


Good morning everybody

I hope you are well, and especially if any of you who may have taken advantage of the pubs re-opening to go out on the town last night! - I think I will leave it a little while yet! On a serious note, do pray for those who work in the pub and restaurant business - these have been exceptionally difficult times for them, and there are new challenges they now face. In comparison, opening our church buildings for worship is more straightforward, but we still need to make sure that we do so carefully and safely and in compliance with all the church and government guidelines. So we are not opening them this week or next, but I am expecting that during the course of this month we will begin to make a gradual return to having services in the church buildings. We will certainly, however, be continuing with the different ways of enabling worship at home, as there are many I am sure who will not yet feel ready or able to return to the buildings. I look forward to being able to give more details of our initial worship pattern next Sunday.

So once again we have a video of worship and a reflection from Revd Carole, and the link for that is below, and the text attached. Also, with thanks to Sarah, links to some hymns and music to accompany this week's theme.

<https://youtu.be/nz-kgX5IKuE>

 <p>O come, let us sing to the Lord; Let us heartily rejoice in the God of our salvation. Let us come into his presence with thanksgiving And be glad in him with psalms. For the Lord is a great God And a great king above all gods.</p>	<h2>Worship for the Fourth Sunday after Trinity</h2>
	<p>A Short act of worship for the Fourth Sunday after Trinity (5th July 2020) from the Kingsbury and Baxterley Group of Churches, with a reflection from Revd Ca... youtu.be</p>

636 - The Church's One Foundation - <https://www.youtube.com/watch?v=FHCqXL3mCwU>

703 - Wake o wake/sleepers wake - <https://www.youtube.com/watch?v=ImMXmLoYO5Q>

303 - I cannot Tell - <https://www.youtube.com/watch?v=62wk5KvI7-w>

305 - I Danced in the Morning - <https://www.youtube.com/watch?v=Xkk0YodJqH8>

Some more....

- Lead Me Lord - <https://www.youtube.com/watch?v=RjMcsJ35FVM>
- Meekness and Majesty - https://www.youtube.com/watch?v=EbBe_hcQCI4
- Be still and know that I am God - <https://www.youtube.com/watch?v=IC5nxf6Jq7A>
- Lord of the Dance (Dubliners) - <https://www.youtube.com/watch?v=OjPGSFDy8wo> (had to include this version)

- Bambelela- <https://www.youtube.com/watch?v=1Vwl5ixlWes> This version made me smile lots too <https://www.youtube.com/watch?v=ktB4owaeXlw> (awesome!)
- Woza Nomthwalo Wakho (Come, Bring Your Burdens to God) <https://www.youtube.com/watch?v=lgSHi1OsIXk>
- On God alone I wait silently - <https://www.youtube.com/watch?v=Ws9v277zpjA>
- Laudate omnes gentes - <https://www.youtube.com/watch?v=nYBfHdbf-6M>

There are again two things happening via Zoom this week, to which all are welcome to join in. Let me know if you've not tried this and need advice on getting started - it is not as tricky as you might think!

So on Tuesday at 8pm there is compline - ID 999 516 9418, password Twigster3

On Thursday at 10.30am a chat and catch up time - ID 319 891 1457, assword Kings1

On Friday of this week will be George Seedhouse's funeral at 1pm Sutton Coldfield crematorium. Do please pray for Sheila especially in what has been such a difficult time. Numbers at funeral services are still heavily restricted, but we are expecting there will be a memorial service at a later date when all can gather.

Also, please pray for Ben and Laura - I am delighted that their's will be our first "post-lockdown" wedding, on Saturday 25 July at 1pm at Merevale Church.

In our cycle of prayer for our parishes, we are praying this week for Coton Lane and Coton Road in Kingsbury, Charles Street in Hurley, Glenville Avenue in Wood End and Crow Lane in Merevale with Bentley.

With my prayers and best wishes for you all,

John

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Worship for the 4th^d Sunday after Trinity

O Lord, open our lips
and our mouth shall proclaim your praise

Venite

O come, let us sing to the Lord;
Let us heartily rejoice in the God of our salvation.
Let us come into his presence with thanksgiving
And be glad in him with psalms.
For the Lord is a great God
And a great king above all gods.
Come, let us worship and bow down
and kneel before the Lord our Maker.
For he is our God; we are the people of his pasture
and the sheep of his hand.

**Glory to the Father and to the Son and to the Holy Spirit;
as it was in the beginning, is now and shall be for ever.
Amen.**

Collect

Gracious Father,
by the obedience of Jesus
you brought salvation to our wayward world:
draw us into harmony with your will,
that we may find all things restored in him,
our Saviour Jesus Christ.

NT Reading : Romans 7.15-25a

Gospel Reading: Matthew 11.16-19, 25 -end

Reflection

Reflection for Trinity 4 (Proper 9) – ‘Come to me, all you that are weary’.

‘Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.’

Jesus words are such a comfort in this time of pandemic.

We are living through unprecedented times which not only brings with it the worry of how these times will pan out in the long term, but also the every day worries associated with being kept in seclusion. Unable to join with friends and family socially is a real difficulty for some, and even though some lockdown measures were lifted a little yesterday, that doesn't mean going back to our old ways. We still have to socially distance so the lack of human physical contact is a huge difficulty that cannot be

overcome. And for those who are shielding and in high category vulnerability, there is perhaps even more difficulty encountered.

Humans are sociable creatures and need contact with others in their communities to survive. God made us as creatures that rely on each other in many ways – there is a safety in numbers and perhaps being in community gives us that sense of security. When community is taken away from us, we do not thrive as we were intended so to do. We need more than conversation – even though communicating digitally for those who are able has been welcomed – it is not the same as a face to face conversation. We need to know that we can feel the physical warmth of a hug. We hope that there will come a time when physical contact will resume, but the time of waiting for some can be agonising. Not being in community brings mental health problems too – a deep sadness has settled on some which has felt hard to emerge from and sometimes when that happens, we are filled with despair and sometimes can't see a way forward.

When we are bereft of company in community, the worries caused by a drowning economy, job losses, not knowing where the next meal will come from, not knowing if we can maintain the shelter of a roof over our heads – these worries also seem unsurmountable. They say 'it is good to talk' and that is very true, but at the moment there seems little possibility of one to one contact that would make talking seem 'good'.

Yes, restrictions are being lifted, but we are not yet in a time of total non-restriction in terms of being close enough to one another for it to make a huge difference. Worries persist and the burden of it all weighs too heavy for some. We are perhaps tired of living a 'new normal' and are severely in need of solace.

Jesus says 'Come to me all you that are weary and are carrying heavy burdens, and I will give you rest.' It may not seem that taking all our troubles to Jesus would be the same as a physical hug, but there is the hope and the promise that Jesus will give us rest if we take everything to him, and in that time of rest received, we will receive the solace needed to take us through to the time where we can have that physical hug. So I say to all of us, try talking to Jesus – when doing the washing up, when sat quietly drinking a cup of tea, at any time really – just talk, in your head or out loud, because Jesus is listening and stands beside us through it all. His rest given freely to us all will come. He will lift our heavy burdens to his own shoulders, and we will find solace and a hope for the future.

Amen.

Revd Carole

Prayers

The Lord's Prayer

Blessing

Christ the good shepherd,
who laid down his life for the sheep,
draw you and all who hear his voice,
to be one flock within one fold;
and the blessing of God almighty,
the Father, the Son, and the Holy Spirit,
be among you and remain with you always. **Amen.**