

## Shellrock Benefice Service Sheet for Trinity 1, June 14<sup>th</sup>, 2020

### Collect

God of truth help us to keep your law of love and to walk in ways of wisdom. Holy Spirit, sent by the Father, ignite in us your holy fire; strengthen your children with the gift, that we may find true life in Jesus your Son. Amen

### Readings

Exodus 19, 2-8a; Psalm 116 1, 10-17; Romans 5, 1-8 ; Matt 9, 35 -- 10 ,9

### A Reflection

Many people throughout the world today are suffering. It has been a remarkable four months and we have been put in touch with stories from far and wide about loss, despair, and tragedies that have deeply moved us. And of course, we ourselves, in our own parishes have been variously affected by illness, by the death of someone close, and the isolation demanded of us to keep ourselves safe. The verses from Romans may in this context be extremely challenging. Using a modern translation, Paul writes “we also celebrate in our suffering”.

And both the Readings from Exodus and from St Matthew’s gospel are emphasising calling: the selection and calling of the people of Israel; the selection and calling of the disciples. Perhaps we ask ourselves in the midst of all that we are experiencing at the present time, “what am I called to give ----- it’s all I can do to just look after myself and family”. Returning to Paul’s words from Romans he writes, “because we know that suffering produces patience, patience produces a well-formed character, and a character like that produces hope”.

Perhaps this moment is not the time to be thinking about what we might achieve in the name of our Lord. But it is perhaps right to remember that our saints, and many very ordinary people, known and unknown to us, achieved and continue to achieve the most amazing things despite their hardships and their sufferings. At this time when anxieties are high, and energies are low, what we do have and can hold on to is the knowledge that God loves us , will continue to love us and that he understands our current plight.

### Suggestions for prayer:

For all people known to us who are ill at this time and for the families of all who have been bereaved

For teachers and all those concerned with the life and well-being of children and young people

For all those in our communities who work so hard to help others and light the lives of those in need

For our family members and friends wherever they are and whom we long to see.

### The Lord’s 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

### Blessing

May the Lord hold us in the palm of his hand, and give us life which is eternal. And the Blessing of God, Father, Son and Holy Spirit be with us now and for evermore. Amen