



St. Andrew's Episcopal Church, Kelso



An Open and Inclusive Church

www.standrewskelso.co.uk

Charity Number SC006302

Rector: The Rev'd Canon Bob King

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Associate Priest: The Rev'd Grace Redpath

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Regular Services:

Wednesdays 10am : Holy Communion (1982 Liturgy)

Sundays 8.30am : Holy Communion (Scottish Prayer Book)

10am: Eucharist (1982 Liturgy) .

COVID restrictions re social distancing have been relaxed, but wearing face coverings is still mandatory. From Sept 12th, we will sing! As we mingle, please respect each other's personal space. Communion will be received in one kind only. Our online services will continue to be provided via these links:

Website: www.standrewskelso.co.uk/services YouTube: www.youtube.com/c/StAndrewsKelso

Today's Services:

Sunday October 10th 2021

Nineteenth Sunday after Trinity

8.30am: Holy Communion (Scottish Prayer Book)

Celebrant: The Rev'd Grace Redpath

Preacher: The Rev'd Canon Bob King

10am: Eucharist (1982 Liturgy)

Celebrant and Preacher: The Rev'd Canon Bob King

Liturgy of the Word and Intercessions: The Rev'd Grace Redpath

Lesson Reader: Beryl Swan

So, welcome to our services, wherever and however you join us, and remember that Grace and I are available at any time to talk on the phone or Facetime or Messenger or Text.

With my love and prayers, Bob

The Peace of the Lord be always with us

Opening Hymn: No 217: God is Love

1. God is love: let heav'n adore him;
God is love: let earth rejoice;
let creation sing before him,
and exalt him with one voice.
He who laid the earth's foundation
he who spread the heav'ns above,
he who breathes through all creation,
he is love, eternal love.

**2. God is love: and he enfoldeth
all the world in one embrace;
with unfailing grasp he holdeth
evr'y child of evr'y race.
And when human hearts are breaking
under sorrow's iron rod,
then they find that self-same aching
deep within the heart of God.**

**3. God is love: and though with blindness
sin afflicts the human soul,
God's eternal loving-kindness
guides and heals and makes us whole.
Sin and death and hell shall never
o'er us final triumph gain;
God is love, so love for ever
o'er the universe must reign.**

The Liturgy of the Word and Intercessions The Collect for Purity

Almighty God, to whom all hearts are open, all desires known, and from whom no secrets are hidden, cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy name: through Jesus Christ our Lord. Amen

The Summary of the Law

Our Lord Jesus Christ said:
The first commandment is this:
"Hear, O Israel, the Lord our God is the only Lord.
You shall love the Lord your God
with all your heart, with all your soul,
with all your mind
and with all your strength."
The second is this:
"Love your neighbour as yourself."
There is no other commandment greater than these.
Amen. Lord, have mercy.

Confession and Absolution

God is love and we are his children.
There is no room for fear in love.
We love because he loved us first.
Let us confess our sins in penitence and faith.

**God our Father, we confess to you
and to our fellow members in the Body of Christ
that we have sinned in thought, word and deed,
and in what we have failed to do.
We are truly sorry.**

**Forgive us our sins
and deliver us from the power of evil,
for the sake of your Son who died for us,
Jesus Christ, our Lord. Amen**

God, who is both power and love,
forgive us and free us from our sins,
heal and strengthen us by his Spirit,
and raise us to new life in Christ our Lord. Amen

Collect for the Nineteenth Sunday after Trinity

O God, forasmuch as without you we are not able to please you; mercifully grant that your Holy Spirit may in all things direct and rule our hearts; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen**

Intercessions

Grace will lead our prayers for the Church and the World, and we are invited to bring our own concerns before God, including:

RIP: John Gee-Turner, who died on Monday in the care of the BGH. Our love and prayers go out to Corinne, Lindsey and Emma.

May the souls of the faithful, by the mercy of God, Rest in Peace and Rise in Glory.

Coronavirus: all who are suffering from it, worrying about it, treating it, researching it, and all who are working to keep us safe, and keep us fed.

Those whose anniversaries of death fall at this time, including: Joyce Fitzgerald, Neil Thomson, Edith Hodgson, George Murray, Margaret Trevelyan, James Mackie, Susan Brunton, Jessie Stimson and all who mourn them.

Readings: Psalm 22.1-15

- 1 My God, my God, why have you forsaken me,
and are so far from my salvation,
from the words of my distress?
- 2 O my God, I cry in the daytime,
but you do not answer; •
and by night also, but I find no rest.
- 3 Yet you are the Holy One, •
enthroned upon the praises of Israel.
- 4 Our forebears trusted in you; •
they trusted, and you delivered them.
- 5 They cried out to you and were delivered; •
they put their trust in you and were not confounded.
- 6 But as for me, I am a worm and no man, •
scorned by all and despised by the people.
- 7 All who see me laugh me to scorn; •
they curl their lips and wag their heads, saying,
- 8 'He trusted in the Lord; let him deliver him; •
let him deliver him, if he delights in him.'

- 9 But it is you that took me out of the womb •
and laid me safe upon my mother's breast.
10 On you was I cast ever since I was born; •
you are my God even from my mother's womb.
11 Be not far from me, for trouble is near at hand •
and there is none to help.
12 Mighty oxen come around me; •
fat bulls of Bashan close me in on every side.
13 They gape upon me with their mouths, •
as it were a ramping and a roaring lion.
14 I am poured out like water;
all my bones are out of joint; •
my heart has become like wax
melting in the depths of my body.
15 My mouth is dried up like a potsherd;
my tongue cleaves to my gums; •
you have laid me in the dust of death.

**This is the Word of the Lord
Thanks be to God**

Gospel

**Hear the Gospel of our Lord Jesus Christ according to Mark, chapter 10, v 17-31
Glory to Christ our Saviour**

17 As he was setting out on a journey, a man ran up and knelt before him, and asked him, 'Good Teacher, what must I do to inherit eternal life?' ¹⁸Jesus said to him, 'Why do you call me good? No one is good but God alone. ¹⁹You know the commandments: "You shall not murder; You shall not commit adultery; You shall not steal; You shall not bear false witness; You shall not defraud; Honour your father and mother." ' ²⁰He said to him, 'Teacher, I have kept all these since my youth.' ²¹Jesus, looking at him, loved him and said, 'You lack one thing; go, sell what you own, and give the money* to the poor, and you will have treasure in heaven; then come, follow me.' ²²When he heard this, he was shocked and went away grieving, for he had many possessions.

23 Then Jesus looked around and said to his disciples, 'How hard it will be for those who have wealth to enter the kingdom of God!' ²⁴And the disciples were perplexed at these words. But Jesus said to them again, 'Children, how hard it is* to enter the kingdom of God! ²⁵It is easier for a camel to go through the eye of a needle than for someone who is rich to enter the kingdom of God.' ²⁶They were greatly astounded and said to one another,* 'Then who can be saved?' ²⁷Jesus looked at them and said, 'For mortals it is impossible, but not for God; for God all things are possible.'

28 Peter began to say to him, 'Look, we have left everything and followed you.' ²⁹Jesus said, 'Truly I tell you, there is no one who has left house or brothers or sisters or mother or father or children or fields, for my sake and for the sake of the good news,* ³⁰who will not receive a hundredfold now in this age—houses, brothers and sisters, mothers and children, and fields, with persecutions—and in the age to come eternal life. ³¹But many who are first will be last, and the last will be first.'

**Give thanks to the Lord for his glorious Gospel
Praise to Christ our Lord.**

Reflection: The Rev'd Canon Bob King

Forsaken?

“My God, my God, why have you forsaken me”,

The first line of the first verse of Psalm 22.

A startling and heartfelt cry.

It starts with almost a scream out to God as the writer addresses God directly.

My God, My God

And then comes the question.

WHY have you forsaken me?

This Psalm, like a number of others, was written by King David.

David was a complex and challenging character in many ways.

He did many good deeds. And, he did a few things he should not have done which, of course, is part of his humanity.

He was very theological, and he had a deep and meaningful relationship with God.

When you read the Psalms there are several different types

Great Psalms of thanksgiving

Psalms of praise

and then there are the Psalms of lament.

There are about 40 Psalms of lament which when you consider that there are 150 Psalms in total in the Old Testament, the Psalms of lament constitute a significant proportion of them.

Each one does what it says on the tin.

The writer pours out their heart or their grievances as they express their pain and feelings.

Psalm 22 is a classic.

David is at a very low ebb.

He is angry, despairing, desolate.

We do not know what has happened, but it must have been something serious to make him feel the way he did. The emotions he experienced resulted in him writing this Psalm.

He felt rejected, forgotten and remote from God.

His cry is one of agony and deep pain.

Disbelief, that God, his God, should have forsaken and rejected him.

It is not surprising therefore that these exact words are the words that Jesus screamed out in the pain and agony when he was brutally crucified.

After the nails had been hammered home, he was hoisted aloft and, in the noonday heat of the sun, was left to die.

No wonder then, that even Jesus felt rejected, forgotten, despised and, dare I say, surprised, that God, his Father appeared to have forsaken him.

He screams out the question.

WHY have YOU forsaken me?

He cries out, almost in disbelief, that after everything that had occurred, this is what was happening.

It's no surprise that Jesus used these words because the Old Testament was his Bible.

The Psalms were bread-and-butter reading to him. He would know them and have studied them and probably be able to recite them off by heart.

His scream was an outward sign of his humanity and divinity meeting head on in the car crash that was his death by crucifixion.

And, of course, we must remember that he had a good idea of what was going to happen.

He knew that he would rise again and ascend into heaven.

He had spelled it out to the disciples and told them several times.

But here was the place where theory and reality merged into one, and even our Lord momentarily could not cope.

The theory and reality are also reflected in the story of the rich young man that we heard about in the Gospel..

Giving up everything sounds easy but in practice it is painful, raw, agonising, excruciating.

I think that as we struggle through our lives, with the good, the bad, and the ugly elements that are part of our human make-up, we can draw strength from Psalm 22.

As the Psalm progresses, David, describes very graphically just how he was feeling.

These are not just flowery words, but intimate images of his pain and innermost suffering.

*O my God, I cry in the daytime,
but you do not answer; •
and by night also, but I find no rest.*

*I am poured out like water;
all my bones are out of joint; •
my heart has become like wax
melting in the depths of my body.*

*My mouth is dried up like a potsherd;
my tongue cleaves to my gums;*

These are screams of pain and despondency.

I wonder if it helped him writing it all down.

I think that sometimes it can help us to write down just how we feel in a letter to God.

The Psalm of lament is not just for the people who lived in Old Testament times, it is for us today.

When I talk about taking the Gospel off the page, I am being inclusive and including both Old and New Testaments.

Writing a Psalm of lament could be cathartic for many of us.

Perhaps, there is something in our own lives, or maybe a situation or situations within the world that we want to shout about and verbalise.

There is so much happening in the world at the moment and many people have said to me how sad, angry or despairing they feel.

Often, we need to express those feelings just like Jesus did on the cross and David did when he penned this Psalm.

In our Gospel we see examples of how difficult life can be, especially as a follower of Christ.

The young man struggled to give away all his possessions. I must be honest, so would I. I can't imagine life without a Volvo!

Are we really being called to give it all away?

I don't think so.

I think we are being called to share what we have, to appreciate what we have, to be content with what we have, and to make a difference with the wealth and belongings that we have been blessed with.

Possessions, of course, are not just material things.

They are our skills and talents and influence and intellect as well as our money etc.

These are the things we are called to share.

As we express our anger and pain, just like Jesus did on the cross. Perhaps we can seek our own resurrection as we work to make the world a better place.

As we look to share our gifts and talents.

As we try to care for the future of our planet, for which we all have a shared responsibility.

As we think of others before ourselves and enable the first to be last and the last to be first.

As we try to be like Christ today, in 2021.

The King, the Servant of all, the person who inspired, lead, cared for us, and as this wonderful hymn says, out of his pain and anguish flung stars into space.

Song: The Servant King

- 1. From heav'n you came, helpless babe,
entered our world, your glory veiled;
not to be served but to serve,
and give your life that we might live.**

***.This is our God, the Servant King,
he calls us now to follow him,
to bring our lives as a daily offering
of worship to the Servant King.***

2. There in the garden of tears,
my heavy load he chose to bear;
his heart with sorrow was torn,
'Yet not my will but yours,' he said.

3. Come see his hands and his feet,
the scars that speak of sacrifice,
hands that flung stars into space,
to cruel nails surrendered.

4. So let us learn how to serve,
and in our lives enthrone him;
each other's needs to prefer,
for it is Christ we're serving.

The Service continues with Eucharistic Prayer V

Celebrated for us by The Rev'd Canon Bob King
Please join in the Communion anyway you would like to.

During Communion in Church, the Choir will sing Hymn no 150: Do not be afraid

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*Do not be afraid, for I have redeemed you.
I have called you by your name;
you are mine.*

1. When you walk through the waters, I'll be with you.
You will never sink beneath the waves.
2. When the fire is burning all around you,
you will never be consumed by the flames.
3. When the fear of loneliness is looming,
then remember I am at your side.
4. When you dwell in the exile of the stranger,
remember you are precious in my eyes.
5. You are mine, O my child, I am your Father,
and I love you with a perfect love.

Prayer after Communion

Holy and blessed God, you have fed us with the body and blood of your Son and filled us with your Holy Spirit: may we honour you, not only with our lips but in lives dedicated to the service of Jesus Christ our Lord. **Amen**

Closing Hymn: No 727: What a friend we have in Jesus

1. What a friend we have in Jesus,
all our sins and griefs to bear!
What a privilege to carry
everything to God in prayer!
O, what peace we often forfeit,
O, what endless pain we bear,
All because we do not carry
everything to God in prayer.

2. Have we trials and temptations?
Is there trouble anywhere?
We should never be discouraged:
take it to the Lord in prayer!
Can we find a friend so faithful,
who will all our sorrows share?
Jesus knows our every weakness-
Take it to the Lord in prayer!

3. Are we weak and heavy-laden,
cumbered with a load of care?
Jesus only is our refuge,
take it to the Lord in prayer!
do thy friends despise, forsake thee?
take it to the Lord in prayer!
in his arms he'll take and shield thee,
thou wilt find a solace there.

**So, let us all go – or stay – in peace, to love and serve the Lord,
wherever and however we can.
In the name of Christ. Amen**

NOTICES

Eco-Snippet: 'FANCY A HIKE?' –

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> With the hike in energy prices, almost doubling in recent weeks, we're surely all thinking of ways to cut our bills. Switching off lamps and appliances at their sockets has the potential, according to The Energy Savings Trust, to save around £80 per year in the average home. That's £80 per year that would otherwise be wasted in the average home due to standby. Changing these habits are an easy way to make a difference and can be good for our pockets and excellent for the planet.

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