


# Meon Bridge Benefice Extended Pew News

## with readings, prayers hymns and the sermon

### 1<sup>st</sup> Sunday ~ 5<sup>th</sup> July 2020

Proper IX – Trinity 4 – 1<sup>st</sup> after Re-opening

<b>Welcome Everybody! Everybody Welcome!</b>	
If you are new or a visitor, we are especially glad to see you. By way of introduction, make yourself known to the person taking the service.	
Praying for an end to the Pandemic and your good health	
<i>Please don't give this Pew Sheet back: take it home for your reference and prayers during the week.</i>	
<b>Thank You:</b>	
... to Gregor & Angela, James & Sheila and Richard & Jane Pepys for getting the churches ready for re-opening.	
... to all the cleaning teams and lockers and un-lockers who are keeping them open	
... to Cathy for her contributions to the on-line materials in 'Lock-down'.	
<b>... to all the key workers in this nation and researchers world-wide</b>	
<b>Happy Birthday to the NHS</b>	
The Wilfrid Café (Droxford Community Hub) will re-OPEN soon for excellent take-away coffee	
	<b>We Support the Meon Valley Foodbank</b>
	THANK YOU, so much for all you give, and please do give generously.
Everybody <b>WELCOME</b> at every event Please use these special events to invite a friend of neighbour to church.	

### Proper IX – Trinity 4 – 1<sup>st</sup> after Re-opening

<b>First Sunday</b>	10.30 am	Meonstoke & On-Line	Morning Service with Spiritual Communion followed by Holy Communion (MS & SC + HC (CW))
<b>This Week</b> 5Jul20		Hymns (On-Line Only)	813 Through the night of doubt ... 298 For all thy saints O Lord 308 Rejoice in God's Saints 305 Lo round the throne ... 301. God, whose city's sure foundation
		Readings:	Rom 7:15-25a; Mat 11:16-19. 25-30
<b>Next Week</b>		Droxford & On-Line	(MS & SC + HC (CW))
12 Jul 20 Sea Sunday	10.30 am	Readings:	Isaiah 55:10-13 Matthew 13:1-9. 18-23

## Welcome

Friday was the Feast Day of St Thomas the Apostle, who sets the good example of asking the questions and stating things 'just as are', and he does it in a way that we all might do, if only we were brave enough.

The National Health Service came into being 72 years ago today (5 July 1948).

The NHS has allowed us to share the burden of our worries about health, and the burden of cost to us when we need the care has shared by the nation by the way it has been funded.

During post-war reconstruction, improving the healthcare of the nation was seen as crucial to the nation's recovery. Beveridge identified "five giants" that had to be slain: want, disease, squalor, ignorance and idleness.

The cataclysm of war provided the stimulus for radical reform and the result was indeed a momentous achievement.

During the current pandemic, there has rightly been immense national and local support for the NHS and its front-line workers. The contribution of carers and key workers who have given of themselves sacrificially needs to be honoured. Unsung heroes need to be applauded and our applause continues to be part of our weekly services online. The NHS is populated by people of all faiths and none, but I am convinced that Jesus is proud of what its founders set out to do, and weeps with tears of joy and compassion for those who have cared for us so well those who have borne the brunt of this healthcare burden.

Let us pray for the NHS now

Lord Jesus, who healed the sick and gave them new life,  
be with all carers and health professionals,  
as they act as agents of your healing touch.  
In desperate times, keep them strong yet loving;  
and when their work is done,  
be with them in their weariness and in their tears.

**Amen**

Norfolk and Norwich University Hospitals Chaplaincy,  
by Althea Hayton – adapted

## OPENING HYMN

### Through the night of doubt and sorrow. (MARCHING)

- 1 Through the night of doubt and sorrow  
onward goes the pilgrim band,  
singing songs of expectation,  
marching to the promised land.
- 2 Clear before us through the darkness  
gleams and burns the guiding light;  
pilgrim clasps the hand of pilgrim,  
stepping fearless through the night.
- 3 One the light of God's own presence  
o'er his ransomed people shed,  
chasing far the gloom and terror,  
brightening all the path we tread:
- 4 One the object of our journey,  
one the faith which never tires,  
one the earnest looking forward,  
one the hope our God inspires:
- 5 One the strain that lips of thousands  
lift as from the heart of one;  
one the conflict, one the peril,  
one the march in God begun:
- 6 One the gladness of rejoicing  
on the far eternal shore,  
where the one almighty Father  
reigns in love for evermore.

- 7 Onward, therefore, Christian pilgrims,  
onward with the cross our aid;  
bear its shame, and fight its battle,  
till we rest beneath its shade.
- 8 Soon shall come the great awaking,  
soon the rending of the tomb;  
then the scattering of all shadows,  
and the end of toil and gloom.

Through the night of doubt and sorrow  
Danish Title: Igjennem Nat og Traengsel  
Bernhard Severin Ingemann (1825)  
Tr: S. Baring-Gould (1867)  
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### THE COLLECT FOR TODAY

O God, the protector of all who trust in you, without whom nothing is strong, nothing is holy:  
increase and multiply upon us your mercy;  
that with you as our ruler and guide we may so pass through things temporal  
that we lose not our hold on things eternal;  
grant this, heavenly Father, for our Lord Jesus Christ's sake, who is alive and reigns with you,  
in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

### THE COLLECT FOR ST THOMAS

Almighty and eternal God, who, for the firmer foundation of our faith,  
allowed your holy apostle Thomas to doubt the resurrection of your Son  
till word and sight convinced him:  
grant to us, who have not seen, that we also may believe and so confess Christ as our Lord and  
our God; who is alive and reigns with you, in the unity of the Holy Spirit,  
one God, now and for ever **Amen.**

### [THE COLLECT FOR ST LUKE IN THIS ANNIVERSARY WEEKEND OF NHS

Almighty God, you called Luke the physician, whose praise is in the gospel, to be an evangelist  
and physician of the soul: by the grace of the Spirit and through the wholesome medicine of the  
gospel, give your Church the same love and power to heal;  
through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the  
Holy Spirit, one God, now and for ever. **Amen.]**

### COLLECT FOR OUR TIMES

Dear Lord anoint us with the Holy Spirit,  
as we share in Christ's suffering and victory  
that we may bear witness to the gospel of salvation;  
through Jesus Christ, your Son our Lord,  
who is alive and reigns with you  
in the unity of the Holy Spirit,  
one God, now and for ever. **Amen**

## THE LITURGY OF THE WORD

### FIRST READING

A Reading from Paul's Letter to the Romans

<sup>15</sup>I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. <sup>16</sup>Now if I do what I do not want, I agree that the law is good. <sup>17</sup>But in fact it is no longer I that do it, but sin that dwells within me. <sup>18</sup>For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. <sup>19</sup>For I do not do the good I want, but the evil I do not want is what I do. <sup>20</sup>Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me. <sup>21</sup>So I find it to be a law that when I want to do what is good, evil lies close at hand. <sup>22</sup>For I delight in the law of God in my inmost self, <sup>23</sup>but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. <sup>24</sup>Wretched man that I am! Who will rescue me from this body of death? <sup>25</sup>Thanks be to God through Jesus Christ our Lord!

*Romans 7.15-25a*

### GRADUAL HYMN

**For all thy saints O Lord. (CARLISLE)**

- 1 For all thy saints, O Lord,  
who strove in thee to live,  
who followed thee, obeyed, adored,  
our grateful hymn receive.
- 2 For all thy saints, O Lord,  
who strove in thee to die,  
and found in thee a full reward,  
accept our thankful cry.
- 3 Thine earthly members fit  
to join thy saints above,  
in one communion ever knit,  
one fellowship of love.
- 4 Jesu, thy name we bless,  
and humbly pray that we  
may follow them in holiness,  
who lived and died for thee.
- 5 All might, all praise, be thine,  
Father, co-equal Son,  
and Spirit, bond of love divine,  
while endless ages run.

For all thy saints, O Lord  
Richard Mant (1776-1848)

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## GOSPEL READING

*Please remain standing.*

Alleluia, alleluia.

Speak, Lord, for your servant is listening.

You have the words of eternal life.

**All Alleluia.**

The Lord be with you

**All and also with you.**

*When the Gospel is announced the reader says*

Hear the Gospel of our Lord Jesus Christ according to *St Matthew*. (✕)

**All Glory to you, O Lord.**

(✕) At that time Jesus said, <sup>16</sup>“To what will I compare this generation? It is like children sitting in the market-places and calling to one another,

<sup>17</sup>“We played the flute for you, and you did not dance; we wailed, and you did not mourn.”

<sup>18</sup>For John came neither eating nor drinking, and they say, “He has a demon”; <sup>19</sup>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.

<sup>25</sup>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; <sup>26</sup>yes, Father, for such was your gracious will. <sup>27</sup>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.

<sup>28</sup>Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.

<sup>29</sup>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. <sup>30</sup>For my yoke is easy, and my burden is light.’ (✕)

*Matthew 11.16-19,25-30*

This is the Gospel of the Lord.

**All Praise to you, O Christ.**

## AFTER THE GOSPEL

May the words of the gospel  
wipe away our sins.

## SERMON

Let the words of my mouth and the meditation of my heart  
be acceptable in your sight,

O Lord, my strength and my redeemer. Psalm 19.14:

**Help with a Heavy Load** - Jesus will bear your burdens

<sup>29</sup>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.

<sup>30</sup>For my yoke is easy, and my burden is light.’

How much do you think this brick weighs?

Well, all bricks don't weigh exactly the same, but the average brick weighs about five pounds. That isn't very heavy, is it? You could easily pick up a brick. Do you think you could pick up this brick up and hold it with your arm straight out to the side of you like this?

You might be able to hold it for a minute or two, but do you think you could hold it all day? The longer you hold it, the heavier it feels. That same thing is true of the burdens we carry around with us.

What are some of those burdens?

The complex burden faced by much of the world during the Pandemic; especially the burdens of fear and sickness, of caring for someone sick; the burden faced by health professionals and so many key-workers the burdens faced by the families both of the sick and dying and of those who care for them. The troubles we have may be to do with our work or balancing work, children and anxiety in lockdown perhaps some of us are having other troubles at home, some of us and some of our friends and family may have been seriously ill. We may be feeling guilty about something we have done, or something we should have done but haven't. We may have money worries, or perhaps someone is being unkind.

Any one of those is a heavy load to have to carry by yourself.  
Well the good news is we don't have to carry it alone!

In the Gospel reading for today, Jesus said,  
"Come to me, all you who are weary and burdened, and I will give you rest."

Then he went on to say,  
"My yoke is easy and my burden is light." Jesus is our helper.

Sometimes we hold on to our burdens and try to carry them ourselves,

When the Church, inspired by Christ and millennia of prayer and reflection, tries to teach us what to do and what not to do, we can tend to pay little attention to the teaching and we can back-slide in our prayer-life however good our original intentions might have been. We are also inclined to go and do things our way, or to struggle on because we feel we have to be self-reliant. It is only later, made wiser by experience, we discover that the teaching was right all along.

One such key teaching is repentance, turning back to God and acknowledging we need his help; in short to put our faith more in him and less in our own abilities and powers.

The apostle Thomas is famous for doubting the resurrection of Jesus when his fellow apostles told him about it; but if he is the sceptical apostle, he is also the believing apostle, and he is our spokesman! He expressed what we would all want to see or ask.

And, having seen and touched a risen man, he made the immediate leap of faith and so became the first apostle to call Jesus 'God'.

Nothing is known about Thomas's later career. A well-known apocryphal document called the *Acts of Thomas* relates his missionary journeys to Persia and India. The journey would have been easy enough – important trade routes lay that way – and if some of the apostles went west, to Rome, there is no reason why some others should not have chosen to go east.

We will probably never know for certain; but the Christians of Kerala have called themselves for centuries "St Thomas Christians", and they may very well be right.

Going back to our unwillingness to let God bear our burdens by facing them by sharing them honestly with him; our tendency to know best; and our shaky attention to our faith – or even at times, our shaky faith.

We are like St Thomas, who obstinately wouldn't believe what he was told but had to see and touch for himself. St Thomas the Apostle, if you can stop laughing for long enough, teach us some sense! And Jesus help us to share our burdens with you.

Father, sometimes our burdens are more than we can bear.  
Help us to remember that Jesus said,

"Come to me, all you who are weary and burdened,  
and I will give you rest." Amen.

### **Prayers of Intercession**

In the power of the Spirit and in union with Christ,  
let us pray to the Father, who is our refuge and stronghold.

*Each part of the prayer ends with a moment of silence, then*

Lord, hear us.

**Lord, graciously hear us.**

Rejoicing in the fellowship of the BVM, St Andrew, Ss Peter and Paul St Thomas and all your  
saints, we commend ourselves and the whole of creation to your unfailing love.

Merciful Father,

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

## **THE LITURGY OF THE SACRAMENT**

### **OFFERTORY HYMN**

#### **Rejoice in God's Saints. (HANOVER)**

- 1 Rejoice in God's saints, today and all days;  
a world without saints forgets how to praise.  
Their faith in acquiring the habit of prayer,  
their depth of adoring, Lord, help us to share.
- 2 Some march with events to turn them God's way;  
some need to withdraw, the better to pray;  
some carry the gospel through fire and through flood:  
our world is their parish; their purpose is God.
- 3 Rejoice in those saints, unpraised and unknown,  
who bear someone's cross or shoulder their own;  
they shame our complaining, our comforts, our cares:  
what patience in caring, what courage, is theirs!
- 4 Rejoice in God's saints, today and all days;  
a world without saints forgets how to praise.  
In loving, in living, they prove it is true:  
the way of self giving, Lord, leads us to you.

Rejoice in God's saints, today and all days  
Fred Pratt Green (1903-2000)

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## POST-COMMUNION HYMN

### Lo, round the throne a glorious band. (DEUS TUORUM MILITUM)

- 1 Lo, round the throne, a glorious band,  
the saints in countless myriads stand,  
of every tongue redeemed to God,  
arrayed in garments washed in blood.
- 2 Through tribulation great they came;  
they bore the cross, despised the shame;  
from all their labours now they rest,  
in God's eternal glory blest.
- 3 They see their Saviour face to face,  
and sing the triumphs of his grace;  
him day and night they ceaseless praise,  
to him the loud thanksgiving raise:
- 4 'Worthy the Lamb, for sinners slain,  
through endless years to live and reign;  
thou hast redeemed us by thy blood,  
and made us kings and priests to God.'
- 5 O may we tread the sacred road  
that saints and holy martyrs trod;  
wage to the end the glorious strife,  
and win, like them, a crown of life.

Lo, round the throne a glorious band  
Rowland Hill (1744-1833)  
and others.

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## PRAYER AFTER COMMUNION

*Silence is kept.*

Almighty and Eternal God,  
who on the day of Pentecost  
sent your Holy Spirit to the apostles  
with the wind from heaven and in tongues of flame,  
filling them with joy and boldness to preach the gospel:  
by the power of the same Spirit  
strengthen us to witness to your truth  
and to draw everyone to the fire of your love.

You are the comfort of the afflicted  
and healer of the broken,  
you have fed us at the table of life and hope:  
teach us the ways of gentleness and peace,  
that all the world may acknowledge  
the kingdom of your Son, Jesus Christ our Lord. **Amen.**



## HYMN

### God, whose city's sure foundation (WESTMINSTER ABBEY)

- 1 God, whose city's sure foundation  
Stands upon his holy hill,  
By his mighty inspiration  
Chose of old and chooseth still  
Men of every race and nation  
His good pleasure to fulfil.
- 2 Here in England through the ages,  
While the Christian years went by,  
Saints, confessors, martyrs, sages,  
Strong to live and strong to die,  
Wrote their names upon the pages  
Of God's blessed company.
- 3 Some there were like lamps of learning  
Shining in a faithless night,  
Some on fire with love, and burning  
With a flaming zeal for right,  
Some by simple goodness turning  
Souls from darkness unto light.
- 4 As we now with high thanksgiving  
Their triumphant names record,  
Grant that we, like them, believing  
In the promise of thy word,  
May, like them, in all good living,  
Praise and magnify the Lord.

God, whose city's sure foundation  
Cyril Argentine Alington (1872 - 1955)  
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## Church Opening

Church	Usually Open for Private Prayer	Except (closed for cleaning etc.)	Service
Droxford	0930-1630 Wed, Thur, Sat and Sun	8, 11, 12 July	10.30 12 July
Exton	1000-1700 Mon – Thurs, and Sat & Sun (	23-28 July	10.30 26 July
Meonstoke	1000-1700 Tues to Thurs; Sat and Sun	3rd – 7th July, 17th – 21st July, 31st July - 4th Aug	10.30 5 July 10.30 19 July
Corhampton	<i>Not currently open</i>		

## Useful Contacts

<b>Rector</b> Fr Tony Forrest – (01489) 877422 <a href="mailto:rector.meonbridge@btinternet.com">rector.meonbridge@btinternet.com</a>	<b>Website</b> <a href="http://www.bridgechurches.org.uk">http://www.bridgechurches.org.uk</a>
<b>Assistant Priest:</b> Canon Anthony Hulbert 878289	<b>Reader:</b> Cathy Mathews 877804
<b>Reader Emeritus:</b> Pauline Quarendon 877392	<b>Exton Churchwarden:</b> Richard Pepys 878035
<b>Droxford Churchwardens:</b> Sheila Matthissen 877867 Jill Edmunds 877705	<b>Meonstoke &amp; Corhampton Churchwarden:</b> Angela Peagram 878725
<b>Weddings Co-ordinator:</b> Mrs Sue Wells 01329 834130 <a href="mailto:sjwells@meonwood.co.uk">sjwells@meonwood.co.uk</a>	<b>Safeguarding Officer</b> Mrs Ali Pepper 01489 877928 <a href="mailto:safeguarding@droxford.org">safeguarding@droxford.org</a>

## For Our Prayers:

Those unwell or grieving	Linda & Keith Foot, Ann Gittins, Anne Wilkinson, Jackie Woollard.
Holy Baptism	Those being prepared for baptism including baby Magnus and the Tosdevine children.
Holy Matrimony	Those preparing for marriage in 2020 and 2021, especially Claire and Stephen and those whose plans have been disrupted by the Pandemic.
The Recently Departed	John Foot
The Year's Mind	Charles Hutchinson (16th June 2016); Rosemary Field (21st June 2017); Vanessa Gamlin (22nd June 2017); Eric Martin (10th June 2018); Jill Freemantle (10th July 2016); Tony Farnell (9th July 2019)