



Heacham Parish Church

28th June 2020 Sunday Service
Heacham Parish Church at home

After the government announcement this week that places of worship can begin to plan for public worship recommencing from July, we are waiting for the detailed guidance from the government, the Church of England and the diocese, as it will be complicated! If this is available by Monday the PCC and ministry team will have a zoom meeting to discuss these to ensure we can safely worship together, we will be working slowly, steadily, safely and prayerfully as we move forward.

EXPLORING PRAYER PART 4– Giving Thanks

Adrian plays and Jean sings the 1st verse of My God, I thank thee

Grace mercy and peace from God our Father and the Lord Jesus Christ be with you **and also with you**

As we gather in our homes, together yet apart, we meet in the presence of God

Lord, we seek to meet you through praise and prayer.

Let our praise be prayer and our prayer be praise.

We continue our series on Exploring Prayer in our services, which link in with the exploring prayer video series from The Archbishop of Canterbury, this week we are thinking about Giving thanks

Some words from Psalm 95

Come, let us sing for joy to the Lord;

let us shout aloud to the Rock of our salvation.

Let us come before him with thanksgiving
and extol him with music and song.
For the Lord is the great God,
the great King above all gods.
In his hand are the depths of the earth,
and the mountain peaks belong to him.
The sea is his, for he made it,
and his hands formed the dry land.
Come, let us bow down in worship,
let us kneel before the Lord our Maker;
for he is our God
and we are the people of his pasture,
the flock under his care.

Song: Now thank we all our God sung and played by Adrian,
Lynda, Judith, Val, Colin, Rosie, Karen, Richard and Doll

Now thank we all our God, with heart and hands and voices,
Who wondrous things has done, in whom this world rejoices;
Who from our mothers' arms has blessed us on our way
With countless gifts of love, and still is ours today.

O may this bounteous God through all our life be near us,
With ever joyful hearts and blessed peace to cheer us;
And keep us in His grace, and guide us when perplexed;
And free us from all ills, in this world and the next!

All praise and thanks to God the Father now be given;
The Son and Him who reigns with Them in highest Heaven;
The one eternal God, whom earth and Heaven adore;
For thus it was, is now, and shall be evermore.

Bible Reading: Romans 8 verses 28 – 39 read by
Margaret Hyde

A Reflection from John Whitbread

Prayers for thanks to God in both the good times and the bad times are not always easy. It is quite easy to say thank you to people for the simple things in life, but what does it mean to them or to us? It can be a quick off the cuff remark, and is sometimes a back handed remark when we are being cynical.

But to say thank you to God is something that we have to do in order to see God's will accomplished in our lives. This is how we move into the realms of faith for ourselves, for our village, and for our nation and world.

So how do we go about thanking God? Perhaps we should start by thinking about the wonderful things God has given us. As for me he has given me a wonderful wife who has carried me and supported me in both good times and bad times, we have children who love the Lord, a happy marriage and are blessed with grandchildren. We have a lovely church full of caring and compassionate people, and friends and we thank God guided us to live here in Heacham. Every day as I get up I think of these wonderful gifts and I'm thankful for them all.

But what sustains me is my on-going relationship I have with God. It is not perfect, there is always room for improvement, [on my side] but it sustains me and it holds me up.

Are you thankful? Are you thankful for your present circumstances? Are you thankful for your salvation, your friendships, and your job? Thankfulness is a key to your life. It is the key that turns your situation around because it changes you, your outlook, and your attitude. There is power in a thankful heart, try not to allow yourself to complain too much. During the difficult times, as we are in now during this pandemic, be honest with how you feel but be very careful to watch your tongue.

Instead of complaining, [moaning] think of ways you can verbally offer God the sacrifice of thanksgiving.

Also try not to compare yourself with others, it is tempting but ultimately foolish to wish that your life was different, God knows what is best. The Bible says having a thankful heart is God's will for you in Christ Jesus. When we begin to thank God for what we have rather than comparing ourselves with others, it opens the door for God's blessings.

The Duke of Wellington was a great British military leader, yet he regretted that he had not learned the secret of praise during his lifetime. He has many great accomplishments, including defeating Napoleon, but he realised that there were areas in his life that he wished to change. He was asked a question "What would you do in your life if you had to live over again?" He replied, "I would give more praise." This is a lesson for all of us; if we would learn to be people of praise and thanksgiving all the days of our lives it would be a great accomplishment and our world would be a better place.

Thank you that I am loved, God is just so full of love, in fact he is overflowing with love for everyone. We thank you for your gift of your son who came into the world to save us, through Jesus we have the gift of eternal life.

So how do we go about thanking God? When I think about this it has to be by praying to him, either in a group or as an individual. Sometimes we have a quick "arrow" prayer, other times it is more formal with either a group or on our own. It is a time to give thanks and praise and to talk to God honestly about our fears and worries.

Prayer of thanks will cover all aspects of our lives and other people lives, big and small, important and

insignificant but it is all about thanking God.

Finally let me tell you what thanksgiving will do to us.

When we begin to give thanks, our worries, fears, and murmurings begin to disappear and the peace of God, joy, and courage appear, and God is glorified.

It is not easy, we will still worry about things and people. Prayer and gratitude are vital and we have to practice, practice and then do some more practice!

When somebody says thank you to me, I begin to wonder what else I can do for them.

May God help us to overflow with thanksgiving always. Amen

Song: We bow down sung and played by Hilary, Lesley, Terry and Karen

We bow down and confess
You are Lord in this place.
We bow down and confess
You are Lord in this place.
You are all I need;
It's Your face I seek.
In the presence of Your light
We bow down, we bow down.

Prayers of intercession written by Simon Wilson

Let us pray to God, giving thanks for his faithful presence and provision, in confidence that our prayers are heard and answered
We give thanks for all those who have shown and continue to show loving care, compassion and practical action during this pandemic and pray for all who are affected by coronavirus, through illness or isolation or anxiety, that they may find relief and recovery:

Lord, hear us, **Lord, graciously hear us.**

We give thanks for those who have positions of responsibility in our world, nation and community and pray for those who are guiding our nation at this time and shaping national policies, that they may make wise decisions:

We give thanks that our Parish Church in Heacham is open for times of private prayer. May God bless those visiting and may they find comfort and peace. May the Church be a place of inclusivity, tolerance and welcome and continue to put faith into action by serving the community. We pray for Church leaders as they contemplate the next steps for our churches as lockdown restrictions ease.

Lord, hear us, **Lord, graciously hear us.**

We give thanks for key workers and pray for doctors, nurses, researchers and carers, and all who work in hospitals, hospices, care-homes and laboratories that through their skill and insights many will be restored to health and the battle against Covid be fought

We give thanks for local businesses, small and large, and pray for them as lockdown restrictions are eased. We pray for those working in hospitality and tourism as they, and we prepare to welcome visitors again.

Lord, hear us, **Lord, graciously hear us.**

We give thanks that you are with us always, and pray for those excited by changes ahead and for those who are anxious, for those yearning for gathering and for those preferring solitude. We pray too for the vulnerable, those gravely ill and the dying, that they and those who watch and wait with them may know your comfort and peace.

Lord, hear us, **Lord, graciously hear us.**

We commend ourselves, and all for whom we pray, to the mercy and protection of God.

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

We pray together the Lord 's Prayer lead by Marion Wylie

Final Prayer

Be bold in prayer, and courageous.

Be gentle in prayer, and compassionate.

Be honest in prayer, and weep.

Be silent in prayer, and speak out.

Be sorry in prayer, and be forgiven

Be grateful in prayer, and say thank you

In Jesus' name.

Amen.

Blessing

May the Lord bless you and keep you, may he make his face shine upon you and be gracious to you, may he look kindly on you and give you peace. And the blessing of and the blessing of God almighty, the Father, the Son, and the Holy Spirit, be among you and remain with you and those you love always.

All **Amen.**

Adrian plays the triumphal march on 'Now thank we all our God' by Karg-Elert.

The **HEACHAM PARISH CHURCH online service** will be on Youtube from 8am on Sunday morning
<https://www.youtube.com/channel/UCefWbBrE77u7MPpdjWtwzo>
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PRAYER MEETING- 10am Sunday 28th focussing on Thanksgiving

Church Reopening- For private individual prayer and small funerals. Please remember we all still need to be following government guidelines and use social distancing. This is the initial decision with the following put into place.

- 1) It will be opened initially Saturday afternoons 2-4pm and Wed 10-12noon.
- 2) There will be 2 stewards/welcomers available each hour.
- 3) Candles will be available for prayers.

Zoom church, coffee and chat will be Tuesday at 11am this week.

For those without access to the internet:

The telephone worship service: **Daily Hope**, offers music, prayers and reflections as well as full worship services from the Church of England at the end of a telephone line.

The line – which is available 24 hours a day on **0800 804 8044** – has been set up particularly with those unable to join online church services during the period of restrictions in mind. This is a freephone service.

Also The Diocesan weekly podcast **Sunday Hope** can be listened to via your phone by calling **01603 537577**- calls for this are charged at a local rate.

If you would rather no longer receive this service sheet please email heacham.church@gmail.com or ring Veronica Wilson 570697.