

## News and Prayer Update for 14<sup>th</sup> February

### **Rostherne with Bollington, St John High Legh and St Paul Over Tabley**

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[www.stpaulsovertabley.co.uk](http://www.stpaulsovertabley.co.uk)

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**Pastoral Worker:** Mr Stewart Jackson Tel: 07835 249 835

**Do You Need to Talk To Someone?** Call any of the above, we have other people who are also experienced in listening who are willing to help, so **please do call, we are here for you.** All conversations are in strict confidence.



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**New Worship at Home Booklet:** Please note that there is now a new edition of the Worship at Home Booklet and it is available as a pdf for screening or printing off (see link on mailchimp e-mail) or as a hard copy which can be sent out to people if they prefer (please let Patricia or Trish know if you need a copy delivering).

**Storytelling Service Link for this week is:** <https://youtu.be/arEXZTR6s3Q>

Let Patricia know if you would like the accompanying sheet with words for songs and craft activity.

**Sunday morning 10.30 – Morning Worship** This is live online via Zoom. Please join from 10.15 onwards and we will have time for a chat afterwards for those who wish to.

Join Zoom Meeting

<https://us02web.zoom.us/j/86189415560?pwd=Q21OSUtlZGFoWmJibUxrSDFJczljdz09>

If you require the ID and Passcode please contact Revd Patricia.  
(this service is in addition to the weekly pre-recorded online service)

**Link for this week's recorded service is:** <https://youtu.be/kdAtOj6HGwo>

**HYMN: New Every Morning is the Love** (John Keble 1972-1866)

New every morning is the love  
our wakening and uprising prove;  
through sleep and darkness safely brought,  
restored to life and power and thought.

New mercies, each returning day,  
hover around us while we pray;  
new perils past, new sins forgiven,  
new thoughts of God, new hopes of heaven.

If on our daily course our mind  
be set to hallow all we find,  
new treasures still, of countless price,  
God will provide for sacrifice.

The trivial round, the common task,  
will furnish all we need to ask:  
room to deny ourselves; a road  
to bring us daily nearer God.

Only, O Lord, in thy dear love,  
fit us for perfect rest above;  
and help us, this and every day,  
to live more nearly as we pray.

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### Collect for Sunday Next Before Lent

Almighty Father,  
whose Son was revealed in majesty  
before he suffered death upon the cross:  
give us grace to perceive his glory,  
that we may be strengthened to suffer with him  
and be changed into his likeness, from glory to glory;  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

### Psalm: Psalm 50: 1-6

- 1 The Lord, the most mighty God, has spoken ♦  
and called the world from the rising of the sun to its setting.
- 2 Out of Zion, perfect in beauty, God shines forth; ♦  
our God comes and will not keep silence.
- 3 Consuming fire goes out before him ♦  
and a mighty tempest stirs about him.
- 4 He calls the heaven above, ♦  
and the earth, that he may judge his people:
- 5 'Gather to me my faithful, ♦  
who have sealed my covenant with sacrifice.'
- 6 Let the heavens declare his righteousness, ♦  
for God himself is judge.

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### Old Testament Reading: 2 Kings 2: 1-12

- 1 Now when the LORD was about to take Elijah up to heaven by a whirlwind, Elijah and Elisha were on their way from Gilgal.
- 2 Elijah said to Elisha, 'Stay here; for the LORD has sent me as far as Bethel.' But Elisha said, 'As the LORD lives, and as you yourself live, I will not leave you.' So they went down to Bethel.
- 3 The company of prophets who were in Bethel came out to Elisha, and said to him, 'Do you know that today the LORD will take your master away from you?' And he said, 'Yes, I know; keep silent.'
- 4 Elijah said to him, 'Elisha, stay here; for the LORD has sent me to Jericho.' But he said, 'As the LORD lives, and as you yourself live, I will not leave you.' So they came to Jericho.
- 5 The company of prophets who were at Jericho drew near to Elisha, and said to him, 'Do you know that today the LORD will take your master away from you?' And he answered, 'Yes, I know; be silent.'
- 6 Then Elijah said to him, 'Stay here; for the LORD has sent me to the Jordan.' But he said, 'As the LORD lives, and as you yourself live, I will not leave you.' So the two of them went on.
- 7 Fifty men of the company of prophets<sup>[a]</sup> also went, and stood at some distance from them, as they both were standing by the Jordan.

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<sup>8</sup> Then Elijah took his mantle and rolled it up, and struck the water; the water was parted to the one side and to the other, until the two of them crossed on dry ground.

<sup>9</sup> When they had crossed, Elijah said to Elisha, 'Tell me what I may do for you, before I am taken from you.' Elisha said, 'Please let me inherit a double share of your spirit.'

<sup>10</sup> He responded, 'You have asked a hard thing; yet, if you see me as I am being taken from you, it will be granted you; if not, it will not.'

<sup>11</sup> As they continued walking and talking, a chariot of fire and horses of fire separated the two of them, and Elijah ascended in a whirlwind into heaven.

<sup>12</sup> Elisha kept watching and crying out, 'Father, father! The chariots of Israel and its horsemen!' But when he could no longer see him, he grasped his own clothes and tore them in two pieces.

### **New Testament Reading:** 2 Corinthians 4: 3-6

<sup>3</sup> And even if our gospel is veiled, it is veiled to those who are perishing.

<sup>4</sup> In their case the god of this world has blinded the minds of the unbelievers, to keep them from seeing the light of the gospel of the glory of Christ, who is the image of God.

<sup>5</sup> For we do not proclaim ourselves; we proclaim Jesus Christ as Lord and ourselves as your slaves for Jesus' sake.

<sup>6</sup> For it is the God who said, 'Let light shine out of darkness', who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ.

### **Gospel Reading:** Mark 9: 2-9

<sup>2</sup> Six days later, Jesus took with him Peter and James and John, and led them up a high mountain apart, by themselves. And he was transfigured before them,

<sup>3</sup> and his clothes became dazzling white, such as no one on earth could bleach them.

<sup>4</sup> And there appeared to them Elijah with Moses, who were talking with Jesus.

<sup>5</sup> Then Peter said to Jesus, 'Rabbi, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah.'

<sup>6</sup> He did not know what to say, for they were terrified.

<sup>7</sup> Then a cloud overshadowed them, and from the cloud there came a voice, 'This is my Son, the Beloved; listen to him!'

<sup>8</sup> Suddenly when they looked around, they saw no one with them any more, but only Jesus.

<sup>9</sup> As they were coming down the mountain, he ordered them to tell no one about what they had seen, until after the Son of Man had risen from the dead.

New Revised Standard Version, Anglicised (NRSVA)

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### **REFLECTION ON THE READINGS** from Revd Trish

Being able to recall and give accounts of the experiences we have witnessed is an essential part of human interaction and culture.

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Although witnesses can often be very confident that their memory is accurate, the malleable nature of human memory and visual perception makes eyewitness testimony one of the most unreliable forms of evidence.

We don't all remember the same events in the same way – even though we apparently saw and heard the same thing.

Do you remember the song from the musical Gigi? “Ah yes – I remember it well”.

We met at 9; we met at 8

I was on time; no – you were late!

Ah yes I remember it well.

We dined with friends; We dined alone.

A tenor sang; A baritone.

Of course, Maurice Chevalier DIDN'T remember it well.

Yet witness accounts remain vital to social life – not just courts of law - and we certainly rely heavily on eye witness accounts in the gospels for our knowledge and understanding of the life, death and resurrection of Jesus and often there are discrepancies in the stories, parables and events of the life of Jesus in the gospels.

BUT this story of the Transfiguration that we have just heard has virtually complete agreement between all the accounts that we find in the gospels and that is surely because it was such a striking event that the disciples witnessed.

The more striking the event, the more likely we are to recall it accurately. And they clearly do recall the detail accurately.

Yet, despite recalling it accurately, the disciples don't really understand it fully at the time – it is only with hindsight, following the death and resurrection of Jesus that it begins to make sense of it and they begin to speak out about it.

So, if you struggle to fully understand the Transfiguration, then you are in good company – for the disciples didn't. In his struggle to make sense of it Peter tries to tie down this spiritual experience to the material world with his suggestion “let's make 3 dwellings”.

And that is unsurprising because this is a story which draws us all into a mystery – the mystery of heaven touching earth; the mystery of the divine in the midst of humanity.

To try and make a little more sense of it for us, perhaps we can ask a few questions:

Where and when did it happen?

What actually took place there?

And especially why – what was that immense significance for those present – both Jesus and his disciples – such that everyone remembered it in exactly the same way  
When – just after Peter acknowledges Jesus as the Messiah and Jesus describes the Messiah as the one who must suffer – the suffering servant. Peter struggles to accept that.

Where - And so, Jesus takes Peter, John and James to a “high mountain”. Tradition places the Transfiguration on Mount Tabor near Lake Galilee.

But that mountain is not very high and not very near to Caesarea Philippi which is where Jesus and the disciples are just before this – so it is more likely to have been

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Mount Hermon. It is about 8,000 feet higher than Mount Tabor making it truly “a high mountain” and much more remote than Mount Tabor and it’s peak is almost perpetually covered in snow.

So, like many biblical encounters with God this story takes place on top of a mountain and like the encounter of Moses with God on Sinai they are surrounded by cloud from which God’s voice comes.

I don’t know whether any of you are ramblers or climbers. I don’t do much now but I used to do more and remember climbing Helvellyn and Pen-y-Ghent etc – there always seemed to be clouds at the top of those hills or mountains. But one spectacular day I went to the top of Snowdon which was in thick swirling rather eery and daunting cloud but suddenly it lifted and the view was amazing / a magical transformation from gloomy mist to a sunny magnificent coastline.

What?

Which takes us to what happened there.

The disciples experienced something similar in the contrast between the dazzling appearance of Jesus and the overshadowing of the cloud.

Jesus took just his three closest disciples with him - Andrew, Peter and John and whilst there Jesus was transfigured. Whilst Mark mentions only his clothes both Matthew and Luke in their accounts include his face and so the disciples see what Paul in his letter to the Corinthians, describes as “the light of the glory of God on the face of Jesus Christ”. When we look at Jesus, we see God.

The disciples also see Moses and Elijah speaking with Jesus – the great law giver and the great prophet. Their presence both affirms Peter’s recognition of Jesus as Messiah and also confirms the nature of his ministry as suffering servant. If this isn’t enough, the disciples hear God speaking from the cloud affirming Jesus as his beloved Son. God’s presence is very close to them all and he assures them that when they listen to Jesus they are listening to God. They both see and hear God in Jesus Christ.

So why did Jesus take them up; why was it important for him and for the disciples.

Jesus knows that the disciples don’t understand the picture he has described of the Messiah as the Suffering Servant – they need to see that affirmed. And perhaps Jesus also needs assurance / direction / confirmation as he sets his face towards Jerusalem, confrontation and crucifixion?

If Jesus does need validation for the course he sees ahead, he certainly received it – from Moses / Elijah and from God.

And what of the disciples? Whilst Jesus himself had come to understand the nature of his ministry – the sacrifice involved – the disciples still don’t fully understand or even accept it. Yet Jesus describes the nature of his calling to suffering both just before and after the Transfiguration. Do they too need to understand the nature of God’s sacrificial love?

Today we remember Saint Valentine and generally speaking it will be commemorated as the time of affectionate adoring amorous love.

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But the life of Saint Valentine who was martyred for his witness to Christ demonstrates that the love **of** God and love **for** God – is a sacrificial love.

The Transfiguration was important for John, James and Peter when they were called to be witnesses to the life, death and resurrection of Jesus Christ. We too are called to witness to God and through Lent we shall be following the booklet Live Lent so that we too can be more effective witnesses to the glory of God as we see it in the face, the person, the life of Jesus and reflect his transforming love in our lives.

**HYMN: At The Name of Jesus** (Caroline Maria Noel 1817-1877)

At the name of Jesus every knee shall bow,  
every tongue confess him king of glory now;  
'tis the Father's pleasure, we should call him Lord,  
who from the beginning was the mighty word.

At his voice creation sprang at once to sight,  
all the angel faces, all the hosts of light;  
thrones and dominations, stars upon their way,  
all the heavenly orders, in their great array.

Humbled for a season, to receive a name  
from the lips of sinners unto whom he came;  
faithfully he bore it spotless to the last,  
brought it back victorious when from death he passed.

Bore it up triumphant with its human light,  
through all ranks of creatures to the central height;  
to the eternal Godhead, to the Father's breast,  
filled it with the glory of that perfect rest.

In your hearts enthrone him; there let him subdue  
all that is not holy, all that is not true;  
crown him as your captain in temptation's hour,  
let his will enfold you in its light and power.

Surely, this Lord Jesus shall return again,  
with his Father's glory, with his angel train;  
for all wreaths of empire meet upon his brow,  
and our hearts confess him king of glory now.

**Prayers for the coming week** (Prayers about the outbreak from CofE website):

Sunday: Keep us, good Lord,  
under the shadow of your mercy  
in this time of uncertainty and distress.  
Sustain and support the anxious and fearful,  
and lift up all who are brought low;  
that we may rejoice in your comfort

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knowing that nothing can separate us from your love in Christ Jesus our Lord. Amen.

Monday: Lord Jesus Christ,  
you taught us to love our neighbour,  
and to care for those in need  
as if we were caring for you.  
In this time of anxiety, give us strength  
to comfort the fearful, to tend the sick,  
and to assure the isolated  
of our love, and your love,  
for your name's sake.  
Amen.

Tuesday: God of compassion,  
be close to those who are ill, afraid or in isolation.  
In their loneliness, be their consolation;  
in their anxiety, be their hope;  
in their darkness, be their light;  
through him who suffered alone on the cross,  
but reigns with you in glory,  
Jesus Christ our Lord.  
Amen.

### **#LIVELENT prayers and actions**

#### Start of Lent (The Greatest Story of all Time) – Action:

This week, take time to reflect on how your own story of faith began.  
How did God become real to you?  
You might like to get a journal or notebook and write this down.

#### Ash Wednesday:

Thank you, God, for the people who have brought good news to me, especially those who helped me to understand the good news of your love.  
Please bless them today. Amen

#### Thursday after Ash Wednesday:

Lord Jesus, I may not have 'seen' you, but I have experienced something of you in prayer, worship, the Bible, the Eucharist, other people.  
Thank you for those moments. Amen

#### Friday after Ash Wednesday:

Lord Jesus, thank you for the story of God into which you invite each of us.  
Help us to understand that story more fully this Lent, and to live it out each day.  
Amen

#### Weekend after Ash Wednesday:

Gracious God, your Son Jesus drew all kinds of people to himself, and so to you.  
Help me to reflect your love so that others may see something of you in me. Amen

### **Prayer for February:**

*With Valentine's Day coming in the middle of this month it is a good time to think about the virtue of love.*

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Father God thank you that you love and value everyone. Help us to follow the commandment of Jesus 'to love one another as he has loved us'. Please give us an awareness of your wonderful love for us so that an attitude of love may pervade our whole existence. Give us wisdom, patience, respect and kindness so that we follow the commandant of love in all our relationships.

### NOTICES

❖ **Services – each of the PCCs in our United Benefice have decided to suspend worship services and private prayer in our Churches until mid-March due to the current situation with the pandemic.**

We will continue to stream a service each Sunday.

#### Services for you to join:

- **Sunday morning 10.30 – Morning Worship** This is live online via Zoom Please join from 10.15 onwards and we will have time for a chat afterwards for those who wish to.

Join Zoom Meeting

<https://us02web.zoom.us/j/86189415560?pwd=Q21OSUtlZGFoWmJibUxrSDFJczljdz09>

If you require the ID and Passcode please contact Revd Patricia.  
(this service is in addition to the weekly pre-recorded online service).

- **Wednesday Morning 09.00 – Celtic Morning Prayer** This is live online via Zoom with Revd Trish Cope.

Join Zoom Meeting

<https://us02web.zoom.us/j/86430788721?pwd=dGVuMXpxWDkzTU5FbENraIB2Q09JQT09>

If you require the ID and Password for this meeting please contact Revd Trish: Tel: 07703 470101; Email: [trishcope2012@btinternet.com](mailto:trishcope2012@btinternet.com)

The reading and psalm for this meeting are included at the end of this Update. This service uses a separate order of service. If anyone would like a hard copy of this service booklet please email Trish and she will get one to you as soon as possible.

- **Thursday Evening 19.00 – Telephone Service for Evening Worship**  
Please contact Chris Stanisstreet for details of how to join this service (you will need the telephone number, conference room number and pin number).  
Tel: 01925 755559; Mob 07918 981 723; e-mail: [stanbess2003@yahoo.co.uk](mailto:stanbess2003@yahoo.co.uk)  
You can dial in any time between 6.45pm and 7.00pm.  
The service will begin at 7.00pm and uses the new Worship at Home booklet. Please say the words in bold and try to ensure that there is no background noise.

- **Suggestions:**

If you have any other ideas please let us know - contact Revd Philip by phone 01565 830595 or email. [robinsonpj50@gmail.com](mailto:robinsonpj50@gmail.com)

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### ❖ **Ash Wednesday Service, 17<sup>th</sup> February at 7.00pm:**

Wednesday 17<sup>th</sup> February is Ash Wednesday when we enter the season of Lent. With public worship temporarily suspended in all our churches we cannot hold our usual services of Holy Communion with Imposition of Ashes. Instead, at 7.00pm there will be an online service with the traditional readings and penitential prayers. This will conclude with the imposition of ashes which this year will have to be done personally in the home. There is no obligation to take part in this final section of the service, but if you wish to do so please let us know as soon as possible and we will make sure you have a small packet of ash beforehand.

The link to the service is:

<https://us02web.zoom.us/j/86315033745?pwd=aERiTjF5ZXJBQ0pyS2dVcSt1MkNHQT09>

If you need the ID and Passcode please contact the Revd Philip or the Revd Trish.

### ❖ **Zoom Pancake Party – 18.00 Shrove Tuesday 16 February**

*We can't meet in person as usual at St John's, but we hope you will join us for this special event which will include:*

- Pancake tossing competition.
- Competition for most interesting pancakes/fillings.

Join Zoom Meeting

<https://us02web.zoom.us/j/82814505868?pwd=T3loakFvbkRZNIc2OGRaUDRIZkhkdz09>

Share conversation as we eat our pancakes and the opportunity to break into smaller groups.

❖ **Coffee and Chat Wednesday 17<sup>th</sup> February:** We are having a Zoom Coffee and Chat meeting on Wednesday mornings from 11.00 am to 12.00 noon.

Just click on the link below.

Join Zoom Meeting

<https://us02web.zoom.us/j/89014498190?pwd=WXJWU0JySGNqR05VRU1qOE1jbGwxQT09>

If you need the meeting ID and Password for this meeting please contact Patricia.

Email: [pmrobinson51@gmail.com](mailto:pmrobinson51@gmail.com) or Tel: 01565 830 595

### ❖ **Lent Course Details 2021**

**Tuesday Evenings from 19.00. First session on Tuesday 23 February.**

Our Lent Course this year is based on two publications. The booklet:

#### **# LiveLent: God's Story Our Story**

which invites each of us to reflect on our own story of God and how we might share it through our everyday lives as part of our Christian witness.

All through Lent and up to Easter Day there is a short Bible reading, a reflection and a prayer.

You can also access it online or buy your own copy. Let us know if you would like a copy and we will arrange to let you have one.

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The second is the book that #LiveLent: God's Story Our Story is based on and which is the Archbishop of Canterbury's Lent Book for this year:

### **Living His Story – Revealing the extraordinary love of God in ordinary ways by Hannah Steele**

This book is particularly appropriate as it was written during the pandemic and demonstrates ways in which we can all convey God's love to others.

It isn't essential to read this book to be part of the course, but it is certainly worth it. *(Copies are available from various booksellers but the best price we have seen is £7.99 from the Publishers SPCK.)*

Sessions will start at 19.00 and last up to an hour and a half – part of the time will be spent in smaller discussion groups.

The first session will be on Tuesday 23 February 2021. There will be opportunities to discuss what we have read over the week before, there will be a review of the chapter from Hannah Steele's book and questions that we will use as points for discussion.

*If there is demand for a **daytime course**, we will provide one – just let a member of the Ministry Team know – Philip, Trish, Patricia, Chris or Stewart.*

#### ❖ **Join the Prayer Chain:**

Our Reader, Chris Stanisstreet has organised a **Prayer Chain** which is done by email and telephone. The idea behind this, is that when a specific prayer request is made, it is passed on by group e-mail to the people on the list who then pray for the particular situation.

If you would like to receive prayer requests or would like to make a prayer request, please let Chris Stanisstreet know:

Tel: 01925 755559; Mob 07918 981 723; [stanbess2003@yahoo.co.uk](mailto:stanbess2003@yahoo.co.uk)

❖ **Offering and Fund Raising** – Please continue to give if you can

#### ❖ **Homemade Jams For Sale:**

There are various Jams and Marmalade available at prices between £2.00 / £3.00 per jar depending on size - please order by telephoning the Vicarage we will deliver them to you as we go about our duties.

St Mary's are offering: Freshly made Chunky Seville Orange Marmalade £2.50. Also available – Finely Shredded Marmalade, Strawberry, Raspberry, Damson and Gooseberry Jams

St Paul's are offering: Strawberry, Strawberry +Gooseberry, Greengage, Gooseberry and Raspberry jams.

❖ **Morning and Night Prayer**

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*If anyone does not yet have access to the "Worship at Home" booklet containing the Order of Service for Morning Prayer or Night Prayer, please contact the Vicarage, as there are large print copies and ordinary size ones that can be posted out or versions that can be e-mailed.*

### **Bible Readings and Psalms for the Coming Week from the Lectionary.**

*Here are some suggestions for more Psalms and Bible readings to use with Morning and Night Prayer:*

Readings for Morning Prayer: These readings usually follow on from each other so you get a bit more of the story each day (except on special Saints Days).

Mon 15<sup>th</sup> February – Psalm 44; Jeremiah Chapter 1; John 3: 1-21

Tues 16<sup>th</sup> February – Psalm 48; Jeremiah 2: 1-13; John 3: 22-end

Weds 17<sup>th</sup> Feb – Ash Wednesday: Psalm 38; Daniel 9: 3-6, 17-19; 1 Timothy 6: 6-19

Thurs 18<sup>th</sup> February – Psalm 77; Jeremiah 2: 14-32; John 4: 1-26

Fri 19<sup>th</sup> February – Psalm 3; Jeremiah 3: 6-22; John 4: 27-42

Sat 20<sup>th</sup> February – Psalm 71; Jeremiah 4: 1-18; John 4: 43

### **Readings for Night Prayer**

#### Short Readings until the start of Lent:

Sunday Evening: Jeremiah 14.9

Monday Evening: Isaiah 30.15

Tuesday Evening: Matthew 11.28-end

#### Short Reading from Ash Wednesday:

Isiah 58: 6-7

<sup>6</sup> Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke?

<sup>7</sup> Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin?

#### Psalm until the start of Lent:

Psalm 4

<sup>1</sup> Answer me when I call, O God of my righteousness; ♦  
you set me at liberty when I was in trouble; have mercy on me and hear my prayer.

<sup>2</sup> How long will you nobles dishonour my glory; ♦  
how long will you love vain things and seek after falsehood?

<sup>3</sup> But know that the Lord has shown me his marvellous kindness; ♦  
when I call upon the Lord, he will hear me.

<sup>4</sup> Stand in awe, and sin not; ♦  
commune with your own heart upon

#### Psalm from Ash Wednesday:

Psalm 134

<sup>1</sup> Come, bless the Lord, all you servants of the Lord, ♦  
you that by night stand in the house of the Lord.

<sup>2</sup> Lift up your hands towards the sanctuary ♦  
and bless the Lord.

<sup>3</sup> The Lord who made heaven and earth ♦  
give you blessing out of Zion.

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- your bed, and be still.
- <sup>5</sup> Offer the sacrifices of righteousness ♦ and put your trust in the Lord.
- <sup>6</sup> There are many that say, 'Who will show us any good?' ♦ Lord, lift up the light of your countenance upon us.
- <sup>7</sup> You have put gladness in my heart, ♦ more than when their corn and wine and oil increase.
- <sup>8</sup> In peace I will lie down and sleep, ♦ for it is you Lord, only, who make me dwell in safety.

### Collect until start of Lent:

Keep watch, dear Lord,  
with those who wake, or watch, or weep  
this night,  
and give your angels charge over those  
who sleep.  
Tend the sick, give rest to the weary,  
sustain the dying, calm the suffering,  
and pity the distressed;  
all for your love's sake, O Christ our  
Redeemer.  
Amen

### Blessing until start of Lent:

The Lord bless us and watch over us;  
The Lord make his face to shine upon us  
and be gracious to us;  
The Lord look kindly upon us and give us  
peace.  
Amen.

### Collect from Ash Wednesday:

Almighty God,  
may we, by the prayer and discipline  
of Lent, enter into the mystery of  
Christ's sufferings;  
that by following in the Way,  
we may come to share in the glory;  
through Jesus Christ our Lord.  
Amen

### Blessing from Ash Wednesday:

May God bless us,  
That in us may be found love and  
humility,  
Obedience and thanksgiving,  
Discipline, gentleness and peace.  
Amen

## **Psalm and reading for Celtic Morning Prayer 17<sup>th</sup> February:**

### **Psalm 38;**

- <sup>1</sup> Rebuke me not, O Lord, in your anger, ♦  
neither chasten me in your heavy displeasure.
- <sup>2</sup> For your arrows have stuck fast in me ♦  
and your hand presses hard upon me.
- <sup>3</sup> There is no health in my flesh because of your indignation; ♦  
there is no peace in my bones because of my sin.
- <sup>4</sup> For my iniquities have gone over my head; ♦  
their weight is a burden too heavy to bear.
- <sup>5</sup> My wounds stink and fester ♦

## News and Prayer Update for 14<sup>th</sup> February

- because of my foolishness.
- 6 I am utterly bowed down and brought very low; ♦  
I go about mourning all the day long.
- 7 My loins are filled with searing pain; ♦  
there is no health in my flesh.
- 8 I am feeble and utterly crushed; ♦  
I roar aloud because of the disquiet of my heart.
- 9 O Lord, you know all my desires ♦  
and my sighing is not hidden from you.
- 10 My heart is pounding, my strength has failed me; ♦  
the light of my eyes is gone from me.
- 11 My friends and companions stand apart from my affliction; ♦  
my neighbours stand afar off.
- 12 Those who seek after my life lay snares for me; ♦  
and those who would harm me whisper evil and mutter slander all the day long.
- 13 But I am like one who is deaf and hears not, ♦  
like one that is dumb, who does not open his mouth.
- 14 I have become like one who does not hear ♦  
and from whose mouth comes no retort.
- 15 For in you, Lord, have I put my trust; ♦  
you will answer me, O Lord my God.
- 16 For I said, 'Let them not triumph over me, ♦  
those who exult over me when my foot slips.'
- 17 Truly, I am on the verge of falling ♦  
and my pain is ever with me.
- 18 I will confess my iniquity ♦  
and be sorry for my sin.
- 19 Those that are my enemies without any cause are mighty, ♦  
and those who hate me wrongfully are many in number.
- 20 Those who repay evil for good are against me, ♦  
because the good is what I seek.
- 21 Forsake me not, O Lord; ♦  
be not far from me, O my God.
- 22 Make haste to help me, ♦  
O Lord of my salvation.

### **Reading:** 1 Timothy 6: 6-19

- 6 Of course, there is great gain in godliness combined with contentment;  
7 for we brought nothing into the world, so that we can take nothing out of it;  
8 but if we have food and clothing, we will be content with these.
- 9 But those who want to be rich fall into temptation and are trapped by many senseless and harmful desires that plunge people into ruin and destruction.
- 10 For the love of money is a root of all kinds of evil, and in their eagerness to be rich some have wandered away from the faith and pierced themselves with many pains.
- 11 But as for you, man of God, shun all this; pursue righteousness, godliness, faith, love, endurance, gentleness.
- 12 Fight the good fight of the faith; take hold of the eternal life, to which you were called and for which you made the good confession in the presence of many witnesses.

## News and Prayer Update for 14<sup>th</sup> February

<sup>13</sup> In the presence of God, who gives life to all things, and of Christ Jesus, who in his testimony before Pontius Pilate made the good confession, I charge you

<sup>14</sup> to keep the commandment without spot or blame until the manifestation of our Lord Jesus Christ,

<sup>15</sup> which he will bring about at the right time—he who is the blessed and only Sovereign, the King of kings and Lord of lords.

<sup>16</sup> It is he alone who has immortality and dwells in unapproachable light, whom no one has ever seen or can see; to him be honour and eternal dominion. Amen.

<sup>17</sup> As for those who in the present age are rich, command them not to be haughty, or to set their hopes on the uncertainty of riches, but rather on God who richly provides us with everything for our enjoyment.

<sup>18</sup> They are to do good, to be rich in good works, generous, and ready to share,

<sup>19</sup> thus storing up for themselves the treasure of a good foundation for the future, so that they may take hold of the life that really is life.