

Sunday August 30

This is the day that the Lord has made.

Let us rejoice and be glad in it.

O Lord open our lips

and our mouth shall proclaim your praise.

Give us the joy of your saving help

and sustain us with your life giving Spirit.

Let us be still as we come into the presence of God.

THE LIGHTING OF THE CANDLE

The Lord says:

'Be still, and know that I am God;
I will be exalted among the nations;
I will be exalted in the earth.'

We light our candle as a sign of the love of God which brings light to this world.

A candle is lit

The light of Christ. **Thanks be to God.**

**Glory to the Father who has created us.
Glory to the Son who has redeemed us.
Glory to the Spirit who has empowered us.**

HYMN

Holy, holy, holy!
Lord God Almighty!
Early in the morning
our song shall rise to thee.
Holy, holy, holy!
Merciful and mighty!
God in three Persons,
blessed Trinity!

Holy, holy, holy!
All the saints adore thee,
casting down their golden crowns
around the glassy sea;
cherubim and seraphim
falling down before thee,
who wert, and art,
and evermore shalt be.

Holy, holy, holy!
Though the darkness hide thee,
though the eye of sinful man
Thy glory may not see,
only thou art holy;
there is none beside thee
perfect in pow'r,
in love, and purity.

Holy, holy, holy!
Lord God Almighty!
All thy works shall praise thy name
in earth and sky and sea.
Holy, holy, holy!
Merciful and mighty!
God in three Persons,
blessed Trinity!

CONFESSION

Jesus said to his apostles,
'You are my friends if you obey my commands.'

Let us now confess our disobedience to him.

Lord Jesus, in your love you invite us to be
your friends:
Lord, have mercy.
Lord, have mercy.

Lord Jesus, in your joy you choose us to go out
and bear fruit:
Christ, have mercy.
Christ, have mercy.

Lord Jesus, in your power you send us to be
your faithful witnesses:
Lord, have mercy.
Lord, have mercy.

May the Father forgive us by the death of His
Son and strengthen us to live in the power of
the Spirit all our days. **Amen.**

PRAYER FOR TODAY

God of constant mercy, who sent your Son to
save us: remind us of your goodness, increase
your grace within us, that our thankfulness may
grow, through Jesus Christ our Lord. **Amen.**

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CANTICLE

**At the name of Jesus
every knee shall bow.**

Christ Jesus was in the form of God,
but he did not cling to equality with God.

He emptied himself, taking the form of
a servant, and was born in our human likeness.

Being found in human form he humbled
himself, and became obedient unto death,
even death on a cross.

Therefore God has highly exalted him,
and bestowed on him the name above every
name,

That at the name of Jesus every knee should
bow, in heaven and on earth and under
the earth;

And every tongue confess that Jesus Christ is
Lord, to the glory of God the Father.

**At the name of Jesus
every knee shall bow.**

**Glory to the Father and to the Son and to
the Holy Spirit;
as it was in the beginning is now and
shall be for ever. Amen.**

READING

The reader says

The reading is from Mark 7:1-8, 14-15, 21-23

After the reading, the reader says

This is the Word of the Lord

Thanks be to God.

REFLECTION

Washing hands has never been so important to
staying alive. In today's story we can almost
hear the public health message being spoken
by some of the people in the story as some of
Jesus' disciples failed to observe some

ceremonial customs which were important both
for health and as an expression of religious
devotion. Perhaps some followed the rules as a
way of preserving political purity in the face of
lots of non Jews in their land or maybe for
others it was a case of acting without thinking
too deeply about what was going on.

Jesus was confronted with a question about
purity, but he turned it around so that people
were encouraged to look beyond what they did
to what lay behind it, namely God's ways and
his call to people to live dedicated, holy lives.
He did this by going off at a tangent and
speaking about how people used God's word
and law to avoid their responsibilities.
Effectively people could dodge the
responsibility of caring for their parents by
declaring they had dedicated their money to
God. This was dishonouring to God as it made
a mockery of his law, because we are all called
to love God and our neighbour as ourselves.
If we fail on the second part of the command,
we also fail the first because they are bound
together.

Jesus is concerned to get his listeners, (and us)
to really think about what's going on in our
lives. He used words from Isaiah, who spoke
about a people that honoured God with empty
words when their heart was far from Him, to
challenge them. Later on, he made the link by
reminding people it's not empty words, but
actions that demonstrate what we are building
our lives on. Effectively summed up in the
phrase 'by their fruits you shall know them.'

Someone once said, it's a good job our
thoughts aren't played out on a projector
screen for all to see. But God knows our
thoughts as well as the actions, all of which is
rather salutary. The good news is that Jesus
calls us to follow him, and gives us the strength
and way to see our lives change and be
transformed by the power of the Holy Spirit.
So, through his grace, our words and actions
begin to reflect his glorious way.

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HYMN

Father, hear the prayer we offer:
Not for ease that prayer shall be,
But for strength, that we may ever
Live our lives courageously.

Not for ever in green pastures
Do we ask our way to be;
But the steep and rugged pathway
May we tread rejoicingly.

Not for ever by still waters
Would we idly rest and stay;
But would smite the living fountains
From the rocks along our way.

Be our strength in hours of weakness,
In our wanderings be our Guide;
Through endeavour, failure, danger,
Father, be thou at our side.

INTERCESSIONS

Everlasting God, we thank you for our church leaders, locally in our benefice, and throughout the Anglican Church. We pray too for all the other Christian denominations and our relationship with them. We pray for all who preach your word. Encourage us as disciples as we reach out to those in need in our communities and in our world.

Lord in your mercy: **Hear our prayer**

Father God, we pray for our world leaders and for our national and local leaders who are faced with so many emergencies and difficult situations, especially the problems related to the Pandemic.

Lord in your mercy: **Hear our prayer**

Creator God, we pray for the young people who are returning to school, college or university as they resume their interrupted education. We pray especially that all places of education can find ways to make their settings safe. Help all students in their daily lessons; help their teachers and give them patience and

knowledge to teach well, and help them all as together they learn the lessons of life.

Lord in your mercy: **Hear our prayer**

Loving God, we ask for your guidance as we live our lives and we ask for your help to know how to deal with others; those we live and work with; those we meet in shops and supermarkets; those with whom we share our roads and those who serve us and care for us.

Lord in your mercy: **Hear our prayer**

Gracious God, we pray for all the people we know who are housebound and in nursing homes; those in hospitals, in recovery and rehabilitation, those who are worried about their health or the health and wellbeing of loved ones. We thank you for our local hospitals, and surgeries and for all those working in sheltered accommodation and care homes.

Lord in your mercy: **Hear our prayer**

Merciful God, we pray for all those who have departed this life and for those who are bereaved. Help us to be sympathetic, caring and loving with them in their time of need.

Merciful Father: **Accept these prayers for the sake of your Son our Saviour Jesus Christ. Amen**

Rejoicing in God's new creation, let us pray with confidence as our Saviour has taught us

**Our Father, which art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done,
in earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive them that trespass against us.
And lead us not into temptation;
but deliver us from evil.
For thine is the kingdom,
the power and the glory,
for ever and ever. Amen.**

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HYMN

Lead us, heavenly Father, lead us
o'er the world's tempestuous sea;
guard us, guide us, keep us, feed us
for we have no help but thee,
yet possessing ev'ry blessing
if our God our Father be.

Saviour, breathe forgiveness o'er us
all our weakness thou dost know;
thou didst tread this earth before us,
thou didst feel its keenest woe:
lone and dreary, faint and weary,
through the desert thou didst go.

Spirit of our God, descending,
fill our hearts with heav'nly joy,
love with ev'ry passion blending,
pleasure that can never cloy;
thus provided, pardoned, guided,
nothing can our peace destroy.

Orebeck Benefice Pilgrim's Prayer is a sign
of our unity in Christ and our pilgrimage
together as individuals and churches

Open our hearts to your love, Father God, as
we journey with you;

Renew us each day, as we dwell in your
presence.

Encourage us when we feel downtrodden,

Bring us comfort when we are sad.

Enlive us so that we may always be ready to
serve You, and

Care for others in the strength of God's love.

Kindle, we pray, all that works towards the
coming of your kingdom. Amen

THE BLESSING

*For those who are unable to join in this service
via Zoom, you may want to pray the words of
the grace*

The grace of our Lord Jesus Christ, and the
love of God, and the fellowship of the Holy
Spirit be with us all, now and for evermore.
Amen.

Everlasting God, help us, this week,
to see the world through your eyes.
Give us the patience and persistence
to allow you to do those things
we cannot achieve by our own strength.
Help us to know your presence in a real way,
so that we can share your love with others.

Amen

Tea, coffee and biscuits may be served!

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