



Prestwood Methodist Church

A worshipping and friendly community following Jesus

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Stewards:

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Sunday 5 July 2020 - 14th Sunday in Ordinary Time

Although Methodist Conference met on 2nd July, as I write we've had no update on the information provided last week. The [UK Government instructions](#) for places of worship were updated on 29 June, and the following points are worth noting:

- "Indoor fitness" classes are still explicitly prohibited, which unfortunately covers many of our hall users.
- Use of hymn and service books is discouraged.
- Food and drink (such as communion and coffee) is not prohibited by law, but must be managed hygienically.
- Singing and shouting should be avoided, with alternatives suggested of using recorded music, or having one person singing at a greater distance from the congregation.
- Face coverings are not compulsory or even recommended if social distancing and hygiene are maintained (which they must be in church).

The Methodist Church might have its own stricter rules on this, but we are waiting for clarification.

Bridget

Virtual Church



Amersham Methodist Circuit YouTube channel

See tinyurl.com/vz9y45g.

These services are now also available on CD (to listen) or DVD (to watch) for those who can't access YouTube.

Please contact us if you'd like to receive these.

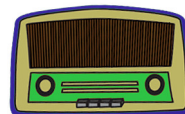
See also **Worship during the pandemic** from the Methodist Church homepage at www.methodist.org.uk



Radio

Radio 4:

Sunday Worship at 8.10am. Revd Lucy Winkett, of St James's Church, Piccadilly explores the power of music to speak into troubled times.



Lighthouse won't be meeting this year face-to-face, but instead there are three virtual activities for different age groups:

- Lighthouse Live for children (although anyone can sign up to watch!). See lighthousecentral.org to sign up
- [Lighthouse Youth](#) for 12+
- [Lighthouse Prayer](#) for 18+

If you're reading this online, click on the underlined text for the appropriate links. You will also find a link at www.prestwoodmethodists.org.uk



Bridget

Zoom to pray



Zoom meeting on Thursday with Tina Hillas and Rev Nigel Wright.

The prayer meeting lasts 10 – 11am, and you welcome to join and leave at any time.

Everyone is welcome, but please note that the meeting id and password changes each week, so please request details.

If you can't Zoom, contact Nigel for instructions on how to phone in.

Zoom meeting ID: < on request >

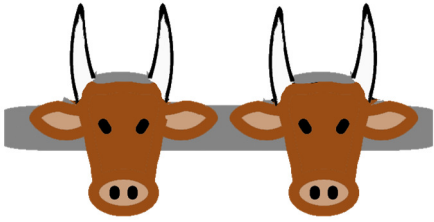
Readings for this week:

Genesis 24: 34-38, 42-49, 58-67
Psalm 45: 10-17
Romans 7: 15-25a
Matthew 11: 16-19, 25-30

Matthew 11: 28-29

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

Both Nigel's reflection and the Methodist Worship at home resource this week focus on this part of the Gospel reading. Nigel's comments on the word "easy" are worth noting. I'd add to this my own thoughts. The easiest thing to do is to not take up the yoke – to avoid the burden. But if you're going to do something more than hide away, you need the best tools for the job.



Opening prayer from the Vine at Home by Lucy Zwolinska

God of Grace, we come before you today with good intentions, longing to please you.

We come before you today leaving the messiness of our weeks behind, setting aside the things we often prioritise over you.

We come before you today with thankful hearts, grateful for your grace that is poured out not just for the best bits of ourselves, but also for the bits we feel ashamed of.

We come before you today knowing that you change us, even if it is scary and unknown and beyond our comprehension, we open ourselves up for transformation.

We come before you today:
take our good intentions,
take the messiness of our lives,
take our best bits, take our worst bits,
take our willingness to be changed,
take us as individuals, take us as a community
and weave it all into the fabric of your kingdom.

May your words of grace, that our sins are forgiven speak to us this day. Take us, use us, change us, Lord. Open our hearts in worship, so that we might see more of You

AMEN

Hymn

Nigel suggests this lovely hymn in his reflection this week, to accompany the Gospel reading.

I Heard the Voice of Jesus Say (StF 248)

I heard the voice of Jesus say:
'Come unto me and rest;
lay down, O weary one, lay down
your head upon my breast.'
I came to Jesus as I was,
weary and worn and sad,
I found in him a resting-place,
and he has made me glad.

I heard the voice of Jesus say:
'Behold, I freely give
the living water; thirsty one,
stoop down and drink and live.'
I came to Jesus, and I drank
of that life-giving stream;
my thirst was quenched, my soul revived,
and now I live in him.

I heard the voice of Jesus say:
'I am this dark world's Light;
look unto me, your morn shall rise,
and all your day be bright.'
I looked to Jesus, and I found
in him my star, my sun;
and in that light of life I'll walk,
till travelling days are done.

Horatius N. Bonar (1808-1889)

Reproduced from Singing the Faith

There are lots of version of this on YouTube, including this one from Songs of Praise youtu.be/uqF4N7rdV-w

Prayers of intercession by Tim Baker in The Vine at Home

Living God, we come before you in this time of prayer. We do not always understand the power of prayer, and feel overwhelmed by the enormity of the task – the desire to speak to you openly and honestly about ourselves, our world, our faith.

As we pray Lord, we ask you to move us beyond our doubts and our uncertainties. Move us by your Spirit.

Lord, we believe. Help our unbelief.

In this time of prayer, O God, we bring you a world in need, in pain, seeking for hope, for joy, for peace.

We hold up all those affected by the Coronavirus:
all working on the front-line to support those most in need; all those enabling our lives to continue to function; all those working in hospitals and health centres around the world; all those seeking a vaccine.

We bring to you all those whose lives have been made worse by this virus: those who have lost loved ones; those who are living with symptoms; those living in fear; those in situations, countries or environments that make it impossible to self-isolate or feel safe.

We bring to you all the concerns and fears in our world that have been ignored, overlooked or moved lower-down the priority list because of global attention on the pandemic: those without a home; those living in poverty; those living with other diseases or health conditions.

We pray for all those seeking a better world.

May we work together, in Jesus' name, to bring about a better world. May I find my place, my calling, and know the Spirit moving through me.

By the power of the Father, the Son and the Holy Spirit.

The Lord's Prayer

Our Father...