

St Swithun's Church Family

Trinity 4

Sunday 5th July 2020

Ordinary Time



Rest

*Please use this booklet to **worship with us** – ideally at 10am on Sunday so that we know we are joining our prayers together but any time is good. Use a candle and a cross if you can find them to give your worship a focus.*

The children might like to use the Sunday school resources provided by Izzy.

This is a Service of The Word. It doesn't matter if you are one person or a family together – use the booklet and go through the words – stop and reflect as you need to. We are going to record this service again and add it to the website www.saintswithuns.org.uk There are various prayer resources and other things to look at on the website – if you have any feedback or anything to share please let me know.

Giving - if you usually give your collection on a Sunday morning in cash, and you are able to, please put this aside each week to bring to church when you are next able to. Even better would be to set up your giving online ('Saint Swithun's PCC' ; 60-05-11 ; 16126718 ; NatWest Bank) if you haven't already done this.

You might like to enhance your worship by singing or listening to a hymn or a song at various points – I have a few suggestions below – you tube is a great resource...

Gloria – clap clap

https://youtu.be/ahrP4Xh_I0k

All are welcome

<https://youtu.be/js8RtT0mJpc>

Praise my soul the king of heaven

<https://youtu.be/blpf8rSJtn4>

Amazing Grace

<https://youtu.be/maeSHVZX8xc>

Love divine all loves excelling

<https://youtu.be/sw5ZCZeS32M>

Introduction

Today is the fourth Sunday after Trinity.

Leon is preaching for us today and encourages us to think about rest in the ups and downs of our lives at the moment.

As we come to worship together in our homes but yet as a community, may we find God's perfect rest whatever our situations.

The Gathering

The Greeting

In the name of the Father,
and of the Son,
and of the Holy Spirit. **Amen.**

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

And also with you

Opening Prayer

'Come to me,
all you that are weary and are carrying heavy burdens,
and I will give you rest.
Take my yoke upon you,
and learn from me; for I am gentle and humble in heart,
and you will find rest for your souls.
For my yoke is easy, and my burden is light.'

**Come to us, God of our liberation,
embrace us and free us
Amen**

Saying sorry - prayers of penitence

As we prepare to say sorry to God let us take a moment of quiet to recall our behaviour, our relationships, our attitude over the past few days – what do we need to repent of? What have we ignored or stayed silent on that we should say sorry for?

Loving God, our maker and our redeemer,
this is your world and we are your people:
come among us and save us.

We have seen the ill-treatment of others
and have not gone to their aid;
Lord in your mercy

Lord in your mercy

We have condoned evil and dishonesty
and failed to strive for justice;
Christ in your mercy

Christ in your mercy

We have not loved you with all our heart,
nor our neighbours as ourselves;
Lord in your mercy

Lord in your mercy

We know that God forgives us when we say sorry

We are forgiven

May the God of love and power
forgive us and free us
from our sins,
heal and strengthen us
by the Spirit,
and raise us to new life
in the risen Christ.

Amen.

Glory to God

Glory to God in the highest,
and peace to all people on earth.

Find a way to rejoice knowing that God loves us and makes us whole. Maybe you could have a quick dance to your favourite tune, tell a funny joke, shut your eyes and feel God's loving embrace warming you, picture a place where you feel one with God.



*Today we will sing the Gloria we sang last week again.
We suggest making as merry a noise as you can
Find something to shake / bang or just clap along...*

Gloria (clap, clap), Gloria (clap, clap), in excelsis Deo X2

**Lord God, heavenly King,
peace you bring to us;
we worship you we give you thanks,
we sing our song of praise.**

Gloria (clap, clap), Gloria (clap, clap), in excelsis Deo X2

**Jesus, Saviour of all,
Lord God, Lamb of God,
you take away our sins, O Lord,
have mercy on us all.**

Gloria (clap, clap), Gloria (clap, clap), in excelsis Deo X2

**At the Fathers right hand,
Lord receive our Prayer,
for you alone are the Holy One,
you alone are the Lord.**

Gloria (clap, clap), Gloria (clap, clap), in excelsis Deo X2

**Glory, Father and Son,
Glory Holy Spirit,
to you we raise our hands up high,
we glorify your name.**

Gloria (clap, clap), Gloria (clap, clap), in excelsis Deo X2

The Collect

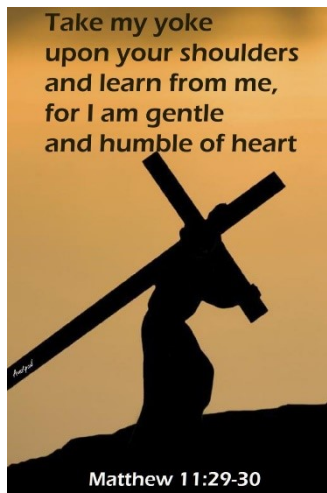
Gracious Father,
by the obedience of Jesus
you brought salvation to our wayward world:
draw us into harmony with your will,
that we may find all things restored in him,
our Saviour Jesus Christ.
Amen

The Liturgy of the Word

Let every word be the fruit of action and reflection.
Reflection alone without action
or tending towards it is mere theory,
adding its weight when we are overloaded with it already ...
Action alone without reflection is being busy pointlessly.
Honour the Word eternal
and speak to make a new world possible.

adapted Helder Camara, Brazil

**May we be open to the Word eternal,
May we look with wonder and child-like awe,
May we be open to reflect, and inspired to action.
Amen.**



The Gospel Reading

Matthew 11.16-19, 25-end

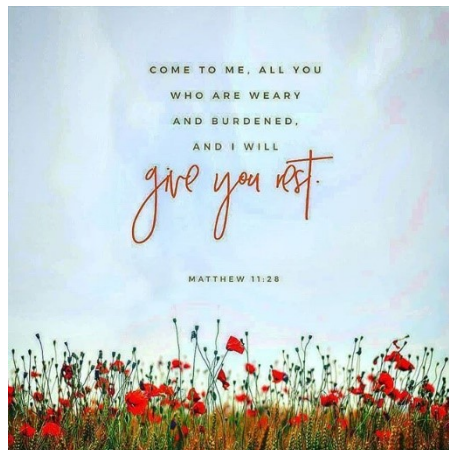
Hear the Gospel of our Lord Jesus Christ according to Matthew
Glory to you, O Lord.

‘But to what will I compare this generation? It is like children sitting in the market-places and calling to one another, “We played the flute for you, and you did not dance; we wailed, and you did not mourn.” For John came neither eating nor drinking, and they say, “He has a demon”; the Son of Man came eating and drinking, and they say, “Look, a glutton and a drunkard, a friend of tax-collectors and sinners!” Yet wisdom is vindicated by her deeds.’ At that time Jesus said, ‘I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

‘Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.’

This is the Gospel of the Lord.

Praise to you, O Christ.



Sermon *Leon Clarke*

Come to me all who are weary and carrying heavy burdens, and I will give you rest.

That sounds like what we need now. We've all been through a lot, and could all do with some rest.

To those of you who know the old prayer book service, these are very familiar words, where they're introduced every week as 'the comfortable words' that Christ spoke to all who turn to him. So, how do we get the rest we've been promised.

I wonder, when people heard the old service, how much comfort did those words bring. In past times when everyone desperately needed rest, did these words reassure. When people heard them in St. Swithuns, as they considered the latest



dispatches from the front during the first world war. When people hear them in St. Mary's Lewisham during the 17th century plague outbreak. But then I think of how the first hearers of Matthew's gospel would have heard them. Jewish followers of Christ, who had suffered the trauma of seeing the temple destroyed, and then being driven out of the synagogues as the church separated from Judaism. What was the rest they sought?

At first glance these words are making an excessively simplistic promise. As we all know, the Christian life is not guaranteed to comprise only of rest. Some will argue that the rest will come in the next life, but for me I believe that good news in this life is at least as important, so that won't satisfy me. Yet others will hear these words, conclude that it's an absurdly simplistic promise and

be very sceptical of all claims in the gospels. So can we find any rest?

As we try and work out what on earth this might mean, and how we might get some rest, it's worth pointing out that the passage immediately before our reading for today consists of Jesus highly praising John the Baptist, and his harsh life in the desert. A life far removed from comfortable living in palaces.

And between the bit about John the Baptist that we didn't hear, and the bit about the weary being given rest, we have a couple of bits about children. These things are hidden from the wise, and revealed to children, we heard. So what's a more child-like way of looking for rest?

But we also have the squabbling children at the start of our passage, to which Jesus compares his generation, and it's a safe bet that we're no better. They seem to be different children than the ones who've had things revealed to them. We played the flute and you

didn't dance. We wailed and you did not mourn, they said.

The mistake that those children seem to be making is that they want it all one extreme way. One lot think it's totally a time for dancing and there's no room for sadness, the other lot think it's a time for mourning and there's no room for joy. But they're both wrong. Or rather they're just playing games. In one game, you're only allowed to dance and in another you're only allowed to mourn. But If we look at the world as it really is, not as we think it ought to be, there is always sadness and always joy. We must mourn, and we must also dance.

I feel after the last 13 weeks, I'm an expert in children squabbling. And in children's games that sometimes seem very far from reality. But



actually, far more often over the last few weeks, I've been amazed by how well my kids are playing together. Amazing imaginative games form around the reality of some of the random places we've been asking them to play recently, games that work for both of them and include elements important for both of them. Maybe the children who know the things hidden from the wise are like that, seeing the reality of our world, seeing what's really there with childlike honesty, seeing in it all the joy and sadness, and seeing in it the vast creative possibilities.

I wonder whether this image of the children squabbling is actually a powerful illustration of mistakes we waste a lot of energy on, that create some of our burdens. We want things to be a nice clear picture that's completely either one thing or the other, we want to know if we should dance or mourn, but we want to know we only should do one.



At the moment, we either want things locked down so we're all safe, or completely back to normal. Everything in the middle is what frightens us. One moment we're appalled about one neighbour who started standing a meter away from others before it was allowed, and the next moment by another neighbour who seems to be being far too cautious. And we have the same desire for certainty even when there's not a pandemic. We construct some tidy idea that it's all like that, rather than looking at the world for what it really is. We hope that'll be easier, but it's work to invent these ideas, and work to deal with what happens when they don't match reality.

I believe that if we look at reality as it really is, we're looking at the world like a child does, but also looking at the world like God does. that is where we will find God. But to do so is one of those very easy things that's actually very difficult. We need to stop doing something we always do which is to pretend that the half of

life we can't face at that moment isn't there. We want to say it's just time to mourn, or just time to dance. Not to see the whole picture. But if we try slightly harder, we'll be seeing the world very slightly more like God does. That won't bring the magic rest we might have hoped for, but maybe it is the most restful approach to our life we really have. Maybe that will give us more strength to cope with the hard times, and when they come back, a more grounded reality to cope with the joyful times.

So maybe try. I invite you now to think of something that makes you mourn, and something that makes you dance. I expect for many of us, the mourning may well be literal and the dancing may well be metaphorical. But think of both of them at the same time now. Both joy and tears, both dancing and mourning, are together part of the whole of the life we're living.

I pray that over the next week, we are able to look at the world with more child-like wonder, look at the world with the eyes of a child, with the eyes of God. And so learn what this world really is, a place loved by God. And I pray that in this, we might find some rest. Amen.

Profession of Faith

We remember that we are joined together as a family despite not being able to meet in person at the moment – our faith holds us all – whoever we are, however we come to God:

**We believe in God the Father,
from whom every family
in heaven and on earth is named.
We believe in God the Son,
who lives in our hearts through faith,
and fills us with his love.
We believe in God the Holy Spirit,
who strengthens us
with power from on high.
We believe in one God;
Father, Son and Holy Spirit.
Amen.**



Prayers

Let us pray.

Come, God of us all, that we may find rest and peace in you.
We pray for all those in our world who are wearied by injustice,
for all those who are dispirited by trauma,
for all those who see the greatness of the task facing them.
We remember our global neighbours who are suffering with
barriers of poverty, poor healthcare, environmental challenges,
and conflict.

We come with our tiredness and weariness.

God, we come to you.

Give us rest and refreshment

Come, God of us all, that we may find rest and peace in you.
We give thanks for those who labour for the coming of the
kingdom. We pray for our church leaders as we begin to
tentatively return to our church buildings – especially for those
exhausted by the challenges of lockdown. We remember the
parishes in our deanery and all churches in Hither Green who
share with us as we seek to share God's love.

We come in faith, hope and love.

God, we come to you.

Give us rest and refreshment

Come, God of us all, that we may find rest and peace in you.
We pray for all those who are struggling to see the way forward –
for those in education who are uncertain how to progress, for
those in business who are suffering with the economic situation,
for those at home who feel isolated and frustrated.

We come as we are.

God, we come to you.

Give us rest and refreshment

Come, God of us all, that we may find rest and peace in you.
We pray for all those who are fearful, those who are suffering with poor health, those who are depressed and those in any kind of need. We especially remember today David, Don, Ruby, Rossy and family, Taneisha, Talabi, Kevin, Elisabeth and family, Ivy, John, Lena, Shonette, Susan, Margaret, Sydney, Edith, Vanda, Lorna, Ena and Stephen and any known personally to us. We remember them now in a moment of silence.

God, we come to you.

Give us rest and refreshment

Come, God of us all, that we may find rest and peace in you.
We remember before God those who have died.
We remember Gladys, Edward, Oscar, George, John and Roy and all who we have loved and who are now no longer on earth...

Rest eternal grant unto them O Lord
And let light perpetual shine upon them

Merciful Father

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



The Prayer Jesus taught us

Rejoicing in God's new creation, we pray as Jesus taught us:

**Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done;
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who 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.**

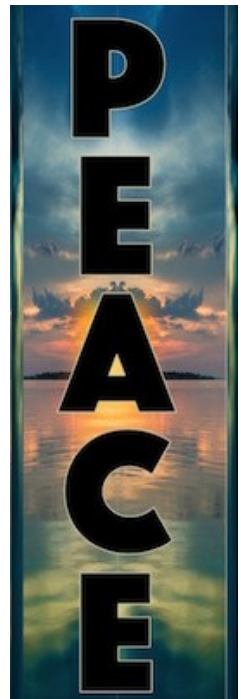
The Peace

God is love
and those who live in love
live in God
and God lives in them.

The Peace of the Lord be always with you.
And also with you.

Who could you share God's peace with?

*Spend some time planning
a deliberate act of peace.*



Dismissal and Blessing

The Blessing

Good and gracious God,
Grant us refreshment, renewal, restoration,
that in God's power we may live and work to God's glory;
and the blessing of God,
Creator, Redeemer and Spirit
Be with us all, now and always
Amen.

The Dismissal

We go from here blessed for the journey that lies before us,
and strengthened for the challenges we may yet face.

Let us go in peace
to love and serve the Lord.

In the name of Christ

Amen



Notices:

- We are working to opening the church on 19th July for St Swithun's Day – there will be many restrictions in place – we will work out the details this week and inform you next week.
- Extraordinary PCC meeting Wednesday 8th July 7.30pm – via Zoom – if you are on the PCC and cannot access Zoom we will open the church for you – please arrange with Juliet in advance as the doors will be closed to everyone else for safety and security. Agenda sent by email / text.
- The Church will be open for private prayers 10-11am on Wednesdays and Saturdays – thank you to those who are helping with this.
- In the absence of foodbank collections Olivia invites us to donate online <https://www.trusselltrust.org/get-involved/ways-to-give/make-a-one-off-donation/>
- If you know of anyone in any need – please let Mother Juliet know as we are working with others who can help.

Birthdays / celebrations:

Happy Birthday to everyone who has had a birthday recently... especially Carla whose Birthday is today



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