

## In Touch across North Barrow

### Sunday 5<sup>th</sup>. July 2020 The Fourth Sunday after Trinity

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### Worship during the day, alone or with household members

We look not at what can be seen but at what cannot be seen;  
for what can be seen is temporary,  
but what cannot be seen is eternal.

*2 Corinthians 4:18*

O Lord, open our lips.

**And our mouth shall proclaim your praise.**

Glory be to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be,  
world without end. Amen.

#### **Collect for today**

Almighty God,  
you search us and know us:  
may we rely on you in strength  
and rest on you in weakness,  
now and in all our days;  
Grant this through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
God for ever and ever.

**Amen.**

Readings : Zechariah 9:9-12, Romans 7:15-25a,  
Matthew 11:16-19, 25-30  
or during the week from the daily prayer and readings.

#### **The Bible Reading**

A reading from the letter of Paul to the Romans.

7:<sup>15</sup> I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. <sup>16</sup> Now if I do what I do not want, I agree that the law is good. <sup>17</sup> But in fact it is no longer I that do it, but sin that dwells within me. <sup>18</sup> For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. <sup>19</sup> For I do not do the good I want, but the evil I do not want is what I do. <sup>20</sup> Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me. <sup>21</sup> So I find it to be a law that when I want to do what is good, evil lies close at hand. <sup>22</sup> For I delight in the law of God in my inmost self, <sup>23</sup> but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. <sup>24</sup> Wretched man that I am! Who will rescue me from this body of death? <sup>25</sup> Thanks be to God through Jesus Christ our Lord!

This is the Word of the Lord.

**Thanks be to God.**

#### **Prayers**

Almighty and everlasting God,  
we thank you that you have brought us safely  
to the beginning of this day.  
Keep us from falling into sin or running into danger;  
order us in all our doings and guide us to do always  
what is righteous in your sight; through Jesus Christ our Lord.  
**Amen.**

Eternal God,  
comfort of the afflicted and healer of the broken,  
you feed us at the table of your living Word:  
teach us the ways of gentleness and peace,  
that all the world may acknowledge  
the kingdom of your Son Jesus Christ our Lord.

**Amen.**

## **The Lord's Prayer**

### **Conclusion**

The Lord bless us, and preserve us from all evil,  
and keep us in eternal life. Amen.

Let us bless the Lord.

**Thanks be to God.**

### **Rules and rebellion.**

So we are able to go out for a meal and a pint, but how good have we been at keeping to the government's guidelines? The 2m being squeezed as we navigate around someone ahead of us at the supermarket or on the street.

For the young it has been more of a teenage rebellion, congregating in groups often out of sight, rather than the more organised lock-down raves with the accompanying criminality. Rules breed rebellion and that's almost hardwired into our humanity. St. Paul lived by rules, at least until he met with Jesus on the Damascus Road, lived by them but struggled with them. *I find it to be a law that when I want to do what is good, evil lies close at hand.*

The trouble with rules and law is that when we struggle to keep them we are brought face to face with our failure and human fragility. As a Pharisee St. Paul's life was ruled by laws, not simply those given in the Torah - Genesis to Deuteronomy, but in the complex rules of the 'oral law' and its traditions.

Paul's personal testimony is that as a Pharisee he struggled and failed to live consistently within the strict demands of the law. As Christians, we live with one foot in the kingdom of God and the other in the kingdom of this world. Just as St Paul, this gives rise to tensions and often failure to live as we are called to do.

The law is fine at condemning - any law, not just God's law. It defines boundaries, it shows faults, but it is powerless to action change in human hearts and lives. If the law cannot help, then what about self-help? Paul's testimony is stark : *I do not do the good I want, but the evil I do not want is what I do.* Human selfishness runs deeper than addiction. In the face of addiction, recognition is the first step to rehabilitation and recovery. Paul's testimony is that even when we recognise the shadow of sin and selfishness, we are powerless to escape its grasp. Life is tough, not just in lock-down, especially if we grasp what God desires of us, and yet we are powerless to help ourselves.

It is only God in Jesus Christ who has the power to set us free, the power to make the difference, the power to bring hope in place of despair. His is a yolk that is well suited and easy to bear. If we are ready to take his yolk upon us then he will help us carry the burdens and pains of life, and more than that will set us free from the condemnation of the law.

We may still struggle, we will still stumble, but we hold our heads up high because as Paul found when he encountered the Risen Christ, there is one who can help where the law fails and when we are unable to help ourselves.

In a preview of next week's reading, and after all the pain and soul searching, Paul's testimony is this... **Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.**

It is St. Paul's testimony, but have we made it ours?

With love and prayers,  
*Fr. Jack.*

**Psalm 145 verses 8-15**

8 The Lord is gracious and merciful,  
long-suffering and of great goodness.

9 The Lord is loving to everyone  
and his mercy is over all his creatures.

10 All your works praise you, O Lord,  
and your faithful servants bless you.

11 They tell of the glory of your kingdom  
and speak of your mighty power,  
12 To make known to all peoples your mighty acts  
and the glorious splendour of your kingdom.

13 Your kingdom is an everlasting kingdom;  
your dominion endures throughout all ages.

14 The Lord is sure in all his words  
and faithful in all his deeds.

15 The Lord upholds all those who fall  
and lifts up all those who are bowed down.

<b>SUNDAY</b>
<b>MONDAY</b>
<b>TUESDAY</b>
<b>WEDNESDAY</b>
<b>THURSDAY</b>
<b>FRIDAY</b>
<b>SATURDAY</b>
<b>Reflections during the week using Lectio Divina</b> <i>Use the verse, or verses, for each day following the pattern on the previous page. Each colour corresponds to a day of the week. Write any reflections, or ways in which you feel God is speaking to you in the boxes above</i>

## NEWS AND NOTES

### WORSHIP FROM THIS SUNDAY

**St. James :** Sunday 10.30am.  
Wednesday 10.00am.

**St. Francis :** Sunday 6.00pm.  
Thursday 10.00am.

There will be no singing, no sharing of the peace, and Communion will be given standing, in one kind, dropped into the hands. We are asked to keep a register of those attending for track and trace purposes. It will seem strange!

**For your prayers :** Josie (St. Francis) is on Ward 6 and is peaceful. Please pray for her family as they visit her and watch with her.

Eddie (St. James) continues to be cared for on Ward 5. Please continue to hold Delia in your prayers.

**Community Support HUB** 9am - 5pm Mon to Fri.  
Call 01229 444407.

**Resources :** **The Sunday Worship** video is available on the St. James facebook page from Sunday morning.

**Radio and TV :** Radio Cumbria Morning Service at 8.00am  
CandoFM (106.3) Faith in Furness at 10.25am

For those who are online, the Church of England website has daily and Sunday resources to watch, download and join in with.  
The website is : [churchofengland.org](http://churchofengland.org)

**Daily Hope Prayer Line** - 0800 804 8044 - A Church of England resource with hymns, prayers and reflections for especially for those who are not connected to the internet.

## DAILY PRAYER and BIBLE READINGS

**SUNDAY** *We give thanks that* we are once again able to worship together and for the freedom we have been given in Christ.

**MONDAY** Hosea 2:14-16, 19-20,, Matthew 9:18-26  
*(Ss. John Fisher & Thomas More) Pray for* the Council for Christian Unity, for the joint conversations between the Roman Catholic Church and Church of England.

**TUESDAY** Hosea 8:4-7, 11-13, Matthew 9:32-end  
*Pray for* all those 'shielded' and all who are caring for those who are coping with long term illnesses.

**WEDNESDAY** Hosea 10:1-3, 7-12, Matthew 10:1-7  
*Pray for* our Archbishops Justin and Stephen, their offices and provincial staff, and for the Church in Wales, Church of Ireland and Episcopal Church of Scotland.

**THURSDAY** Hosea 11:1-9, Matthew 10:7-15  
*Pray for* the Anglican Church of Melanesia and for the Most Revd Leonard Dawea, Archbishop.

**FRIDAY** Hosea 14:2-end, Matthew 10:16-23  
*Pray for* all those continuing to 'meet' online for prayer, fellowship and biblical reflection.

**SATURDAY** Isaiah 6:1-8, Matthew 10:24-33  
*(St.Benedict) Pray for* General Synod meeting today, for William Nye secretary of the Synod, for our diocesan representatives and for the business discussed.

**If you have prayer requests / thanksgivings,  
then please let Fr. Jack know either by email or 'phone.**

### NEXT SUNDAY

### The Fifth Sunday after Trinity

Isaiah 55:10-13, Romans 8:1-11, Matthew 13:1-9, 18-23