

March 26th 2020 – fourth week of lent

Prayer

Let nothing disturb you,
Let nothing frighten you;
All things pass: God never changes.
Patience achieves all it strives for.
Whoever has God lacks nothing,
God alone suffices.

(Found on a bookmark in a prayer book belonging to St. Teresa of Avila)

Lectionary Reading

1 Corinthians 12:12-26 (Good New Bible)

One Body with Many Members

12 For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. **13** For in the one Spirit we were all baptized into one body—Jews or Greeks, slaves or free—and we were all made to drink of one Spirit.

14 Indeed, the body does not consist of one member but of many. **15** If the foot were to say, 'Because I am not a hand, I do not belong to the body', that would not make it any less a part of the body. **16** And if the ear were to say, 'Because I am not an eye, I do not belong to the body' that would not make it any less a part of the body. **17** If the whole body were an eye, where would the hearing be? If the whole body were hearing, where would the sense of smell be? **18** But as it is, God arranged the members in the body, each one of them, as he chose. **19** If all were a single member, where would the body be? **20** As it is, there are many members, yet one body. **21** The eye cannot say to the hand, 'I have no need of you', nor again the head to the feet, 'I have no need of you.' **22** On the contrary, the members of the body that seem to be weaker are indispensable, **23** and those members of the body that we think less honourable we clothe with greater honour, and our less respectable members are treated with greater respect; **24** whereas our more respectable members do not need this. But God has so arranged the body, giving the greater honour to the inferior member, **25** that there may be no dissension within the body, but the members may have the same care for one another. **26** If one member suffers, all suffer together with it; if one member is honoured, all rejoice together with it.

Singing the Faith 392

- 1 O Holy Spirit, Lord of grace,
eternal fount of love,
in flame, we pray, our inmost hearts
with fire from heaven above.
- 2 As you unite in holy bond
the Father and the Son,
so fill us all with mutual love,
and make our hearts as one.
- 3 All glory to the Father be,
the Spirit and the Son,
all glory to the One in Three,
while endless ages run.

Charles Coffin (1676–1749)
translated by John Chandler (1806–1876) (alt.) Ccli 287592

Psalm 24

- 1 The earth is the Lord's and all that is in it,
the world, and those who live in it ;
- 2 for he has founded it on the seas,
and established it on the rivers.
- 3 Who shall ascend the hill of the Lord?
Who shall stand in his holy place?
- 4 **Those who have clean hands and pure hearts,
who do not lift up their souls to what is false,
and do not swear deceitfully.**
- 5 They will receive blessing from the Lord,
and vindication from the God of their salvation.
- 6 **Such is the company of those who seek him,
who seek the face of the God of Jacob.**
- 7 Lift up your heads, O gates!
and be lifted up, O ancient doors!
that the King of glory may come in.

- 8 Who is the King of glory?
**The Lord, strong and mighty,
the Lord, mighty in battle.**
- 9 Lift up your heads, O gates!
and be lifted up, O ancient doors!
that the King of glory may come in.
- 10 Who is this King of glory?
**The Lord of hosts,
he is the King of glory.**

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Prayer of the Day

**All creation blesses you, O Lord. Exiles offer you worship.
Pilgrims hallow your name. Saints adore you. Humanity offers
Its praise. And we your servants lift our hearts and voices to
You in joy and thanksgiving. Amen.**

Teresa of Avila (1515-1582)

**Lord, I have heard the good news that you accept and love all people,
including me.
Grant that whatever I do this day I will be responding to this with love with a
humble and thankful heart. Amen.**

Gwenllian Knighton, supernumerary minister, Gwent Hills and Vales Circuit