

Reflections

*A quiet contemplative service
lasting about 40 minutes*

Please do not feel the need to wait until the concluding 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.

Please join us for our next Reflections on 4 January at 6pm, 'Epiphany, our gifts to God'.



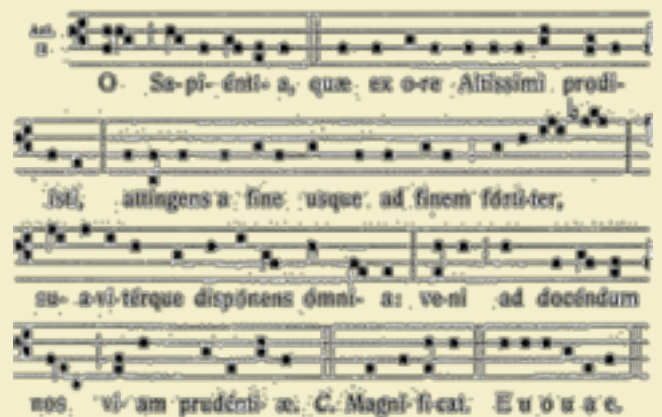
If you would like to be part of the Reflections team – please let one of us know.

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Welcoming ADVENT

What lies behind the calendars and candles?



**Sunday 7 December
6pm**

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

REFLECTIONS

Sunday 7 December

ADVENT

“What else does this craving, and this helplessness, proclaim but that there was once in man a true happiness, of which all that now remains is the empty print and trace? This he tries in vain to fill with everything around him, seeking in things that are not there the help he cannot find in those that are, though none can help, since this infinite abyss can be filled only with an infinite and immutable object; in other words, by God himself.”

Blaise Pascal, Pensées VII(425) 1670

MUSIC ON ENTRANCE

Gregorian chants for Advent

WELCOME AND INTRODUCTION

What is Advent?

MUSIC

Ad te levavi

○ Lord, unto thee lift I up my soul:
Alleluia, alleluia.

○ my God, in thee have I trusted:
Alleluia, alleluia.

○ Lord, unto thee lift I up my soul:
Alleluia, alleluia.

○ my God, in thee have I trusted,
let me never be confounded.

○ Lord show me thy ways;
○ Lord teach me thy paths.

Make known to me thy ways: Alleluia.

For all they that look for thee shall not be ashamed, ○ Lord.

○ my God, in thee have I trusted,
let me never be confounded.

Lord, show us thy mercy: grant us thy salvation.

Words: Introit for the First Sunday in Advent

Music: Patrick Gowers (1936-2014)

○ Emmanuel

○ Emmanuel, Rex et legifer noster,
expectatio Gentium, et Salvator earum:
veni ad salvandum nos, Domine, Deus noster.

*O Emmanuel, our king and our lawgiver,
the hope of the nations and their Saviour:
Come and save us, O Lord our God*

BLESSING

May God the Father,
who loved the world so much that he
sent his only Son, give you grace to
prepare for life eternal.

All: **Amen.**

May God the Son,
who comes to us as redeemer and judge,
reveal to you the path from darkness to
light.

All: **Amen.**

May God the Holy Spirit,
by whose working the Virgin Mary
conceived the Christ, help you bear the
fruits of holiness.

All: **Amen.**

And the blessing ...

CONCLUDING MUSIC

Prayer for salvation for a broken world

Ne irascaris, Domine, satis et ne ultra
memineris iniquitatis nostrae.
Ecce, respice, populus tuus omnes nos.
Civitas sancti tui facta est deserta.
Sion deserta facta est, Jerusalem desolata est.

*Be not angry, O Lord, still, neither remember our
iniquity for ever.*

*Behold, see, we beseech thee, we are all thy
people.*

The holy cities are a wilderness.

Sion is a wilderness, Jerusalem a desolation.

*Ne Iscaris Domine & Civitas Sancti Tui (based on
Isaiah 64:9)*

By William Byrd (composed c. 1575)

Performed by Voces8

PRAYER AND LIGHTING OF CANDLES

*During this prayer the lights will be dimmed while
the candles are lit.*

In quietness and in darkness,
in peace and in confusion,
Jesus Christ wants to make his home
and meet his friends.

(the first candle is lit)

He is the Light of Life:

All: He is the hope for the world

In him there is neither Jew nor Gentile,
neither Protestant nor Catholic -

(the second candle is lit)

All are one in Jesus Christ.

He is the Light of Life:

All: He is the hope for the world

In him there is neither black nor white,
Developed and developing countries -

(the third candle is lit)

All are one in Jesus Christ.

He is the Light of Life:

All: He is the hope for the world

In him there is neither male nor female,
neither master nor servant -

(the fourth candle is lit)

All are one in Jesus Christ.

He is the Light of Life:

All: He is the hope for the world

In him there is neither rich nor poor,
No class divide -

(the fifth candle is lit)

All are one in Jesus Christ.

He is the Light of Life:

All: He is the hope for the world

Amen

John Bell (abridged)

MUSIC: ADVENT ANTIPHONS

O Rex Gentium

O Rex Gentium, et desideratus earum,
lapisque angularis, qui facis utraque unum:
veni, et salva hominem,
quem de limo formasti.

*O King of the nations, and their desire,
the cornerstone making both one:
Come and save the human race,
which you fashioned from clay*

PRAYER

Let us quieten ourselves to notice our God,
here with us now,
and attentive to our deepest needs.

Lord, we long for our Church to be alive and
active,

attentive to you,

and ready to go wherever you suggest.

Show us the work of the Church

from your point of view,

and develop our will to co-operate.

Silence

We call on your name, O God:

restore us and revive us.

Lord, we long for your kingdom

to come in our world,

and to flood with truth and love

the disillusion, hopelessness and terror

which traps the human spirit

and chokes its potential joy.

Silence

We call on your name, O God:

restore us and revive us.

Susan Sayers

MUSIC: ADVENT ANTIPHONS

O sapientia

O Sapientia,

quae ex ore Altissimi prodiisti

atingens a fine usque ad finem,

fortiter suaviterque disponens omnia:

veni ad docendum nos viam prudentiae

O Wisdom,

coming forth from the mouth of the Most High,

reaching from one end to the other,

mightily and sweetly ordering all things:

Come and teach us the way of prudence

O Adonai

O Adonai, et Dux domus Israel,

qui Moysi in igne flammae rubi apparuisti,

et ei in Sina legem dedisti:

veni ad redimendum nos in brachio extento

O Adonai, and leader of the House of Israel,

*who appeared to Moses in the fire of the burning
bush,*

and gave him the law on Sinai:

Come and redeem us with an outstretched arm

BIBLE READING

'Here is my servant, whom I uphold, my chosen one in whom I delight; I will put my spirit on him, and he will bring justice to the nations. He will not shout or cry out, or raise his voice in the streets. A bruised reed he will not break, and a smouldering wick he will not snuff out. In faithfulness he will bring forth justice; he will not falter or be discouraged till he establishes justice on earth. In his teaching the islands will put their hope.'

This is what God the Lord says – the creator of the heavens, who stretches them out, who spreads out the earth with all that springs from it, who gives breath to its people, and life to those who walk on it:

'I, the Lord, have called you in righteousness; I will take hold of your hand. I will keep you and will make you to be a covenant for the people and a light for the Gentiles, to open eyes that are blind, to free captives from prison and to release from the dungeon those who sit in darkness.

'I am the Lord; that is my name! I will not yield my glory to another or my praise to idols. See, the former things have taken place, and new things I declare; before they spring into being I announce them to you.'

Isaiah 42

ADVENT ANTIPHON

O Clavis David

O Clavis David, et sceptrum domus Israel;
qui aperis, et nemo claudit;
claudis, et nemo aperit:
veni, et educ vinctum de domo carceris,
sedentem in tenebris et umbra mortis.

*O Key of David and sceptre of the House of
Israel;*

you open and no one can shut;

you shut and no one can open:

*Come and lead the prisoners from the prison
house,*

*those who dwell in darkness and the shadow of
death*

PERIOD OF SILENT REFLECTION (10-15 minutes)

Please feel free to move to different areas of the church, if you wish, to reflect and pray.

MUSIC OUT OF SILENCE

Advent Antiphon: O Oriens

O Oriens, splendor lucis aeternae, et sol
justitiae:
veni, et illumina sedentes in tenebris, et umbra
mortis

*O Morning Star, splendour of light eternal and
sun of righteousness:*

*come and enlighten those who dwell in darkness
and the shadow of death*

GUIDED MEDITATION ON BIBLE VERSES

Jeremiah 31:25 - I will refresh the weary
and satisfy the faint.

Isaiah 40:31 - those who hope in the Lord
will renew their strength. They will soar on
wings like eagles; they will run and not
grow weary, they will walk and not be faint.

Numbers 24:17 - I see him, but not now;
I behold him, but not near. A star will come
out of Jacob; a sceptre will rise out of
Israel.

2 Peter 1:19 - We also have the prophetic
message as something completely reliable,
and you will do well to pay attention to it,
as to a light shining in a dark place, until the
day dawns and the morning star rises in
your hearts.

Revelation 22:16 - I, Jesus, have sent my
angel to give you this testimony for the
churches. I am the root and the offspring of
David, and the bright morning star.