



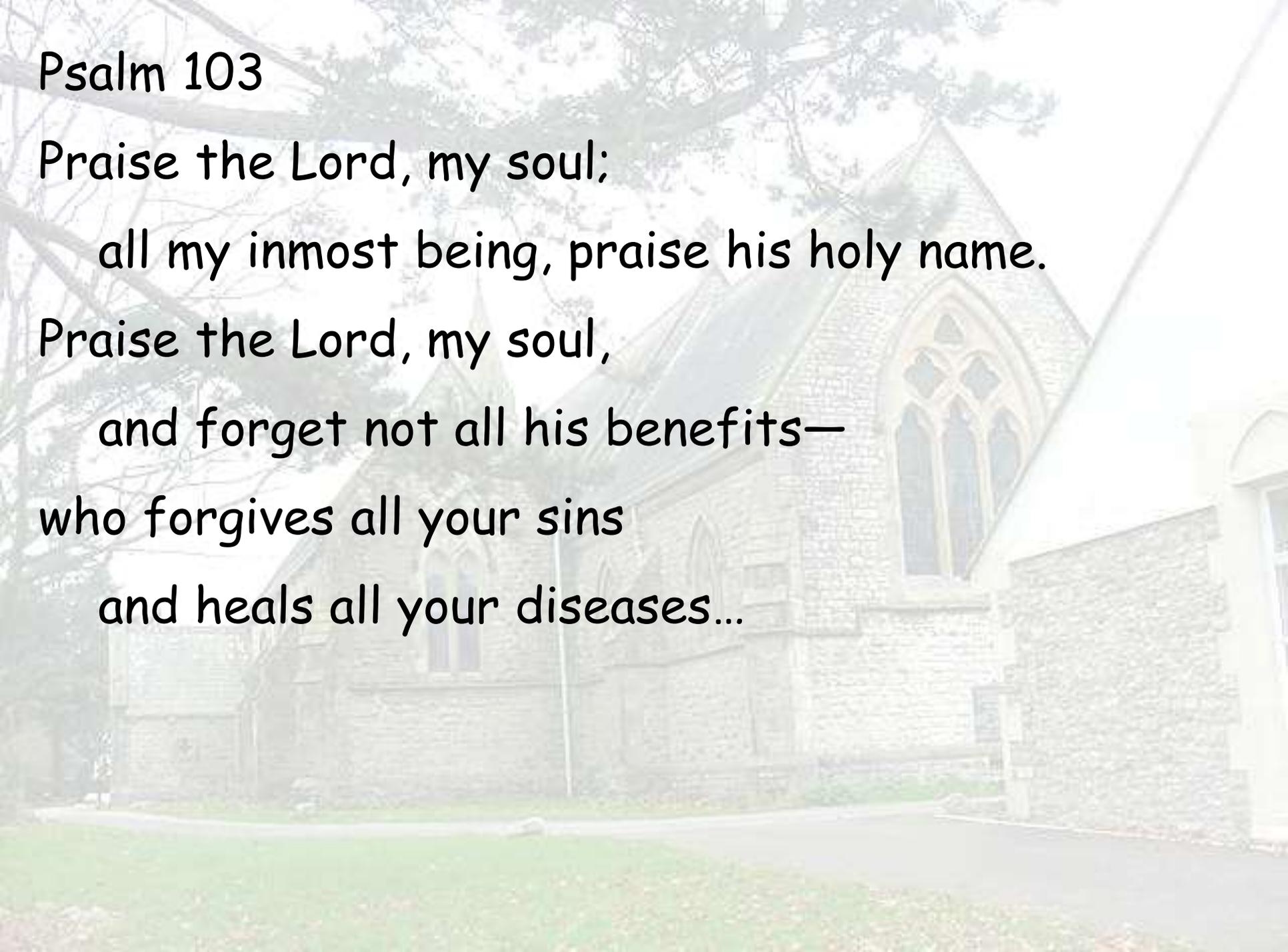
Welcome to
St. Mary's Church
Sunday 10th January
2021

"Pre-service"

Lis Arthurs writes: a Psalm I often use to centre myself, however I am feeling is Psalm 103.

It's a call to my own soul state: a cry to wake up to all the benefits of being in Christ.

The line "and heals all my diseases", can be read not just of physical ills but all my Dis-eases. I like the way the first line is repeated, it reminds me to persist and allow the call to sink in.



Psalm 103

Praise the Lord, my soul;

all my inmost being, praise his holy name.

Praise the Lord, my soul,

and forget not all his benefits—

who forgives all your sins

and heals all your diseases...

Welcome

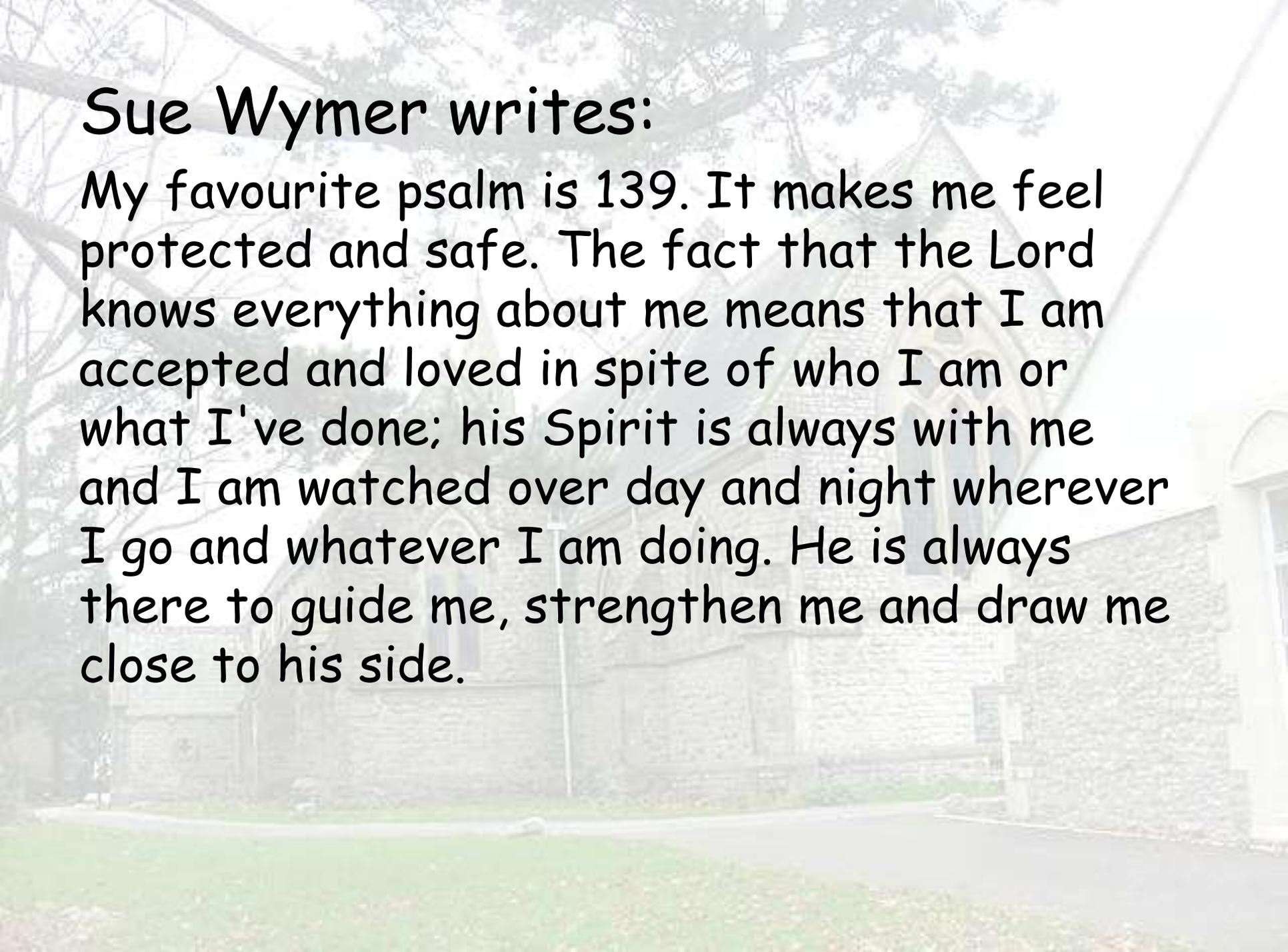
Welcome to our worship today.

I am Steve Bell and I am leading the service but you will have to do much of the work yourself!

Please scroll through the slides.

When you come to a link for a song or the talk please click on it and it should open and play for you.

You will only hear my voice for the talk which may be a good thing or not! This is a trial so please bear with us!



Sue Wymer writes:

My favourite psalm is 139. It makes me feel protected and safe. The fact that the Lord knows everything about me means that I am accepted and loved in spite of who I am or what I've done; his Spirit is always with me and I am watched over day and night wherever I go and whatever I am doing. He is always there to guide me, strengthen me and draw me close to his side.

Song: Psalm 139

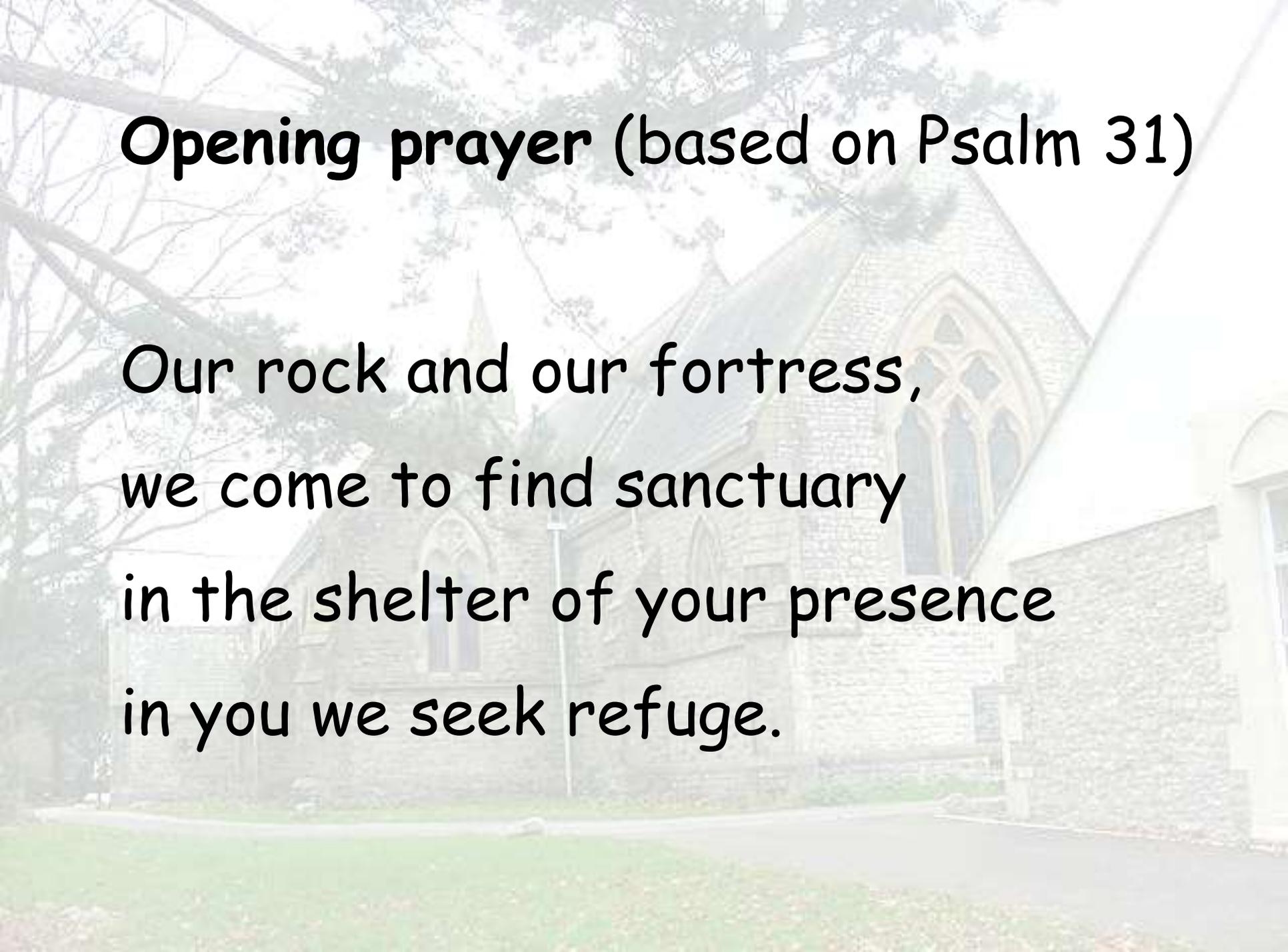
Please click on the link to listen and you can even join in loudly!

<https://www.youtube.com/watch?v=GmsgYY-INf8>

We are thinking about the Book of Psalms in the Old Testament and some members of our congregation have sent me their favourite Psalm, and a reason why they have chosen it.

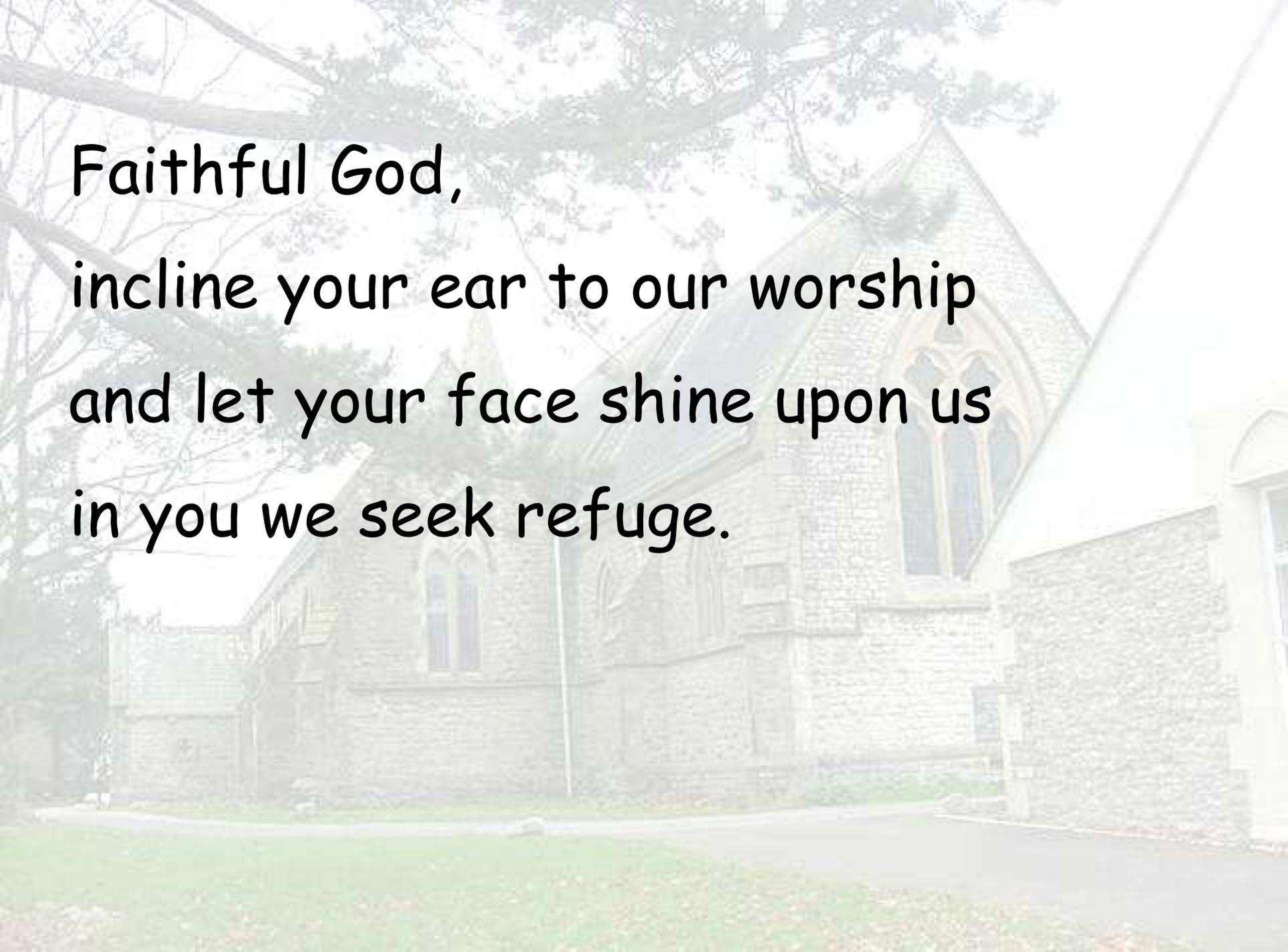
You have just listened to Sue Wymer's favourite!

We will listen to some more Psalms and through them spend time listening to God speak to us individually where we are and as the Body of Christ scattered around the Cartmel Peninsula and beyond....!

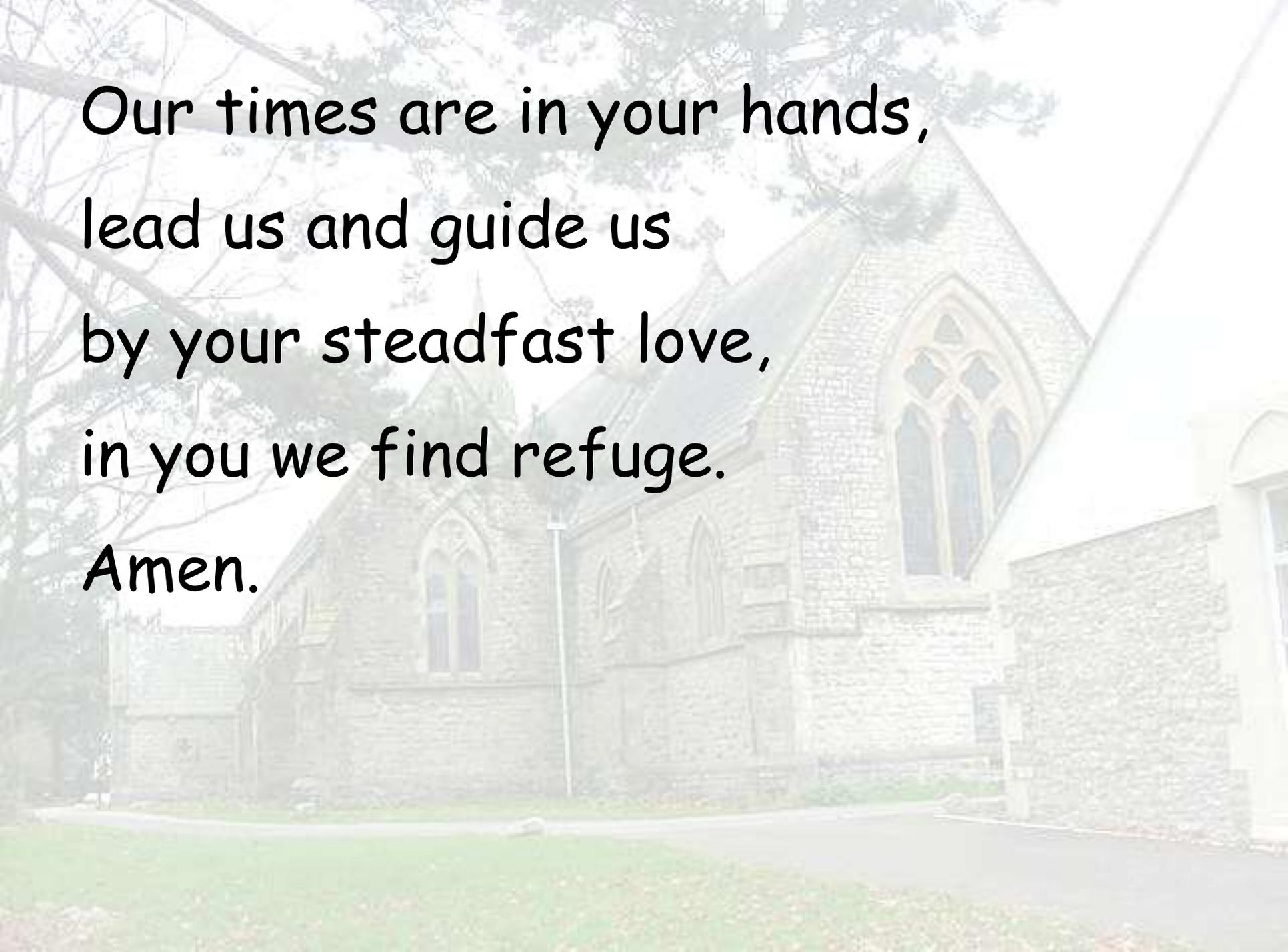


Opening prayer (based on Psalm 31)

Our rock and our fortress,
we come to find sanctuary
in the shelter of your presence
in you we seek refuge.



Faithful God,
incline your ear to our worship
and let your face shine upon us
in you we seek refuge.

A photograph of a stone Gothic church with a large stained glass window, partially obscured by a semi-transparent text overlay. The church is made of light-colored stone and has a steep, gabled roof. The text is in a black, sans-serif font and is positioned on the left side of the image. The background shows a grassy area and some trees.

Our times are in your hands,
lead us and guide us
by your steadfast love,
in you we find refuge.
Amen.

Bob Jarrett writes:

A constant lift to my spirits is when I look out of my bedroom window and see over the estuary Arnside Knott and in the far distance the distinctive shape of table-topped Ingleborough with Whernside also there and to the North East the Howgills beautifully picked out with caps of snow. One cannot fail to become aware of the presence of our Creator God which for me is captured in Psalm 121. 'I will lift up mine eyes unto the hills, from whence cometh my help. My help cometh from the Lord, which made heaven and earth.'

He will not suffer thy foot to be moved: he that keepeth thee will not slumber.'

The whole of the Psalm is entirely appropriate to meet the needs of someone such as myself but to write it all down in this message is somewhat fulsome. This Psalm meant a great deal to my mother's family. They were Cumbrians and wherever they were in the world they drew strength from it when they thought of their native fells.

Chris Jones writes:

I think of this Psalm as being a Cumbrian Psalm because of its mention of hills and looking to them for help. It goes on to say that if we walk with God, the creator of the world he will help us. He will protect us and keep us, always being ready to hear us as we cry out to him. He will keep us safe if we stay close to him.

Song: Psalm 121

Please click on the link to listen and sing along!

<https://www.youtube.com/watch?v=RxtMjBsN2FE>

Janice Tindale writes: the Psalm I like best depends on the mood I'm in! Psalm 100 has always been a favourite, because through my childhood I heard and chanted it in mattins. The modern music version of it is also very uplifting. In worship it gives me a "feel good" factor.

The Message version of it says: "sing yourselves into his presence", and instead of "enter his gates with thanksgiving", it says, "enter with the password: thank you."

We are going to read Psalm 100 together. If there are two of you, one of you can read the red and one of you the green (not at the same time!). If you are worshiping on your own (you aren't because we are all worshiping together!) you can read each colour in a different voice or read one aloud and the other quietly.

Psalm 100

Shout for joy to the Lord, all the earth.

Worship the Lord with gladness;

come before him with joyful songs.

Know that the Lord is God.

It is he who made us, and we are his;

we are his people, the sheep of his
pasture.

Enter his gates with thanksgiving
and his courts with praise;

give thanks to him and praise his name.
For the Lord is good and his love endures
forever;

(All together:)

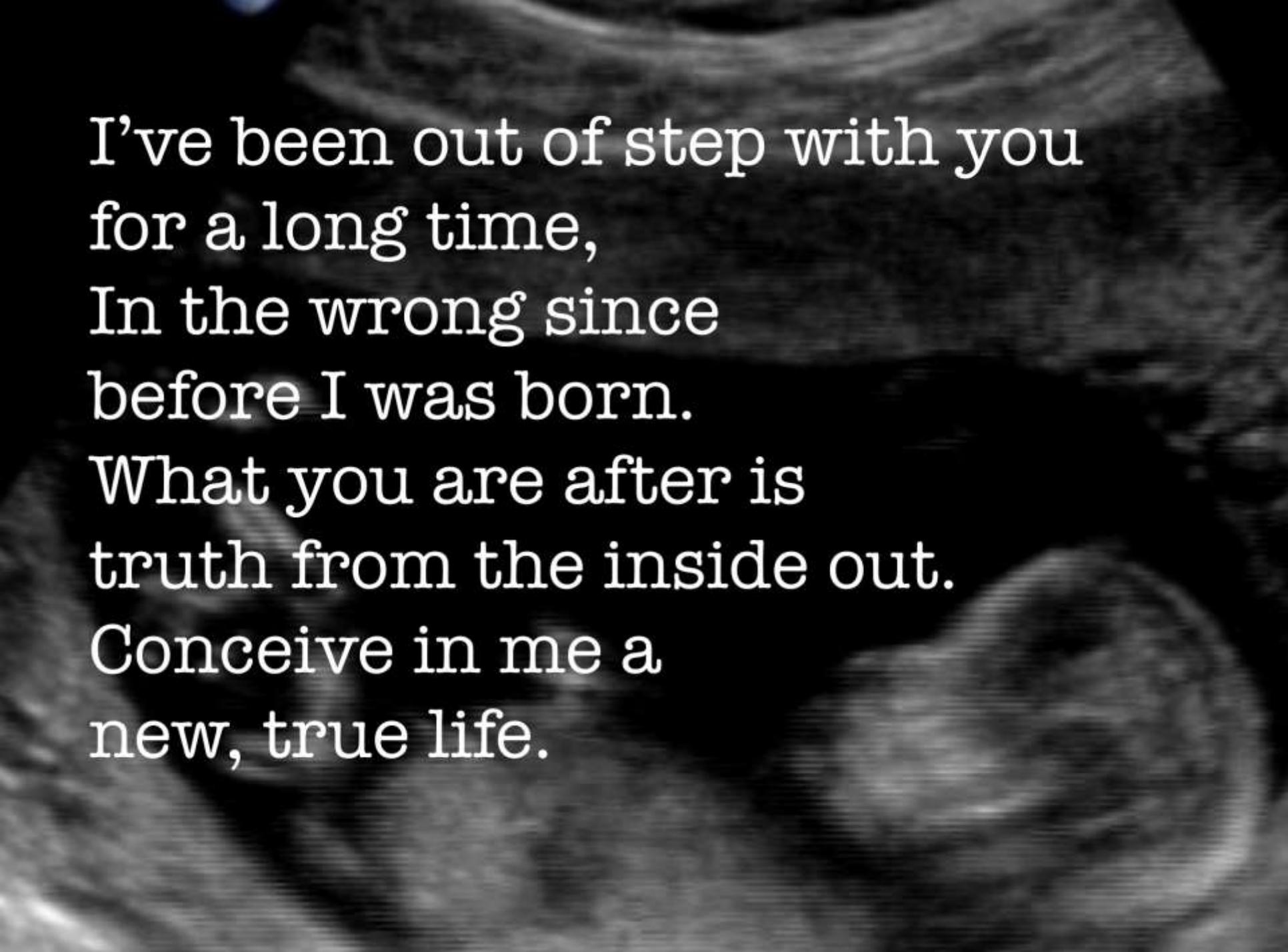
his faithfulness continues through all
generations.

We say sorry to God using the words of Psalm 51, the Psalm King David used when he had sinned.

Have mercy on me, O God,
because of your unfailing love.
Because of your great compassion,
blot out the stain of my sins.
Wash me clean from my guilt.
Purify me from my sin.
For I recognize my rebellion;
it haunts me day and night.

Against you, and you alone,
have I sinned;
I have done what is evil
in your sight.

You will be proved right
in what you say,
and your judgment
against me is just.



I've been out of step with you
for a long time,
In the wrong since
before I was born.

What you are after is
truth from the inside out.

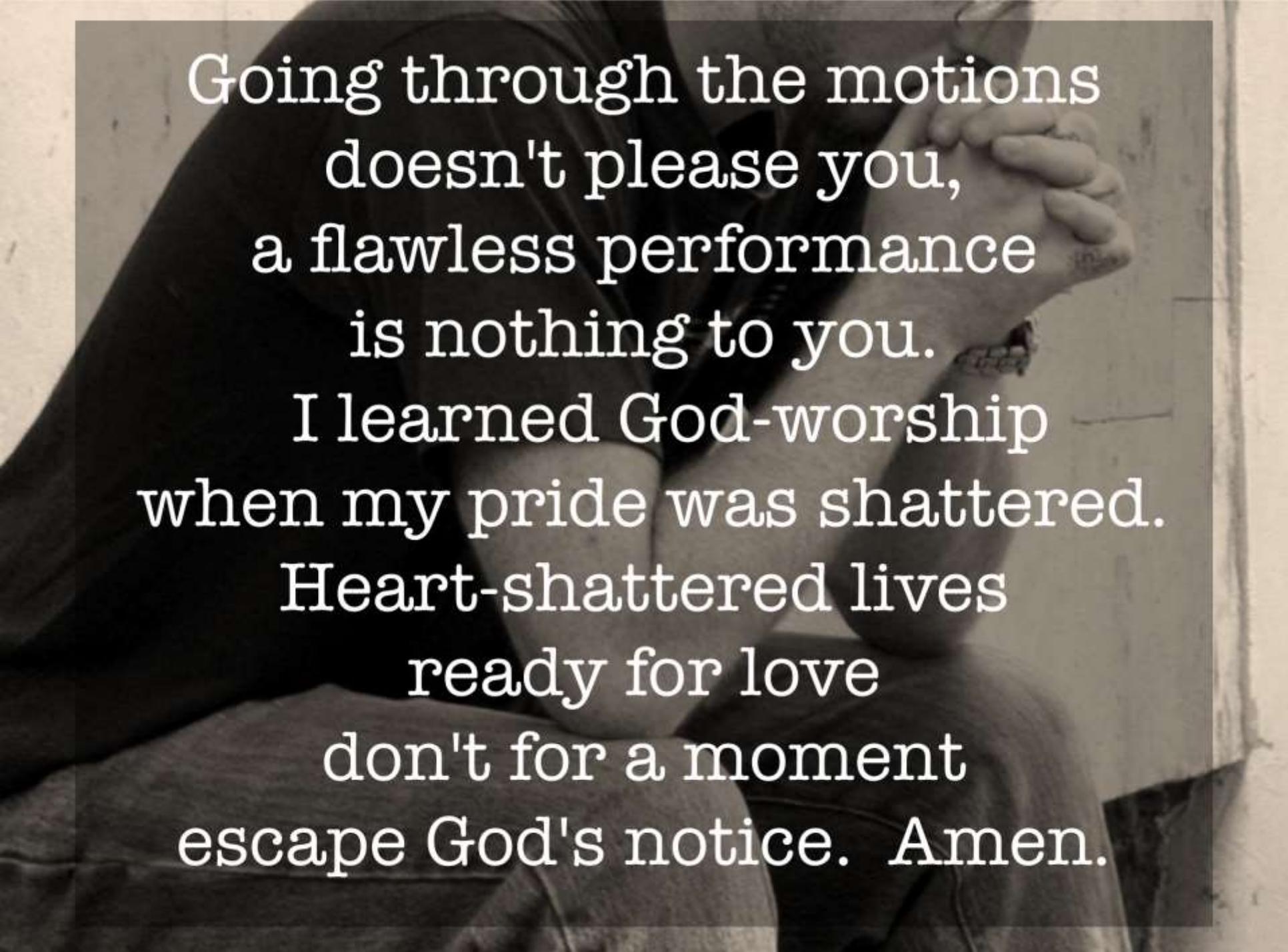
Conceive in me a
new, true life.



Purify me from my sins,
and I will be clean;
wash me, and I will be
whiter than snow.
Give me back my joy again
you have broken me—
now let me rejoice.
God, make a fresh start in me,
shape a Genesis week
from the chaos of my life

Create in me a clean heart, O God.
Renew a loyal spirit within me.
Do not banish me from your
presence,
and don't take your
Holy Spirit from me.
Restore to me the
joy of your salvation,
and make me willing to obey you.
Unseal my lips, O Lord
that my mouth may praise you.





Going through the motions
doesn't please you,
a flawless performance
is nothing to you.

I learned God-worship
when my pride was shattered.

Heart-shattered lives
ready for love

don't for a moment
escape God's notice. Amen.

We are assured of God's forgiveness.

The almighty and merciful Lord grants us pardon and forgiveness of all our sins, time for amendment of life, and the grace and strength of the Holy Spirit.

Amen.

Hazel Kunz writes:

I have a lovely record by the Fisherfolk Psalm 84 is put to music.

verses 2&3 "to be in the courts of the Lord....
even the sparrow has a home....the swallow
builds her nest for her young"

verse 10 "I would rather stand at the
threshold of His house than be outside
with the ungodly"

verse 12 "Blessed is the man who puts his trust
in you."

You can listen to the recording by clicking on
the next slide.

Song: Psalm 84

<https://www.youtube.com/watch?v=u4BzPfCFpK4>



Reading: Psalm 40

Lis Arthurs writes: Psalm 40 speaks of my own experience of coming to faith.

At a time when I felt very much as if I were in a muddy mire, unable to help myself. And how He rescued me, from my knees to set me on solid ground.

I waited patiently for the Lord;
he turned to me and heard my cry.
He lifted me out of the slimy pit,
out of the mud and mire;
he set my feet on a rock
and gave me a firm place to stand.
He put a new song in my mouth,
a hymn of praise to our God.
Many will see and fear the Lord
and put their trust in him.

Blessed is the one
who trusts in the Lord,
who does not look to the proud,
to those who turn aside to false gods.[b]

Many, Lord my God,
are the wonders you have done,
the things you planned for us.

None can compare with you;
were I to speak and tell of your deeds,
they would be too many to declare.

Sacrifice and offering you did not desire—
but my ears you have opened—
burnt offerings and sin offerings you did
not require.

Then I said, "Here I am, I have come—
it is written about me in the scroll.
I desire to do your will, my God;
your law is within my heart."

I proclaim your saving acts in the great assembly;

I do not seal my lips, Lord,
as you know.

I do not hide your righteousness in my heart;

I speak of your faithfulness and your
saving help.

I do not conceal your love and your
faithfulness

from the great assembly.

Do not withhold your mercy from me, Lord;
may your love and faithfulness always
protect me.

For troubles without number surround me;
my sins have overtaken me, and I cannot
see.

They are more than the hairs of my head,
and my heart fails within me.

Be pleased to save me, Lord;
come quickly, Lord, to help me.

May all who want to take my life
be put to shame and confusion;
may all who desire my ruin
be turned back in disgrace.

May those who say to me, "Aha! Aha!"
be appalled at their own shame.

But may all who seek you
rejoice and be glad in you;
may those who long for your saving help
always say,

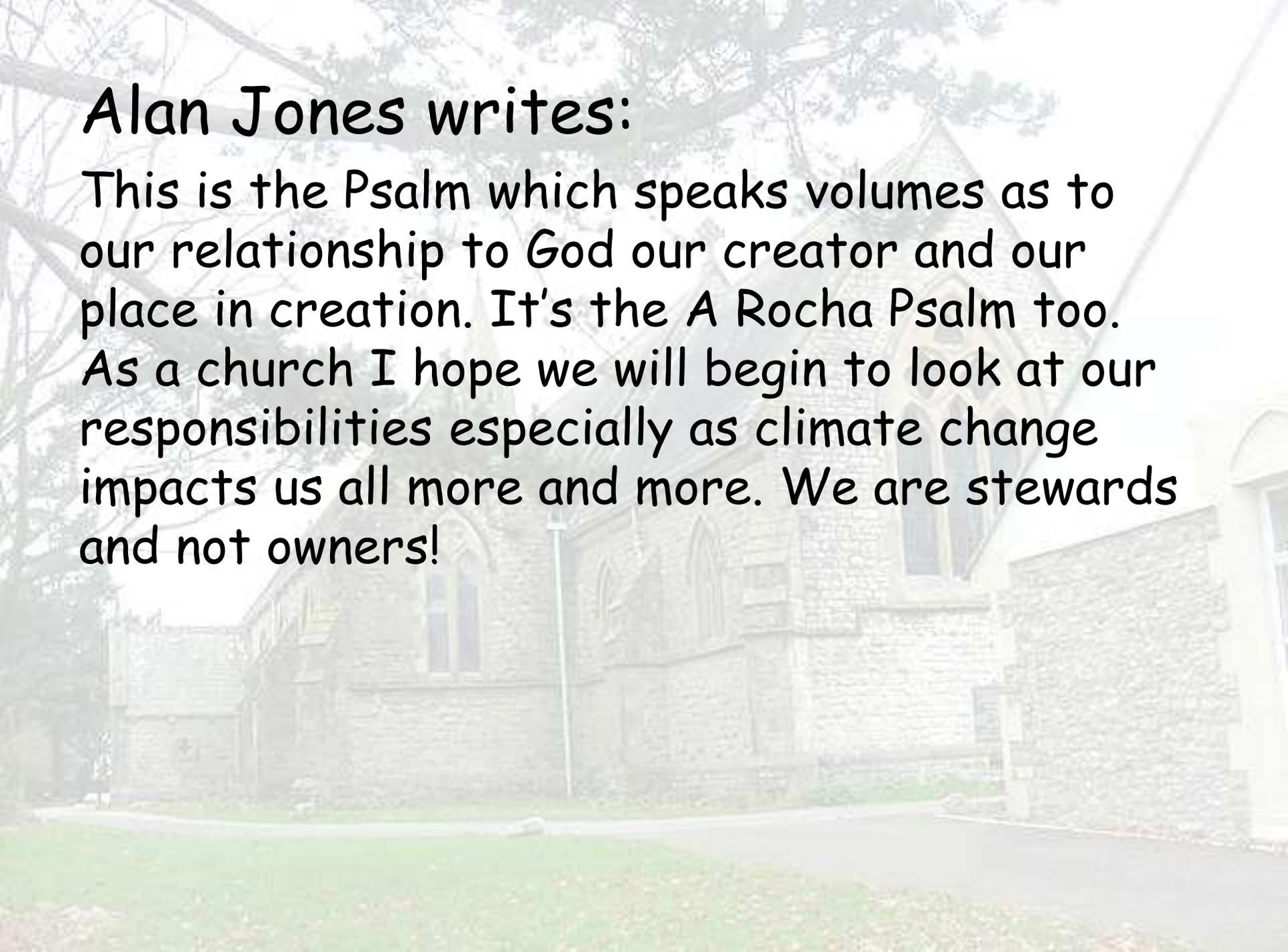
"The Lord is great!"

But as for me, I am poor and needy;
may the Lord think of me.
You are my help and my deliverer;
you are my God, do not delay.

This is the Word of the Lord,
Thanks be to God!

The Talk

Please click here to listen to the
Talk.



Alan Jones writes:

This is the Psalm which speaks volumes as to our relationship to God our creator and our place in creation. It's the A Rocha Psalm too. As a church I hope we will begin to look at our responsibilities especially as climate change impacts us all more and more. We are stewards and not owners!

Song: Psalm 24

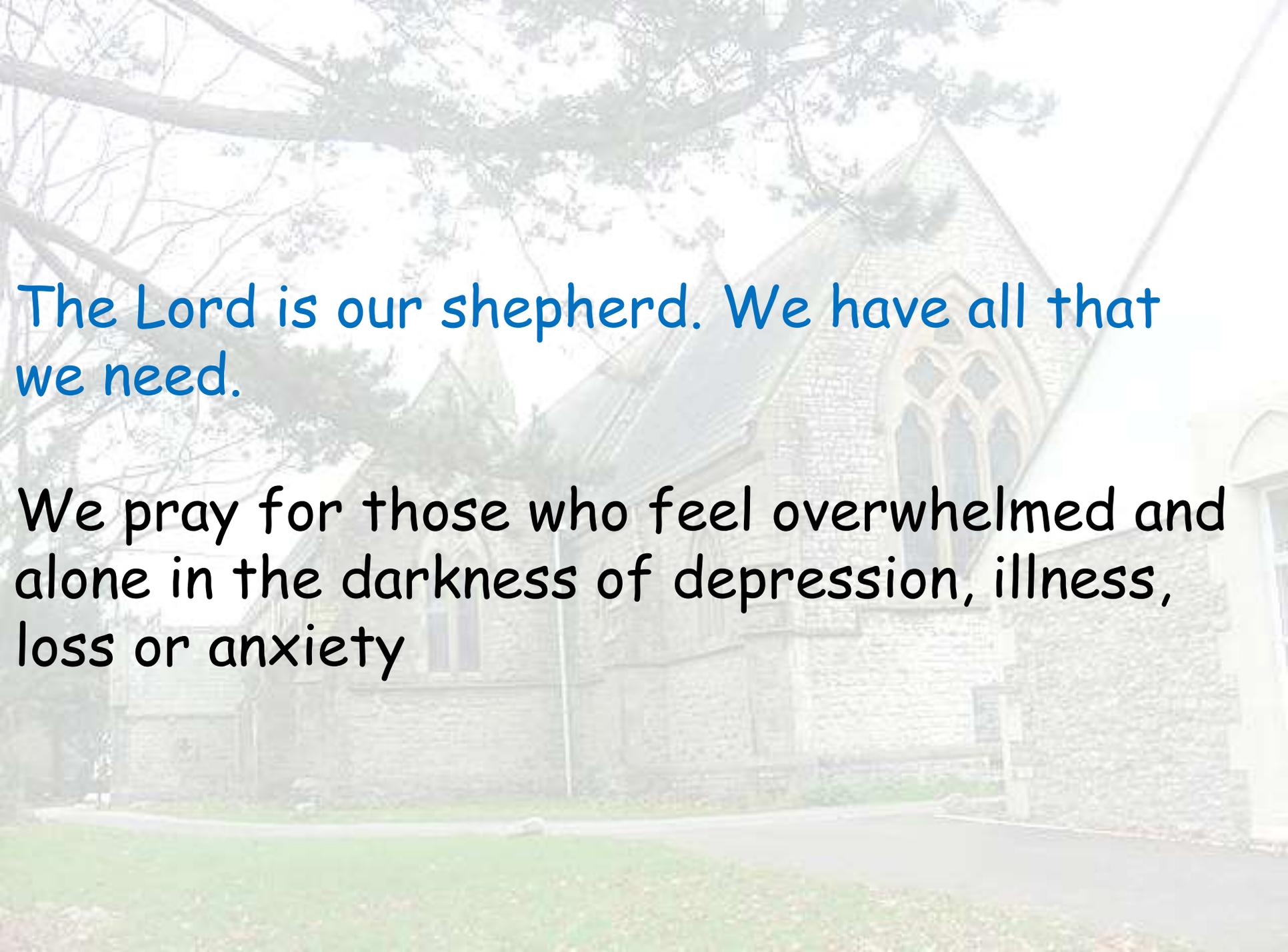
Please click on the link to listen and you can even join in loudly!

<https://www.youtube.com/watch?v=pO77-m4SS3M>



The Prayers

The Prayers are based on Psalm 23 which is John Tindale's favourite Psalm. It was one his mother frequently quoted, Then at her funeral Janice and John's children surprised them by singing the descant to Stuart Townsend's version (I will trust, I will trust in you!). It was very moving and so remains a very firm favourite.



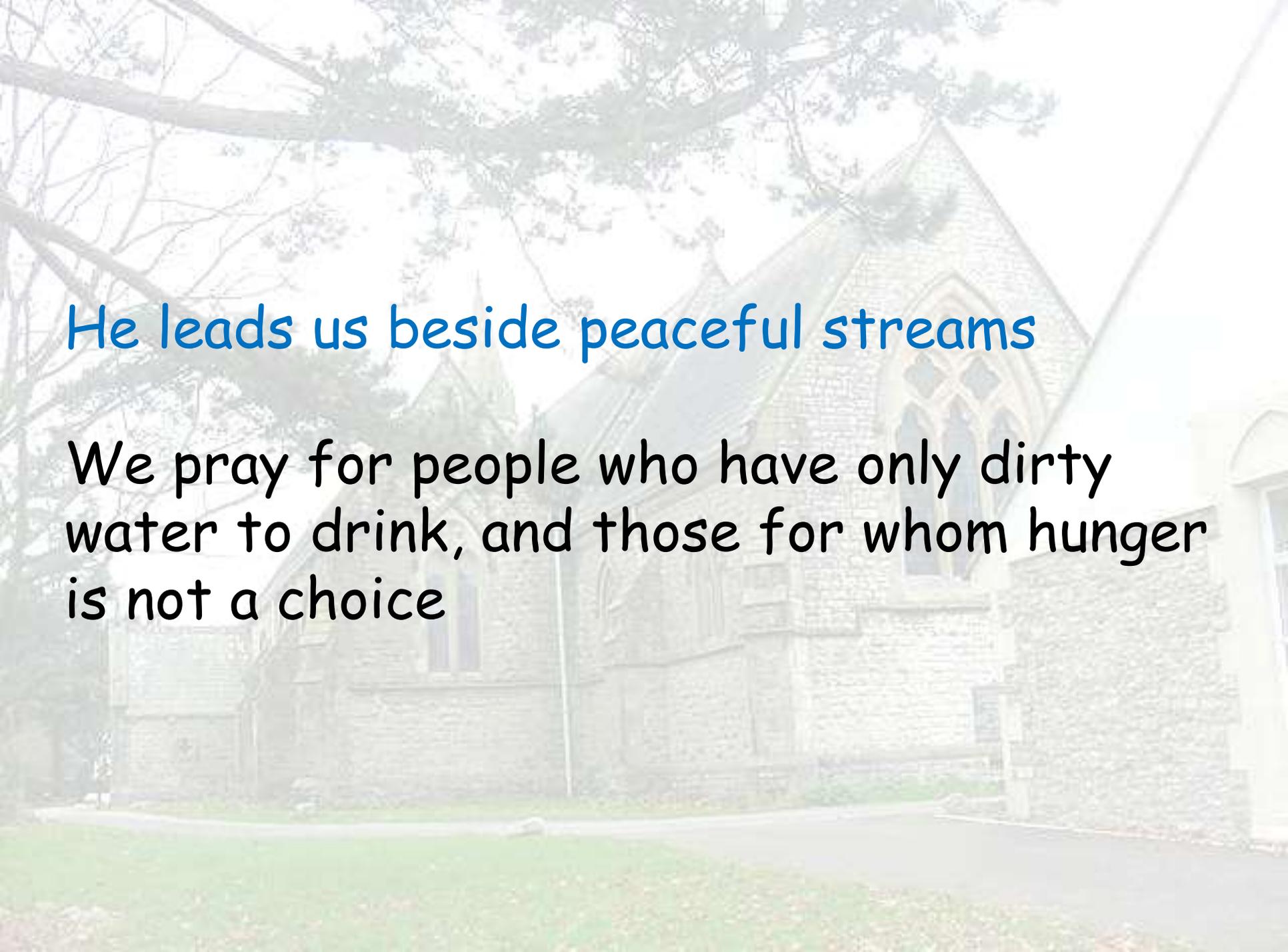
The Lord is our shepherd. We have all that we need.

We pray for those who feel overwhelmed and alone in the darkness of depression, illness, loss or anxiety



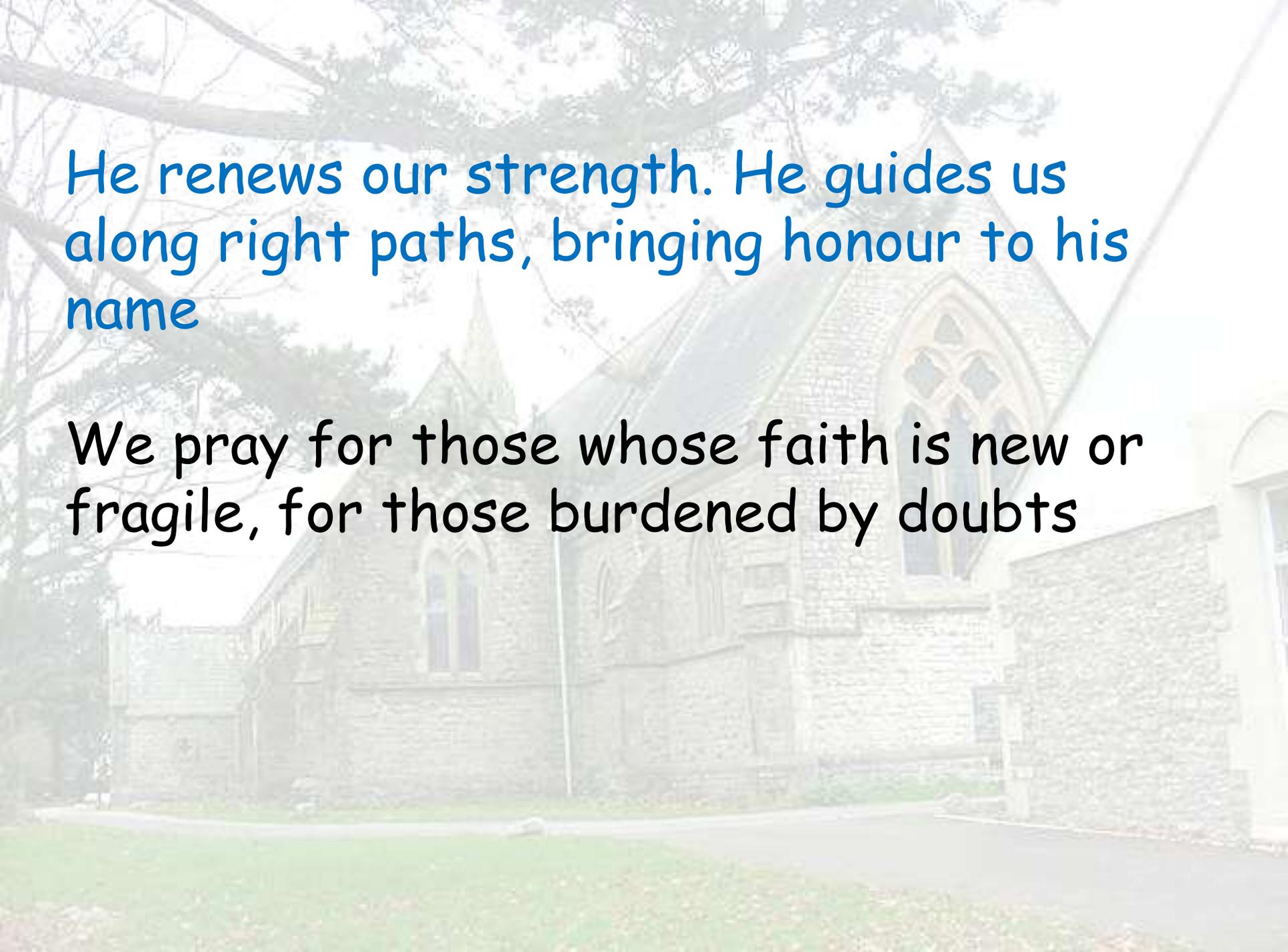
He lets us rest in green meadows.

We pray for refugees and asylum seekers
who have given up everything, for survivors
of natural disasters who have nothing left,
and for all who are homeless



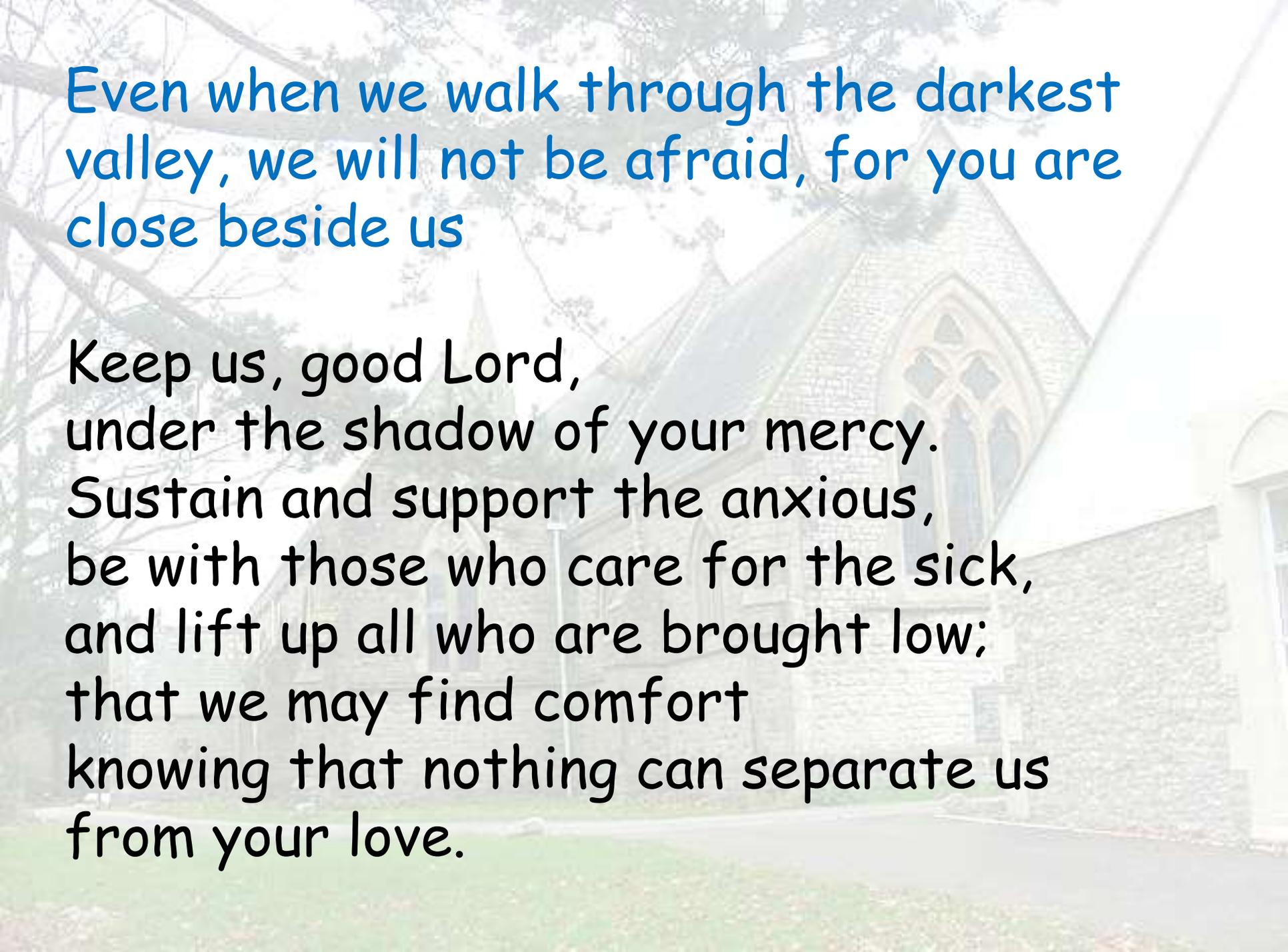
He leads us beside peaceful streams

We pray for people who have only dirty water to drink, and those for whom hunger is not a choice



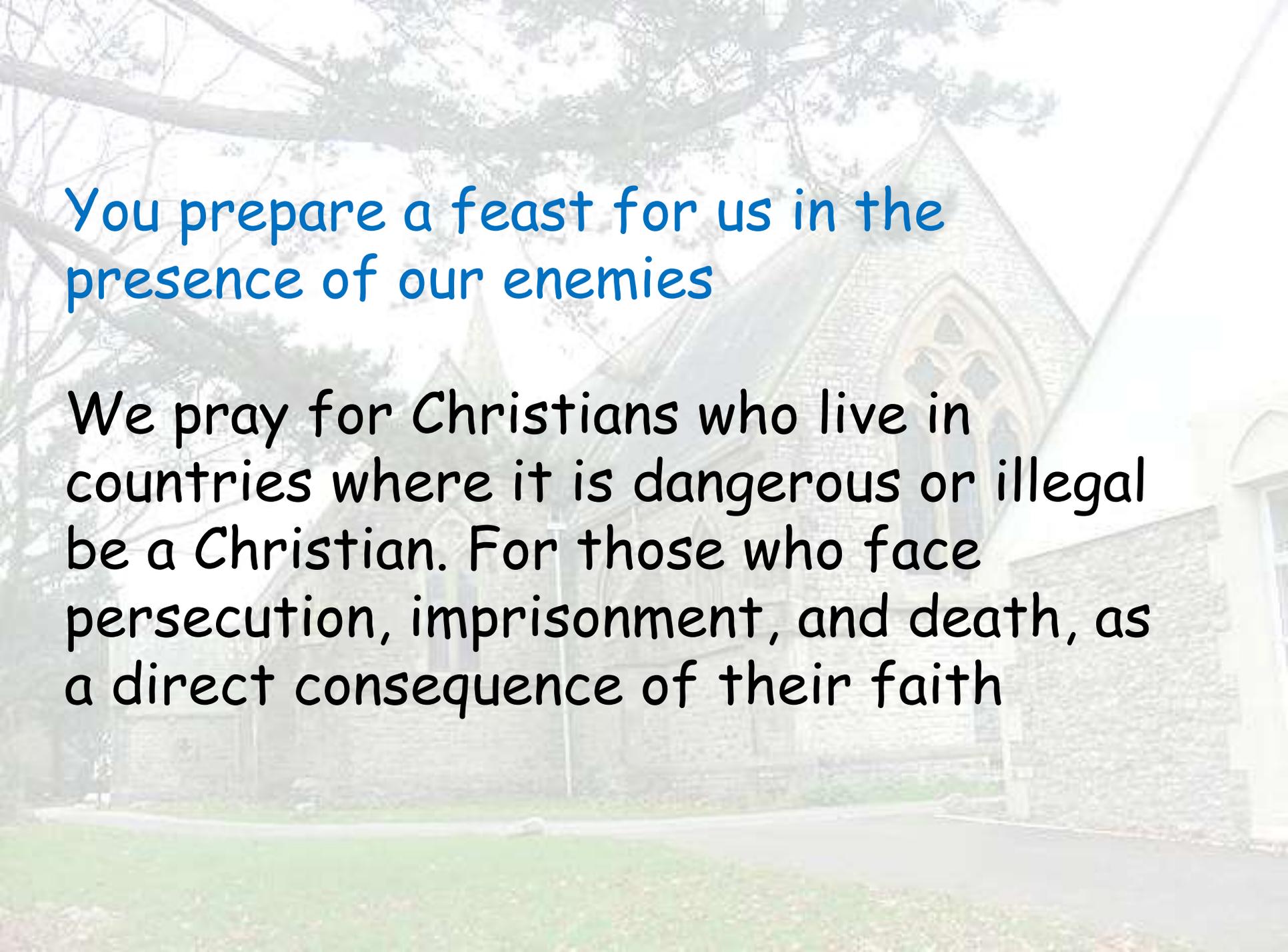
He renews our strength. He guides us
along right paths, bringing honour to his
name

We pray for those whose faith is new or
fragile, for those burdened by doubts



Even when we walk through the darkest valley, we will not be afraid, for you are close beside us

Keep us, good Lord,
under the shadow of your mercy.
Sustain and support the anxious,
be with those who care for the sick,
and lift up all who are brought low;
that we may find comfort
knowing that nothing can separate us
from your love.



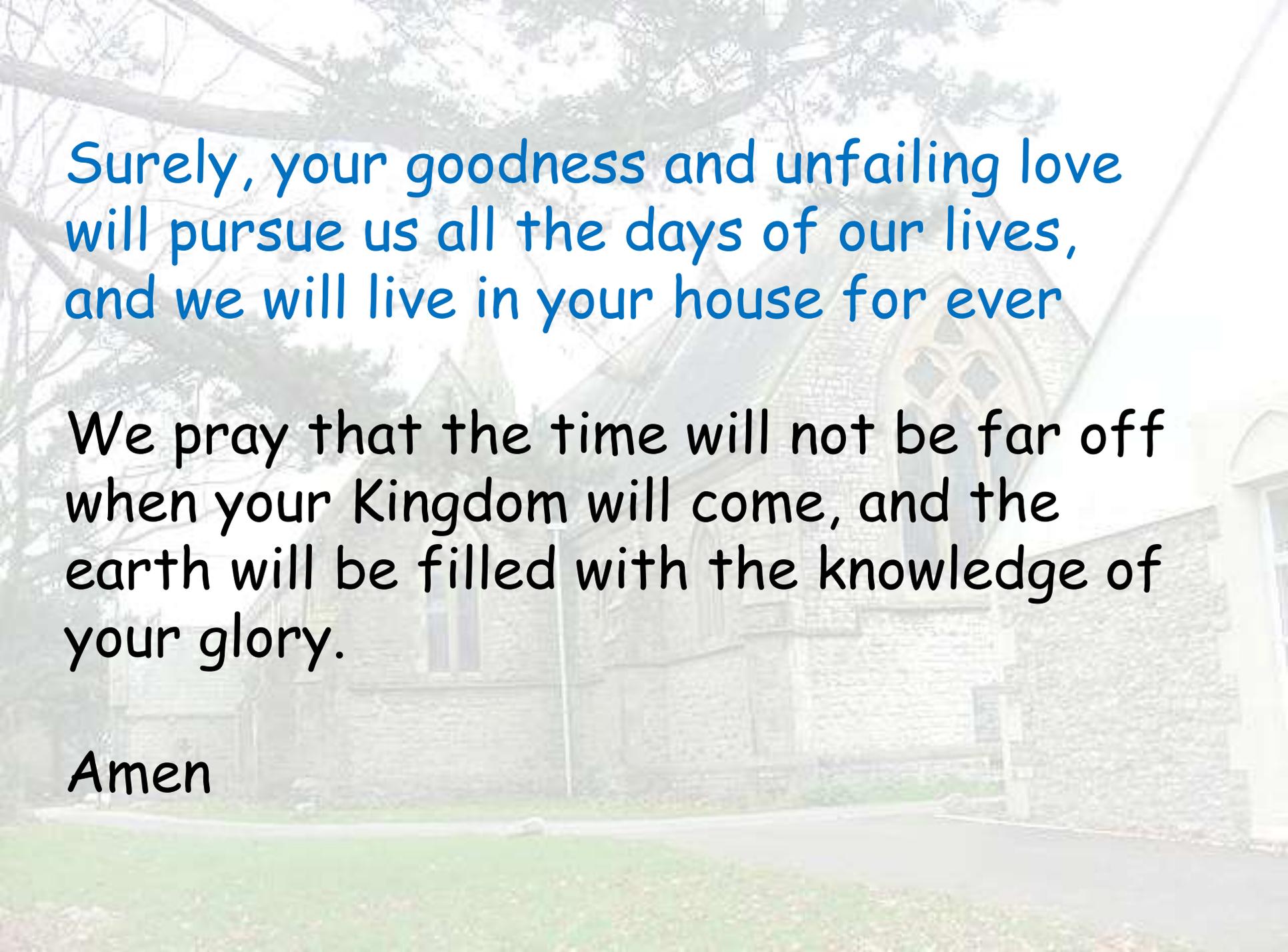
You prepare a feast for us in the
presence of our enemies

We pray for Christians who live in
countries where it is dangerous or illegal
to be a Christian. For those who face
persecution, imprisonment, and death, as
a direct consequence of their faith



Our cup overflows with blessings

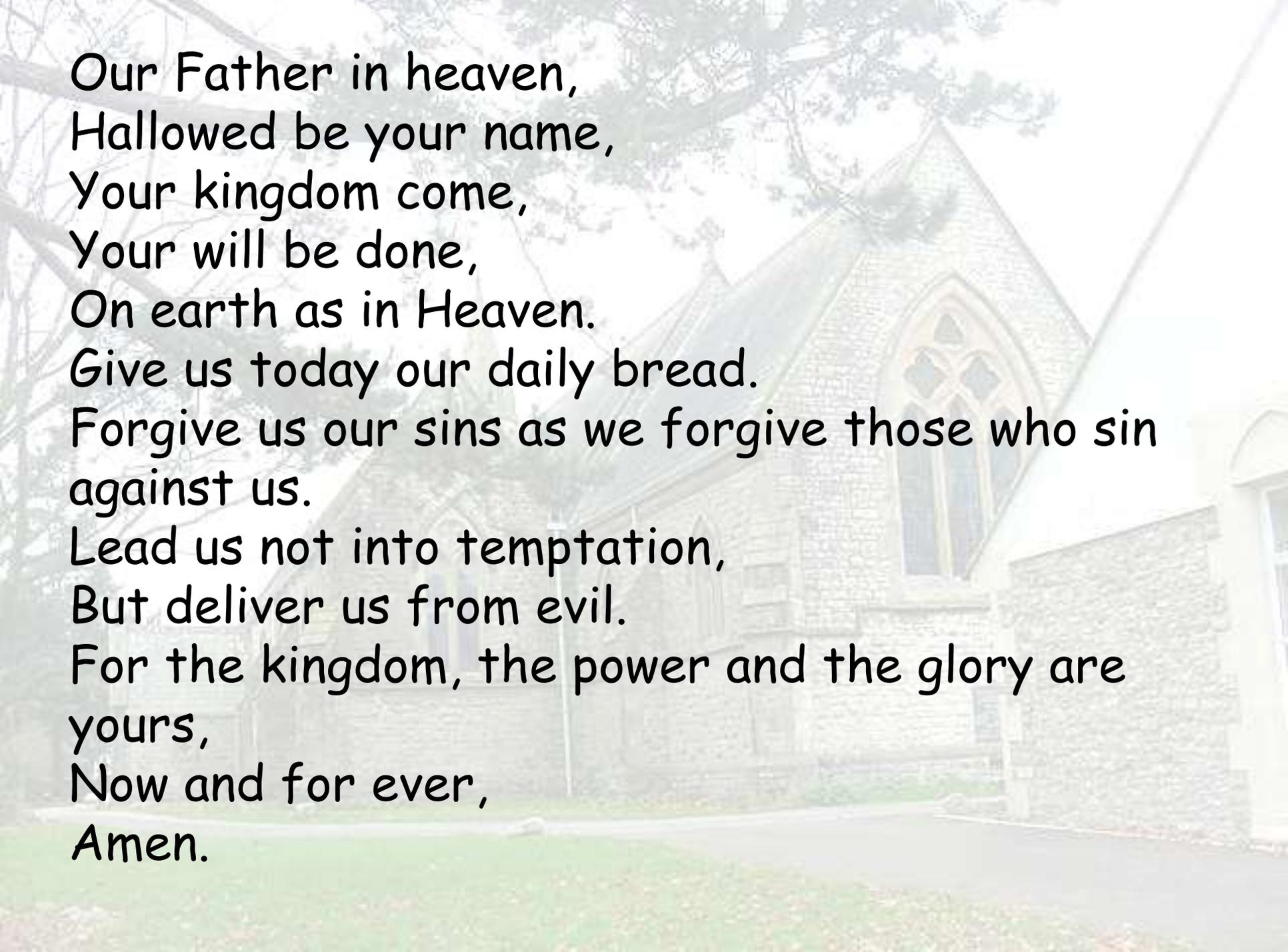
We pray for people who have hurt us, for people we find it hard to forgive, for people we find it difficult to love



Surely, your goodness and unfailing love
will pursue us all the days of our lives,
and we will live in your house for ever

We pray that the time will not be far off
when your Kingdom will come, and the
earth will be filled with the knowledge of
your glory.

Amen



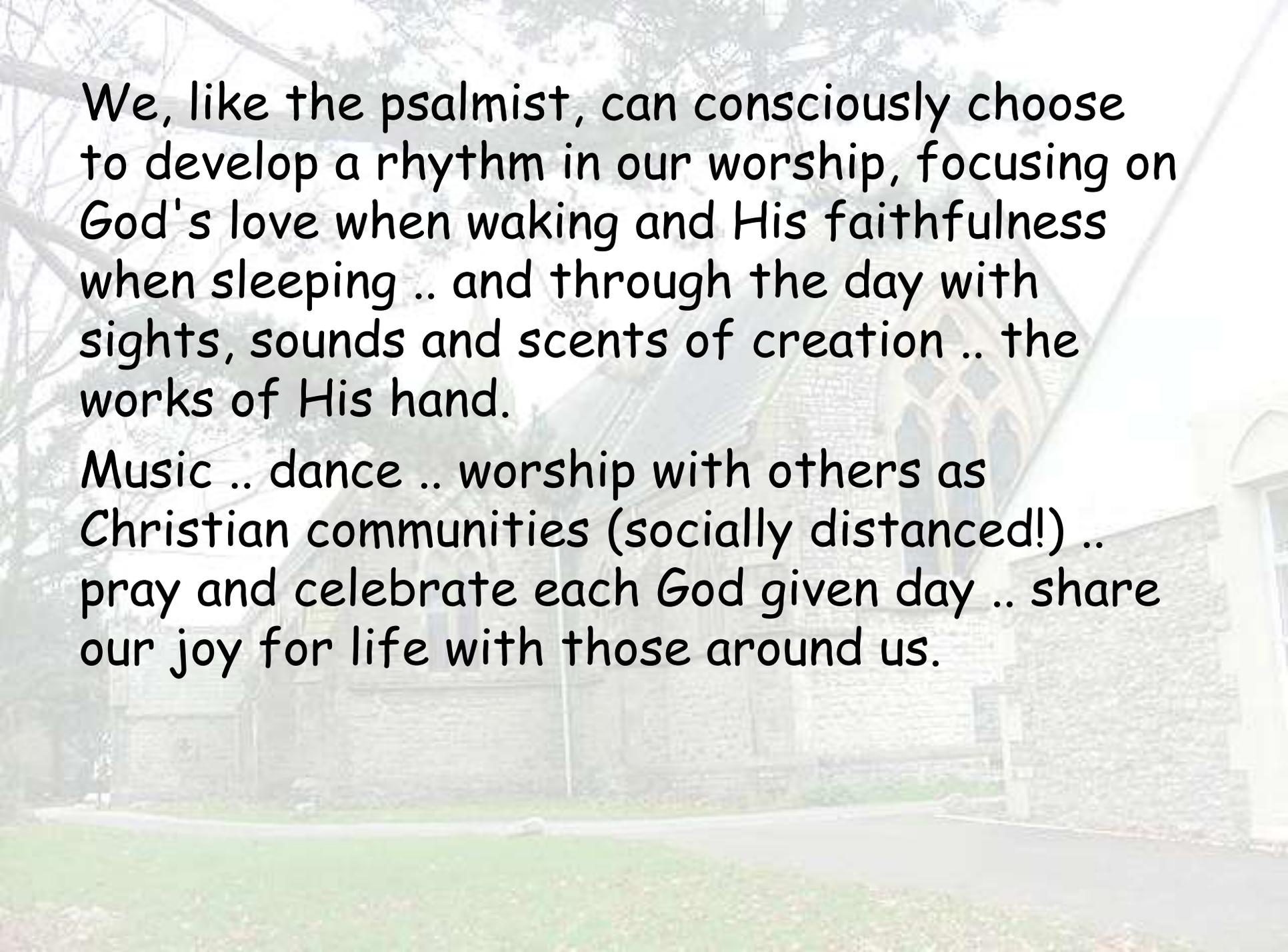
Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done,
On earth as in Heaven.
Give us today our daily bread.
Forgive us our sins as we forgive those who sin
against us.
Lead us not into temptation,
But deliver us from evil.
For the kingdom, the power and the glory are
yours,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

Michael Fieldhouse shares from his New Daylight, Bible Reading Fellowship .. a section on Gladness and Generosity based on Psalm 92, written by Fiona Stratta:

"It is good to give thanks to the Lord, to sing praises to your name, O Most High; to declare your steadfast love in the morning, and your faithfulness by night, to the music of the lute and the harp, to the melody of the lyre. For you, O Lord, have made me glad by your work; at the works of your hands I sing for joy."

In these verses we are introduced to a virtuous circle: thanksgiving and praise giving rise to gladness, which results in further praise, leading to more joy! Gladness makes us want to praise, and praising makes us glad. The best thing we can do when we experience a dearth of gladness is to praise God. This will invigorate our spirits and play a part in renewing and restoring us.

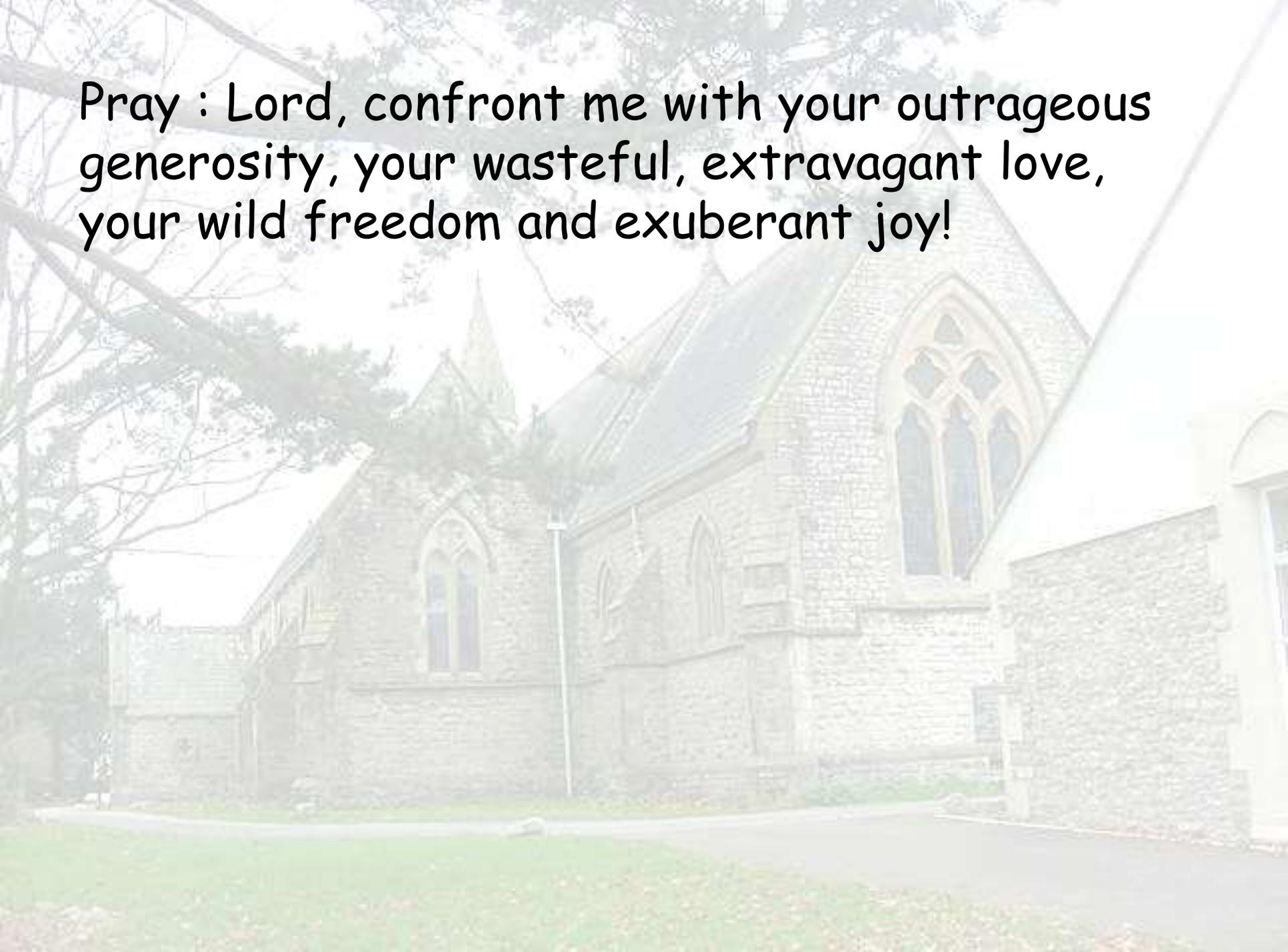
..Bring glory to God .. joy of the Lord gives us strength .. reminds us of our purpose - to glorify God and enjoy Him forever.



We, like the psalmist, can consciously choose to develop a rhythm in our worship, focusing on God's love when waking and His faithfulness when sleeping .. and through the day with sights, sounds and scents of creation .. the works of His hand.

Music .. dance .. worship with others as Christian communities (socially distanced!) .. pray and celebrate each God given day .. share our joy for life with those around us.

Pray : Lord, confront me with your outrageous generosity, your wasteful, extravagant love, your wild freedom and exuberant joy!



Song: Psalm 92

Please click on the link to listen and you can even join in loudly!

https://www.youtube.com/watch?v=NPg7k_P1rGU

Closing blessing (from Psalm 67)

May God, be merciful to us and bless us; may He look on us with kindness, so that the whole world may know His will and all nations may know His salvation.

Amen.



Thank you for joining us for
worship wherever you may be!