

Welshpool & Bro Hafren Methodist Circuit

Home Worship Sheet – 9th August

This short act of worship has been prepared and written for you by Canon Julia Francis.

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

Our Lord Jesus Christ said, the first commandment is this. Hear, O Israel, the lord our God is the only Lord. You shall love the Lord your God with all your heart, with all your soul with all your mind, and with all your strength. The second is this; 'Love your neighbour as yourself.' There is no other commandment greater than these. On these two commandments hang all the law and the prophets.

The harvest is plentiful, but the workers are few. Ask the Lord of the harvest to send out workers into his harvest field. Go! I am sending you out like lambs among wolves.

Hymn: Faithful shepherd feed me

To listen to the tune in a new tab: press Shift and Ctrl together and click [here](#). Close the tab after the hymn.

- 1 Faithful shepherd, feed me
In the pastures green;
Faithful shepherd lead me
Where thy steps are seen.
- 2 Hold me fast, and guide me
In the narrow way;
So, with thee beside me,
I shall never stray.
- 3 Daily bring me nearer
To the heavenly shore;
Make my faith grow clearer,
May I love thee more.

4 **Hallow every pleasure,
Every gift of pain;
By thyself my treasure,
Though none else I gain.**

5 **Day by day prepare me
As thou seest best,
Then let angels bear me
To thy promised rest.**

Thomas Benson Pollock
Based on Psalm 46:10-11

Leviticus 23:9-14

To listen to this reading, by Kelly Ryan Roland from BibleGateway in a new tab press **Shift** and **Ctrl** together and click [here](#). Close the tab after the reading.

The Lord said to Moses, ‘Speak to the Israelites and say to them: “When you enter the land I am going to give you and you reap its harvest, bring to the priest a sheaf of the first grain you harvest. He is to wave the sheaf before the Lord so it will be accepted on your behalf; the priest is to wave it on the day after the Sabbath. On the day you wave the sheaf, you must sacrifice as a burnt offering to the Lord a lamb a year old without defect, together with its grain offering of one fifth of an ephah of the finest flour mixed with olive oil – a food offering presented to the Lord, a pleasing aroma – and its drink offering of a quarter of a hin of wine. You must not eat any bread, or roasted or new grain, until the very day you bring this offering to your God. This is to be a lasting ordinance for the generations to come, wherever you live.

A prayer for the gift of the scriptures.

We have been entrusted with the rich and precious jewel of your holy word. Inspire us through your Spirit that it may be written in our hearts, to sustain us, renew us, reform us. Enable us to respond to the grace of your word with humility of heart and loving obedience. That we may serve you better in our lives. Amen.

Matthew 14:22 -33:

To listen to this reading, by David Suchet from BibleGateway in a new tab press Shift and Ctrl together and click [here](#). Close the tab after the reading.

Immediately Jesus made the disciples get into the boat and go on ahead of him to the other side, while he dismissed the crowd. After he had dismissed them, he went up on a mountainside by himself to pray. Later that night, he was there alone, and the boat was already a considerable distance from land, buffeted by the waves because the wind was against it.

Shortly before dawn Jesus went out to them, walking on the lake. When the disciples saw him walking on the lake, they were terrified. 'It's a ghost,' they said, and cried out in fear.

But Jesus immediately said to them:

'Take courage! It is I. Don't be afraid.'

'Lord, if it's you,' Peter replied, 'tell me to come to you on the water.'

'Come,' he said.

Then Peter got down out of the boat, walked on the water and came towards Jesus. But when he saw the wind, he was afraid and, beginning to sink, cried out, 'Lord, save me!'

Immediately Jesus reached out his hand and caught him. 'You of little faith,' he said, 'why did you doubt?'

And when they climbed into the boat, the wind died down. Then those who were in the boat worshipped him, saying, 'Truly you are the Son of God.'

Prayer

Jesus Bread of Life, give food to the hungry and strength to the weak.

And nourish us all with your word

Reflection

I was drinking from a mug at my daughter's house last Monday, which I chose because I do rather like flamingos with which it was decorated. It also bore a slogan.

“Stand Tall and Be Glamorous” A reference to the birds as they do indeed stand tall. On the estuary at Slim Bridge they rise above the geese and swans. They generally have one foot cocked by the bending of the knee; so they stand on one leg in most depictions.

Perhaps it is the bright pink colouring that makes them appear so glamorous amongst the birds at our zoos and wildlife sanctuaries. It is widely considered that the carotenoid pigmentation in the feeding grounds which gives them this colouring. Certainly this is so, but they carry some of this in their own glands too. The young chick is downy grey and if it makes a noise at all it is so similar to a goose it really isn't the stuff of romance at that stage. Of course, there are so many bright plumes in the bird world generally but the flamingo really has become a legend of glamour.

So the slogan on the mug makes sense. But it is written as an instruction, or maybe as an inspiration.

Don't hide your light under a bushel. Be proud to be who you are and flaunt it. If you feel good about yourself you will appear confident and those around you will pay attention.

Mother Theresa of Calcutta who devoted her life to the poor of India. Collecting around her fellow sisters in this work. Eventually the Order of the Missionaries of Charity was given authority by the pope. She would appear to be the polar opposite of a flamingo. She chose for her robes the cheapest cloth and plainest of all the habits at the convent where she trained. She humbled herself to bathe the sores of the poorest amongst India's homeless and destitute.

In her many translated writings and prayers she speaks of her dependence upon each day beginning in the same way. She would visit the local priest and receive Holy Communion. This may seem excessive, as we have formerly only received the Blessed Bread and Wine at certain seasons or, more recently in the Anglican Churches it has been available weekly or fortnightly somewhere in each group of parishes. Now, of course, we have been restricted by regulations from sharing

this precious sacrament. When asked in an interview, why someone so very devoted in faith should require the daily sacrament she answered in this way.

My human nature is to be sinful and lazy. I look around me and there is much to be achieved each day. If I relied upon myself I could not do it. So I ask the Lord to feed me, to dwell in me, and to make me the person I should be for that day. I need this every day or I may be in danger of sliding back into my unworthy self.

I paraphrase, of course, reliant on translators, as I neither speak Albanian or any of the Indian languages. She received no less than 17 awards by a variety of nations and committees between 1975 and her death. Although she also had her critics. Who claimed she didn't do enough!

Lammastide which runs from Aug 1s to Sept 1st also known as Loafmas. Was an early festival amongst the land based celebrations. At this time the first loaves of a fresh cut of the earliest wheat could be made. It precludes the main harvest festival, and echoes the giving of the first fruits. Which from Genesis have been recorded as the desired gifts for sacrifice to the Lord. Cain and Abel brought their offerings, as we read, Cain's offering was not looked upon with great joy by the Lord; He was considered to have withheld the best of his tillage, whilst Abel brought the first and fattest of his flock. Making the loaf for the church in mediaeval times would have been a highly sacrificial offering when we consider the ways of working the land at that time and the tithes expected.

In our bible we read how Jesus broke bread and gave it to his disciples. Take, eat. Do this in remembrance of me. And after the Resurrection he gives his instruction to Peter, in particular, and through him to the church, 'Feed my Sheep.' Our prayers at Holy communion give the inspiration to us, that when we receive the body and blood of our Lord, he dwells within us. Thus making us equal to the task and challenges of discipleship. It is by this food, the bread of Heaven, given to us in the

coming of the Son, we can become the true children of God, and take upon us the mantle of Christianity. But just like the Flamingo, we have this quality in our genetic makeup already. For we were made in the likeness of God. We may consider we may slide back into our lazy and sinful selves without the Bread of Eucharist, and certainly when we do receive it, we feel that renewal of our beliefs and courage. But let us not for one moment believe we are in danger of losing our identity. If we stand tall and choose to believe ourselves Glamourous in the eyes of the Lord, we shall become so. Witnessing our faith, our love and our discipleship.

Many families say a grace at mealtimes at home. Thanking God for the food you have before you each day, and for the continued work of the Son who has come to you and brought you such peace and blessing, I shall therefore, include one such prayer at our worship's end today.

In the name of the Father, the son, and the Holy Spirit, Amen.

We say this prayer together:

Abide in me and I will abide in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.

John 15:4

Hymn: Bread of Heaven, on thee we feed

To listen to a modern setting of this hymn in a new tab: press Shift and Ctrl together and click [here](#), or for a more traditional setting click [here](#). Close the tab after the hymn.

- 1 Bread of Heaven, on thee we feed,
For thy flesh is meat indeed;
Ever may our souls be fed
With this true and living bread;
Day by day with strength supplied,
Through the life of him who died.**

2 Vine of Heaven thy blood supplies
This blest cup of sacrifice,
Lord, thy wounds our healing give,
to Thy cross we look and live:
Jesus, may we ever be
Grafted, rooted, built in thee.

Let us pray:

All this day, O Lord, let me touch as many lives as possible for thee.
And every life I touch, do thou, by thy spirit quicken, whether through
the word I speak, the prayer I breathe, or the life I live.

(Mary Sumner day Aug 9th founder of the Mother's Union.)

Living Jesus, guide all, created in the image of God.

As we grow older help us to be positive in our outlook and to share our
life experiences. We pray that younger generations will be able to
respect and make us of the wisdom and maturity that comes with aging.

Jesus Lord of Life. **In your mercy hear us.**

Lord, Holy Spirit, we thank you that wherever men or women respond
with obedience and faith, you are there. That whenever we open
ourselves to you in expectation, you are present with us.

Jesus, light of the world, shine your gospel into the darkness, bringing
justice and reconciliation where there is conflict and war.

Jesus Lord of Life. **In your mercy hear us.**

Jesus, good shepherd who gave your life for the sheep, protect those in
particular need, and strengthen those who spend their lives caring for
others.

Jesus Lord of Life. **In your mercy hear us.**

Jesus, the gate for the sheep, wo with us in all we do today, at our
places of work, study or leisure, that we may witness to your presence
in the world.

Jesus, Lord of Life. **In your mercy hear us.**

God , our refuge and strength, a very present help in trouble, we bring to you in our prayers those who are suffering now as a result of this global pandemic. (especially. . . .)

Support and comfort them in their distress and uncertainty. Give them the courage to endure and the faith to overcome; through the love and power of Jesus Christ our Lord. **Amen.**

Hymn: Guide me O thou Great Redeemer

To listen to the tune in a new tab: press Shift and Ctrl together and click [here](#). Close the tab after the hymn.

- 1 **Guide me, O thou great redeemer,
Pilgrim through this barren land;
I am weak, but thou art mighty;
Hold me with thy powerful hand:
Bread of heaven, bread of heaven,
Feed me now and evermore,
Feed me now and evermore.**

- 2 **Open now the crystal fountain
Whence the healing stream doth flow;
Let the fiery cloudy pillar
Lead me all my journey through:
Strong deliverer, strong deliverer,
Be thou still my strength and shield,
Be thou still my strength and shield.**

- 3 **When I tread the verge of Jordan
Bid my anxious fears subside;
Death of death, and hell's destruction,
Land me safe on Canaan's side:
Songs and praises, songs and praises,
I will ever give to thee,
I will ever give to thee.**

Optional prayer for today; A grace before meals.

Heavenly Father, in the name of Jesus our Lord, we thank you for the food you set before us. Bless the hands that have prepared it, the supplies, growers, delivery companies and food outlets. Bless us as we take it for our sustaining health.

Amen.

Heavenly Father,

May we go in the power of the Holy Spirit and listen to the cry of your broken world.

May we witness to your love and be humble in your service of the needy and the stranger

May we declare your truths with boldness and integrity.

May we proclaim the good news of Jesus Christ in word and deed.

May your kingdom come and your will be done, throughout the world.

To the glory of your name. Amen.

