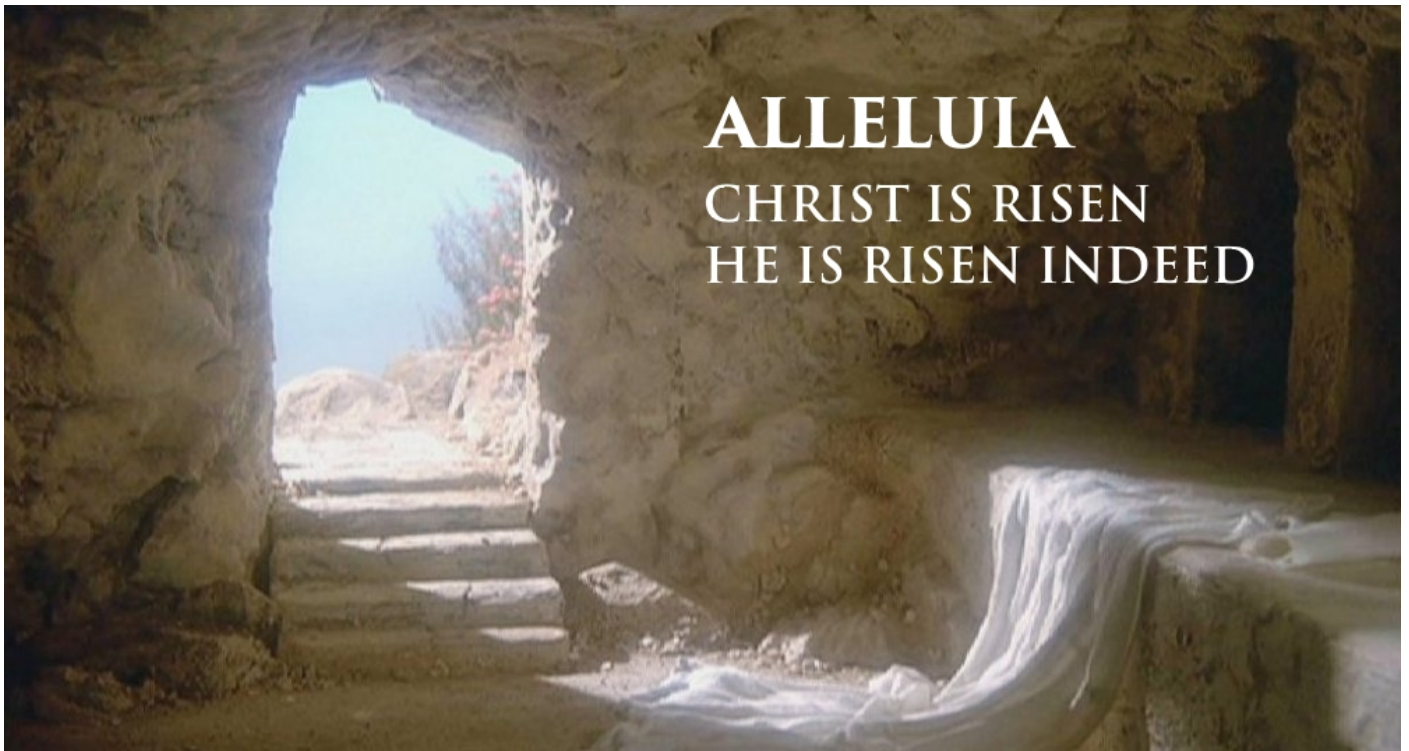


**Wishing you a
Joyous Eastertide
12th April 2020**



**ALLELUIA
CHRIST IS RISEN
HE IS RISEN INDEED**

ALLELUIA!



St Francis Weekly News for Easter Day

This bulletin may have come to you by email or through your letterbox, if you received it on paper but are happy to receive an email in future please email deborah.lechmere@ntlworld.com If you know anybody else who would like this delivered or emailed please contact Deborah or Revd Janet: revdjanetwyer@outlook.com

WHAT'S HAPPENING IN ST FRANCIS CHURCH?

As chance would have it, I happened to be outside St Francis Church the other morning and I saw a member of the congregation passing by.

We stopped and exchanged a word or two [at a safe social distance] and after a brief catch up, she looked at the window of the church and smiled. Then she leaned toward me and said "I didn't realise that we had a new vicar..."

It took me a moment or two to cotton on, but it made me smile – and I felt very happy that this new member of our mission and ministry team had been noticed.

Indeed, Revd Winnie was installed on Maundy Thursday and it looks as though he may be around for some time. If you happen to be passing by, I would invite you to introduce yourself to make him and his friend Eeyore welcome and to see what goodies they have on their picnic cloth – I understand they had Hot Cross Buns on Good Friday – and that they are looking forward to Easter Eggs on Easter day...



Revd Winnie & Eeyore on Maundy Thursday

If you're not able to get out and about yourself, be sure to mention to any little ones in your life that Revd Winnie would love to see them.

EASTER GARDEN

Throughout Eastertide Revd Winnie will be seated next to a window display incorporating the Paschal Candle, an empty cross, a TV showing a rolling PowerPoint presentation depicting the Life of Jesus through various artworks and the 24/7 prayer candle.

Beneath the window on the paved area is a small empty sepulchre made up of various bits of stone found around St Francis.

The idea is that we make up a celebratory Easter Garden consisting of small potted flowering plants and greenery left as a little act of devotion and prayer. A simple but lovely witness to the resurrection and our living faith.

Please help with the garden if you can



The Empty Tomb pictured on Good Friday

PRAYER STATIONS

Meanwhile, in the field at the rear of the church building, David Lechmere has been working on a series of open air prayer stations that can be visited during the day as part of a daily exercise routine.

This ensures that those of us who are able to get out and about can not only get the physical exercise we need, but we can get our spiritual lives in trim as well!

The stations are all based on the Psalms and are relevant to the current circumstances we all find ourselves in at the present time. They are beautifully presented and I thank David for all the hard work he has put into bringing them to us.



The psalms and prayers for the eight stations can be found at the back of this newsletter – although copies can be obtained by calling at the vicarage.

ST FRANCIS HEARTSEASE WEBSITE

For those of you who are into their social media, may I invite you to pay a brief visit to the new St Francis website.

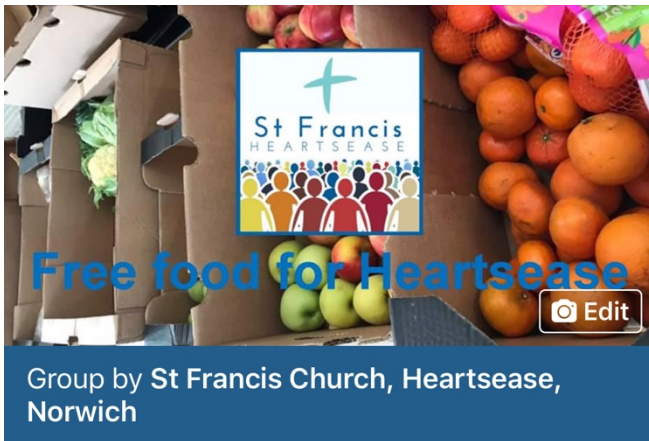
At the moment this is a work in progress, but I am delighted to say that for anyone searching for St Francis online there is now a comprehensive overview of who we are and what we are offering during this current coronavirus crisis.

As time goes by we will be adding additional pages to the website to cover all the activities that happen under the St Francis banner – but in the meantime I invite you to ‘watch this space’

www.stfrancisheartsease.co.uk

ST FRANCIS HEARTSEASE FREE FOOD

Just as the Community Fridge has undergone a transformation, so we have changed the way we are promoting all we are doing to help and support the Heartsease community in accessing the food supplies they may be lacking at this difficult time.



St Francis Heartsease Free Food >

PUBLIC GROUP · 303 MEMBERS

To ensure that everyone realises that this food is free for anyone who lives on the Heartsease estate or Greenborough Road [The Parish of St Francis Heartsease] as you can see we have changed the name we operate under to ‘St Francis Heartsease Free Food’.

As we enter into our third week we have seen a steady increase in the number of people who are asking for help [40+ parcel this week]. Thankfully, because of the support of Morrison’s Riverside, the dedication of our collectors and the generosity of a kind benefactor we have been able to meet all the requests thus far. Another week of real evidence and witness to God’s love and abundant grace.

As a little example of what has been happening yesterday evening I was asked if we had any baby wipes – I didn’t think so... And then this morning I looked in a newly delivered box from Morrisons, and there they were – one pack of baby wipes! Thank you Lord.

And thank you team for all the love and hard work you are pouring into this service to the Heartsease community.

PASTORAL CARE

I am very grateful to the people who have agreed to be pastoral contacts over this time and I again urge everyone to be a friend in need. It is very easy to fall into the trap of thinking that someone else is looking out for that person who has just crept across your heart.

Please, rather than assuming that everyone is being looked after, take a moment or two to make a phone call to that someone who might just have slipped through the fishing net and is out of their depth trying to cope alone.

If indeed you know of, or are concerned about someone, please call me and I will ensure that we tuck them safely under St Francis wing. I would rather have six calls duplicate calls than someone is missed.

ST FRANCIS FAMILY – NEWS FROM THE PEWS

Sarah Housden has kindly offered to collate any personal and family updates from members of the congregation that are sent to her via email

sarahj.housden@gmail.com

If you have news to share – or would like to receive a copy of the updates that are currently sent out electronically please contact me [Revd Janet: 07990 576118] or Sarah. Same number and email apply if you would like a copy delivered through your letterbox.

WORSHIP & PRAYER

As has become customary in these very different days I will be celebrating Holy Communion for Easter Day [and every Sunday in Easter thereafter] at 10.30am in the vicarage.

Please feel free to contact me to obtain a copy of the order of service so that you can join in at home. Or, alternatively, simply take comfort in knowing that the pattern of prayer and worship in the parish continues as it ever did. You are held in prayer and are brought to God’s table with love.

I have spoken to many people about prayer and worship and I have been greatly heartened to know that there is a rich selection of prayer and worship resources to be found either online, on the radio or on TV. If you are still struggling to find something that suits you, please do not hesitate to talk to me – and we can explore together what might be best for you.

REVD ISAAC

Easter Greetings

Rebecca and I would like to extend our warmest Easter greetings to the Church family of St Francis and community on the Heartsease. This is not the Easter that any of us imagined we would be having, spending it in isolation and perhaps away from family and loved ones. During this time, I would continue to encourage you all to keep safe and to follow the guidelines given. I would also very much like to encourage you to hold dear that Easter promise, that of the resurrection of Christ. That at this time it may bring us all comfort, reminding us of love, forgiveness, peace and joy.

You are all in our prayers and in our hearts

Isaac & Becky

News from Churches Together England



As our nation faces the unprecedented challenge of the coronavirus pandemic, Churches Together in England (CTE) is encouraging Christians across our nations to continue uniting in prayer, praying #PrayersOfHope in their homes at 7.00 pm each Sunday evening.

Following the overwhelming response which the National Call to Prayer and Action received on Mothering Sunday, CTE has prepared a candle poster for those who would like to place a permanent symbol in their front windows of Christ's light shining in the darkness. Visit www.cte.org.uk/prayersofhope

This poster has been made available due to our awareness of the potential fire risk posed by lighting live candles, particularly on windowsills. We are keen to avoid adding any pressure to our emergency service personnel, particularly at this difficult time.

'The light shines in the darkness, and the darkness has not overcome it.' John 1:

FOR OUR PRAYERS

We pray for those who are in acute need of prayer at this time: Audrey, Paula, Gill, Karen, Maegan, John R, Sonia & Lola, Colin, Lynn, Pete, Lauren, Fr Brian, David and Hazel L.

We continue to pray for all those in our Church, friends and family who are managing long term health issues including Alma, Rosemary, Sheila, John, Joy, Molly, Shirley.

We remember with love Tom Farrell [funeral service 17th April] and all those who have died in recent days and pray for their family and friends

A PRAYER FOR THESE UNCERTAIN TIMES

God of compassion,
be close to those who are ill, afraid or in isolation.
In their loneliness, be their consolation;
in their anxiety, be their hope;
in their darkness, be their light;
through him who suffered alone on the cross,
but reigns with you in glory,
Jesus Christ our Lord.
Amen.

PRAYERS FOR EASTER DAY

Lord of all life and power,
who through the mighty resurrection of your Son
overcame the old order of sin and death
to make all things new in him:
grant that we, being dead to sin
and alive to you in Jesus Christ,
may reign with him in glory;
to whom with you and the Holy Spirit
be praise and honour, glory and might,
now and in all eternity. Amen.

God of glory, by the raising of your Son
you have broken the chains of death and hell:
fill your Church with faith and hope;
for a new day has dawned
and the way to life stands open
in our Saviour Jesus Christ.

God of Life, who for our redemption
gave your only-begotten Son
to the death of the cross,
and by his glorious resurrection
have delivered us from the power of our enemy:
grant us so to die daily to sin,
that we may evermore live with him
in the joy of his risen life;
through Jesus Christ our Lord. Amen

READINGS FROM SCRIPTURE FOR EASTER DAY

JEREMIAH 31: 1 - 6

At that time, says the LORD, I will be the God of all the families of Israel, and they shall be my people.

Thus says the LORD: The people who survived the sword found grace in the wilderness; when Israel sought for rest, the LORD appeared to him from far away.

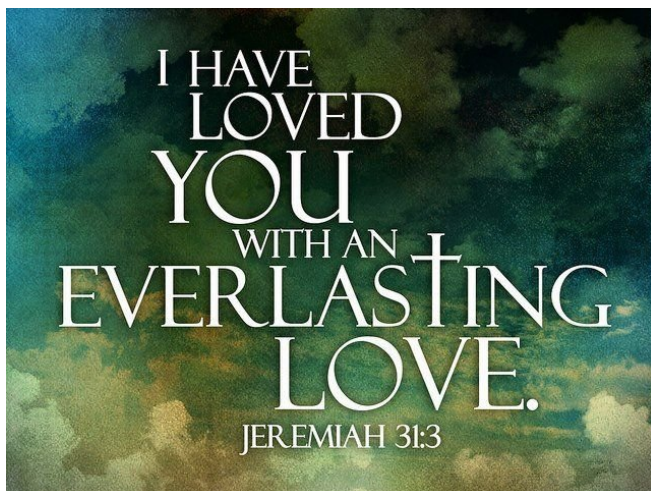
I have loved you with an everlasting love; therefore I have continued my faithfulness to you.

Again I will build you, and you shall be built, O virgin Israel!

Again you shall take your tambourines, and go forth in the dance of the merrymakers.

Again you shall plant vineyards on the mountains of Samaria; the planters shall plant, and shall enjoy the fruit.

For there shall be a day when sentinels will call in the hill country of Ephraim: 'Come, let us go up to Zion, to the LORD our God.'



PSALM 118: 1 – 2, 14 – 24

¹O give thanks to the Lord, for he is good; his steadfast love endures for ever!

²Let Israel say, 'His steadfast love endures for ever.'

¹⁴The Lord is my strength and my might; he has become my salvation.

¹⁵There are glad songs of victory in the tents of the righteous: 'The right hand of the Lord does valiantly;

¹⁶the right hand of the Lord is exalted; the right hand of the Lord does valiantly.'

¹⁷I shall not die, but I shall live, and recount the deeds of the Lord.

¹⁸The Lord has punished me severely, but he did not give me over to death.

¹⁹Open to me the gates of righteousness, that I may enter through them and give thanks to the Lord.

²⁰This is the gate of the Lord; the righteous shall enter through it.

²¹I thank you that you have answered me and have become my salvation.

²²The stone that the builders rejected has become the chief cornerstone.

²³This is the Lord's doing; it is marvellous in our eyes.

²⁴This is the day that the Lord has made; let us rejoice and be glad in it.



ACTS 10: 34 – 43

Then Peter began to speak to them: 'I truly understand that God shows no partiality, but in every nation anyone who fears him and does what is right is acceptable to him.

You know the message he sent to the people of Israel, preaching peace by Jesus Christ — he is Lord of all.

That message spread throughout Judea, beginning in Galilee after the baptism that John announced: how God anointed Jesus of Nazareth with the Holy Spirit and with power; how he went about doing good and healing all who were oppressed by the devil, for God was with him.

We are witnesses to all that he did both in Judea and in Jerusalem.

They put him to death by hanging him on a tree; but God raised him on the third day and allowed him to appear, not to all the people but to us who were chosen by God as witnesses, and who ate and drank with him after he rose from the dead.

He commanded us to preach to the people and to testify that he is the one ordained by God as judge of the living and the dead.

All the prophets testify about him that everyone who believes in him receives forgiveness of sins through his name.'

THE HOLY GOSPEL FOR EASTER DAY

JOHN 20: 1 – 18

Early on the first day of the week, while it was still dark, Mary Magdalene came to the tomb and saw that the stone had been removed from the tomb.

So she ran and went to Simon Peter and the other disciple, the one whom Jesus loved, and said to them, 'They have taken the Lord out of the tomb, and we do not know where they have laid him.'

Then Peter and the other disciple set out and went towards the tomb.

The two were running together, but the other disciple outran Peter and reached the tomb first. He bent down to look in and saw the linen wrappings lying there, but he did not go in. Then Simon Peter came, following him, and went into the tomb. He saw the linen wrappings lying there, and the cloth that had been on Jesus' head, not lying with the linen wrappings but rolled up in a place by itself.

Then the other disciple, who reached the tomb first, also went in, and he saw and believed; for as yet they did not understand the scripture, that he must rise from the dead.

Then the disciples returned to their homes.

But Mary stood weeping outside the tomb. As she wept, she bent over to look into the tomb; and she saw two angels in white, sitting where the body of Jesus had been lying, one at the head and the other at the feet.

They said to her, 'Woman, why are you weeping?' She said to them, 'They have taken away my Lord, and I do not know where they have laid him.'

When she had said this, she turned round and saw Jesus standing there, but she did not know that it was Jesus. Jesus said to her, 'Woman, why are you weeping? For whom are you looking?'

Supposing him to be the gardener, she said to him, 'Sir, if you have carried him away, tell me where you have laid him, and I will take him away.'

Jesus said to her, 'Mary!' She turned and said to him in Hebrew 'Rabbouni!' (which means Teacher).

Jesus said to her, 'Do not hold on to me, because I have not yet ascended to the Father. But go to my brothers and say to them, "I am ascending to my Father and your Father, to my God and your God."'

Mary Magdalene went and announced to the disciples, 'I have seen the Lord'; and she told them that he had said these things to her.

A WORD FOR EASTER DAY FROM THE VICAR

A DAY OF HOPE AND NEW BEGINNINGS.

Easter Day is the day when the veil between heaven and earth is very thin, the day when we get a glimpse of the awesome power of our maker and creator; the day when we are shown the love our Father God has for us, his beloved children.

On this most beautiful of days evidence of God's love is laid bare for us to see, if we but only take the time to truly look and understand.

Even in the midst of these sad and troubled times, if we seek Jesus and recognise him as our beloved teacher, he will speak gently into our hearts and give his love and his promise of new beginnings to us.

Just as Jesus was revealed to Mary as she waited by that cold, dark tomb and she was enlightened and embraced by the warmth of the risen son, so we will be enlightened and invited into God's enfolding love when we turn our faces to him in love and trust.

Jeremiah the prophet reminds the people Israel that God loves them with an everlasting love. Beautiful words that Jesus came to speak to first century Palestine, words that have lived on and are still true in this our generation.

No matter what happens to us we are not alone – God is with us. The darkness cannot and will not prevail if we turn our faces to the Son, if we reach out to Jesus in our times of fear and frailty.

This Easter Day finds us contending with the darkness of an unseen but very real threat, a threat that has turned our lives upside down.

As we journey through these most testing of times it is good to remember and recall the story of Mary and those two disciples and that very first Easter Day, the day of the resurrection

To imagine if we can, the awesome power of what they witnessed. To think about what it meant to them, and what it means for us.

For Mary, and the disciples, the risen Jesus meant their despair was turned to hope, suddenly they were no longer lost in the darkness of a hopeless situation.

God had reached into their fear and lifted them into a place of comfort and safety; Jesus' resurrection flooded their lives with light, and love and peace.

The promise that the risen Christ gave them is given to us – the awesome power of God that was at work then is still at work in the here and now.

In the midst of the uncertainty of our lives God's hand is still at work, God's love is still with us; no matter how difficult the situation seems.

And it is God's love that will uphold and strengthen us for all that lay ahead. It is God's love that will give us hope and spur us on to do great things in Jesus name.

Great things like responding to adversity with hope in our hearts; undertaking acts of sacrificial love and care for those who are in need; offering a smile of encouragement and God's word of love and peace to the fearful and the anxious; maintaining a discipline of prayer that will lift the sick, the grieving and those whom we love and care for into God's strong arms of comfort and healing grace.

Many years ago, there was a song that topped the charts for what seemed an eternity. It was called 'Everything I do, I do it for you'. As I write this Easter Day reflection those words are circling around my head because they seem to sum up the Easter Story.

Jesus did everything for us when he went to the cross to show us God's love for us; now it's our turn do everything we can for Him – including giving thanks that, like Mary, we are no longer stumbling around afraid and in the dark.

We are children of the risen Son!

Alleluia! Christ is Risen.
He is risen indeed.
Alleluia!



May you see and know God's constant, steadfast and faithful love at work in your life and in the world.

+God's blessing be upon you and yours this Eastertide and always.

Revd Janet xx

MARY'S STORY

All alone in the dark, in the still of the early hours of a new morning, Mary goes to do what she feels compelled to do; she goes to mourn and grieve at the tomb of her beloved teacher,

Filled with sorrow, she bravely makes her way through the pre-dawn darkness to that scary place of sadness where death reigns supreme, the caves where the dead are buried.

As she nears the place, exhausted by grief, her nerves heightened by emotion – she hesitates, something is very, very wrong.

Desecration.

Even in the early morning gloom she can see that the tomb is not as it should be. The stone has been moved – the entrance to the sepulchre gapes wide, a dark yawning chasm that fills her with fear and dread.

All bravery deserting her, she turns and runs, runs to the only people she can turn to. She needs help, so she runs to find Simon Peter and the other disciple, the one that Jesus loved.

She finds them. No doubt both of them befuddled by the earliness of the hour – neither perhaps had slept, both wearied by grief, despair and misery.

There's no time for niceties – "He's gone!" she tells them, "He's gone..."

Their first instinct is to run, so through the empty streets they run; they must see for themselves what has happened, what has happened to Jesus.

The younger, faster disciple gets there first; but he hesitates to go into the black belly of the tomb. Instead he peeks inside.

He sees just linen wrappings.

Bending down, hands on knees, he gazes uncomprehendingly at the scattered grave cloths. "what does this mean; what does this mean?" The question echoes through his heart and penetrates his very soul – "what does this mean..?"

Simon Peter lumbers up behind him, pushes past and barges into the tomb. He has no fear of the dead; the tomb holds no terrors for him.

He is confronted by – nothing.

Just discarded linen lying on the floor. The binding that had swathed Jesus' head close by, rolled neatly and placed on the stone shelf where Jesus' body should have been.

The other disciple creeps in beside him as the dawn begins to break.

They can see a little more clearly.

“Peter!” the other disciple cannot contain his excitement, his voice bursting with emotion he cries out ‘Peter! He’s not dead!’”

Grabbing Peter’s arm he spins him round to look into his face, “Think man, think! If someone had moved him, they’d have kept him wrapped up. He’s alive!”

Peter shakes his head – this is just too much. He’s not convinced, weighted down as he is by guilt and shame, this is just too much.

“Look,” he says, “there’s nothing to be done, he’s gone. And it’s starting to get light – we’re not safe here. Let’s get back to the others and see what they make of it all”

He turns away and goes sadly on his way. After a moment of hesitation, the other disciple follows him and Mary is left alone again.

Left behind in her agonised despair – everything, but everything is lost! Not even a final resting place for her beloved to rest, a place for her to visit to mourn her loss. This is grief upon grief. She sinks to her knees and cries.

As the new day dawns, and the light starts to chase away the shadows, three people are still in the dark. They know something has happened, but as yet they can make no sense of it.

Mary is convinced someone has taken Jesus away. Peter, however, isn’t sure. And the other disciple? He has his own thoughts – will he, dare he, speak them aloud?

In silent vigil Mary keeps watch by the empty tomb as the Sun rises, its rays chasing away the darkness, drenching the garden with warmth and glorious resplendent brilliance.

And suddenly she’s not alone anymore – someone is with her. He must be a gardener she thinks, about to begin his work...

‘Have you seen him?’ she asks. She gestures toward the huge stone that has been rolled away, “do you know anything about the terrible thing that has happened here?”

He speaks her name, “Mary”

And then it dawns on her – what has happened!

It is indeed a new day – a new beginning, Mary’s world is filled with the Light – suddenly there is no more death. A world where powerless love is destroyed by loveless power is swept away. Love reigns supreme.

Love has triumphed, earthly power is defeated. The stony weight of overwhelming grief, all that stands between her and her Lord is rolled away – the darkness of fear and death is destroyed; sin no longer has the last word.

Nothing will ever separate her from Jesus, from God, ever again.

She reaches out to clutch him to herself – but he moves from her grasp; “No, Mary. Don’t try to hold on to me” he says gently. ‘You have to let me go, I have to go to my Father, to your father, in heaven”

He does say that he now belongs to everyone – that the gift of this awesome new beginning is for anyone who will reach out to him. That message of good news hangs unspoken but recognised in the air between them

Instead he gives her a job to do; “Go tell my brothers what you’ve seen and what I’ve said to you – they will understand.” He says.

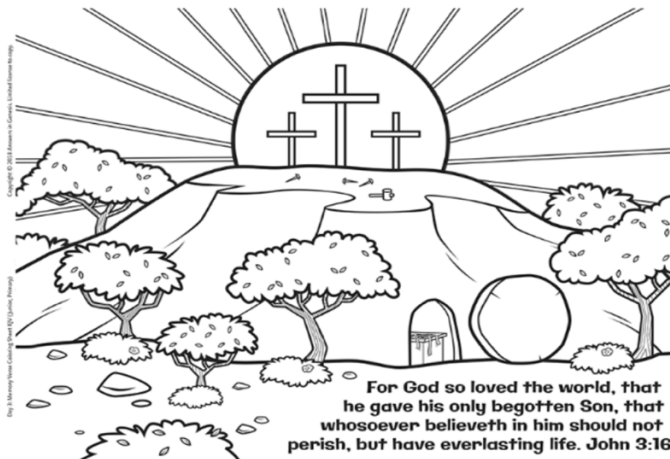
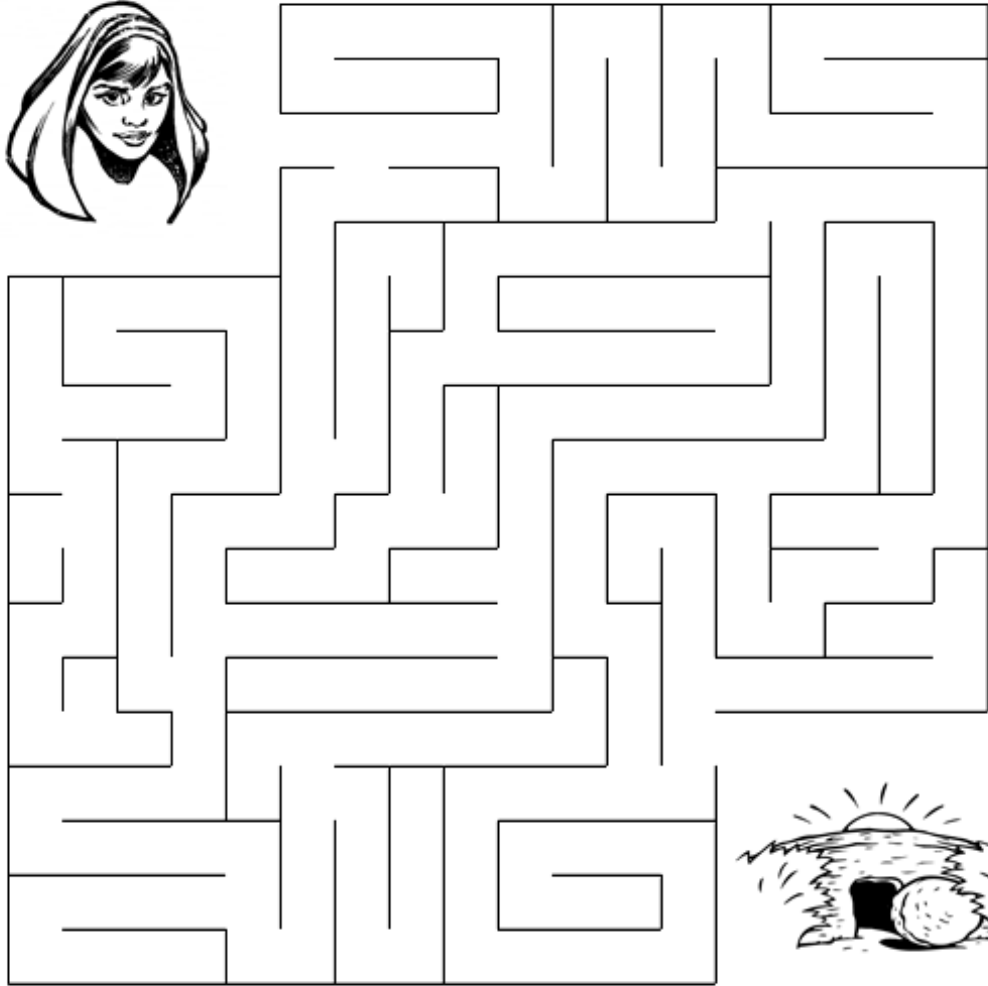
And good disciple that she is, Mary is transformed into the first apostle; the apostle to the apostles – she goes and tells the other disciples the good news:

“I have seen the Lord’ she tells them, ‘I have seen the Lord!’

Revd Janet
April 2020



The Resurrection Maze



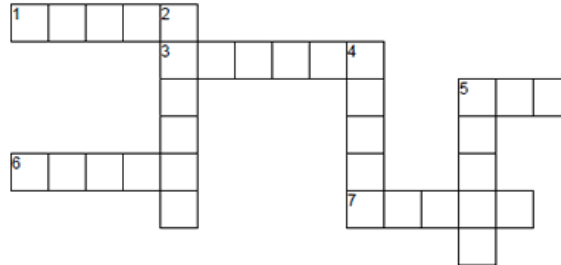
For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life. John 3:16

I've Just Seen Jesus

Jesus said to her, "Mary." She turned toward him and cried out in Aramaic, "Rabboni!" (which means "Teacher"). John 20:16 (NIV)



Complete the activity below. The words in the puzzle are found in John 20:1-18.



ACROSS

1. The color of snow; the opposite of black
3. Messengers from heaven
5. To produce tears; to weep
6. Not dead
7. To have nothing inside

DOWN

2. The day we celebrate Jesus' resurrection
4. What was used to cover the entrance to Jesus' tomb
5. A piece of fabric made by weaving cotton, wool, or other fibers

EASTER	CLOTH	CRY	EMPTY
ALIVE	WHITE	STONE	ANGELS

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Introduction to St Francis Church Prayer Stations

These “stations” are designed to help those who wish to pray in this time of need.

It could be prayer for ourselves, it could be prayer for others, for the community or the world

They are numbered to suggest a possible order in which they can be used, but there is no requirement to use them in this way and you are welcome to pick and choose according to how you feel.



Station Number 1

Psalm 19: God's Creation and His Laws

We give thanks for the wonders of God's creation and for his words of wisdom showing us how to live.

**The heavens declare the glory of God;
the skies proclaim the work of his hands.**

Day after day they pour forth speech;
night after night they display knowledge.

There is no speech or language
where their voice is not heard.

Their voice goes out into all the earth,
their words to the ends of the world.

In the heavens he has pitched a tent for the sun,
which is like a bridegroom coming forth from his pavilion,
like a champion rejoicing to run his course.

It rises at one end of the heavens and makes its circuit to the other;
nothing is hidden from its heat.

The law of the LORD is perfect, reviving the soul.

The statutes of the LORD are trustworthy, making wise the simple.

The precepts of the LORD are right, giving joy to the heart.

The commands of the LORD are radiant, giving light to the eyes.

The fear of the LORD is pure, enduring forever.

The ordinances of the LORD are sure and altogether righteous.

They are more precious than gold, than much pure gold;

they are sweeter than honey, than honey from the comb.

By them is your servant warned; in keeping them there is great reward.

May the words of my mouth and the meditation of my heart be pleasing in your sight, O LORD, my Rock and my Redeemer.



Station Number 2

Psalm 51 A confession of sin

We acknowledge our own sin and that of humankind in general and its contribution to the world's problems

Have mercy on me, O God, according to your unfailing love;
according to your great compassion blot out my transgressions.

Wash away all my iniquity and cleanse me from my sin.

For I know my transgressions, and my sin is always before me.

Against you, you only, have I sinned and done what is evil in your sight,
so that you are proved right when you speak and justified when you judge.

Surely I was sinful at birth, sinful from the time my mother conceived me.
Surely you desire truth in the inner parts; you teach me wisdom in the inmost place.

Cleanse me with hyssop, and I will be clean;
wash me, and I will be whiter than snow.

Let me hear joy and gladness;
let the bones you have crushed rejoice.

Hide your face from my sins and blot out all my iniquity.

Create in me a pure heart, O God, and renew a steadfast spirit within me.

Do not cast me from your presence or take your Holy Spirit from me.

Restore to me the joy of your salvation
and grant me a willing spirit, to sustain me.



Station Number 3

Psalm 122

A celebration of communal worship

Pray for all Christian leaders that they will act and speak wisely.
Pray for all Christian communities, that they will be able to show compassion to those in need and proclaim the love of the Saviour we serve

I was glad when they said to me,
“Let us go to the house of the LORD.”
Our feet are standing
in your gates, O Jerusalem.

Jerusalem is built like a city
that is at unity in itself.

That is where the tribes go up,
the tribes of the LORD,

to praise the name of the LORD
according to the statute given to Israel.

There the thrones for judgment stand,
the thrones of the house of David.

Pray for the peace of Jerusalem:
“May those who love you be secure.

May there be peace within your walls
and security within your citadels.”

For the sake of my brothers and friends,
I will say, “Peace be within you.”

For the sake of the house of the LORD our God,
I will seek your prosperity.



Station Number 4

Psalm 46

Reassurance for a community in trouble

We pray for our community. We pray for all who are sick, for all who are worried, for all who are isolated, for all who have reduced incomes. We pray for our efforts and those of others to serve and help those in trouble.

God is our refuge and strength,
an ever-present help in trouble.

Therefore we will not fear, though the earth give way
and the mountains fall into the heart of the sea,

though its waters roar and foam
and the mountains quake with their surging.

There is a river whose streams make glad the city of God,
the holy place where the Most High dwells.

God is within her, she will not fall;
God will help her at break of day.

Nations are in uproar, kingdoms fall;
he lifts his voice, the earth melts.

The LORD Almighty is with us;
the God of Jacob is our fortress.

Come and see the works of the LORD,
the desolations he has brought on the earth.

He makes wars cease to the ends of the earth;
he breaks the bow and shatters the spear,
he burns the shields with fire.

“Be still, and know that I am God;
I will be exalted among the nations,
I will be exalted in the earth.”

The LORD Almighty is with us;
the God of Jacob is our fortress.

Selah



Station Number 5

Psalm 72

A prayer for just and righteous government

We pray for all those in authority that they will make wise decisions and act with justice and mercy

Endow the king with your justice, O God,
the royal son with your righteousness.

He will judge your people in righteousness,
your afflicted ones with justice.

The mountains will bring prosperity to the people,
the hills the fruit of righteousness.

He will defend the afflicted among the people
and save the children of the needy;
he will crush the oppressor.

He will endure as long as the sun,
as long as the moon, through all generations.
He will be like rain falling on a mown field,
like showers watering the earth.
In his days the righteous will flourish;
prosperity will abound till the moon is no more.

He will rule from sea to sea
and from the River to the ends of the earth.

He will deliver the needy who cry out,
the afflicted who have no one to help.

He will take pity on the weak and the needy
and save the needy from death.

He will rescue them from oppression and violence,
for precious is their blood in his sight.

Praise be to the LORD God, the God of Israel,
who alone does marvellous deeds.

Praise be to his glorious name forever;
may the whole earth be filled with his glory.
Amen and Amen.



Station Number 6

Psalm 86

A prayer for help in times of trouble

We pray for all those who are sick in body, mind or spirit. We pray for all health professionals and others who are seeking to help and heal them. We give thanks and pray for the healing power of God.

Hear, O LORD, and answer me,
for I am poor and needy.

Guard my life, for I am devoted to you.

You are my God; save your servant who trusts in you.

Have mercy on me, O Lord, for I call to you all day long.

Bring joy to your servant,
for to you, O Lord, I lift up my soul.

You are forgiving and good, O Lord,
abounding in love to all who call to you.

Hear my prayer, O LORD?
listen to my cry for mercy.

In the day of my trouble I will call to you,
for you will answer me.

Among the gods there is none like you, O Lord;
no deeds can compare with yours.

All the nations you have made
will come and worship before you, O Lord;
they will bring glory to your name.

For you are great and do marvellous deeds;
you alone are God.

Teach me your way, O LORD, and I will walk in your truth;
give me an undivided heart, that I may fear your name.

I will praise you, O Lord my God, with all my heart;
I will glorify your name forever.

For great is your love toward me;
you have delivered me from the depths of the grave.



Station Number 7

Psalm 139 The loving all-knowingness of God

A chance to give thanks for the love and knowledge of our Creator

O LORD, you have searched me and you know me.
You know when I sit and when I rise; you perceive my thoughts from afar.
You discern my going out and my lying down; you are familiar with all my ways.
Before a word is on my tongue you know it completely, O LORD.

You hem me in—behind and before; you have laid your hand upon me.
Such knowledge is too wonderful for me, too lofty for me to attain.

Where can I go from your Spirit? Where can I flee from your presence?
If I go up to the heavens, you are there;
If I make my bed in the depths, you are there.
If I rise on the wings of the dawn, if I settle on the far side of the sea,
even there your hand will guide me, your right hand will hold me fast.

If I say, "Surely the darkness will hide me and the light become night around me,"
even the darkness will not be dark to you;
the night will shine like the day, for darkness is as light to you.

For you created my inmost being; you knit me together in my mother's womb.
I praise you because I am fearfully and wonderfully made;
your works are wonderful, I know that full well.

My frame was not hidden from you when I was made in the secret place.
When I was woven together in the depths of the earth,
your eyes saw my unformed body.
All the days ordained for me were written in your book
before one of them came to be.

How precious to me are your thoughts, O God! How vast is the sum of them!
Were I to count them, they would outnumber the grains of sand.
When I awake, I am still with you.

Search me, O God, and know my heart; test me and know my anxious thoughts.
See if there is any offensive way in me, and lead me in the way everlasting.



Station Number 8

Psalm 23

God as our provider, guide and saviour

We acknowledge the care and provision we are able to receive from God

The LORD is my shepherd, I shall not be in want.

He makes me lie down in green pastures,

he leads me beside quiet waters,

he restores my soul.

He guides me in paths of righteousness

for his name's sake.

Even though I walk
through the valley of the shadow of death,
I will fear no evil,

for you are with me;
your rod and your staff,
they comfort me.

You prepare a table before me
in the presence of my enemies.
You anoint my head with oil;
my cup overflows.

Surely goodness and love will follow me
all the days of my life,
and I will dwell in the house of the LORD
forever.