

14th August 2022



When you hear the following the service has begun.

The Grace of our, Lord Jesus Chris the love of God and the fellowship of the Holy Spirit be with you all **And also with you**

Before I begin, I would like to thank those who have spoken to me, and emailed me about lasts weeks service and announcement. I am very touched by the support those of you who have spoken to me are happy to give me...and that while it's a sad occasion in many respects...its one of looking forward. I am overwhelmed by those of you who have said, it cannot be easy for me, and that you are at myside...blessings to you for all the kind and lovely words received. It warms my heart to think that many of you are happy to support me as your minister and help me to move our church forward...with you the congregation, I am not going to be walking alone...as it can feel at times in ministry.

My goodness we have had some lovely weather haven't we, for some it's been far too hot, while for those who love the sun and heat have

been bathing in the heat wave. As we worship God here in church or at home, whether on a Sunday or one of the days of the week, hopefully every day. We have I am sure much to be grateful for...the love of God, how he holds us together and can give us strength when feeling weak. God is a gift and blessing from heaven who is here for us and understands our thoughts and inner most feelings. As we build on our relationship with him, our life would mean nothing without him...I am ever so grateful for the wee special moments which touch my heart, like a supportive email, telephone call, as I go through each day...how he knows what I am needing. How he speaks through the still moments, even in the noisy day, in the eruptions thunders of life, in the actions and the loving responses of others..

Opening Call

Worship is a way for us to show our love to God. It's a way for us to thank Him for all the blessings that He has given us. We worship because we want to glorify Him and show Him how much we care about what He has done in our lives. We worship because it is a way of saying, "I love You." We worship because it is a way of saying, "Thank You." We worship because it is a way of saying, "You are worthy."

Meditation tune -We will sing unaccompanied...

Give thanks with a grateful heart
Give thanks to the Holy One
Give thanks because He's given Jesus Christ, His Son

Give thanks with a grateful heart
Give thanks to the Holy One
Give thanks because He's given Jesus Christ, His Son

And now let the weak say, "I am strong"
Let the poor say, "I am rich
Because of what the Lord has done for us"

And now let the weak say, "I am strong"
Let the poor say, "I am rich
Because of what the Lord has done for us"

Give thanks with a grateful heart (with a grateful heart)
Give thanks to the Holy One (to the Holy One)
Give thanks because He's given Jesus Christ, His Son

Give thanks with a grateful heart (with a grateful heart)
Give thanks to the Holy One (to the Holy One)
Give thanks because He's given Jesus Christ, His Son

And now let the weak say, "I am strong"
Let the poor say, "I am rich
Because of what the Lord has done for us"
And now let the weak say, "I am strong"
Let the poor say, "I am rich (I am rich)
Because of what the Lord has done for us"

Give thanks
We give thanks to You

Lighting the peace candle / A prayer for peace.

Loving God we are told in the psalms to praise you and to give you our thanks for you are good, and that your steadfast love endures for ever. Lord, we know that your love is never ending and was formed before creation was created. In you we see love, and that the love we have that is formed at the centre of our hearts has come from you...we thank you for this and we pray that love can grow between your creation. Lord there are so many people by their actions love is seen and felt...and we take great comfort that your love is known in the world... Yet there are instances through the actions of some people evil is witnessed where it causes harm, takes life and makes a mockery of the love you have created for us all to share. Lord we have witnessed this in the attack of Salman Rushdie as he was stabbed We pray for those who struggle to love, to find love and to offer it to another.... We pray that your love in the world will be witnessed, love which will care, understand and acceptance...we pray Lord that through love peace can be formed, and built upon and we pray where there is disharmony people will discover how to create a space of being able to reconcile and learn to forgive and forge peace of heart, mind and forgiveness... Lord, we pray for peace from within and built upon to be revealed outwardly. Lord in your mercy accept our prayer and who we are....Amen.

776 - "Kyrie eleison" x3 (Lord have mercy)

181 - "For the beauty of the Earth"

1 For the beauty of the earth,
for the glory of the skies,
for the love which from our birth
over and around us lies.

**Christ, our Lord, to you we raise
this, our hymn of grateful praise.**

2 For the wonder of each hour
of the day and of the night,
hill and vale and tree and flower,
sun and moon and stars of light,
3 For the joy of human love,
brother, sister, parent, child,
friends on earth, and friends above,
for all gentle thoughts and mild,
4 For yourself, best gift divine,
to the world so freely given,
agent of God's grand design:
peace on earth and joy in heaven.

Prayer / Lord's Prayer

With a grateful heart we turn to you for each blessing we have received...Lord we have witnessed, experiences and been part of blessings...and we give you our thanks...for the happy joyful times where we sing and praise you, and our adoration is created through our love and gratefulness for you. Lord we pray for the times when we are upset, hurting and life does not seem to be going our way. When we wonder what is happening, how we shall manage to cope, and we endeavour for strength and nourishment...Loving God thank you for the sense of being and we are ever so grateful for the love and care you have for us. We thank you for how you watch over and lead us...as a mother holding her child, you are the one who can steer us out of our darkness and show us the light we can follow. Forgive us for the actions which stop us from becoming closer to you, forgive us at times when we cannot forgive one another, and forgive us for the times we judge when we shall be judged first...Lord help us to forgive ourselves for past actions which we truly regret, yet cannot let go off.....Lord in your mercy, through the blood of Christ and the communion of saints hold us close where we can take comfort and healing, and praise you through our faith and love for you....As we speak out, may our voices be heard as one as we say the Prayer we know so well, and you created.....

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

The seed in the Mud

Once upon a time there was a seed buried in the mud. It was in dark blackness. It was cold and wet. It shivered. It was just plain no fun. It was dirty, cold and was stuck in the mud. How it got there is a little 3 sentence story. One nice breezy autumn day, it had fallen on the ground. Then it rained a little. And a deer came along and stepped on it and pushed it deep in the mud. Life just wasn't fair. It was all alone. If only it had fallen like the other seeds in the grass, or on the log over there, or at least not been stepped on. But what the little seed did not see was the mouse that ate the seeds in the grass and the bird that ate the seeds on the log and the squirrel that gathered the seeds on the ground to store and eat all winter long. It couldn't see this because it was stuck in the mud. *It didn't know how lucky it was.* Now besides being pushed tight in the mud, it was also locked in its shell. It tried to get out of its terrible predicament, but the autumn days got shorter and shorter. It got colder and colder . It had no strength to get out of its shell. The mud was frozen solid, the deep snow covered it. It went through a terribly cold and dark winter. Finally, after what seemed forever, slowly the days grew a little longer, a little warmer. The seed had work to do. It began to grow. The water in the mud had softened its shell. It was still, hard to get out of its shell ! It had to exert energy like never before. It struggled and struggled and finally it broke free. Then it used more energy to go not up, but down, struggling to send a tiny little root through that compacted mud -- that terribly black thick place. It needed something to tightly hold on to, because..... ..now it had to struggle yet again with great effort to send a tiny little shoot to the light above -- through all

that black thick mud. And then finally it was free. It reached the warm sunlight. You would think wouldn't you its troubles were all over. Not so fast. In a whole year it grew only a few inches, while the other plants grew by leaps and bounds, as if to mock the little seed. Every autumn it lost its leaves. In winter it barely survived, covered with snow. And as it got a little taller, it had to go through windstorms and blizzards. But one thing was peculiar. Even while it slowly grew up to the sunny blue sky, *it never forgot its roots*. It had the wisdom to keep growing as its roots went deeper and deeper in the mud. In fact, it used every windstorm, every blizzard, every shaking, every vibration to wiggle its roots deeper and deeper into the black mud. It knew the importance of a solid foundation, because it always remembered where it came from, how it had been protected and helped by the mud. The years rolled on, and the seasons too. Each summer it so slowly but surely grew. Each winter it became a little tougher and stronger. It had little joys and little sorrows throughout its life like all of us do. Then came the fiercest of all storms. The wind blew so violently this way and that. Trees all around were dashed to the ground, broken, uprooted, a jangled mess. After the devastation, the sun shone once again. To be sure, it didn't look so pretty, some leaves were missing, in fact, quite a few, but that would soon be remedied. Because it hadn't forgotten its roots as a seed in the mud, it stood there in all its glory. It had become the mighty oak tree. In Christ we can become like the mighty Oak tree as the church begins to move forward, we will put our roots firmly into the ground of Christ, we shall be steady for he is the foundation and the rock to hold onto...when life does not go our way, we can be ever so grateful for Christ as the corner stone, the rock of all ages and the one who will lead us forward. ...in him let's give praise and thanks...

May take hold of our roots in Christ as we read today Psalm 118 and our following scripture passage...let's find a way to give thanks to Him , for he is good, strong and gives us the strength to face our tomorrows.

Psalms 118:1-18

Give thanks to the LORD, for he is good; his love endures forever. Let Israel say: "His love endures forever." Let the house of Aaron say: "His love endures forever." Let those who fear the LORD say: "His love endures forever." When hard pressed, I cried to the LORD; he brought me into a spacious place. **The LORD is with me; I will not be afraid.** What can mere mortals do to me? **The LORD is with me; he is my helper.** I look in triumph on my enemies. It is better to take refuge in the LORD than to trust in humans. It is better to take refuge in the LORD than to trust in princes. All the nations surrounded me, but in the name of the LORD I cut them down. They surrounded me on every side, but in the name of the LORD I cut them down. They swarmed around me like bees, but they were consumed as quickly as burning thorns; in the name of the LORD I cut them down. I was pushed back and about to fall, but the LORD helped me. **The LORD is my strength and my defense ; he has become my salvation.** Shouts of joy and victory resound in the tents of the righteous: "The LORD's right hand has done mighty things! The LORD's right hand is lifted high; the LORD's right hand has done mighty things!" **I will not die but live, and will proclaim what the LORD has done.** The LORD has chastened me severely, but he has not given me over to death.

This is the Word of God; thanks be to God. Amen

1 Thessalonians 5:11-28

And so encourage one another and help one another, just as you are now doing. We beg you, our friends, to pay proper respect to those who work among you, who guide and instruct you in the Christian life. Treat them with the greatest respect and love because of the work they do. Be at peace among yourselves. We urge you, our friends, to warn the idle, encourage the timid, help the weak, be patient with everyone. See that no one pays back wrong for wrong, but at all times make it your aim to do good to one another and to all people. Be joyful always, pray at all times, be thankful in all circumstances.

This is what God wants from you in your life in union with Christ Jesus. Do not restrain the Holy Spirit; do not despise inspired messages. Put all things to the test: keep what is good and avoid every kind of evil. May the God who gives us peace make you holy in every way and keep your whole being - spirit, soul, and body - free from every fault at the coming of our Lord Jesus Christ. He who calls you will do it, because he is faithful. Pray also for us, friends. Greet all the believers with the kiss of peace. I urge you by the authority of the Lord to read this letter to all the believers. The grace of our Lord Jesus Christ be with you.

513-"Courage brother! Do not stumble"

1.Courage, brother, do not stumble,
Though thy path be dark as night;
There's a star to guide the humble—
Trust in god and do the right!
Though the road be rough and dreary,
And it's en far out of sight,
Foot it bravely, strong or weary;—
Trust in God, trust in good,
Trust in God and do the right

2.Perish policy and cunning,
Perish all that fears the light!
Whether losing, whether winning,
Trust in God and do the right!
Some will hate thee, some will love thee,
Some will flatter, some will slight;
Cease from man, and look above thee,—
Trust in God, trust in good,
Trust in God and do the right

3.Simple rule and safest guiding,
Inward peace and inward might,
Star upon our path abiding,
Trust in God and do the right!
Courage, brother, do not stumble,—
Tho' thy path be dark as night;
There's a star to guide the humble,—
Trust in God, trust in good,
Trust in God and do the right!

Reflection

You know sometimes, I am always very wary if I get up in the morning singing seemingly along with the birds because for sure by the evening something has happened to take that joy away...have you ever felt this or does this only happen to me...Saying this , it can happen the other way around also...Well, there I was on Thursday, my day was planned, the weather was lovely , I spent an enriching time with God in our prayer meeting...and then it happened the joy turned to frustration and och I cannot believe this is happening...the front door lock at the manse would not lock...as tried to get the key to turn it wouldn't move an inch... not on your nellie was it going to move and lock the door. I googled, what would we do without google today...and found a locksmith, they couldn't arrive until the following day and the other well ?? I came across one, a call centre..we can have one out to you within the next four hours...great...because of this several things I had planned had to be cancelled...and there was the wait...will the locksmith appear, can he find the house ...only to have three hours waiting for the company I phones to tell me, we don't have someone in your area...the day ended thankfully with another firm and someone promising to come in the evening...by the time 8pm came I was ever so grateful, one lock sorted and to end it all offfish and chips. hallelujah, the door can lock without any

trouble and fish and chips, whatever else could I ask for. I was singing in the evening after all.

The day began with singing, and being ever so grateful to God and in the evening there this continues even though during the day there were times of much frustration. There is nothing more wonderful to reflect on an eventful day and to give thanks for what has taken place... I am sure many of us will do this...and the joy of life is, we don't always know what is around the corner. I was speaking to someone about their job, and they said you know what I love about it, is, it's never run of the mill, each day can be ever so different...I laughed and said snap become a minister of religion... Whether life is joyful, and we wake up singing in the morning or a few curve balls have been thrown at us...it's good to be able to reflect on what has been happening and to give thanks. When I was visiting in Whinnieknowe on Friday morning, one of the residents said to me without any hesitation...have you had a few drinks...no I laughed why, you seem happy...of course I am, I am spending time with you...and before you ask, the only few drinks I have had are two coffees...we won't go down the road of the questions of are you married. This was a lovely special time, a period where I always enjoy chatting and listening to the residence...hearing their stories and sharing mine..being a chaplain for the care home is a privilege and one that I am ever so grateful for...

There are several things I am quite envious of from our brothers and sisters in America...to be fare one is Tim Horton's and their doughnuts for one...and the other is, each year in November they have a Thanksgiving holiday, where family and friends make a special point to come together, many travelling a distance to give thanks. I have often wondered why we don't have such an occasion here in the UK. Yes we give thanks for the harvest, we don't though make a

major occasion of it in October and what I mean by this is, where families will travel to be with each other, where friends will sit around a dining room table sharing in a thanksgiving meal, and giving thanks, being ever so grateful for each blessing they have experienced. Usually for us our thanksgiving service is attended by those of us who normally attend church, and that is it. It can be a bit run of the mill, even though our Harvest thanksgiving service at the Craigies farm three years ago, was ever so special and one I will not forget...something I hope we can do again at another farm...As Donald Clark said to me, Robert this has been so special, yes Donald it has been one of the best ways of giving thanks, being at the source of where the harvest takes place...giving thanks to God for the richness, and various ways our food is produced. Of course, being thankful isn't just for a Thanksgiving service or holiday. Scripture tells us to be "thankful in everything, in all circumstances" (1 Thessalonians 5:18). When we find ourselves overwhelmed with burdens and worried about tomorrow, we can praise God for who he is and his promise to never leave us or forsake us. We have been blessed with the free gift of salvation and eternal life! As someone said to me the other day, mum won't be with us for much longer, but thankfully she has the faith, that we will meet again and we will, death has been overcome...with joy and life. As our brothers and sister across the ocean celebrate Thanksgiving on the fourth Thursday of every November. It is a day to give thanks for the blessings they've received over the past year. It is a holiday rich in symbolism. On Thanksgiving, American families sit down with loved ones and dine on traditional Thanksgiving fare — turkey, bread stuffing, potatoes, cranberries, and pumpkin pie doesn't this sound good? The Bible tells us that we should "give thanks in all circumstances; for this is God's will for you in Christ Jesus" (1 Thessalonians: 5:18). Thanksgiving is a wonderful time to spend with

your family and loved ones to reflect upon, and to be grateful for all the blessings you've received from God. Yet why do we not do this here in this country? Don't we have the need to be grateful for what we have been blessed with. Yes we may feel some of the things which happen to us does not seem a blessing or we can be grateful for, although there maybe pain and frustration at the time, when we reflect on what has taken place...maybe it has been a blessing and we should be grateful for it, yet are too blind to see it and God working in what we call frustration and pain. When we offer a prayer of thanks, we are expressing our gratitude to God for all the blessings He has given to us. How he has helped and led us forward in our frustrations...of the day. On Thursday when the locksmith came to sort the door, he could have quite easily have said, I will see you in a few days because I am busy. No he said, when I finish my last job of the day, I will be with you...it could be at 7.30pm...he cared, didn't want to see someone stuck...and was prepared to come out-with his working hours to help a stranger. A Good Samaritan indeed. The tradition of giving thanks arose from people giving thanks for bountiful harvests. Thanksgiving is, in a sense, a harvest festival, which dates to back to the time of the Pilgrims this is where we are at in the U.K. as they are in the USA. We can turn to the Bible to see the importance of giving thanks, especially to God. The Book of Psalms especially has many sections offering praise to God and thankfulness for blessings: "You are my God, and I will praise you. You are my God, and I will exalt you. Give thanks to the Lord, for He is good; His love endures forever" (Psalm 118:28-29). For our American cousins, did you know that Thanksgiving was first celebrated by the Pilgrims in Virginia in 1621, a year after they arrived in the New World from England after a hazardous Atlantic Ocean sea journey on the Mayflower. On the first Thanksgiving, the Pilgrims thanked God for

their safe deliverance, their children's health, the fertility of their fields, and their faith which bound them to God.

Psalm 107 has often been called the "Pilgrims' Psalm," as this simple Bible verse gives thanks to God for his mercy in protecting seafarers and mariners during lengthy and hazardous sea voyages.

The Pilgrims used Psalm 107 to express their gratitude to God for delivering them safely to their new home in America.

"Give thanks to the Lord, for he is good; his love endures forever" (Psalm 107:1).

Psalm 107 also talks about the Hebrews who were wandering desert wastelands, finding nowhere to settle. Their wandering was similar to that of the Pilgrims. The people asked God for help, and "he delivered them from their distress. He led them ... to a city where they could settle." (Psalm 107:6-7). This powerful scripture is a prayer of thanksgiving, thanking God for rescuing the "redeemed," God's chosen people, after a difficult journey. We are all on a pilgrimage...we have a journey to travel, and we won't reach the end until the time comes that God calls us. In life we do wake up at times happy, ever so grateful, then there are the times one can be fearful...we may be feeling depressed, unsure of what the day ahead will bring...how life will pan out...how often have we gone to bed relieved and have forgotten to say thank you, for even on the busiest and difficult of days surely there have been blessing where you have witnessed Gods hand at work. Sometimes we need to reflect on what has taken place to truly understand the day's events...

There are many ways to show gratitude to our Lord and it does not need to be during a thanksgiving, service or act in which we are enjoying a family meal and asking loved ones what they're grateful for. Part-taking in Holy communion , remembering Christ and

reflecting on what he endured for us all as he carried the heavy wooden cross people jeering him as the soldiers whipped him..he was the one who carried on his shoulders the burdens of the world, the sins of the sinful and the hopes of the hopeful. We will have Holy Communion on Sunday 28th August. A time for us to share in the holiest of meals we can ever share together and to give thanks. Holy communion is also like thanksgiving a time to strengthen our faith as we give thanks to God for each blessings we have received over the past year. A prayer we can say when we are having holy communion or on a day with our family. Thank You, Lord God, for this food we are about to eat. Thank You for the hands that have prepared it, for those sitting around the table who are here to share it, and for the ability to be here together under one roof and enjoy these blessings at Your hand. We realize that everything we have comes from You and for that, we are eternally grateful. We also thank You for what we don't have this year, for we trust that You have withheld in Your goodness and out of Your protection for us. We thank you for the frustrations and upsets of life, and for the love and your guiding hand when we reflect back upon certain life events.Thank You that Scripture says You are a Good Father who loves to give gifts to Your children. We sit here as evidence of Your goodness. Thank You for the gift of today and all who are here to share it with us. In the name of Your Son, Jesus, Son and Word of God have mercy upon us...Amen.

Prayer

Loving God as we pray to you, we thank you that through prayer we can communicate with you...Lord as we sit in prayer, we are grateful for this time and that through the Holy Spirit you are able to hear us speak and you will response as your will allows. Lord as we pray, we

think of those who speak with you yet feel that you do not hear...we pray for those who have a full list of needs and cares for others and spend time in prayer. Lord, we pray for people who are requiring help and where life has become troublesome and difficult. Lord there are so many people who are feeling sad and do not understand why, as depression overcome them, and live in a time of darkness, we pray that their heavy hearts shall be lightened, and a feeling of release shall overcome them. We pray for people who cannot be grateful or wish to thank you for their lives. We pray for people who are feeling suicidal and are looking towards ending their life...for those who have made a plan and decided a time and place where their depression has turned into relief for, they see a light at the end of their darkness. We pray for peace and help to give them hope that life can be good. Call upon people Lord to help those who cry out for help while doing so silently and at times unknowingly. Lord we pray for our own lives and for our families, for our friends and brothers and sisters within our church family...Lord in Silence hear our prayers...silence. Loving God as you hear what has come from our hearts, we pray for those who are unable to pray, who find it hard to talk with you, and cannot find the words to share how they maybe feeling. Guiding and wonderful God, thank you for each blessing we receive, whether we know what it is or not. Through our life and faith lead us forward in your name and help us to live out our lives in happiness and through you and when troubled times come upon us we shall be comforted by you... In Jesus name hear our prayers and lead us forward on the pilgrimage of life you call us to undertake. Amen.

535-"Who would true valour see"

1 Who would true valour see,
let him come hither;

one here will constant be,
come wind, come weather;
there's no discouragement
shall make him once relent
his first avowed intent
to be a pilgrim.

2 Whoso beset him round
with dismal stories,
do but themselves confound,
his strength the more is.

No lion can him fright:
he'll with a giant fight,
but he will have the right
to be a pilgrim.

3 Hobgoblin nor foul fiend
can daunt his spirit;
he knows he at the end
shall life inherit.

Then, fancies, fly away;
he'll not fear what men say;
he'll labour night and day
to be a pilgrim.

The following will be sung unaccompanied

Benediction

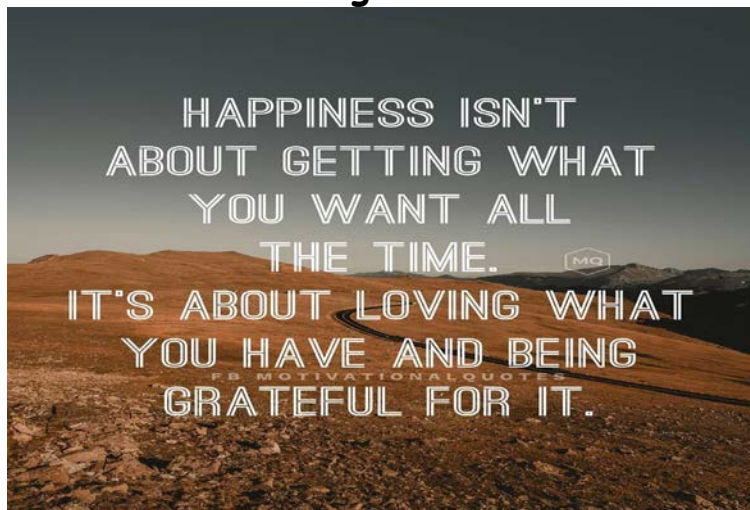
The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you; the Lord turn his face toward you and give you peace. "

786-"May the God of peace" (AE FOND KISS)

May the God of peace go with us as we travel from this place; may the love of Jesus keep us firm in hope and full of grace.

Threefold Amen

14th August 2022



When you hear the following the service has begun.

The Grace of our, Lord Jesus Chris the love of God and the fellowship of the Holy Spirit be with you all **And also with you**

Opening Call

Worship is a way for us to show our love to God. It's a way for us to thank Him for all the blessings that He has given us. We worship because we want to glorify Him and show Him how much we care about what He has done in our lives. We worship because it is a way of saying, "I love You." We worship because it is a way of saying, "Thank You." We worship because it is a way of saying, "You are worthy."

Meditation hymn-Sung unaccompanied.

180-"Give thanks with a grateful heart"

Give thanks to the Holy One

Give thanks because He's given Jesus Christ, His Son

Give thanks with a grateful heart

Give thanks to the Holy One

Give thanks because He's given Jesus Christ, His Son

And now let the weak say, "I am strong"
Let the poor say, "I am rich
Because of what the Lord has done for us"

And now let the weak say, "I am strong"
Let the poor say, "I am rich
Because of what the Lord has done for us"

Give thanks with a grateful heart
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Give thanks
We give thanks to You

Lighting the peace candle / A prayer for peace.

776 - "Kyrie eleison" x3 (Lord have mercy)

181 - "For the beauty of the Earth"

1 For the beauty of the earth,
for the glory of the skies,
for the love which from our birth
over and around us lies.

**Christ, our Lord, to you we raise
this, our hymn of grateful praise.**

2 For the beauty of each hour
of the day and of the night,
hill and vale and tree and flower,
sun and moon and stars of light,

3 For the joy of human love,
brother, sister, parent, child,
friends on earth, and friends above,
for all gentle thoughts and mild,

4 For yourself, best gift divine,
to the world so freely given,
agent of God's grand design:
peace on earth and joy in heaven.

Prayer / Lord's Prayer

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

Psalms 118:1-18

Give thanks to the LORD, for he is good; his love endures forever. Let Israel say: "His love endures forever." Let the house of Aaron say: "His love endures forever." Let those who fear the LORD say: "His love endures forever." When hard pressed, I cried to the LORD; he brought me into a spacious place. **The LORD is with me; I will not be afraid. What can mere mortals do to me? **The LORD is with me; he is my helper.** I look in triumph on my enemies. It is better to take refuge in the LORD than to trust in humans. It is better to take refuge in the LORD than to trust in princes. All the**

nations surrounded me, but in the name of the LORD I cut them down. They surrounded me on every side, but in the name of the LORD I cut them down. They swarmed around me like bees, but they were consumed as quickly as burning thorns; in the name of the LORD I cut them down. I was pushed back and about to fall, but the LORD helped me. **The LORD is my strength and my defense ; he has become my salvation.** Shouts of joy and victory resound in the tents of the righteous: "The LORD's right hand has done mighty things! The LORD's right hand is lifted high; the LORD's right hand has done mighty things!" **I will not die but live, and will proclaim what the LORD has done.** The LORD has chastened me severely, **but he has not given me over to death.**

1 Thessalonians 5:11-28

And so encourage one another and help one another, just as you are now doing. We beg you, our friends, to pay proper respect to those who work among you, who guide and instruct you in the Christian life. Treat them with the greatest respect and love because of the work they do. Be at peace among yourselves. We urge you, our friends, to warn the idle, encourage the timid, help the weak, be patient with everyone. See that no one pays back wrong for wrong, but at all times make it your aim to do good to one another and to all people. Be joyful always, pray at all times, be thankful in all circumstances. This is what God wants from you in your life in union with Christ Jesus. Do not restrain the Holy Spirit; do not despise inspired messages. Put all things to the test: keep what is good and avoid every kind of evil. May the God who gives us peace make you holy in every way and keep your whole being - spirit, soul, and body - free from every fault at the coming of our Lord Jesus Christ. He who calls you will do it, because he is faithful. Pray also for us, friends. Greet all the believers with the kiss of peace. I urge you by the authority of the Lord to read this letter to all the believers. The grace of our Lord Jesus Christ be with you.

This is the Word of God; thanks be to God. Amen

513-"Courage brother! Do not stumble"

1.Courage, brother, do not stumble,
Though thy path be dark as night;
There's a star to guide the humble—
Trust in god and do the right!
Though the road be rough and dreary,
And it's en far out of sight,
Foot it bravely, strong or weary;—
Trust in God, trust in good,
Trust in God and do the right

2.Perish policy and cunning,
Perish all that fears the light!
Whether losing, whether winning,
Trust in God and do the right!
Some will hate the, some will love thee,
Some will flatter, some will slight;
Cease from man, and look above thee,—
Trust in God, trust in good,
Trust in God and do the right

3.Simple rule and safest guiding,
Inward peace and inward might,
Star upon our path abiding,
Trust in God and do the right!
Courage, brother, do not stumble,—
Tho' thy path be dark as night;
There's a star to guide the humble,—
Trust in God, trust in good,
Trust in God and do the right!

Reflection

Prayer

535-"Who would true valour see"

1 Who would true valour see,
let him come hither;
one here will constant be,
come wind, come weather;
there's no discouragement
shall make him once relent
his first avowed intent
to be a pilgrim.

2 Whoso beset him round
with dismal stories,
do but themselves confound,
his strength the more is.
No lion can him fright:
he'll with a giant fight,
but he will have the right
to be a pilgrim.

3 Hobgoblin nor foul fiend
can daunt his spirit;
he knows he at the end
shall life inherit.
Then, fancies, fly away;
he'll not fear what men say;
he'll labour night and day
to be a pilgrim.

The following will be sung unaccompanied

Benediction / 786-"May the God of peace" (AE FOND KISS)
May the God of peace go with us as we travel from this place; may
the love of Jesus keep us firm in hope and full of grace.

Threefold Amen