

# Morning Prayer

at home with your  
Parish Church

in the Diocese of Birmingham



ALL SAINTS  
KINGS HEATH

## Sunday 25th August 2024

### Preparation

*You may wish to mark your time of worship by arranging a table with a cloth, a candle and your Bible, or anything, such as flowers, that makes it a special reflective space.*

*Music: click on the links to hear and join in the music. Click stop at the end of each.*

#### **HYMN** [Be thou my vision](#)

1. Be thou my vision, O Lord of my heart,  
naught be all else to me save that thou art;  
thou my best thought in the day and the night,  
waking or sleeping, thy presence my light.

2. Be thou my wisdom, be thou my true word,  
I ever with thee and thou with me, Lord;  
thou my great Father, and I thy true heir;  
thou in me dwelling, and I in thy care.

3. Be thou my breastplate, my sword for the fight,  
be thou my armour, and be thou my might,  
thou my soul's shelter, and thou my high tow'r,  
raise thou me heav'nward, O Pow'r of my pow'r.

4. Riches I need not, nor all the world's praise,  
thou mine inheritance through all my days;  
thou, and thou only, the first in my heart,  
high King of heaven, my treasure thou art!

5. High King of heaven, when battle is done,  
grant heaven's joy to me, O bright heav'n's sun;  
Christ of my own heart, whatever befall,  
still be my vision, O Ruler of all.

*(words: Irish [c8th century], trans Mary Byrne & Eleanor Hull;  
music: Traditional Irish melody, arr Colin Hand; descant: John Wilson)*

*At home, we pause to remember those gathered in Church who, in turn remember us.*

*We take this time, united in Christ, to offer our praise and thanksgiving, to hear and receive God's holy word, to pray for the needs of the world, and to seek the forgiveness of our sins, that by the power of the Holy Spirit we may find new ways to serve God.*

## Prayers of Penitence

*We confess:*

Almighty God, long-suffering and of great goodness: I confess to you, I confess with my whole heart my neglect and forgetfulness of your commandments, my wrong doing, thinking and speaking: the hurts I have done to others, and good I have left undone. O God, forgive me, for I have sinned against you; and raise me to newness of life, through Jesus Christ our Lord. Amen.

*We keep silence, then pray:*

May almighty God who forgives all who truly repent have mercy upon us, pardon us from all our sins, confirm and strengthen us in all goodness and keep us in eternal life, through Jesus Christ our Lord. Amen.

## The Word of God

NEW TESTAMENT READING – [Ephesians 6: 10 – 20](#)

PSALM *If you are able, you might stand to read this psalm aloud.*

Psalm 84

How lovely is your dwelling place,  
Lord Almighty!  
My soul yearns, even faints,  
for the courts of the Lord;  
my heart and my flesh cry out  
for the living God.  
Even the sparrow has found a home,  
and the swallow a nest for herself,  
where she may have her young—  
a place near your altar,  
Lord Almighty, my King and my God.  
Blessed are those who dwell in your house;  
they are ever praising you.  
Blessed are those whose strength is in you,  
whose hearts are set on pilgrimage.  
As they pass through the Valley of Baka,  
they make it a place of springs;  
the autumn rains also cover it with pools.  
They go from strength to strength,  
till each appears before God in Zion.  
Hear my prayer, Lord God Almighty;  
listen to me, God of Jacob.

Look on our shield, O God;  
look with favor on your anointed one.  
Better is one day in your courts  
than a thousand elsewhere;  
I would rather be a doorkeeper in the house of my God  
than dwell in the tents of the wicked.  
For the Lord God is a sun and shield;  
the Lord bestows favor and honor;  
no good thing does he withhold  
from those whose walk is blameless.  
Lord Almighty,  
blessed is the one who trusts in you.

GOSPEL READING – [John 6: 56 -59](#)

### **AFFIRMATION OF FAITH**

*We stand and turn to look in the direction of Church, to emphasise our gathering around a precious, shared story, and respond to our Colossians reading:*

**We affirm our Faith.**

**I believe in God, the Father almighty,  
creator of heaven and earth.**

**I believe in Jesus Christ, his only Son, our Lord,  
who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died and was buried;  
he descended to the dead.  
On the third day he rose again;  
he ascended into heaven,  
he is seated at the right hand of the Father,  
and he will come to judge the living and the dead.  
I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting. Amen.**

## Prayers

*We pray THE COLLECT for The Thirteenth Sunday after Trinity*

*Almighty God, who called your Church to bear witness that you were in Christ reconciling the world to yourself: help us to proclaim the good news of your love, that all who hear it may be drawn to you; through him who was lifted up on the cross, and reigns with you in the unity of the Holy Spirit, one God, now and for ever. **Amen.***

## LORD'S PRAYER

*We pray with confidence as our Saviour has taught us:*

**All: Our Father in heaven...**

## FOR REFLECTION

For those who have done any bread baking you will know that there are many ingredients that are mixed together to get the bread that we enjoy. Some of those ingredients are not edible on their own but each plays a role and once baked we can consume the bread. Great care is taken also or else the bread that comes out cannot be eaten, only good to throw away.

Having had this bread, it sustains us and gives us the strength to go about our lives. physically. For some of us it is to give hope to others. For others it is to serve in various roles, from teachers to doctors, world leaders to parents and guardians. The bread that we eat becomes the life in us that gives life and hope to others.

Jesus having emphasised on the point that He is the bread of life and that 'Those who eat my flesh and drink my blood abide in me, and I in them', this week we take the time to reflect on what we do with our lives as people who know that Christ abides in us and we in him. Just as we are physically given strength when we eat physical bread, we are given spiritual strength when we believe and receive the body of Christ.

What then are we doing that shows fruits of being with Christ?

Do we give in to the wiles of the devil?

Do we stand in truth and with the truth?

Do we advocate for the good news of peace?

Through Christ we have the whole armour of God as has been said in our reading from Ephesians. When we put this armour then we can stand against the wiles of the devil. It is not just about receiving the body of Christ, but being able to embrace it as our own, our source of strength. Paul says, 'Finally, be strong in the Lord and in the strength of his power. <sup>11</sup> Put on the whole armour of God, so that you may be able to stand against the wiles of the devil.' We are to make a difference in our world but we can only do that when we trust in the bread of heaven just as we trust the bread we eat for breakfast to sustain us with strength for our work.

Paul adds, 'For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places. Therefore take up the whole armour of God, so that you may be able to withstand on that evil day, and having done everything, to stand firm. Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness. As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace. With all of these, take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one. Take the helmet of salvation, and the sword of the Spirit, which is the word of God. Pray in the Spirit at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints.'

Indeed, we can pray and ask God that having received the body of Christ, we can go forth and bring life to others. Whenever we find ourselves in a situation, we can always ask ourselves this question, 'What would Jesus do?' then pray and ask him to help us do that.

**We turn our responses into PRAYERS: allow the Holy Spirit to lead us**

We pray for countries at war and caught up in conflict.

We pray for the life of the church. We think of those who are camping at the Greenbelt festival.

We ask God to be at the centre revealing things that are hidden for the betterment of the lives of those in need and to strengthen us through the body of Christ as we respond to those needs

Among those in our community who are unwell, we remember Adrian Koslowski, Tricia Howard, Bill Myring, Howard Drury, Charlotte Dunlop, Martina Osborne, John Wallace-Howell, Shelagh Prain, Roger, Tony Price and Gill Parkin.

Among those who have died we pray for Elaine Apps, Mary O'Regan, Bishop Mark Santer

HYMN [Ye holy angels bright](#)

1. Ye holy angels bright,  
who wait at God's right hand,  
or through the realms of light  
fly at your Lord's command,  
assist our song,  
or else the theme  
too high doth seem  
for mortal tongue.

2. Ye blessed souls at rest,  
who ran this earthly race,  
and now, from sin released,  
behold the Saviour's face,  
God's praises sound,  
as in his sight  
with sweet delight  
ye do abound.

3. Ye saints, who toil below,  
adore your heav'nly King,  
and onward as ye go  
some joyful anthem sing;  
take what he gives  
and praise him still,  
through good or ill,  
who ever lives.

4. My soul, bear thou thy part,  
triumph in God above:  
and with a well-tuned heart  
sing thou the songs of love;  
let all thy days  
till life shall end,  
whate'er he send,  
be filled with praise.

*(words: Richard Baxter & John Hampden Gurney;  
music: John Darwall, harm William Henry Monk; descant: Sydney Hugo Nicholson)*

*Imagining all whom we miss, we pray for each other:*

**The grace of our Lord, Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all, evermore. Amen.**

# Notices

## **Mary O'Regan Funeral**

Some of you may know **Mary O'Regan**. She had many friends at All Saints and loved coming to the Carols by Candlelight service. We are sad to report that she died peacefully on 16 July after being very well cared for in a residential home in Smethwick for the last 3 years. Her funeral will be on Tuesday 27th August. For more information or to receive a livestream link for the service, please contact Gillian Lever at [glever@btinternet.com](mailto:glever@btinternet.com)

## **Bishop Mark Santer Funeral**

Our beloved father, Mark Santer, died at home on Wednesday 14th August. For more information please follow the link. <https://marksanter.muchloved.c...>

All are welcome to join us in giving thanks to God and offering our prayers for Mark at the Eucharist and Funeral at St Aldhelm's Church, Branksome Poole Dorset BH13 6BT at 11.45am on Wednesday 4 September. A reception will be held afterwards at the neighbouring church hall.

## **Elaine Apps Funeral**

Elaine Apps Funeral will take place on the 20<sup>th</sup> of September at All Saints at 11 am followed by cremation at Robin hood at 12.30 pm.

***Common Worship: Services and Prayers for the Church of England***

is copyright © the Archbishop's Council (2000)

