

Sunday May 10th *For use by the Central Norfolk Circuit at 10.30 am or at another time*

Prayer

Risen Lord, open our hearts and minds to worship you in this Easter season. Amen.

Hymn StF 295

I know that my Redeemer lives – / what joy the blest assurance gives!
He lives, he lives, who once was dead / he lives, my everlasting Head!
He lives, and grants me daily breath / he lives, and I shall conquer death;
He lives, my mansion to prepare / he lives, to lead me safely there.
He lives, all glory to his name / he lives, my Saviour, still the same;
What joy the blest assurance gives / I know that my Redeemer lives!

Samuel Medley (1738 – 1799)

Quiet Reflection

Spend a little time in quiet reflection, offering to God any hurts, regrets, worries or concerns that you have at the present time. After a little while, allow yourself to receive God's love and forgiveness, his strength, his help and his support.

Psalm set for today: Psalm 31 v 1 – 5, 15 – 16

Lectionary Epistle Reading : 1 Peter 2 v 19 – 25

For thought

Read verse 5 of the letter from Peter again. How might this apply to the church at the present time, do you think? What about the same question in respect of verse 9?

Hymn StF 322

How sweet the name of Jesus sounds / in a believer's ear!
It soothes our sorrow, heals our wounds / and drives away our fear.
It makes the wounded spirit whole / and calms the troubled breast;
'tis manna to the hungry soul / and to the weary, rest.
Dear name – the rock on which I build! / My shield and hiding place,
my never-failing treasury, filled / with boundless stores of grace!

John Newton (1725 – 1807)

For Prayer

We pray for all those who need a rock, or a spiritual fortress at the present time.

We pray for our world, our country, the Methodist Church and our own Central Norfolk Circuit, our community, our local church and fellowship, our family and friends, ourselves.

We pray for everyone coping with the present emergency – those who are ill, those who have lost loved ones, those who are nursing, those who are serving and caring, those who are organising, those who are supplying, those who are responsible in government.

[We pray with Judith Semmons](#) (in her role as a physiotherapist based at The Queen Elizabeth Hospital, King's Lynn) for the physical and mental wellbeing of all Health Care Workers. Particularly Occupational Therapists and Physiotherapists who play a vital but often unseen role in the timely discharge and rehabilitation of patients from hospital, especially patients recovering from Covid19.

At the beginning of Christian Aid Week, we pray for the work of Christian Aid, particularly as fundraising has dropped and as their major fundraising week is completely changed this year.

We say the Lord's Prayer...

Offer to God your offertory for the week: and, if cash, put it aside in a special place.

Message from a Circuit Friend (different person each week)

When I was young and fit, I had a delivery of Carr stone to build a rockery. I thought I could easily shift the lumps of rock from the drive – to the back, where I was going to build the rockery. However, my body was not up to the task and when I went into school the next morning, I had to explain to the pupils my state of health! The Gideons were coming in that day to distribute New Testaments to the children. Some started to look up how to use these Gideon New Testaments, from the chart at the front with a suggested reading for each day. That day's passage was Mark 13¹⁻¹³; one girl started to laugh and read out, "Look Teacher, what huge stones."

Is this God having a laugh, or is it taking a text out of context?

Some people like to get their message from God by letting the Bible fall open and take the first verse they see. When my father had a cycling holiday in Europe in the 1930s, he used that method for guidance. The first part of the journey was on a train, the bike went in the guard's van. When he arrived and got off the train, the bike was not in the guard's van. This was the last train of the day, and his basic equipment was in his saddlebag. He let his pocket New Testament fall open, and the verse that he saw was 'Take up thy bed and walk'. He took it that God had a sense of humour and he spent the night on the railway station bench.

The lectionary readings for today, have stones and rocks; taken in context they are a metaphor for something solid to rely on. God of the Old Testament was a rock for the Psalmist, and for Peter, Jesus was the stone which was the firm foundation for his faith. We need these rocks and stones.

Liz Jolly (Supernumary in the Central Norfolk Circuit)

Collect for the day

Loving and eternal God, through the resurrection of your Son,
help us to face the future with courage and assurance,
knowing that nothing in life or death can ever part us from your love for us
in Jesus Christ our Saviour; who is alive and reigns with you,
in the unity of the Holy Spirit, one God, now and for ever. Amen.

Methodist Worship Book

Hymn StF 677

Christ is made the sure foundation / Christ the head and corner-stone,
chosen of the Lord and precious / binding all the Church in one,
holy Zion's help for ever / and her confidence alone.

To this temple, where we call thee / come, O Lord of Hosts, today;
with thy constant loving-kindness / hear thy servants as they pray;
and thy fullest benediction / shed within its walls always.

Here vouchsafe to all thy servants / what they ask of thee to gain,
what they gain from thee for ever / with the blessed to retain,
and hereafter in thy glory / evermore with thee to reign.

Praise and honour to the Father / praise and honour to the Son,
praise and honour to the Spirit / ever Three, and ever One,
consubstantial, co-eternal / while unending ages run.

John Mason Neale (1811 – 1866)

May the blessing of God: Father, Son and Holy Spirit be with us (and all those we love) this day and always, Amen.