

Reflections

'Thankfulness'

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 7 June at 6pm

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

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A quiet contemplative service
lasting about 40 minutes



Sunday 3 May

6pm

The Parish Church of
St Andrew and St Cuthman,
Steyning

REFLECTIONS

Sunday 3 May

THANKFULNESS

ENTRY MUSIC

Psalm 34: I will always give thanks to the Lord

I will always give thanks unto the Lord; his praise shall ever be in my mouth.

My soul shall make her boast in the Lord; the humble shall hear thereof, and be glad.

O praise the Lord with me, and let us magnify his name together.

I sought the Lord, and he heard me; yea, he delivered me out of all my fear.

They had an eye unto him, and were lightened; and their faces were not ashamed.

Lo, the poor crieth, and the Lord heareth him; yea, and saveth him out of all his troubles.

The angel of the Lord tarrieth round about them that fear him, and delivereth them.

O taste, and see, how gracious the Lord is: blessed is the man that trusteth in him.

O fear the Lord, ye that are his saints; for they that fear him lack nothing.

The lions do lack, and suffer hunger; but they who seek the Lord shall want no manner of thing that is good.

Come, ye children, and hearken unto me; I will teach you the fear of the Lord.

What man is he that lusteth to live, and would fain see good days?

Keep thy tongue from evil, and thy lips, that they speak no guile.

Eschew evil, and do good; seek peace, and ensue it.

The eyes of the Lord are over the righteous, and his ears are open unto their prayers.

The countenance of the Lord is against them that do evil, to root out the remembrance of them from the earth.

CLOSING PRAYER AND BLESSING

CLOSING MUSIC

It is a Thing Most Wonderful

It is a thing most wonderful,
Almost too wonderful to be,
That God's own Son should come from
heaven,
And die to save a child like me.

And yet I know that it is true:
He chose a poor and humble lot,
And wept, and toiled, and mourned, and
died
For love of those who loved him not.

But even could I see him die,
I could but see a little part
Of that great love, which, like a fire,
Is always burning in his heart.

It is most wonderful to know
His love for me so free and sure,
But 'tis more wonderful to see
My love for him so faint and poor.

And yet I want to love thee, Lord:
O light the flame within my heart,
And I will love thee more and more,
Until I see thee as thou art.

Words: William Walsham How (1823-1897)

Music: Ralph Vaughan Williams (1872-1958)

Sung by Wells Cathedral Choir

MEDITATION ON BIBLE VERSES

Psalms 100:4 - Enter his gates with thanksgiving and his courts with praise. Give thanks to him and bless his name.

Psalms 107:1 - O give thanks to the Lord for he is good, for his mercy endures for ever.

1 Thessalonians 5:18 - In everything give thanks for this is God's will for you in Christ Jesus.

2 Corinthians 9:12 - The service that you perform is not only supplying the needs of the Lord's people but it is also overflowing in many expressions of thanks to God.

Philippians 4:6 - Do not be anxious about anything but in every situation by prayer and petition with thanksgiving, present your requests to God.

POETIC PRAYER

I thank you, God, that I have lived
In this great world and known its many
joys;
The song of birds, the strong sweet scent
of hay
And cooling breezes in the secret dusk,
The flaming sunsets at the close of day,
Hills, and the lonely, heather-covered
moors,
Music at night, and moonlight on the sea,
The beat of waves upon the rocky shore
And wild, white spray, flung high in ecstasy;
The faithful eyes of dogs, and treasured
books,
The love of kin and fellowship of friends,
And all that makes life dear and beautiful.
Because of these and other blessings
poured
Unasked upon my wondering head,
Because I know that there is yet to come
An even richer and more glorious life,
And most of all, because your only son
Once sacrificed life's loveliness for me –
I thank you, God, that I have lived.

Elizabeth Craven

The righteous cry, and the Lord heareth them, and delivereth them out of all their troubles.

The Lord is nigh unto them that are of a contrite heart, and will save such as be of an humble spirit.

Great are the troubles of the righteous; but the Lord delivereth him out of all. He keepeth all his bones, so that not one of them is broken.

But misfortune shall slay the ungodly; and they that hate the righteous shall be desolate.

The Lord delivereth the souls of his servants; and all they that put their trust in him shall not be destitute.

Text: Book of Common Prayer,

Music: Thomas Attwood

Sung by Gloriam Del Cantores

WELCOME

BIBLE READINGS

As God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience. Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive.

Above all, clothe yourselves with love, which binds everything together in perfect harmony. And let the peace of Christ rule in your hearts, to which indeed you were called in the one body.

And be thankful. Let the word of Christ dwell in you richly, teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

Colossians 3:12-17

Bless the Lord, O my soul,
and all that is within me,
bless his holy name.
Bless the Lord, O my soul,
and do not forget all his benefits—
Who forgives all your iniquity,
who heals all your diseases,
Who redeems your life from the pit,
who crowns you with steadfast love and
mercy,
Who satisfies you with good as long as
you live so that your youth is renewed
like the eagle's.

Psalm 103:1-5
(Book of Common Prayer)

PRAYERS OF THANKS

1. O God, we thank you for the sacred scriptures; for the comfort the Bible has brought to the sorrowful, for guidance offered to the bewildered, for its gracious promises to the uncertain, for its strength given to the weak, and for its progressive revelation of you.

We thank you for the men of God who speak to us from its pages and for those whose learning has made those pages live.

We thank you, most of all, that it reveals to us your son, the word made flesh. Help us to ponder this record of your ways that your word may be a light to our path.

Through Jesus Christ, our Lord,
Amen.

All

2. O God, we give thanks for all the happiness we have known in the years that have gone; for every moment of loveliness and joy and beauty; for every experience when we have been sure of you, and know that only in your will could our souls ever find rest. We thank you for tasks we have been allowed to do, friendships that have made us glad and service in which we have forgotten ourselves.

Grant that no present sadness, or grief, or weakness may allow us to forget the gladness we have known. Keep our memories bright with praise and love, and may the memory of those moments of insight, certainty and dedication send us forth now with new purpose and rekindled desire to know and do your will.

All Through Jesus Christ, our Lord,
Amen.

MUSIC INTO REFLECTIVE SILENCE

Ubi Caritas et Amor

Where charity and love are, God is there. Christ's love has gathered us into one. Let us rejoice and be pleased in him. Let us fear and let us love the living God.

*by Ula Gleilo
sung by Voces8*

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

Rejoice in the Lord, Always

Rejoice in the Lord always, and again I say, rejoice.

Let your softness be known unto all men: the Lord is at hand.

Be careful for nothing;
but in all prayer and supplication,
let your petitions be manifest unto God
with giving of thanks.

And the peace of God,
which passeth all understanding,
shall keep your hearts and minds through
Christ Jesu.

Amen

*Anonymous
Performed by the Westminster Abbey Choir*