



The Benefice of Upper Wensleydale



Trinity 4

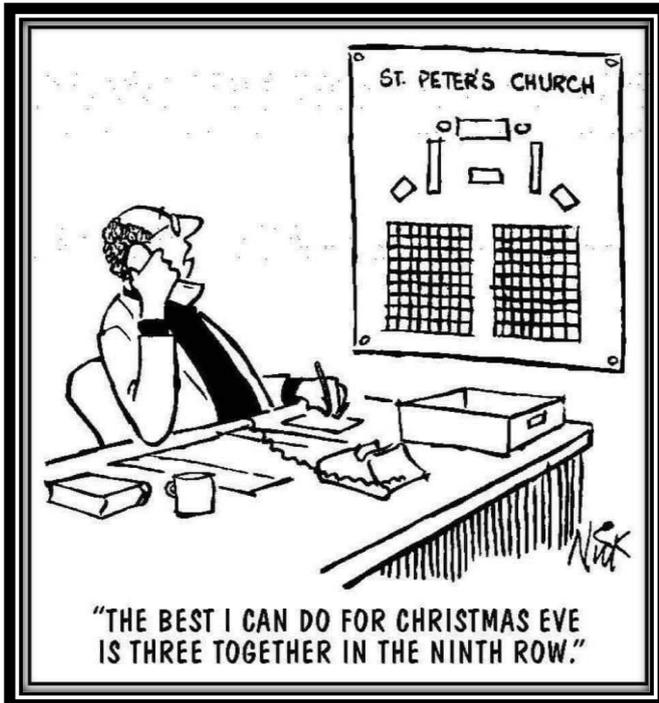
'Church in the Home'

Edition 16

Sunday July 5th – Saturday July 11th

Our Buildings are re-opening

but things will be different as we do all we can to ensure that everyone who visits us is kept safe.



This coming week will see all of our church buildings open once more, albeit in a restricted way, for prayer. I am extremely grateful to everyone who has helped in any way to ensure this can take place. Risk assessments have been written, cleaning has taken place, signs created, furniture moved and volunteers have stepped forward to help with the supervision of the opening. It has been a wonderful example of team work led by our wardens and Helen Wood.

Details of opening times are below.

The next step, which is well underway, is to plan how we might safely return to conducting services of worship whilst ensuring compliance with numbers and physical distancing.

Church Buildings open for Prayer

St Matthew's: Stalling Busk

The building is open all day
Please follow the guidelines that are given

St Oswald's: Askrigg

Mon, Wed, Fri, Sat 10am – 12 noon
Tues, Thurs 2pm – 4pm

St Mary & St John: Hardraw

Advice on how to enter the building is posted in the porch

St Margaret's: Hawes

Sunday 2pm – 4pm

Rev Dave



Love Divine

<https://youtu.be/JGGcqhKShQ8>

Music from
Sarah

This marvellous traditional hymn invites us to pray and praise “ without ceasing “ So let’s praise God today with words that speak of the true character of God. His love and compassion for us which changes us from glory to glory.

Love divine, all loves excelling,
Joy of heaven to earth come down,
Fix in us thy humble dwelling,
All thy faithful mercies crown.
Jesu, thou art all compassion,
Pure, unbounded love thou art;
Visit us with thy salvation,
Enter every trembling heart.

Come almighty to deliver,
Let us all thy life receive;
Suddenly return and never,
Never more thy temples leave.
Thee we would be always blessing,
Serve thee as thy hosts above,
Pray, and praise thee without ceasing,
Glory in thy perfect love.

Breathe, O breathe thy loving Spirit
Into every troubled breast,
Let us all in thee inherit,
Let us find that second rest.
Take away the love of sinning,
Alpha and Omega be;
End of faith, as its beginning,
Sets our hearts at liberty.

Finish then thy new creation,
Pure and spotless let us be;
Let us see thy great salvation,
Perfectly restored in thee;
Changed from glory into glory,
Till in heaven we take our place,
Till we cast our crowns before thee,
Lost in wonder, love and Praise.

Turn your eyes Upon Jesus <https://youtu.be/-dFfLt2Bd3o>

This beautiful old hymn sometimes called “ the heavenly vision “ was written by Helen Howarth Lemmel who had suffered much including going blind early in her life. But she developed spiritual eyes as she focussed on Jesus and in comparison her earthly situation grew dim. This hymn was used widely in evangelistic meetings and enabled many to focus on Jesus. When asked how she was... she always answered “ I am well in the things that count “ Here is the chorus sung beautifully by “ Salt of the Sound “

Use this to focus your mind on Jesus, look full in His face and let the worries fade.

*Turn your eyes upon Jesus, Look full in His wonderful face
And the things of earth will grow strangely dim in the light of His glory and grace...*



Sunday July 5th Bible Reading: Psalm 145 8-14

Click on this site, type in the reading you want and then listen to David Suchet read it to you.

<https://www.biblegateway.com/audio/suchet/nivuk/Gen.1>

Praising God Psalm 145:8-15

Reflection

It’s 104 days since the PM announced the lockdown in England and it’s been hard hasn’t it? We have all experienced challenges and loss in some way, even if it’s just been a loss of freedom. Some have experienced loss in much deeper ways; the loss of a loved one, the loss of employment or financial security and many remain anxious for their health and for the future.

I looked on line to see what Lockdown 'self help' ideas there were out there. My first search revealed 635million! I didn't read them all, but here are a few. 'Give yourself a pedicure / manicure, wash your hair, have a bubble bath, order a takeaway, read a book, go for a walk, list 10 things you're grateful for'

The Bible remains the best-selling book of all time. It's a book of life and hope, dealing with the ups and the downs of life and yet providing us with a way of being 'overcomers' when we live our lives with God and in Christ. Jesus said; *'In this world you will have trouble, but take heart; I have overcome the world.'* Jn16:33

Our psalm shows us a way of turning our feelings around. Remember the good things of God. In these few verses we have 12 clear qualities of God's character. See if you can find them.

The Psalms are full of direction and invitation for us to praise God and give him thanksgiving no matter what our situation. Psalm 50 reminds us that thanksgiving is worth more than any animal sacrifice - good news for us and the sheep of Upper Wensleydale. Psalm 107 and 116 speak of a 'sacrifice of thanksgiving.' Jonah in the belly of the whale (not having a great time of it) says *'with a song of thanksgiving I will sacrifice to you.'* And the writer of the book of Hebrews says *'Through Jesus, let us continually offer to God a sacrifice of praise, the fruit of lips that openly profess His name.'* Heb.13:15 It can be easy to praise God when all is going well but when things are difficult God still calls us to praise Him.

There is a lovely story of a young girl eating her breakfast cereal with one hand in the air and singing as she munched. Her mum asked what she was doing and received the reply, 'I'm praising God Mummy' Moments later there was a clatter of a spoon and the little girl said, 'Praising God can be hard. My arms are tired!'

Praising God can be hard at times when we're tired, disillusioned or confused but that's when we should be doing it all the more because when we do, our perspective on life and on our situation changes. We praise God, not because we feel like it, but because God is worth it. *'Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.'* 1Thess.5:16

When we do, we're not coming at God with a list of requests; we're simply reminding ourselves of who He is and putting Him first in all things. When I find myself in this place, I like to begin with a list of words that describe the character of God; 'King of Kings', 'My Rock', 'My Shield' etc There are lots to go at. How about creating a list of A-Z words that describe God? Almighty, Bold, Compassionate etc Why not give it a go and send in some of your ideas? I'd love to share some of them next time we're together.

There is a wonderfully circular reality in v10. There is praise from the people who know God and because the people know God, there is praise!

We all face times in our lives where we need re-calibrating. If you're anything like me, this needs to be done regularly and I have found that looking to God and acknowledging who He is, is the very best way of doing so. You may be familiar with the words of this song: 'Turn your eyes upon Jesus, look full in his wonderful face, and the things of the earth will grow strangely dim in the light of His glory and grace.'

Why not try making up your own song? It doesn't have to have clever lyrics or rhyme; what matters is that it's from your heart, for that is what God desires. Miriam Cloughton sent me the most beautiful video clip of her daughter Emma sat in her bedroom with her back to the door waving some balloons. She was totally oblivious to anyone else being there but was singing away so happily, making up her own song; one word only: 'Alleluia'. She was happy, Miriam was happy, I was delighted and so was God.

'All your works praise you, Lord; your faithful people praise you.' Psalm 145:10

Heads up and praise God It stops our crown from slipping!

Rev Dave



Prayers



Lord we thank you that your word in our reading today teaches us about your character. As we pray today we ask you now Lord God to minister to us and to our world with such compassion grace, love and faithfulness, so that we again can be reminded why we praise you and stand in the gap for those who find that hard right now.

The Lord is gracious

Lord we all need your amazing Grace. We come with grace in our prayers right now as we pray for all those who govern our country. With Your grace Lord bestow wisdom, justice and mercy and I pray for your guidance over all decisions made, Lord we are in unprecedented times and as this lockdown eases and tensions rise we ask that our appointed leaders may turn to you in their trouble so your rule can be established with values of love peace understanding and compassion. **Lord in your mercy**

The Lord is compassionate

Lord you have a heart of love that weeps for the lost in our world. Comfort those who mourn, heal those who are sick and minister your peace to the dying. Relieve those oppressed, set free those suppressed, and lift the dark clouds off the depressed. Lord your heart is to heal the broken hearted and give sight to the blind. Lord for those who are spiritually blind and in darkness, We pray for a fresh anointing of spirit that removes the veil from their eyes so that light and truth can be let in.

We pray for Brazil and third world countries who are struggling to keep up with the enormity of the battle of coronavirus. Lord send your mercy and compassion and provide for them and help all countries across the world to unite in spirit to fight this cause together. We pray revelation on finding new vaccination and drugs to act quickly and we declare that the name of Jesus Christ is above all other names, even the name of coronavirus. So we lift your name higher.

The Lord is faithful

The psalm tells us that you are faithful in all you do. So we don't forget to pray for all those battling cancer right now, that your faithfulness will be made real to them and that you meet their needs at this time spiritually physically mentally and emotionally. We pray for those we know and love and lift their names before the lord now.

Lord in your mercy

The Lord is trustworthy

Lord we pray for your protection over our communities now as our businesses, pubs, hotels, cottages, campsites and our church buildings begin to open up for a new normal. Help us to support and help each other and to trust You in these times. We ask that you will protect all in the dale under the shadow of your wing. We pray particularly for our children and staff in our schools ...especially those in year six and getting ready to move on ...for the restlessness and uncertainty, for the fear and anxiety .. Lord in your mercy hear our prayer

“There will be trouble in this world take heart I have overcome the world. “Let's just now take time to pray for ourselves because that's ok. That God's character can rest on me today. His heart can bless me today. His grace, compassion, faithfulness and love can follow me and stay with me today.

Sarah Clark

...This Sunday This Sunday This Sunday This Sunday This Sunday ...

Sunday July 5th
10:30am
Join us for
'The Gathering'



To view this Sunday's service:
Visit the website
www.upperwensleydalechurch.co.uk

or our FaceBook page :
[upperwensleydalechurch-cofe](https://www.facebook.com/upperwensleydalechurch-cofe)

Peace is not the absence
of trouble, it's the
presence of Jesus.

As the Dale welcomes
visitors once again this
weekend, let's thank
God for keeping us safe
and pray for our
communities. This
sudden change could be
difficult for many and
may cause tension.

**TV
Radio**

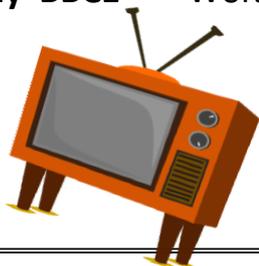
Worship on the BBC:

Tune into some of the services on TV and Radio.



- Sunday: Radio 4** Sunday Worship 8:10 – 8:50am **Rev Lucy Winkett**
- Radio 3** Choral Evensong 3:00 – 4pm from Sheffield Cathedral
- Wed: Radio 3** Choral Evensong 3:30 – 4:30pm from Kings College Cambridge

Sunday BBC1 Worship. 1:15-1:50 **Songs of Praise**



Katherine Jenkins is in London to mark the birthday of the NHS and Florence Nightingale's bicentenary.
The Archbishop of Canterbury pays tribute to all carers on the frontline.