

Service Sheet

16th October 2022, 10.30am, St Mary's
The Eighteenth Sunday after Trinity
Weekly Habit 4: Sabbath

Welcome to St Mary's Church! We are so glad you are here – whether you are in the church building or watching online. If you are here for the first time or visiting, please say hello (in the chat feature online, or to the service leader or a member of the welcome team in church). You can find out more about our church on our website (www.denhamparish.church) or Facebook page (facebook.com/denhamparish.church).

Christoph Lindner, Rector

WELCOME

OPENING PRAISE. Psalm 62.1-2

*For God alone my soul waits in silence;
from him comes my salvation.*

**He alone is my rock and my salvation,
my fortress; I shall never be shaken.**

HYMN

Dear Lord and Father of mankind,
forgive our foolish ways!
Re-clothe us in our rightful mind,
in purer lives thy service find,
in deeper reverence, praise;
in deeper reverence, praise.

In simple trust like theirs who heard,
beside the Syrian sea,
the gracious calling of the Lord,
let us, like them, without a word,
rise up and follow thee;
rise up and follow thee.

O Sabbath rest by Galilee!
O calm of hills above,
where Jesus knelt to share with thee
the silence of eternity,
interpreted by love!
Interpreted by love!

Drop thy still dews of quietness,
till all our strivings cease;
take from our souls the strain and stress,
and let our ordered lives confess
the beauty of thy peace;
the beauty of thy peace.

Breathe through the heats of our desire
thy coolness and thy balm;
let sense be dumb, let flesh retire;
speak through the earthquake,
wind, and fire,
O still, small voice of calm;
O still, small voice of calm.

CONFESSION

**Lord our God, in our sin we have
avoided your call. Our love for you is
like a morning cloud, like the dew that
goes away early. Have mercy on us;
deliver us from judgement; bind up
our wounds and revive us; in Jesus
Christ our Lord. Amen.**

ABSOLUTION

Almighty God, who forgives all who
truly repent, have mercy upon you,
pardon and deliver you from all your
sins, confirm and strengthen you in all
goodness, and keep you in life eternal;
through Jesus Christ, our Lord. **Amen.**

COLLECT

God, our judge and saviour, teach us to
be open to your truth and to trust in
your love, that we may live each day
with confidence in the salvation which
is given through Jesus Christ our Lord.
Amen

SONG

In my wrestling and in my doubts
In my failures You won't walk out
Your great love will lead me through
You are the peace in my troubled sea
You are the peace in my troubled sea

In the silence You won't let go
In the questions Your truth will hold
Your great love will lead me through
You are the peace in my troubled sea
You are the peace in my troubled sea

*My Lighthouse my Lighthouse
Shining in the darkness, I will follow You
My Lighthouse my Lighthouse
I will trust the promise
You will carry me safe to shore
Safe to shore, safe to shore, safe to shore*

I won't fear what tomorrow brings
With each morning I'll rise and sing
My God's love will lead me through
You are the peace in my troubled sea
You are the peace in my troubled sea

(Children leave for Sunday Club)

ANNOUNCEMENTS & BANNES

FIRST READING: Genesis 1. 31 - 2.3

God saw everything that he had made, and indeed, it was very good. And there was evening and there was morning, the sixth day.

Thus the heavens and the earth were finished, and all their multitude. And on the seventh day God finished the work that he had done, and he rested on the seventh day from all the work that he had done. So God blessed the seventh day and hallowed it, because on it God rested from all the work that he had done in creation.

*This is the Word of the Lord.
Thanks be to God.*

SECOND READING: Mark 6. 30-32

The apostles gathered around Jesus, and told him all that they had done and taught. He said to them, 'Come away to

a deserted place all by yourselves and rest a while.' For many were coming and going, and they had no leisure even to eat. And they went away in the boat to a deserted place by themselves.

*This is the Word of the Lord.
Thanks be to God.*

CHOIR ANTHEM

(Prayer of St Richard of Chichester)

O holy Jesus, most merciful redeemer friend and brother,
may I know thee more clearly,
love thee more dearly,
and follow thee more nearly. Amen.

SERMON

HYMN

My hope is built on nothing less
Than Jesus' blood and righteousness
I dare not trust the sweetest frame
But wholly trust in Jesus' name

*Christ alone, Cornerstone
Weak made strong in the Saviour's love
Through the storm He is Lord
Lord of all*

When darkness seems to hide His face
I rest on His unchanging grace
In every high and stormy gale
My anchor holds within the veil
My anchor holds within the veil

When he shall come with trumpet sound
Oh may I then in Him be found
Dressed in His righteousness alone
Faultless stand before the throne

PRAYERS

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

**Our Father in heaven
hallowed be your name,
your kingdom come, your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins as we forgive those
who sin against us.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power, and the
glory are yours now and for ever. Amen**

HYMN

When I survey the wondrous cross
on which the Prince of Glory died,
my richest gain I count but loss,
and pour contempt on all my pride.

Forbid it, Lord, that I should boast,
save in death of Christ, my God:
all the vain things that charm me most,
I sacrifice them to his blood.

See from his head, his hands, his feet,
sorrow and love flow mingling down:
did e'er such love and sorrow meet,
or thorns compose so rich a crown?

Were the whole realm of nature mine,
that were an off'ring far too small;
love so amazing, so divine,
demands my soul, my life, my all.

BLESSING

The Lord bless you and keep you. The Lord make his face to shine upon you, and be gracious to you. The Lord lift up the light of his countenance upon you, and give you peace. Amen.

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Weekly Diary

Weds 5th - Little Lions toddler group. St Mark's. Contact eddalindner18@gmail.com

Weds 19th 2pm. Funeral of Nick Maris. St Mary's

HARVEST THANKSGIVING: THANK YOU!

Thank you for all your gifts last Sunday! Nnamdi has delivered our food gifts to the foodbank in New Denham.

We have also received a total of £690 in vouchers for supermarkets and cash, which will support local people and families through direct gifts and through Give & Share.

COST OF LIVING CRISIS

The Dioceses of Oxford has pulled together resources to support people struggling with the Cost of Living crisis.



Find out more with the link or scan the QR code: tiny.cc/costofliving

Healthy Habits

We still have a few postcards with a visual summary of the four daily and four weekly habits at the back of church. Please pick one up as you leave.

Let's pray together ...

- For those who are anxious about rising costs of food, energy, mortgages. For generosity to share our wealth equitably. For wisdom for those in government.
- For conflicts and wars in our world: For people of peace to find ways of making peace.
- For those who are unwell.
- For those who have lost loved ones, especially the family of Nick Maris.

WEEKLY HABIT 4: Sabbath

The Habit at a Glance

The weekly practice of sabbath teaches us that God sustains the world and that we don't. To embrace our limitations, we stop our usual work for one day of rest. Sabbath is a gospel practice because it reminds us that the world doesn't hang on what we can accomplish, but rather on what God has accomplished for us in Jesus: "It is finished!"

Three Ways to Start

Pick a twenty-four-hour period. Ideally, we all sabbath on the same day. But it's better to do something than nothing. A pastor, a medical student, someone who is retired, and a working mother would probably all choose different times to sabbath. The important part is picking a period and communicating it to the people who need to know or who are doing it with you.

Doing and not doing. You may need time to figure out what makes a worshipful and restful Sabbath for you. If you're just starting, it may help to write down three things to do and three things you want to avoid. They may change as you go, but writing them down will help you to not only think it through but also to be accountable.

Communal sabbaths. This is a great way to get into rhythm. Honour the sabbath in a group of friends or with members of your family by having a regular meal together. To keep it restful, you need a good division of labour. The host can't do all the cooking and all the cleaning.

Two Considerations

Gentle away messages. You don't have to be awkward and in-your-face when you let people know you're having time off. A simple and nonjudgmental "I will be away from my computer until 8 p.m. today" email is elegant and goes a long way.

Screen sabbaths. The most important way you might keep sabbath is to turn off screens. Yet this is not a law. Watching a film or a football match with your family can be very restorative. But cutting out screens for while gives you a taste of a weekly way of life that you may not know existed.

Sabbath is the essence of our faith: We can rest because God has done all that needs to be done.

In the summer we asked you: What gives you hope? Here are your answers (bigger words have been mentioned more often).

