Proper 9 –5<sup>th</sup> July 2020 – 4<sup>th</sup> Sunday after Trinity



As many of you are aware, since October last year, on the first Sunday of the month, we have been sending food down to Huddersfield to contribute to the weekly food kitchen supplying the homeless in our town. Since the lockdown this has been suspended. It is now back up and running and today we will be sending 40 food bags down, which Louise and Paul will deliver after our worship. We can still only send cold food as those who receive the parcels cannot linger to socialise but must take the food away and consume it elsewhere and probably alone. The main focus of the homeless kitchen is to provide food to those so desperately in need but the time spent with others is also a vital part of this experience. For those of us who do have enough to eat, time spent apart has for many, made the past 3 months very difficult. As it is with our weekly services on a Sunday, the time spent together after the service is very much part of the wholeness of our church experience. Sadly, even when we can return to church, this is a part that we will not have for a good while yet. We will later pray for all who are in any kind of need and we look forward to the day when we can all be together again.

Following on from this, our Psalm today reminds us just how full of compassion our Lord is, how he is kind and loving to everyone, how faithful he is and how ready he is to lift up those who fall. Its gentle poetic words are uplifting, the perfect antidote to the times we are in and to those who find themselves in need of spiritual comfort. Over the next few weeks we will learn more about what the Psalms have to offer. It is often assumed that King David was the writer of the 150 Psalms we find in our bibles, but in fact he wrote around only half of them. Psalm 145 we hear from today was one of King David's psalms. Many of the psalms are an insight into how the writer was feeling at the time it was written so there is usually at least one to reflect every feeling and situation.

## Collect for the day

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 our ruler and guide we may 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

### A reading from the letter of Paul 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!

So then, with my mind I am a slave to the law of God, but with my flesh I am a slave to the law of sin.



## Reading from Psalm 145

The Lord is gracious and full of compassion. slow to anger and of great kindness. The Lord is loving to everyone and his compassion is over all his works All your works praise you, O Lord, and your faithful servants bless you. They make known the glory of your kingdom and speak of your power; That the peoples may know of your power and the glorious splendour of your kingdom. Your kingdom is an everlasting kingdom; your dominion endures throughout all ages. The Lord is faithful in all His words and merciful in all His deeds. The Lord upholds all those who fall; he lifts up those who are bowed down.

# A reading from the Gospel according to Matthew

- <sup>16</sup> "But to what will I compare this generation? It is like children sitting in the marketplaces 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> At that time Jesus said, "I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; <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."

## Words from Fr Rodney

Although I am still 'shielding' until the end of July, I went into St.Andrew's on Thursday for a 'distanced' meeting with the contractors to prepare for major work to be done in the community area of the building in a few weeks time. St.Andrew's is still as it was at the end of March, not with a cold emptiness, but with an embracing and welcoming warmth. I'm sure that same feeling is there in St.Mary Magdalene's as well. At their best, our church buildings and those who worship there should mirror and reflect the love, warmth and welcome that is at the heart of our Christian faith, there in the hearts of those who have worshipped there over the generations, and there in the hearts those who do so now. In today's Gospel reading we hear those wonderful words of Jesus," Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest". The people of our country, and those in many other parts of the world, have been through the kind of experience that most of us have never been through before. As we begin to emerge from it, we not only need to hear again those words of Jesus, but as Christians and churches to pray that in prayer, word and action we may bring His message of his love and welcome to the world today.



#### Let us pray

Eternal Father, as we come together today to worship from the safety of our homes we give thanks for the many ways our lives have been touched by your love over the past week, often manifested in the actions of others. We ask for wisdom and strength for our church leaders and members as we continue to adjust to the challenges before us. We give thanks for those churches that are able to open their doors and pray for their safety and we continue to pray for all those churches and congregations who are struggling to care and support one another through the current situation. Amen

Merciful Father, we pray today for our world, its leaders and peoples, whose worries and self interests often speak louder than your message of love and compassion. We particularly think of all those areas struggling to meet the challenges of the pandemic without the resources that they need, and we continue to pray for healing in all those communities where hatred and prejudice cause division, inequality and violence. Inspire us and our leaders to work for peace, justice and tolerance so that we emerge from the present situation with the will to create a world in which we are kinder to one another. Amen

Loving father we bring before you our communities facing many difficult decisions at the moment, particularly our government and local authorities as they attempt to move us forward, safely. We pray for those who are returning to work, for pupils and teachers returning to school and for those reopening businesses, as well as those who are fearful and anxious about the changes being made. We also continue to give thanks for all those key workers who have made such a difference to our lives in recent weeks and pray for their protection. Amen

Constant Father, we continue to pray for our families, friends and neighbours and we give thanks for all the acts of kindness we have experienced this week. We continue to pray for all those living in isolation, those who are lonely and those who are vulnerable and ask that they may access the help and support they need. We also pray especially for the work of the Huddersfield soup kitchen as it resumes its

work amongst the homeless returning to the streets from temporary accommodation. We ask for your protection for its volunteers and all the vulnerable people they aim to reach. Amen

Father of Hope, We pray for the sick and suffering in body mind or spirit, especially any we wish to pray for today... we continue to think of all those suffering in the pandemic and their loved ones, and pray that they find the faith, comfort and strength they need to sustain them through their darkest times. We also thank you for the work of all those working to care for the sick, the vulnerable and the elderly and we ask you to bless them and the efforts of all those working to develop treatments and vaccines. Amen

Faithful Father we bring before you all those who have died recently, those who have died in the pandemic, those whose anniversaries are around this time, those who grieve and any we wish to remember today.... we thank you for their love, their lives and the memories we have of them and pray that they rest in peace and rise in glory.



In a moment of silence bring your own prayers to God

The Lords 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 trespasses, as we forgive those who trespass against us.

And lead us not into temptation; but deliver us from evil. For thine is the kingdom, the power and the glory, for ever and ever. Amen.