



Sunday 30<sup>th</sup> May 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](#).

Thanks to Janet Cottrell for choosing our music today.

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

Opening Hymn

**Thou whose almighty word**  
*sung by St Martin's Voices*

- 1     **Thou whose almighty word**  
chaos and darkness heard,  
and took their flight;  
hear us, we humbly pray,  
and where the Gospel-day  
sheds not its glorious ray,  
let there be light.
  
- 2     **Thou, who didst come to bring**  
on thy redeeming wing  
healing and sight,

health to the sick in mind,  
sight to the inly blind,  
O now to all mankind  
let there be light.

3 Spirit of truth and love,  
life-giving, holy Dove,  
speed forth thy flight;  
move o'er the water's face,  
bearing the lamp of grace,  
and in earth's darkest place  
let there be light.

4 Blessed and holy Three,  
glorious Trinity,  
Wisdom, Love, Might;  
boundless as ocean's tide  
rolling in fullest pride,  
through the world far and wide  
let there be light.

*John Marriott (1780-1825), Thomas Raffles (1788-1863) (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

### **Be Thou My Vision**

*Led by Brittany Hurlbert, Tim Packer, Sam Rankin, Sam P, Sam Chapman and Brandon Hurlbert for evening worship in lockdown at St Nic's Church, Durham, 25 April 2021*

Be Thou my vision, O Lord of my heart  
Naught be all else to me, save that Thou art  
Thou my best thought in the day and the night  
Waking or sleeping, Thy presence my light

Be Thou my wisdom, be Thou my true word  
I ever with Thee and Thou with me, Lord  
Thou my great Father, thine own I would be  
Thou in me dwelling and I with one Thee.

Be Thou my battle shield sword for the fight  
Be Thou my armour and be Thou my might  
Thou my soul's shelter and Thou my high tower  
Raise Thou me heavenward, o power of my power.

Riches I heed not, nor man's empty praise  
Thou mine inheritance, now and always  
Thou and Thou only the first in my heart  
High King of heaven, my treasure Thou art

High King of heaven when battle is done  
May I reach heaven's joys, O bright heaven's sun  
Heart of my own heart, whatever befall  
Still be my vision, O ruler of all  
Heart of my own heart, whatever befall  
Still be my vision, O ruler of all  
Heart of my own heart, whatever befall  
Still be my vision, O ruler of all

*Source: Musixmatch Songwriters: Eleanor Hull*

### Psalm

Psalm 29 - A psalm of David.

- <sup>1</sup> Ascribe to the LORD, you heavenly beings,  
ascribe to the LORD glory and strength.
- <sup>2</sup> Ascribe to the LORD the glory due to his name;  
worship the LORD in the splendour of his<sup>[a]</sup> holiness.
- <sup>3</sup> The voice of the LORD is over the waters;  
the God of glory thunders,  
the LORD thunders over the mighty waters.
- <sup>4</sup> The voice of the LORD is powerful;  
the voice of the LORD is majestic.
- <sup>5</sup> The voice of the LORD breaks the cedars;  
the LORD breaks in pieces the cedars of Lebanon.
- <sup>6</sup> He makes Lebanon leap like a calf,  
Sirion<sup>[b]</sup> like a young wild ox.

<sup>7</sup> The voice of the LORD strikes  
with flashes of lightning.  
<sup>8</sup> The voice of the LORD shakes the desert;  
the LORD shakes the Desert of Kadesh.  
<sup>9</sup> The voice of the LORD twists the oaks<sup>[c]</sup>  
and strips the forests bare.  
And in his temple all cry, 'Glory!'  
<sup>10</sup> The LORD sits enthroned over the flood;  
the LORD is enthroned as King for ever.  
<sup>11</sup> The LORD gives strength to his people;  
the LORD blesses his people with peace.

**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 Psalm 16:5-11 read by Richard Beckingsale

LORD, you alone are my portion and my cup;  
you make my lot secure.  
<sup>6</sup> The boundary lines have fallen for me in pleasant places;  
surely I have a delightful inheritance.  
<sup>7</sup> I will praise the LORD, who counsels me;  
even at night my heart instructs me.  
<sup>8</sup> I keep my eyes always on the LORD.  
With him at my right hand, I shall not be shaken.  
<sup>9</sup> Therefore my heart is glad and my tongue rejoices;  
my body also will rest secure,  
<sup>10</sup> because you will not abandon me to the realm of the dead,  
nor will you let your faithful<sup>[h]</sup> one see decay.  
<sup>11</sup> You make known to me the path of life;  
you will fill me with joy in your presence,  
with eternal pleasures at your right hand.

This is the word of the Lord  
**Thanks be to God**

Hymn

**A Little Bit of Love**

*Graham Kendrick - Virtual Choir*

A little bit of love goes a long, long way,  
A little love, a little love  
A little bit of love and I'm on my way

A little love, a little love  
A long way, but we'll get there together  
A long way, but we'll get there soon  
Along the way, we can lean on each other,  
A little love goes a long, long way.  
A little love, a little love

A little bit of love and the sun comes shining  
A little love, a little love  
A little bit of kindness and someone's smiling  
A little love, a little love  
A long way, but we'll get there together  
A long way, but we'll get there soon  
Along the way, we can lean on each other,  
A little love goes a long, long way  
A little love, a little love

Little drops of rain can trickle down into a puddle  
Then the puddles get together making streams that make a river  
The rivers fill the valleys with a roaring and a rushing  
Then the little drops of rain have made a wide, wide, wide, wide, wide, wide ocean

A long way, but we'll get there together  
A long way, but we'll get there soon  
Along the way, we can lean on each other,  
A little love goes a long, long way  
A long way, but we'll get there together  
A long way, but we'll get there soon  
Along the way, we can lean on each other,  
A little love goes a long, long way  
A little love, a little love, a little love.

*Music and lyrics: Graham Kendrick*  
*Video and music production: Carl Stanbridge*  
*Arrangement: Craig McLeish*

Sermon Pat Hegarty 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 Simon McDowell

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 Trinity Sunday

Almighty and everlasting God,  
you have given us your servants grace,  
by the confession of a true faith,  
to acknowledge the glory of the eternal Trinity  
and in the power of the divine majesty to worship the Unity:

keep us steadfast in this faith,  
that we may evermore be defended from all adversities;  
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

#### **Holy, holy, holy! Lord God Almighty!**

*sung by St Martin's Voices*

- 1     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!
  
- 2     Holy, holy, holy! all the saints adore thee,  
      casting down their golden crowns around the glassy sea;  
      cherubim and seraphim falling down before thee,  
      which wert and art and evermore shalt be.
  
- 3     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 power, in love, and purity.
  
- 4     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.

*Reginald Heber (1783-1826)*

*(Public Domain)*

### 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](http://www.purple-planet.com)

**Note** The Church office will be open Monday & Thursday 10am – 1pm, other days please email [office@stokepogeschurch.org](mailto: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

## Psalm 16, verses 2, 5-11

Confidence in God requires straightforward faith, a readiness to challenge cultural conventions and reliance on the Spirit of Christ's guidance. This Psalm celebrates what it means to trust God by using images connected with serving in the Temple, using and owning land (vv. 5-6) and the guidance of the Law (vv. 7-8). The context is a need for protection (v. 1) so this is not the voice of innocence, believing faith in God means freedom from trouble, but rather a longing for a complete relationship with God.



**Ask yourself:** How might seeing an unclear reflection in a pool illustrate how we experience God? How comfortable are you with the idea of mystery?

In *The Chronicles of Narnia* by CS Lewis, the image of Jesus is portrayed by the character of Aslan the Lion. In the third book, *The Horse and His Boy*, Lewis demonstrates well the mystery and closeness of God in the actions of Aslan. Read or listen to chapter 11 of the book (there are several versions on YouTube). Pause to wonder how God has been close to you when perhaps you did not know it...and thank him.

Read



It can often be helpful to memorise a favourite verse from the Bible. Play a game to help you remember your favourite - perhaps from this week's Psalm.

Prepare identical small blank cards and write one word of your verse on each card. Turn all the cards face down and shuffle. In a game similar to 'pairs', take turns to turn over two cards, but instead of identical pairs, you are trying to find pairs of consecutive words from your verse. If you make a correct pair you keep it. If you don't, turn them back over. The winner is the person with the most correct pairs. At the end of the game, use all the cards to build the whole verse.

## PAINT

**You will need:** thick white paper, a white wax crayon or small candle, diluted watercolour paints, a brush.

Explore how the image of God is sometimes clear and sometimes obscure, by doing a wax resist painting. Use your white crayon or candle to draw an image that you feel represents God, or God in your life. It will be hard to see! Now paint the paper with any colours you choose and watch the 'hidden' image reveal itself. You could do this in pairs, drawing an image for each other to paint and reveal; then talk together about what the images you each drew mean to you.

## Daily Prayer



Spend some time each evening quietly reviewing your day, perhaps by thinking through each hour in turn. When did God feel close to you today? When or where did you feel far from God? Ask God to show you why that might be. Ask God to reveal times when you perhaps did not notice God's presence. Talk with God about your hopes and fears for tomorrow.



Read today's verses from Psalm 16, then put them aside. ON a sheet of paper, write words from the passage, or any that come to mind having read it. Write your most prominent thoughts using large

letters, and lesson important ones in small text. Display the resulting word cloud where you can see it and read it every day this week. If you are moved to do

so, add new words. Think about the words and how their importance or prominence changes as the week