

2nd August 2020

Faith is the substance of things hoped for, the evidence of things not see.



The Grace of the Lord Jesus Christ, the Love of God and the fellowship of the Holy Spirit be with you all

And also with you

Call to worship

Behold, I stand at the door, and Knock (Revelations 3:20)



**A minute's silence** in memory of all who have died and for all who work on the front line, and for those whom we can name who need our prayers.

## 189 Be still for the presence of the Lord - By David J Evans



Youtube: Be still for the presence of the Lord ·18 May 2011 THENBA

Story Behind "Be Still For The Presence of the Lord". For me and many Christians I believe, Be Still For The Presence Of The Lord, ranks high among worship hymns of all time. It is a beautiful song with a clear and simple message. It is a call for us to tune out everything and focus on the Lord. The Holy One is here and nothing else matters. It is one of the most beloved modern hymns that are full of the teachings of the scripture. It reminds me of the tradition long gone where hymns were used as vehicles for spreading the teachings of the church. The inspiration for this hymn is the story of Jacob fleeing from his brother. While in the wilderness he had a dream where he saw angels going up and down a ladder to heaven. The old Testament says, " 'then Jacob awoke from his sleep and said, "surely the Lord is in this place and I did not know it." It is said also that this song is also based on Exodus 3: 1-6. This is the story of Moses and the burning bush where the fire did not burn up the bush. This made Moses curious and as he approached the fire the Lord called him by name from the burning bush. God told Moses not to come closer and to take off his sandals as he was standing on holy ground. At this Moses hid his face because he was afraid to look at God. This hymn was used as a call to worship in one of the churches I used to attend and has been one of my favourite hymns ever since. Author David J. Evans was born in 1957 in Dartford, Kent, United Kingdom. However, as a child, he grew up in Winchester and was educated at the University of Southampton. He still lives in the city of Southampton, United Kingdom. He has written many songs but this one is the most popular by far. He leads in contemporary worship in churches and is also currently doing a Ph.D. researching into the psychology of music at the University of Southampton

Be still, for the presence of the Lord, the Holy One, is here;  
 Come bow before him now with reverence and fear:  
 In him no sin is found - we stand on holy ground.  
 Be still, for the presence of the Lord, the Holy One, is here.

Be still, for the glory of the Lord is shining all around;  
 He burns with holy fire, with splendor he is crowned:  
 How awesome is the sight - our radiant King of light!  
 Be still, for the glory of the Lord is shining all around.

Be still, for the power of the Lord is moving in this place;  
 He comes to cleanse and heal, to minister his grace -  
 No work too hard for him. In faith receive from him.  
 Be still, for the power of the Lord is moving in this place.



### Prayer

Loving God, I am still and silent, waiting to hear from you....I am here, not hiding, waiting, for you...Lord God, come to me, for I am one of your people and I love you so.

Lord it is good to think that you are here...as you knock you invite us all to open the door to our souls to you ...as you wait patiently, what are you thinking, what is it you are pondering ...of course your creation has forgotten how you know all things. There is no point in us trying to hide from the fact, for you know who we are and whatever we have done, for you know. As you knock at the door, you already can see if we are hesitant or willing, whether we are tired or cannot be bothered or if, we come running to welcome you warmly, tenderly saying, "Lord my God come in, you are welcome at my table, come, sit, rest, allow me to come to you, for I am thirsty and I need to quench my thirst in you". O' God, thank you, for being here for me, for all people, how blessed we are that you do not force yourself on anyone, allowing your creation to accept or ignore you, giving us free will to form a relationship or not. As Rabbi Julius Gordon once said Lord, "Love is blind, It sees more, not less. But because it sees more it is willing to see less." Lord you see everything that is happening within your creation. You created from one corner of the globe to the other, north, south, east and west

you can be found...seen and heard...for you are here-right here beside us now as we read this prayer...speak to us Lord God, go on speak with us , as you spoke to our ancestors, direct us, as you guided the saints, feed us as you fed the 5000 , speak to us as you spoke to Moses...forgive us as you continually do.....for our earthly ways, for we know not. Help us to be more willing, to be in your company to share you with those who do not know who you are, may your light shine within, that guides, nourishes and cares -"Him that cometh to me, I will in no wise cast out"- As we say the Lords prayer may the life of Jesus and his teachings which span over the decades be acceptable to us all, where we can live out his life, and in doing so he can be seen today, tomorrow and into the future, wherever we trod...

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 debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, the power, and the glory, forever. Amen

### Introduction to Psalm 87

The nature and glorious privileges of Zion and Jerusalem, Psalm 87:1-3. No other city to be compared to this, Psalm 87:4. The privilege of being born in it, Psalm 87:5, Psalm 87:6. Its praises celebrated, Psalm 87:7.

The title, A Psalm or Song for the sons of Korah, gives us no light into the author or meaning of this Psalm. It begins and ends so abruptly that many have thought it to be only a fragment of a larger Psalm. This opinion is very likely. Those who suppose it to have been made when Jerusalem was rebuilt and fortified, imagine it to have been an exclamation of the author on beholding its beauty, and contemplating its privileges. If this opinion be allowed, it will account for the apparent abruptness in the beginning and end. As to its general design it seems to have been written in praise of Jerusalem; and those who are for mystic meanings think that it refers to the Christian Church; and, on this supposition it is interpreted by several writers, both ancient and modern. To pretend to have found out the true meaning would be very absurd. (Clarke's commentary)

### Psalm 87

<sup>1</sup> He has founded his city on the holy mountain.<sup>2</sup> The LORD loves the gates of Zion more than all the other dwellings of Jacob.<sup>3</sup> Glorious things are said of you, city

of God:<sup>[a]</sup> <sup>4</sup> "I will record Rahab<sup>[b]</sup> and Babylon among those who acknowledge me—

Philistia too, and Tyre, along with Cush<sup>[c]</sup>—and will say, 'This one was born in Zion.'" <sup>5</sup> Indeed, of Zion it will be said, "This one and that one were born in her, and the Most High himself will establish her." <sup>6</sup> The LORD will write in the register of the peoples: "This one was born in Zion."<sup>7</sup> As they make music they will sing, "All my fountains are in you. "Amen

Something to Reflective on - Her window faces north; her room is winter-dark and bare; sham is her fire, old are her bones- but folk with troubles like a cup of tea with her-she cheers them up! (Friendship book - 1969)



I Danced in the Morning (LORD OF THE DANCE)

The songwriter Sydney Carter, who has died aged 88, achieved the remarkable feat of composing two of the five most popular songs sung in assemblies in British schools. In 1996, a survey of the copyright work most commonly requested for use in collective worship put his *One More Step* in first place, with his possibly more famous *Lord of The Dance* at number five. Sydney wrote *Lord of The Dance* in 1963, as an adaptation of the Shaker hymn *Simple Gifts*, which features in Aaron Copland's ballet *Appalachian Spring*. Later, he said that he saw Christ as "the incarnation of the piper who is calling us. He dances that shape and pattern which is at the heart of our reality. By Christ, I mean not only Jesus; in other times and places, other planets, there may be other lords of the dance. But Jesus is the one I know of first and best. I sing of the dancing pattern in the life and words of Jesus."

Youtube: I Danced in the Morning (LORD OF THE DANCE) · 7 Jul 2014 [First-Plymouth Church Lincoln Nebraska-Videos](#)

Sung by the Choir and Congregation of First Plymouth Church, Lincoln Nebraska on June 29, 2014 [firstplymouth.org](http://firstplymouth.org)

I danced in the morning  
when the world was begun,  
and I danced in the moon

and the stars and the sun,  
and I came down from heaven  
and I danced on the earth,  
at Bethlehem , I had my birth.

*Refrain:*

*Dance, then, wherever you may be,  
I am the Lord of the Dance, said he,  
and I'll lead you all, wherever you may be,  
and I'll lead you all in the Dance, said he.*

I danced for the scribe  
and the pharisee,  
but they would not dance  
and they wouldn't follow me.  
I danced for the fishermen,  
for James and John -  
they came with me  
and the dance went on.

*Refrain:*

I danced on the Sabbath and I cured the lame;  
the holy people said it was a shame.  
they whipped and they stripped  
and they hung me on high,  
and they left me there  
on a Cross to die.

*Refrain:*

I danced on a Friday  
when the sky turned black;  
it's hard to dance  
with the devil on your back.  
They buried my body  
and they thought I'd gone,  
but I am the Dance, and I still go on.

*Refrain:*

They cut me down and I leapt up high;  
I am the life that'll never, never die;  
I'll live in you if you'll live in me -  
I am the Lord of the Dance, said he.

*Refrain:*

Something to Reflective on -I'm not as well-off as I'd like, of money I haven't a lot, the weather is wearing me down, and cruel afflictions I've got. But I grin at the thoughts- "Goodness me, what a jolly sight worse thing could be!"  
(Friendship book 1969)

**Introduction to Philippians 4**

The apostle exhorts them to stand fast in the Lord, Philippians 4:1. And beseeches Euodias and Syntyche to be of one mind in Divine things, Philippians 4:2. And requests his true yokefellow to help them to a good understanding, 4:3. Gives them directions concerning their temper and frame of mind, 4:4-7. And how to act in all respects as becomes the purity and excellence of the Gospel, as they had heard from and seen in him, 4:8, and 4:9. Thanks them for their attention to him in his captivity, in sending him what was necessary for his support, though he had learned to be contented in all situations in life, 4:10-14. Mentions particular cases in which they had ministered to him; promises them, through the riches of glory in Christ, a supply of all their spiritual wants; and renders thanks to God, 4:15-20. Salutes all the saints, and those particularly of the emperor 's household, 4:21, 4:22. And concludes with his usual apostolical benediction, 4:23. (Adam Clarke Commentary)

## Philippians 4

**Closing Appeal for Steadfastness and Unity**

**4** Therefore, my brothers and sisters, you whom I love and long for, my joy and crown, stand firm in the Lord in this way, dear friends! <sup>2</sup> I plead with Euodia and I plead with Syntyche to be of the same mind in the Lord. <sup>3</sup> Yes, and I ask you, my true companion, help these women since they have contended at my side in the cause of the gospel, along with Clement and the rest of my co-workers, whose names are in the book of life.

**Final Exhortations**

<sup>4</sup> Rejoice in the Lord always. I will say it again: Rejoice! <sup>5</sup> Let your gentleness be evident to all. The Lord is near. <sup>6</sup> Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. <sup>8</sup> Finally, brothers and sisters, whatever



is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. <sup>9</sup> Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

### Thanks for Their Gifts

<sup>10</sup> I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. <sup>11</sup> I am not saying this because I am in need, for I have learned to be content whatever the circumstances. <sup>12</sup> I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. <sup>13</sup> I can do all this through him who gives me strength. <sup>14</sup> Yet it was good of you to share in my troubles. <sup>15</sup> Moreover, as you Philippians know, in the early days of your acquaintance with the gospel, when I set out from Macedonia, not one church shared with me in the matter of giving and receiving, except you only; <sup>16</sup> for even when I was in Thessalonica, you sent me aid more than once when I was in need. <sup>17</sup> Not that I desire your gifts; what I desire is that more be credited to your account. <sup>18</sup> I have received full payment and have more than enough. I am amply supplied, now that I have received from Epaphroditus the gifts you sent. They are a fragrant offering, an acceptable sacrifice, pleasing to God. <sup>19</sup> And my God will meet all your needs according to the riches of his glory in Christ Jesus. <sup>20</sup> To our God and Father be glory for ever and ever. Amen.

### Final Greetings

<sup>21</sup> Greet all God's people in Christ Jesus. The brothers and sisters who are with me send greetings. <sup>22</sup> All God's people here send you greetings, especially those who belong to Caesar's household. <sup>23</sup> The grace of the Lord Jesus Christ be with your spirit. Amen.<sup>[a]</sup>



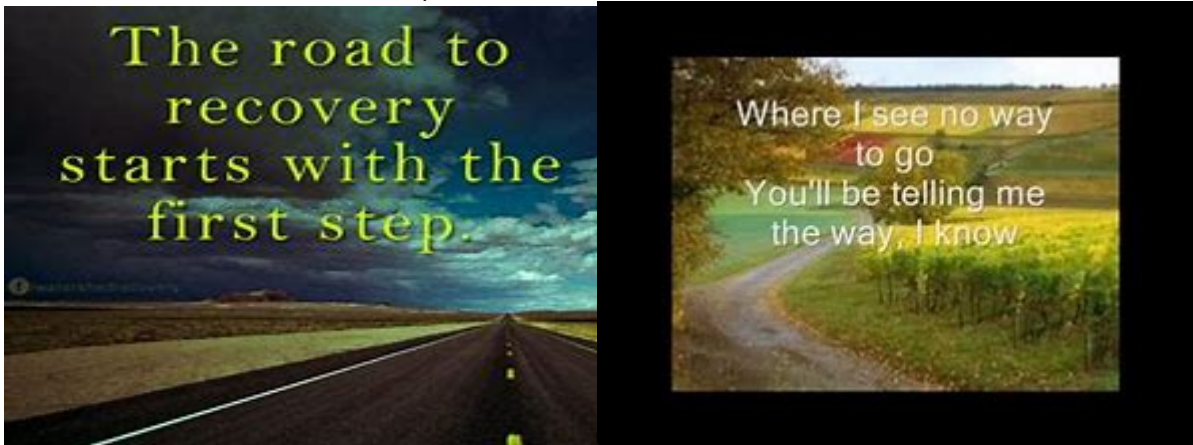
ONE MORE STEP ALONG THE WORLD I GO



Here is another well-known hymn by Sydney Carter which illustrates life as a journey, calling upon God to be our companion and guide. It is often sung at the end of the school year, thinking of the next step in life and sometimes this song is sung at funerals as Christians see death as the next step of their journey with God.

Youtube: Howsham Hall Choir - Year 2000 - (ONE MORE STEP ALONG THE WORLD I GO) •29 Sep 2009 [Scott Cariss](#)

Howsham Hall School Choir, year 2000 @ Bossall Parish Church



1. One more step along the world I go.  
 One more step along the world I go.  
 From the old things to the new  
 keep me traveling along with you.  
 And it's from the old I travel to the new.  
 Keep me traveling along with you.
  
2. Round the corners of the world I turn.  
 More and more about the world I learn.  
 All the new things that I see  
 you'll be looking at along with me.  
 And it's from the old I travel to the new.  
 Keep me traveling along with you.
  
3. As I travel through the bad and good  
 keep me traveling the way I should.  
 Where I see no way to go,  
 you'll be telling me the way, I know.  
 And it's from the old I travel to the new.  
 Keep me traveling along with you.

4. Give me courage when the world is rough.  
 Keep me loving though the world is tough.  
 Leap and sing in all I do.  
 Keep me traveling along with you.  
 And it's from the old I travel to the new.  
 Keep me traveling along with you.

5. You are older than the world can be.  
 You are younger than the life in me.  
 Ever old and ever new,  
 keep me traveling along with you.  
 And it's from the old I travel to the new.  
 Keep me traveling along with you.

Something to Reflective on - Something to ponder on - Taken from the Scottish Y.M.C.A, "Bulletin," consists of four kinds of bones.....which one describes you?

**WISHBONES** - members who want somebody else to do the work

**JAWBONES** - Members who talk a lot but do very little else.

**KNUCKLEBONES**- Members who knock everything others try to do

**BACKBONES** - Members who roll up their sleeves and get on with the work.

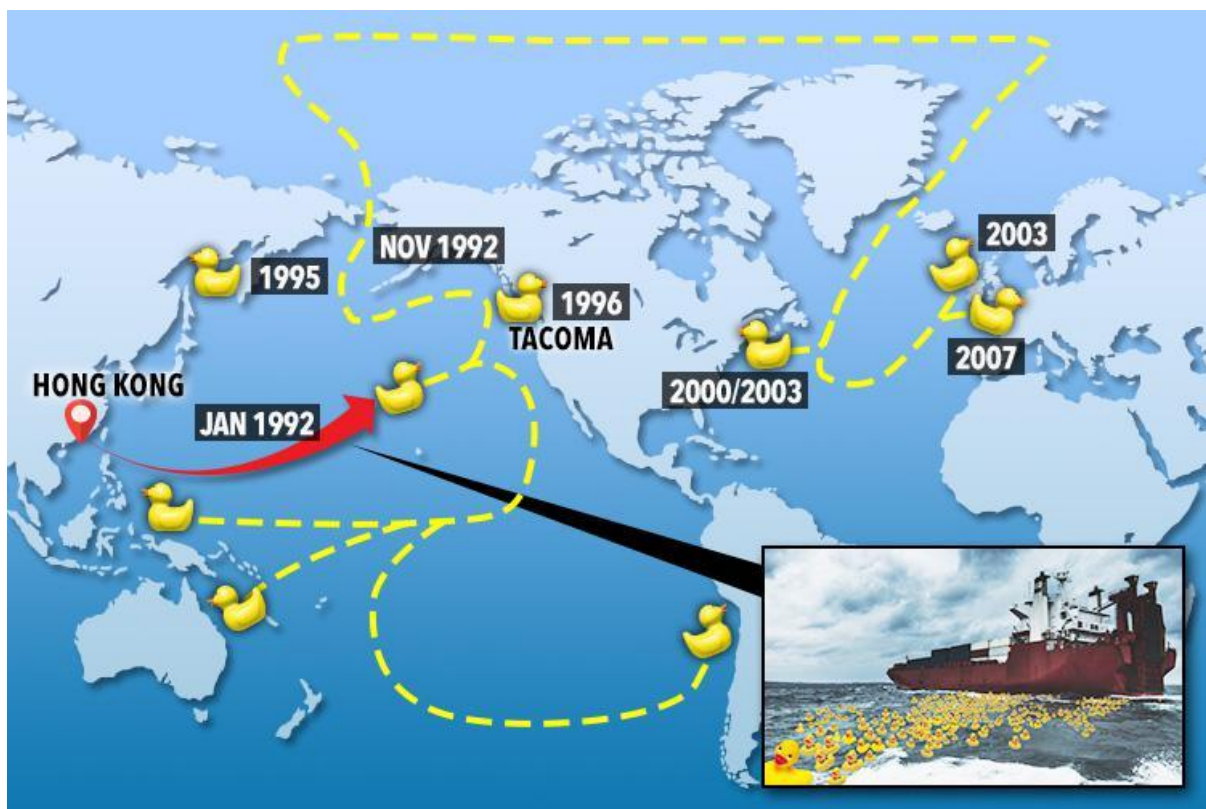
(Friendship book -1969)

Reflection

Have you ever thought, how far have you travelled through life? I do sometimes think of what I've experiences, what I would like to do, the things I've not had the courage to undertake...I am not one to think that over the fence in to the next field is greener...for I am quite content with ma lot...I do though at times feel, I could be doing more.....how I can hear people say to me, sit down for goodness sake and relax ...I am a person who believes, there is time enough for all of that...now what can I do now? For each day comes and goes so fast, I don't wish to waste a minute of it. Of-course I have thrown many an hour away. Life is I consider for living and enjoying to the fullest, for it can be taken from us as quickly as we received it. As I watch my new puppy, grow and settle into his new home and family, I found myself showing him the pictures of past dogs which are on my wall...(okay , I talk to my dogs, I live on my own, so what's wrong with

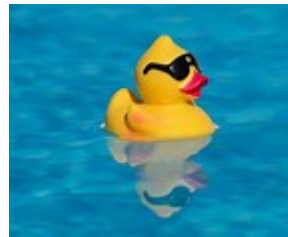
this?) anyway, I started pointing to this and that dog, memories coming flooding back to me of what they were like. I did think afterwards, my goodness...how time has flown by...where has the time gone. As I looked at Imrich and Orach I heard myself say, come on, we're off for a walk now, let's not waste another minute. As I headed to a favourite stop, there were car after car parked at my planned haunts...only to come across a track which seems to go, well who knows, We have an adventure to undertake, I thought, a new and thrilling road to discover...only going a little along the path that day due to Imrich being only 11 weeks old - time will come for our expedition and to discover where the new route goes....exciting. ( I am not telling anyone where it is ) For I am one who likes to see what is at the end of the rainbow...

Now here's a story about a voyage---keep reading you'll find out more !



Here is a story I have told before and some of you will surely have heard me tell...in January 1992 , a container ship en-route from Hong Kong to America ran into trouble in the middle of the Pacific Ocean. With the ship rolling violently from side to side In heavy seas, several of the containers broke free from their moorings and tipped into the water. At least one was forced open, spilling its cargo of 28,000 plastic bath -time toys. Pushed along by the wind and ocean currents, the flotilla of plastic ducks began one of the world's greatest journeys. The first recorded sighting of the toys was in November 1992 when six were washed up in Alaska, some 2000 miles from where they were originally

cast adrift. It is believed the errant bathtub favourites have travelled at least 17,000 miles, floating over the site where the Titanic sank after hitting an iceberg, landing in Hawaii and even spending years frozen in an Arctic ice pack. In 2003 and 2007 they even arrived on the shores of the UK as well as South Africa and Australia. Devoted followers have dubbed the rubber ducks as "friendly floatees". The toys which also included floating frog have become collectors' items. At one stage, I understand during the first year, the company who lost the precious cargo were offering a reward of £63 each for the return of a plastic yellow duck escapee... Interestingly, the journey also reveals a much more concerning state-of-affairs. Blue Planet II revealed how the 28, 000 rubber ducks lost at sea after 25 years are still being washed ashore. The story is told to lay bare how plastic can travel about the globe's seas and kill marine life. The phenomenon perfectly illustrates how marine pollution can spread around the world and killing our sea life. A funny and intriguing adventure story becomes a worrying one in how far Ocean pollution can travel.



Now have you seen one of these.....a yellow duck

I love this story, it really makes me smile to think of these toys liberated and roaming the seas going where the current takes them...I sort of envy them in a way- maybe my wandering spirit is coming out. Here we have a story of a truly grand adventure on a global scale. I do hope that as you reflect on your own life, it has so far been full of adventure, and that you don't have too many regrets. We all have of-course some regrets and if we could turn the clocks back, what we now know, we possibly would have reacted or done some things differently. We should remember that with some of the adventures we undertake, it can feel that we have little control over what happens or where we go. We are all at the mercy of outside influences, the currents of life and circumstances. There are the adventures we create for ourselves, plan and make happen, not that it always works out the way we had hoped. Many, (all), of the adventures which take place will do one thing, and that is change us, some make us stronger and more vibrant, others may take something out of us, perhaps leave us faded, a shadow of our former selves. The exciting thing is, I think, as the ducks bob about being taken by the current so are we with the current of life, who knows where we will end up, on what shore we will come to land. Who knows who will find us, or who will journey alongside us? Isn't that exciting? There is one thing in life that is constant, a world that keeps changing and lives moving at a

tremendous pace. There are things that are worth taking time to appreciate and develop in ourselves thought....

On the great adventure of life, there are times when we have to sit back and reflect and consider, have I, .....Have I ....spoken out for what is right instead of taking the easy route and stayed silent, (2) Have I, appreciated the beauty of our world and all who wander in it, instead of relying on first impressions and outward appearances, as they say never judge a book by its cover. (3) Have I, cultivated a purity of heart that makes integrity and honesty my way of life, (4) Have I praised others, where it is due, accepted praise where it is deserved and have I thanked and appreciated what many do for me, showing them my gratitude.

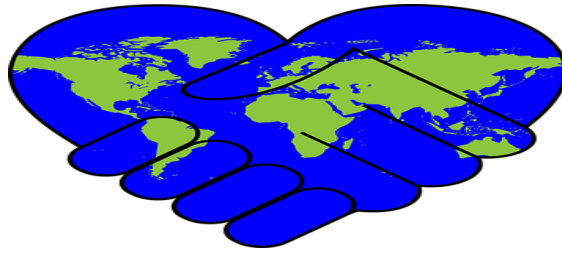
As I head off for a break, I wonder what adventures will occur. Yes I am planning heading to walk one of my favourite routes with the dogs....observing hopefully deer and any other wild life I can see, I plan to go to Kinloch Rannoch and picnic on the shore of the Loch, do some hill climbing alongside , i hope continuing to train Imrich to walk on the lead, and to continue with the house training, to stop him wanting to chew my trousers as I wear them or bite my watch strap ...I hope to open the cover of several books and finish one that has taken me six weeks so far to read, There are many things I plan to do, there will be many things which will happen I hadn't expected and then there will be the times I simply sit back , kick off my boots and watch tv, probably, ironically watching, "Escape to the country."

Whatever God has instore for me on my adventurous holiday, I will be praying as I do for you , as I shall be doing for myself .....that in all adventures of our lives we shall know something of the peace of God, a peace that is beyond our understanding, a peace that soothes and calms and lifts our spirits, a peace that guards are hearts and minds in Jesus Christ- What else do we need ?

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

Something to Reflective on - TROUBLE'S like a thistle that stands right in your way, it cannot fail to grab you some sad or bitter day; but why not walk around it as anyone can do? Never trouble, trouble till trouble troubles you! (Friendship book-1969)





May we pass to our friends and family, neighbours and the stranger the Peace. We can say aloud or silently from deep within, "**Peace be with you**" and in doing so, believe in a world where there can be deep Peace upon the Earth, a world of sharing, loving uniting as equals. A world where we sleep soundly and live in peace. Amen

Something to Reflective o - When people say a dog I own, I courteously agree: But if the truth were only known- MY DOG OWNS ME ! (Friendship book-1969)

Shall we take a moment, sit back and reflect on what God is saying to you, by listening if you can to the following



-Fingals Cave Overture

Felix Mendelssohn

Youtube: Felix Mendelssohn-Fingals Cave Overture •18 Jun 2012 Mohab Sameh

This Overture, written by the 20 years old Felix Mendelssohn Bartholdy, was inspired by his visit to Fingal's Cave when he was touring Scotland. He sent a letter to his sister Fanny describing his impression of the cave and along with it an autograph of the first several bars of the overture written on 2 staves. The first section explores the cave's darkness/emptiness/echoes etc. The following section where the orchestra plays in full tutti gives the impression of a raging ocean (The cave was located on a small island as seen in the pictures). A new theme which is very lyrical and in cantabile (singing) style is introduced shortly afterwards. Then the development uses previous elements in variation through instrumentation and rhythm. The recapitulation reintroduces the original theme with some variations and new orchestral colours and the use of a marcato rhythm and is finally followed by a great climax which is well prepared for in advance and very anticipated. The climax is played tutti in a raging fortissimo with many lines going in different directions but nonetheless balanced perfectly

in terms of tone and instrumentation, a testimony for Mendelssohn's contrapuntal brilliance. Such a dramatic climax calls for a quiet ending where the strings continue to play a couple of pizzicato notes after the rest of the orchestra goes silent. Find out more about with this clip, Youtube - Fingal's Cave - Island of Staffa •24 Jul 2009 [guydecervens](#)

Fingal's Cave is a sea cave on the island of Staffa in the Inner Hebrides. It is formed from hexagonally-jointed basalt columns similar to the Giant's Causeway in Ireland. The Giant's Causeway and Fingal's Cave were both formed by the same lava flow 60 million years ago. In Gaelic mythology Fionn mac Cumhail, a giant, constructed a causeway from Ireland to Scotland out basalt columns. Fionn built it to allow a Scottish giant, Benandonner, come and fight him. After deceiving Benandonner and biting off his finger of power Fionn chased him back to Scotland but Benandonner ran so hard the causeway collapsed behind him. Fionn took a sod of earth, forming Lough Neagh, and threw it after Benandonner but it fell in the Irish sea to form the Isle of Man.



Something to Reflective on - Charlie Main is a roadman who is 20 years, has looked after the hilly, three-and -a-half-mile road between Bo'ness and Linlithgow. No man could have taken more pride in his job. Through, officially, his day wasn't meant to begin until 7am, he was often up at three in the morning to make sure the road was safe for the early traffic. Every winters night, when the weather turned frosty, Charlie would go off down the roads, just to see how things are. If conditions were bad, you'd find him still on the go at midnight! Now Charlie has retired, and in appreciation of his years of grand service, he is to be allowed to stay on for as long as he wishes in the roadman's cottage at Barrowstoun. As I pay tribute to him, I think of all the roadmen like him, who brave blizzard and freezing cold to keep the highways and byways safe. (Friendship book- Francis Gay -1969)

Intercession prayer

Let us pray for the people who do so much, yet at times are not noticed...who go about their duties often giving vastly extra without expecting thanks.....In



**silence** we name them, asking God to bless these people and all they undertake to do.....**silence**..... Lord as we go through life, we give thanks to you, for all which we experience, for the happy and joyful times, to those we'd rather forget yet form who we are...**silence** ....We remember those whom we have loved and are a memory found deep within our hearts now.....**silence**.....We pray for those who mourn the loss of a loved one, a dearest friend , a companion...or an acquaintance....**silence**.....We pray for those we know, or have heard about from news reports on the tv or we've read in the daily newspaper which have touched our hearts...**silence**.... For people who are struggling with the effects from the Coronavirus...outbreak and are in need of assistance.....**silence**.....Lord we pray for those who are In need of a break, to those who are on holiday at home or abroad.....**silence**.....We turn our thoughts to our local churches and pray for those who are in the roles of making arrangements, decisions so they can return to regular worship services.We pray for the churches which are struggling with the cost of the Covid-19 closure, and are not able to pay bills.....we reflect on the expenses still needing to be paid for daily, electric, insurance, the church running costs etc etc **silence**....We pray for families who are apart and do not know when the next time they shall be able to be together...**silence**....Lord, we reflectively hand over to you our prayers and the issues of so many...in Jesus name Amen.

Our last hymn today, for me is one that brings back memories. It's a hymn many of my family have had at the funerals...Whenever I sing the words and hear the tune, memories of loved ones come flooding back to me.

Eternal Father, strong to save



William Whiting

"**Eternal Father, Strong to Save**" is a British hymn traditionally associated with seafarers, particularly in the maritime armed services. Written in 1860, its author William Whiting was inspired by the dangers of the sea described in Psalm 107. It was popularised by the Royal Navy and the United States Navy in the late 19th century, and variations of it were soon adopted by many branches of the armed services in the United Kingdom and the United States.

Youtube: Eternal Father, Strong to Save (Words: William Whiting, Music: Melita, John B. Dykes) •11 Aug 2015 [opatriamia](#)

Eternal Father, strong to save  
 Whose arm hath bound the restless wave,  
 Who bidd'st the mighty ocean deep  
 Its own appointed limits keep;  
 Oh, hear us when we cry to Thee,  
 For those in peril on the sea!  
 O Saviour, whose almighty word  
 The winds and waves submissive heard  
 Who walkedst on the foaming deep,  
 And calm amidst its rage didst sleep;  
 Oh, hear us when we cry to Thee,  
 For those in peril on the sea!

O sacred Spirit,  
 who didst brood Upon the chaos dark and rude,  
 Who bad'st its angry tumult cease,  
 And gavest light and life and peace;  
 Oh, hear us when we cry to Thee,  
 For those in peril on the sea!

O Trinity of love and power!  
 Our brethren shield in danger's hour;  
 From rock and tempest,  
 fire and foe, Protect them wheresoe'er they go;  
 And ever let there rise to Thee  
 Glad hymns of praise from land and sea.

### Blessing

As we continue to head along the road of life, may we go in peace, giving a helping hand to those in need, accept the love and kindness of others, appreciating the labours of the unknown and sharing the light of Christ to all whom we meet Amen.

Words from Professor William Barclay

It is hunger which gives food its taste.  
 It is thirst which makes cool, clearwater taste like nectar.  
 It is tiredness which makes sleep a boom.  
 It is toil which makes rest a blessing.  
 It is loneliness which gives friendship its value.  
 It is the rain which gives sunshine its joy.  
 It is the dark night which gives the dawn its glory.  
 And It is parting which makes meeting again a happy thing.

### Joke time



**A sailor met a pirate, and they started talking about their adventures at sea.**

The sailor noticed that the pirate had a peg leg, a hook, and an eye patch. He asked, "so, how did you end up with the peg leg?"

The pirate replied, "we were in a storm at sea, and I was swept overboard into a school of sharks. Just as my men were pulling me out, a shark bit my leg off."

"Wow!" exclaimed the sailor. "How did you get that hook?"

"Well," replied the pirate, "we boarded an enemy ship and were battling the other sailors with swords. One of them cut off my hand."

"Incredible!" remarked the sailor. "How did you get the eye patch?"

"A seagull dropping fell into my eye," replied the pirate.  
"You lost your eye to a seagull dropping?" the sailor asked in surprise.  
"Well," said the pirate, "it was my first day with the hook."

### **Game Delay**

**Q:** Why couldn't the sailors play cards?

**A:** The captain was sitting on the deck.

### **Monster Party**

**Q:** Why wasn't there any food left after the monster party?

**A:** Because everyone was a goblin!

### **NASA Party**

**Q:** How does NASA organize a birthday party?

**A:** They planet!

### **Tired on April 1st**

**Q:** Why were the Scouts so tired on April 1st?

**A:** Because they had just finished a 31 day March

### **Pooch Scare**

**Q:** How did the little Scottish dog feel when he saw a monster?

**A:** Terrier-fied!

Two cannibals meet one day. The first cannibal says, "You know, I just

can't seem to get a tender Missionary. I've baked them, I've roasted them, I've stewed them, I've barbecued them, I've tried every sort of marinade. I just cannot seem to get them tender." The second cannibal asks, "What kind of Missionary do you use?" The other replied, "You know, the ones that hang out at that place at the bend of the river. They have those brown cloaks with a rope around the waist and they're sort of bald on top with a funny ring of hair on their heads."

"Ah, ha!" the second cannibal replies. "No wonder ... those are friars!"

### Footprints in the Sand



One night a man had a dream.

He dreamed he was walking along the beach with the Lord.  
 Across the sky flashed scenes from his life.  
 For each scene, he noticed two sets of footprints in the sand:  
 one belonging to him, and the other to the Lord.

When the last scene of his life flashed before him,  
 he looked back at the footprints in the sand.  
 He noticed that many times along the path of his life there was only one set of  
 footprints.

He also noticed that it happened at the very lowest and saddest times in his  
 life.

This really bothered him and he questioned the Lord about it.

"Lord, You said that once I decided to follow you,  
You'd walk with me all the way.  
But I have noticed that during the most troublesome times in my life,  
there is only one set of footprints.

I don't understand why, when I needed you most, you would leave me."

The Lord replied,  
"My son, My precious child, I love you and I would  
never leave you. During your times of trial and  
suffering, when you see only one set of footprints,  
it was then that I Carried You.

(Poem by Mary Stevenson 1936)