George Herbert (1593–1633),  
Music by Ralph Vaughan Williams  
(1872–1958)*

### WELCOME AND INTRODUCTION

### BIBLE READING

**Jesus calls the first disciples**

As Jesus passed along the Sea of Galilee, he saw Simon and his brother Andrew casting a net into the sea – for they were fishermen. And Jesus said to them, “Follow me and I will make you fish for people”. And immediately they left their nets and followed him. As he went a little farther, he saw James, son of Zebedee and his brother John, who

# BLESSING

## CONCLUDING MUSIC

May the mind of Christ my Saviour

May the mind of Christ, my Saviour  
Live in me from day to day,  
By his love and power controlling  
All I do and say.

May the word of God dwell richly  
In my heart from hour to hour,  
So that all may see I triumph  
Only through His power.

May the peace of God my Father  
Rule my life in everything,  
That I may be calm to comfort  
Sick and sorrowing.

May the love of Jesus fill me  
As the waters fill the sea;  
Him exalting, self-abasing:  
This is victory.

May I run the race before me.  
Strong and brave to face the foe,  
Looking only unto Jesus  
As I onward go.

*Sung by Chet Valley Churches  
Words by Kate Barclay Wilkinson,  
(1859-1928).  
Tune: St Leonard*

Please feel free to leave when you feel  
ready – or stay to the end.  
Please take this sheet home with you.

Then, our 'Yes' loved from us,  
Comes the realisation  
That the opportunity is gift,  
The outcome held in grace.

*By Ann Lewin*

## PRAYERS

O Christ, our Master and Lord, who from the ranks of ordinary men and women did call individuals and weld them into a fellowship, do the same for us now, we pray. May this mark for us a determination to live, not for ourselves but for the community. Help us to put away all mere prejudice and dislike, all aloofness and shyness, any superiority which pride may have engendered and any inferiority which fear may have created, so that being truly ourselves we may lose all egotism of either pride or fear and give to the fellowship that which you have given us and receive from you what you can give only through others. May none within our fellowship feel lonely or unwanted, useless or unloved, for you love us all and have a purpose for each of us. In that knowledge, may we love one another.

*All* **Amen**

Heavenly Father, we thank you for the ordinariness of Jesus' disciples, that we are told about their strengths and weaknesses, their faith and also their doubts. We thank you for the questions they asked Jesus and his gentle response to their concerns. We thank you for the opportunity to follow in their footsteps, strengthened by your love and guided by the Holy Spirit.

*All* **Amen**

were in their boat mending the nets. Immediately he called them; and they left their father Zebedee in the boat with the hired men, and followed him.

**Mark 1: 16-20**

## The Commissioning of the disciples

Now the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. When they saw him, they worshipped him; but some doubted. And Jesus came and said to them, "All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age.

**Matthew 28: 16-20**

## POEM

### Small Boy

I only had five loaves and two small fish.  
Barely enough for me, let alone all that crowd.  
And when he said he wanted them, I laughed.  
Feed all those thousands with my food?  
Go on!  
But, as I watched, he did.  
He took it, blessed it, broke it, shared,  
And they were fed, they even had leftovers.  
He was great.  
It wasn't magic, but a greater power that made  
Me think that he could feed the world.  
When I grow up, I'm going to follow him!

*Ann Lewin*

## MUSIC INTO SILENCE

Day by Day –  
*the prayer of St Richard of Chichester*

Day by day  
Dear Lord of thee three things I pray  
To see thee more clearly  
Love thee more dearly  
To follow thee more nearly  
Day by day.  
*music by Martin How (1931-2022)*

## PERIOD OF SILENT

### REFLECTION *(10-12 minutes)*

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

## MUSIC OUT OF SILENCE

If ye love me

If ye love me, keep my commandments.  
And I will pray the Father,  
And he shall give you another  
comforter,  
That he may 'bide with you forever;  
E'en the sp'rit of truth.

*(taken from John 14: 15-17)*  
*Music by Thomas Tallis (1505-1585)*  
*Sung by the Kings' Singers*

## MEDITATION ON DISCIPLESHIP

With verses from the First Letter of  
St Peter

*This Letter can be seen as the mature reflections of Peter, who had been disciples by Jesus not only during those three years of historical ministry, but also through a further 30 years in active service of the risen Christ. The impetuous and self-reliant, even arrogant young man has been mellowed by the Master and*

*gives these wise instructions in his Letter. We, too, can now be transformed in our own discipleship by heeding Peter's words. In this way we begin to see how discipleship is passed on from one human being to another, from one generation to another, helping us to follow Jesus.*

**Chapter 1 v13** - Therefore, prepare your minds for action, discipline yourselves; set all your hope on the grace that Jesus Christ will bring you when he is revealed.

**Chapter 1 v22** - Now that you have purified your souls by your obedience to the truth so that you have genuine mutual love, love one another deeply from the heart.

**Chapter 2 v1** - Rid yourself, therefore, of all malice and all guile, insincerity, envy and all slander.

**Chapter 3 vv8-9** - Have unity of spirit, sympathy, love for one another, a tender heart and a humble mind. Do not repay evil for evil or abuse for abuse, but on the contrary re-pay with a blessing.

**Chapter 5 vv6-7** - Humble yourselves therefore under the mighty hand of God so that he may exalt in due time. Cast all your anxiety on him because he cares for you.

## POEM

Stage Fright

It's often somewhat disconcerting  
When God takes us at our word.  
'Take me and use me' we say, meaning  
it;  
But when God does, there is a moment  
of surprise, perhaps terror, 'Me?'