



Sunday 18th July 2021
Led by Simon McDowell

Welcome to our service of Morning Prayer.

Notices can be found on your Friday Email, on our [website](#), [Facebook](#) and [Instagram](#), including links to the Annual Report, Accounts and Electoral Roll in preparation for our APCM next Sunday at St Andrew's, starting at 11.30am. There is no 9am at St Giles that day.

Thanks to Heather McDowell for choosing our music today.

Please join in today's service using the words in **bold**.

Opening Hymn

And can it be

sung by St Martin's Voices

- 1 **And can it be** that I should gain
 an interest in the Saviour's blood?
 Died he for me, who caused his pain?
 For me, who him to death pursued?
 Amazing love! How can it be
 that thou, my God, shouldst die for me?

- 2 'Tis mystery all : the Immortal dies!

Who can explore his strange design?
In vain the first-born seraph tries
to sound the depths of love divine.
'Tis mercy all! Let earth adore,
let angel minds enquire no more.

- 3 Long my imprisoned spirit lay
fast bound in sin and nature's night;
thine eye diffused a quickening ray -
I woke, the dungeon flamed with light,
My chains fell off, my heart was free,
I rose, went forth, and followed thee.
- 4 No condemnation now I dread;
Jesus, and all in him, is mine!
Alive in him, my living head,
and clothed in righteousness divine,
Bold I approach the eternal throne,
and claim the crown, through Christ, my own.

Charles Wesley (1707-1788) (Public Domain)

Prayer of Preparation

Grace, mercy and peace
from God our Father
and the Lord Jesus Christ
be with you
and also with you.

This is the day that the Lord has made
Let us rejoice and be glad in it.

We have come together in the name of Christ
to offer our praise and thanksgiving,
to hear and receive God's holy word,
to pray for the needs of the world,
and to seek the forgiveness of our sins,
that by the power of the Holy Spirit
we may give ourselves to the service of God.

Prayers of Penitence

Jesus says, "Repent for the kingdom of heaven is close at hand"

So let us turn away from our sin and turn to Christ,
confessing our sins in penitence and faith.

**Almighty and most merciful Father,
we have wandered and strayed from your ways like lost sheep.
We have followed too much the devices and desires of our own hearts.
We have offended against your holy laws.
We have left undone those things that we ought to have done;
and we have done those things that we ought not to have done;
and there is no health in us.
But you, O Lord, have mercy upon us sinners,
Spare those who confess their faults.
Restore those who are penitent,
according to your promises declared to mankind
in Christ Jesus our Lord.
And grant, O most merciful Father, for his sake,
that we may live a disciplined, righteous and godly life,
to the glory of your holy name. Amen.**

May the Father of all mercies
cleanse us from our sins,
and restore us in his image
to the praise and glory of his name,
through Jesus Christ our Lord.

Amen

As we rejoice in the gift of this new day,
so may the light of your presence, O God,
set our hearts on fire with love for you;
now and for ever.

Amen

Hymn

Lead us Heavenly Father, lead us

sung by St Martin's Voices

- 1 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 every blessing,
 if our God our Father be.

- 2 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;
self denying, death defying,
thou to Calvary didst go.

3 Spirit of our God, descending,
fill our hearts with heavenly joy,
love with every passion blending,
pleasure that can never cloy:
thus provided, pardoned, guided,
nothing can our peace destroy.

James Edmeston (1791-1867) (Public Domain)

Psalm

Psalm 23

The LORD is my shepherd; I shall not want.

²He maketh me to lie down in green pastures: he leadeth me beside the still waters.

³He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.

⁴Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.

⁵Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.

⁶Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD for ever.

**Glory be 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**

Scripture Reading __ Mark 6.30-34,53-56 read by Jon Homan

³⁰The apostles gathered round Jesus and reported to him all they had done and taught. ³¹Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, 'Come with me by yourselves to a quiet place and get some rest.'

³²So they went away by themselves in a boat to a solitary place. ³³But many who saw them leaving recognised them and ran on foot from all the towns and got there ahead of them. ³⁴When Jesus landed and saw a large crowd, he had compassion on them, because they were like sheep without a shepherd. So he began teaching them many things.

⁵³ When they had crossed over, they landed at Gennesaret and anchored there. ⁵⁴ As soon as they got out of the boat, people recognised Jesus. ⁵⁵ They ran throughout that whole region and carried those who were ill on mats to wherever they heard he was. ⁵⁶ And wherever he went – into villages, towns or countryside – they placed those who were ill in the market-places. They begged him to let them touch even the edge of his cloak, and all who touched it were healed.

This is the word of the Lord
Thanks be to God

Hymn

All my hope on God is founded

sung by St Martin's Voices

All my hope on God is founded

sung by the Choral Scholar of St Martin-in-the-Fields

- 1 All my hope on God is founded;
he doth still my trust renew.
Me through change and chance he guideth,
only good and only true.
God unknown, he alone
calls my heart to be his own.
- 2 Human pride and earthly glory,
sword and crown betray his trust;
what with care and toil he buildeth,
tower and temple, fall to dust.
But God's power, hour by hour,
is my temple and my tower.
- 3 God's great goodness ay endureth,
deep his wisdom, passing thought:
splendour, light, and life attend him,
beauty springeth out of nought.
Evermore, from his store
new-born worlds rise and adore.
- 4 Daily doth the almighty giver
bounteous gifts on us bestow;
his desire our soul delighteth,
pleasure leads us where we go.
Love doth stand at his hand;
joy doth wait on his command.

5 Still from man to God eternal
sacrifice of praise be done,
high above all praises praising
for the gift of Christ his Son.
Christ doth call one and all:
ye who follow shall not fall.

Meine Hoffnung stehet feste Joachim Neander (1650-1680)
Paraphrased Robert Bridges (1844-1930)

(CCLI 2578257; One License 74780)

Sermon Nigel Lowe is opening God's word for us today

The Creed

I believe in God, The Father almighty,
creator of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
he descended to the dead.
On the third day he rose again;
He ascended into heaven,
he is seated at the right hand of the Father,
and he will come to judge the living and the dead.
I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.

Intercessions prepared and read by Richard Beckingsale

Response: In you O Lord ~ **do we put our trust**

The Lord's Prayer

Our Father in heaven,
hallowed be your name;

your kingdom come;
your will be done;
on earth as it is in heaven.
Give us today our daily bread.
And forgive us our sin,
As we forgive those who sin against us.
And lead us not into temptation;
but deliver us from evil.
For the kingdom, the power and the glory are yours
Now and forever. Amen.

The Collect

for the Seventh Sunday after Trinity

Lord of all power and might,
the author and giver of all good things:
graft in our hearts the love of your name,
increase in us true religion,
nourish us with all goodness,
and of your great mercy keep us in the same;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

Amen

Final Hymn

Go forth and tell

sung by St Martin's Voices

- 1 Go forth and tell! O church of God, awake!
 God's saving news to all the nations take;
 proclaim Christ Jesus, saviour, Lord, and king,
 that all the world his glorious praise may sing.

- 2 Go forth and tell! God's love embraces all;
 he will in grace respond to all who call:
 how shall they call if they have never heard
 the gracious invitation of his word?

- 3 Go forth and tell! The doors are open wide:
 share God's good gifts-let no one be denied;
 live out your life as Christ your Lord shall choose,
 your ransomed powers for his sole glory use.

- 4 Go forth and tell! O church of God, arise!
go in the strength which Christ your Lord supplies;
go till all nations his great name adore
and serve him, Lord and king for evermore.

James E Seddon (1915-1983)

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The Blessing

Grant, we beseech you, merciful Lord,
to your faithful people pardon and peace,
that they may be cleansed from all their sins
and serve you with a quiet mind;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

Amen

Intro/outro music by www.purple-planet.com

Note The Church office will be open Monday & Thursday 10am – 1pm, other days please email office@stokepogeschurch.org or phone 01753 642331 in normal business hours.

Thank you for joining us today



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Thank you for whatever you are able to give

The rhythm of rushing and resting

 **Mark 6.30-34,53-56**

Jesus is in demand once again, news of his teaching and actions is spreading rapidly. He tries to find a quiet place, recognising its value for himself and the disciples, but the crowds still follow.

Now read **Mark 6.30-34,53-56** see p.2 for text.

A note on the passage

Jesus experiences the tensions in his ministry, tensions which we all feel in some areas of our lives. He feels compelled to be useful and busy but also recognises the need to be quiet and to draw on inner strength. He encourages others to find their quiet place, too. In order to show compassion and to care for others, we need to nurture ourselves spiritually. Ask yourself: How and where do I find time to be still and find energy to carry on? Can I encourage others to find stillness too?

CREATE

John Wesley once said that he knew his mother was having some time with God when she turned her apron up and over her head. Even in busy family life she managed to shut out the world and find her quiet space. Consider setting up a quiet corner in your home where you can find inner space more easily, it could become your 'holy ground'. If you wish, gather items to put in it – e.g. a Bible, cross, icon, candle, whatever you find helpful. If you lack space, the inside of a cupboard door can be put to good use!



Where could you make a quiet 'corner' in your home?



Offer to help someone else find their quiet space this week. This might involve, for example, doing some shopping for them, minding the children, sitting with an elderly or sick relative.

LISTEN

Listen to the hymn 'Be still for the presence of the Lord', sung by Aled Jones. Imagine yourself standing on 'holy ground' before God.

<https://youtu.be/ZMaOxdu6B4>



Morning Reflection

Read this week's Gospel passage every morning, perhaps using different Bible versions if you have them (or look some up at www.biblegateway.com). Read it slowly with pauses after each sentence. Try to notice new thoughts which come from it and perhaps make a note of them.



Be Still

If you are with children, play a game of 'Sleeping Lions' – that is, see who can remain perfectly still for the longest possible time. Ask both children and adults taking part: What helped you to keep still and what they you thinking about as you did it?

If you are on your own, challenge yourself to be still for as long as possible. Allow yourself to relax and feel the tensions drain away. What helps you to maintain a sense of stillness? Does music or a visual focus help? Can you do this daily, increasing the time as the week progresses? Looking for a meditation challenge? Try the Headspace app.

EVENING REFLECTION

Look back across your day and identify where and how you experienced any moments of stillness. Remember that even in your busy-ness, God was with you. You may not have been aware of it, you may have forgotten – God did not. Ask yourself what new insights today has given you about God, yourself, or others.