



PALM SUNDAY DIY KIT for worship at home

5 April 2020.

Welcome

Hi everyone, I hope you are staying well and finding peace amidst these strange days. Some churches are now using Zoom, or You-tube and Facebook to upload worship to the internet. We are looking into what might (or might not) work for Currie—but meanwhile here is a DIY at home worship for Palm Sunday for you to peruse and enjoy as you take some Sabbath time with God this weekend.

Opening Prayer: Be silent, be still
Edwina Gateley

Be silent,
Be still.
Alone,
Empty
Before your God.
Say nothing,
Ask nothing,
Be silent,
Be still.
Let your God
Look upon you.
That is all.
God knows,
God understands,
God loves you
With enormous love,
And only wants
To look upon you
With that love.
Quiet.
Still.
Be.

Reflection from Easter

Sometimes there is something in us that feels good to shout, to line the streets with positivity and joy because we share in something larger than ourselves. This is the exhilarating energy that displays itself in our national life which calls us to line streets, waving flags at Royal weddings. This is the kind of joy that envelops fans who roar and sway at the summer music festivals. Or perhaps in your case, the ecstatic crowds at Hearts v Hibs football games, - (or, as I learned at Anfield when the Kop leads the Liverpool fans to sing, “*You’ll never walk alone.*”)



Presently, all the things which usually bring our nation together to celebrate and shout have been cancelled or postponed. In fact, it might feel as if all of normal life has been cancelled or postponed!

We are meant to be socially distanced and self-isolated; to keep away and stay away! Please do, if you can, watch the Baked Potato Song by Matt Lucas. If only to laugh. It is a silly nonsense. Here is a link: https://www.youtube.com/watch?v=yLIE00_NfG8.

It is uplifting that so many people are trying to keep our spirits up with humour and silliness and also with signs of hope and togetherness through candles and rainbows in windows.

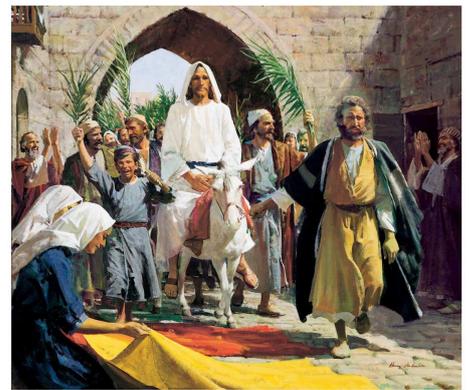
It would be understandable to think that in this time of calamity and uncertainty, and its the consequent breaking down of personal connectivity, would cause us each to shut down, as if hibernating during a bleak winter storm. But people have been singing on balconies and creating choirs on social media.

I think that is why, as I write this on Thursday night, it is beautiful to hear of communities all over Britain, and also in the streets here in Currie—when tonight at 8pm, millions will be opening doors and windows to cheer and whoop and bang and shout to let our NHS staff know we are thankful—really thankful because they are heroes. They are the ones risking themselves, literally laying their lives down for the sake of caring for others. We want to cheer for them. You might call this the *Hosanna* instinct perhaps!

Somehow, as together we cheer others on, this gives us courage to carry on. It reminds us that even in isolation we are not alone. We also care for one another.

This is the week of the Christian year when we remember Jesus’ own parade of cheering crowds when he entered Jerusalem for the Passover. Without flags, the fans waved palms. They shouted, “*Hosanna, blessed is He who comes in the name of the Lord*”. For the crowds this was not simply an event, it was a religious festival and their reason for cheering this young Rabbi was because they truly believed, *he came in the name of the Lord*. They believed he was the Messiah and so they shouted *Hosanna, blessed is He*.

However the crowd, as you know, is not often great at judging the difference between something that is triumphant and something that is eternal and significant. These crowds hoped for a man with power who might overthrow Rome, or at least undermine the corruption of the Pharisees.



They wanted a mighty conqueror, a military warrior, a new emperor. But this is the real importance of Palm Sunday. The wisdom and the folly of the God we worship is that God does not choose or need to use human power to reveal Divine Power. Because divine power does not divide or conquer or usurp. Divine power is rooted in selfless love.

Saint Paul writes, *“Have this mind among yourselves, which you have in Christ Jesus, who, though He was in the form of God, did not count equality with God a thing to be grasped, but emptied himself, taking the form of a servant, being born in the likeness of men. And being found in human form, he humbled himself and became obedient unto death, even death on a cross.”*

This is why Palm Sunday was a very remarkable and beautiful event. The people saw the promise of God coming on a lowly donkey and not on a military steed. They sensed that this man was going to do something tremendous and they cheered and waved. They just didn't yet understand.

We are entering Holy Week and as you know, a lot changed between the triumphal cheering for Jesus in Jerusalem and the short number days to follow.

In the 1960's the Prime Minister Harold Wilson said, *“a week is a long time in politics.”*

Boy he was right. A week is also a long time during a worldwide epidemic too, because so much has changed, and will change week to week, day to day. It is important for you to know that it is normal to be emotionally affected by this. Many people who are prone to anxiety will have anxiety triggered by the uncertainty. People will react differently to new home life and/or work or loss of work and all with unique symptoms. Some days we may feel exhausted or overwhelmed and then other days we may feel energised to do something new and go outside and feel alive.

I hope the stillness away from public life can provide us all with some time to regain and renew spiritual energy which is a very different energy from the greedy demands of jobs and life—even though many of us still have the demands of life and family and finance—I hope we can all recognise the importance of the important things and also what we bring to life as individuals and together.

Ok, as I write this, I just did the 8pm bit on the street with the kids and Darren and across the street we had conversations with neighbours we hardly speak to enough . . . a gift to see and speak.

Please take care of yourselves and remember to use your judgement and try to grow your closeness with God. The crowds have always been fickle and their energy tries to sway us hither and to. Shakespeare wrote eloquently about the “fickleness” of the crowd in his play Julius Caesar. These days, one day we praise and shout and commend the government. The next we will blame and judge and throw scorn and shame. This is not the Christian way.

Jesus confounded the wisdom of the leaders of his day by proclaiming God's will to the people. As we follow his journey to the cross, I urge you to listen wisely to the powers that be, and also a little more to the inner voice of love that is the real power and source of life. This love, sometimes translated as Divine Kindness has a self-less and costly quality to it.

As we lean on politicians and experts to advise us, and on the NHS to look after our health. Let us remember to lean on the everlasting arms of God for our spiritual well-being too.

God Bless,

Easter



Prayer for Others

Lord God we understand more and more our frailty and dependence upon you our Lord and Saviour. We are grateful that when life as we know it seems to shift ever hour, that you are the same God, always and forever, and you are always and forever the one on whom we can rely. Help us to lean on your strength and love.

Heavenly Father, hear your children call

Hear our prayers for a world that is reeling from this virus. We pray for all people who have contracted it and their families and loved ones, especially the bereaved. We pray for those who are living in fear, who have compromised immune systems or are recovering from surgery. We pray for those who have had to postpone treatments or surgery and we ask you to be with them all according to their need

Heavenly Father, hear your children call

We pray for families with loved ones in nursing homes and hospitals where visitation is not allowed right now. Provide comfort and hope for them and for their care givers each day. Surround them with loving help.

Heavenly Father, hear your children call

And we do indeed pray for our health care workers, nurses and doctors, ambulance drivers, housekeepers, receptionists, cleaners, caterers and other volunteers. We understand how they have put their own well-being at risk to care for others. We are grateful for them Lord, and grateful for their compassion and spirit of doing what they can for their neighbours. We pray they may get the resources, the test kits and ventilators and all the support and equipment to enable them to care and stay safe.

Heavenly Father, hear your children call

Lord give us courage to seek your strength during these days. Help us to do our part to follow the rules and wise advice that is for our own well-being as well as the well-being of others. Help us still, to be able to help neighbours in need and to find ways to be your church, even in days of distancing, you can use us for your Kingdom.

Heavenly Father, hear your children call

Lord, we know that in you there is always hope and that this too will come to an end. This week as we mark the start of Holy Week and the journey through Christ's last week of life, let the story of his selfless love poured out for all of us speak to us in new and deeper ways. Give us patience and encourage us for the journey. We know that present times will change us. May we acknowledge any stress or anxiety and perhaps read a psalm or sit quietly to offer it all to you.

Heavenly Father, hear your children call

Help us to find ways to embrace the situation and also to realise all the blessings that can be counted. May we spend extra time with family, even if only on phones or screens. May we write nice notes to people, or cook food with love. May we spend a little more time reading our bibles and taking time to notice flowers and rainbows.

Heavenly Father, hear your children call

Lord, by your grace, help us to shine your light in the world, to our neighbours, family and friends, that we might be reassured that even though darkness came into the world, Christ has always overcome it.

We offer these prayers in the name of Jesus, our Saviour and our friend.

I pray God's blessing on you, and also here is a poem
by Michael Rosen in tribute to the NHS.

These are the hands
That touch us first
Feel your head
Find the pulse
And make your bed.

These are the hands
That tap your back
Test the skin
Hold your arm
Wheel the bin
Change the bulb
Fix the drip
Pour the jug
Replace your hip.



These are the hands
That fill the bath
Mop the floor
Flick the switch
Soothe the sore
Burn the swabs
Give us a jab
Throw out sharps
Design the lab.

And these are the hands
That stop the leaks
Empty the pan
Wipe the pipes
Carry the can
Clamp the veins
Make the cast
Log the dose
And touch us last.

Blessing

*May the breath of God nourish you
May the spirit of God encircle you
May the Spirit of Love breathe through you.
May God's blessing bring you joy and peace
each and every day*

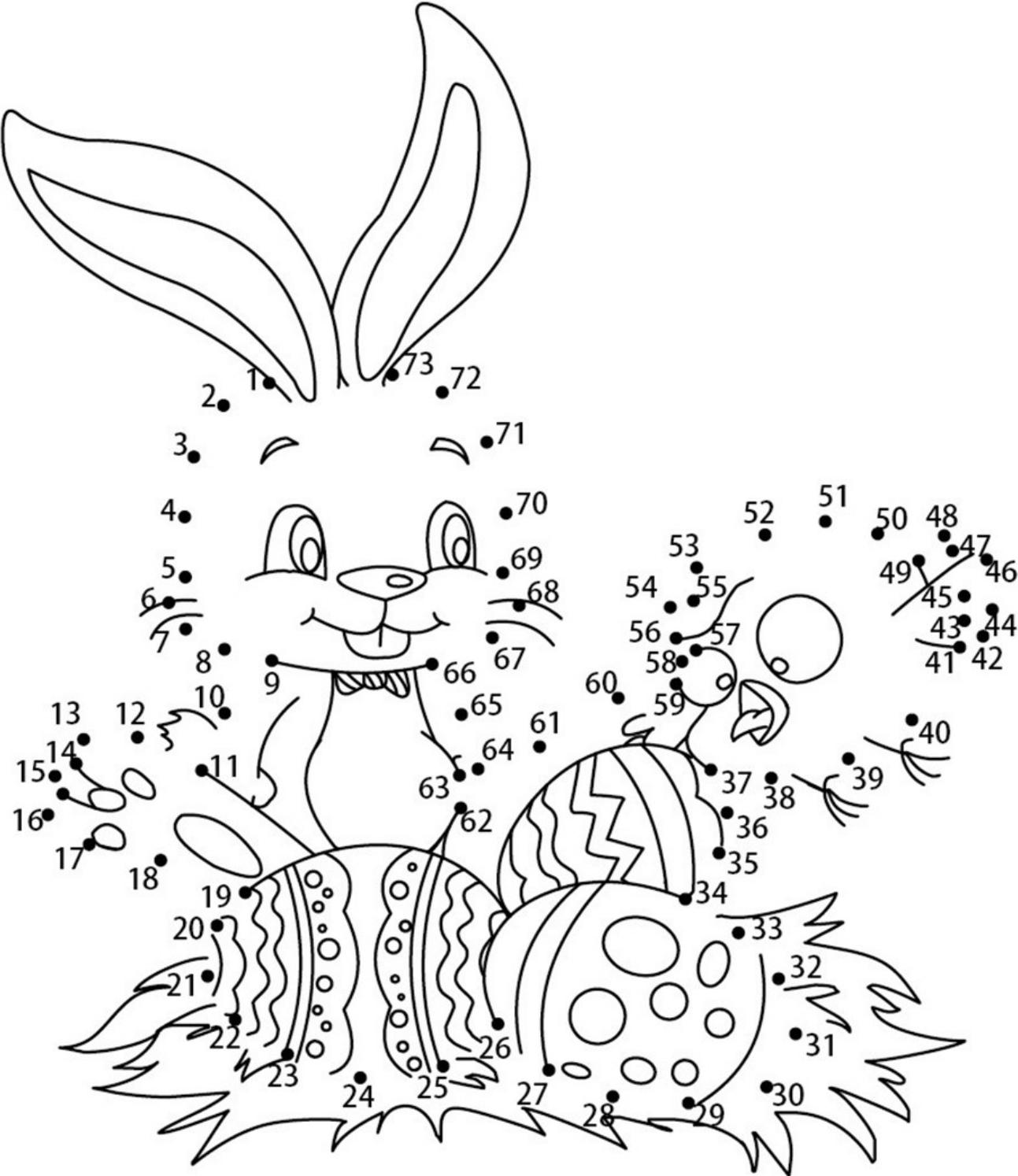
CHIDRENS SECTION

Please Find a Link here To Friends and Heros video of 'Remember Me':
www.friendsandheroes.com/easter.

COLOUR ME IN



CAN YOU JOIN UP THE DOTS?



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