

# Introduction to Worship

## 9<sup>th</sup> August 2020 – Pentecost 10



Many of us may be feeling flat, angry, afraid or even grieved because of entering into stage 4 of a lockdown. In the circumstances this is normal. Again, we need to adjust to changed circumstances and uncertainty.

One way of coping is to give thanks for small mercies.

For a warm home and enough food in the midst of winter. There are many people out there in the community who are unemployed, homeless, hungry, cold and turning to charities, just to survive.

We may have to live like this for a while, until a vaccine becomes available, so we need to continue to stick together and care for one another. The sacrifice of staying home will be worth it.

The poem *Footsteps* offers us the calming reassurance that in the midst of the storms of life Jesus is there, saying: *“Take heart, it is I, do not be afraid.”* As we grow older, we are able to look back on the many storms we’ve weathered and be comforted by the knowledge that Jesus carried us through them and sent people to comfort us. And we are riding through a storm at the moment, quiet a big one, along with nearly eight billion other people, and over two billion of those people are Christians. We are all in the same boat, doing our best.

We’re praying for a vaccine and giving thanks to all the medical staff putting their lives on the line for us.

Many problems are being created by this epidemic, especially for the poor and homeless of the world.

Pray for them. If you’re able, reach out to support those in the community who have nothing and consider those in third world nations and nations suffering the loss of thousands because of CoVID-19.

Prayer will empower you during this time.

Since this week’s gospel concerns a fishing boat, it’s worth remembering fishermen don’t fish in storms, they stay at home where its safe. Staying at home where its safe and doing our best to comfort one another is the best way forward. We all have loved ones, our families, friends, our church family, people in groups we belong to and workmates and we’re all missing being together. This week’s gospel reminds us we’re all in it together and are not alone and the extra resources will offer some tips for maintaining your health during this time.

May this week’s worship materials comfort you and bring peace into your heart.

Blessings  
Rev Tina



# Mountview Worship @ Home

## Sunday 9<sup>th</sup> August 2020



Hymn: **Comfort, Comfort All My People – Helen Jackson** [2:42]

<https://youtu.be/P1x7V9N583Q>

*Lyrics & Music: Robin Mann 1949- ;  
inspired by Isaiah 40;*

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Refrain

*Comfort, comfort all my people  
with the comfort of my Word.  
Speak it tender to my people:  
all your sins are taken away.*

*1. Though your tears be rivers running,  
though your tears be an ocean full,  
though you cry with the hurt of living:  
comfort, comfort.*

*Every valley shall be lifted,  
every mountain shall be low,  
every rough place will be smoother:  
comfort, comfort.*

*[ Refrain ]*

*2. Though your eyes see only darkness,  
though your eyes can see no light,  
though your eyes see pain and sorrow:  
comfort, comfort.*

*Every night will have its morning,  
every pain will have an end,  
every burden will be lightened:  
comfort, comfort.*

*[ Refrain ]*

## Welcome to our Service

Today we gather together to find God in the sound of sheer silence and in Jesus walking on water, saying, 'Take heart, it is I, do not fear'. May we all find comfort and peace in our hearts.

We acknowledge those who were here before us, the first inhabitants of this place  
We honour them for their custodianship of the land on which we gather today.



## Call to Worship

*"Everyone who calls on the name of the Lord will be saved"*

Romans 10:13

## Prayers of Adoration, Invocation and Confession

O Lord, our little boat, the church, is being buffeted by high waves,  
storms are all around us and are threatening us.  
Yet, you come to us in the sound of sheer silence,  
to quieten our hearts and take away our fears,  
to offer us a future.

### **We worship you with praise and thanksgiving**

Jesus our Lord,  
We are being tossed about in the midst of chaos,  
we are afraid, angry and grieving,  
yet, you come to us  
through the storm, walking on water, saying,  
'Take heart, it is I, do not be afraid.'  
And we come to know, that when we keep our eyes on you  
and not on the storm,  
our fears melt away.

You Lord are with us on all journeys,  
through all circumstances.

When you come, all becomes calm,  
And we say, 'Truly, you are the Son of God.'

### **We worship you with praise and thanksgiving**

Holy Spirit, you come to still our hearts  
to fill them with peace.

When fear and courage meet,  
you call us to pray and stay strong.

You call us into the sound of sheer silence,  
and springs of living water rise up within us,  
and we are filled with light and life.

### **We worship you with praise and thanksgiving**

Come Holy Spirit, Come,  
 fill us with peace beyond our understanding,  
 ground us in God and  
 comfort us during these challenging times.  
 Lead us on, Lord, help us come before you with all that's on our hearts.  
 If we have hurt another, forgive us,  
 if we need to forgive, give us grace to forgive,  
 and help us forgive ourselves.  
 Lord, we pray for healing and reconciliation.  
 Change our hearts O God as we come before you in this moment of silence

*Silence*

Hear then. Christ's words of grace to us  
 "Your sins are forgiven."

**Thanks be to God**

### **Hymn: Jesus Lover Of My Soul – Fernando Ortega [5:02]**

<https://youtu.be/NsXcCdWjmsg>

*Lyrics: Charles Wesley 1707 – 88 alt; Music: Joseph Parry  
 Lyrics: Public Domain. Published to YouTube by Scott Bacher with attributions*

*Jesus, lover of my soul,  
 let me to thy refuge fly,  
 while the nearer waters roll,  
 while the tempest still is high;  
 hide me, O my Saviour, hide,  
 till the storm of life is past;  
 safe into the haven guide,  
 O receive my soul at last.*

*Other refuge have I none,  
 hangs my helpless soul on thee;  
 leave, ah! leave me not alone,  
 still support and comfort me:  
 all my trust on thee is stayed,  
 all my help from thee I bring;  
 cover my defenceless head  
 with the shadow of thy wing.*

*Thou, O Christ, art all I want,  
 more than all in thee I find,  
 raise the fallen, cheer the faint,  
 heal the sick, and lead the blind.  
 Just and holy is thy name,  
 I am all unrighteousness;  
 false and full of sin I am,  
 thou art full of truth and grace.*

*Plenteous grace with thee is found,  
 grace to cover all my sin;  
 let the healing streams abound,  
 make and keep me pure within:  
 thou of life the fountain art,  
 freely let me take of thee,  
 spring thou up within my heart,  
 rise to all eternity.*



Christ in the Storm on the Sea of Galilee by Rembrandt

## Scripture Readings

### 1 Kings 19: 9-18

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19:9 At that place he came to a cave and spent the night there.

Then the word of the LORD came to him, saying, "**What are you doing here, Elijah?**"

19:10 He answered, "I have been very zealous for the LORD, the God of hosts; for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away."

19:11 He said, "**Go out and stand on the mountain before the LORD, for the LORD is about to pass by.**"

Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the LORD, but the LORD was not in the wind; and after the wind an earthquake, but the LORD was not in the earthquake; 19:12 and after the earthquake a fire, but the LORD was not in the fire; and after the fire a sound of sheer silence. 19:13 When Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave. Then there came a voice to him that said, "**What are you doing here, Elijah?**"

19:14 He answered, "I have been very zealous for the LORD, the God of hosts; for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword.

I alone am left, and they are seeking my life, to take it away."

19:15 Then the LORD said to him, "Go, return on your way to the wilderness of Damascus; when you arrive, you shall anoint Hazael as king over Aram. 19:16 Also you shall anoint Jehu son of Nimshi as king over Israel; and you shall anoint Elisha son of Shaphat of Abel-meholah as prophet in your place. 19:17 Whoever escapes from the sword of Hazael, Jehu shall kill; and whoever escapes from the sword of Jehu, Elisha shall kill.

19:18 Yet I will leave seven thousand in Israel, all the knees that have not bowed to Baal, and every mouth that has not kissed him."

### Romans 10: 5-15

10:5 Moses writes concerning the righteousness that comes from the law, that "the person who does these things will live by them." 10:6 But the righteousness that comes from faith says, "Do not say in your heart, 'Who will ascend into heaven?'" (that is, to bring Christ down). 10:7 "or 'Who will descend into the abyss?'" (that is, to bring Christ up from the dead).

10:8 But what does it say? "The word is near you, on your lips and in your heart" (that is, the word of faith that we proclaim); 10:9 because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. 10:10 For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. 10:11 The scripture says, "No one who believes in him will be put to shame." 10:12 For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. 10:13 For, "Everyone who calls on the name of the Lord shall be saved." 10:14 But how are they to call on one in whom they have not believed? And how are they to believe in one of whom they have never heard? And how are they to hear without someone to proclaim him? 10:15 And how are they to proclaim him unless they are sent? As it is written, "How beautiful are the feet of those who bring good news!"

### Matthew 14: 22-33

14:22 Immediately he made the disciples get into the boat and go on ahead to the other side, while he dismissed the crowds. 14:23 And after he had dismissed the crowds, he went up the mountain by himself to pray. When evening came, he was there alone, 14:24 but by this time the boat, battered by the waves, was far from the land, for the wind was against them.

14:25 And early in the morning he came walking toward them on the sea. 14:26 But when the disciples saw him walking on the sea, they were terrified, saying, "It is a ghost!" And they cried out in fear.

14:27 But immediately Jesus spoke to them and said, "**Take heart, it is I; do not be afraid.**"

14:28 Peter answered him, "Lord, if it is you, command me to come to you on the water."

14:29 He said, "Come." So Peter got out of the boat, started walking on the water, and came toward Jesus.

14:30 But when he noticed the strong wind, he became frightened, and beginning to sink, he cried out, "Lord, save me!" 14:31 Jesus immediately reached out his hand and caught him, saying to him, "You of little faith, why did you doubt?"

14:32 When they got into the boat, the wind ceased. 14:33 And those in the boat worshiped him, saying, "**Truly you are the Son of God.**"

## For The Young At Heart



*Fishing at Dawn – Aireys Inlet*

I spent most days fishing, when my family lived on lighthouses. On Gabo Island I'd sit on the jetty and fish using a hand line. The water was so clear I could see the fish biting the hook. Sometimes they were so big I wasn't strong enough to pull them up onto the jetty and I had to unwind the line and climb down onto the rocks and pull them in that way (I was only eight). I discovered fish were smart.

When it was windy or stormy, they sheltered in places under the water where they weren't tossed about. Fishermen were the same. They didn't bother going fishing when the weather was bad. They'd stay at home in their warm kitchens or sit in sheds and mend their nets or fishing lines. Whenever it was cold and stormy outside, it was so comforting to be inside a solid stone building. The kitchen had an old-fashioned wood fire oven that warmed the kitchen and made great bread. There were wild storms throughout the winter, with howling winds, lightning and thunder. One night we had a storm and the thunder was so loud I couldn't hear myself scream, the wind lifted the roof and water was pouring down the walls and flooding my bedroom and swirling all around my old iron bed. The lightning hit the lighthouse and went down the earth and blew the iron bracket it was attached to, out of the ground. I like storms when I'm inside my home and safe and warm. We are blessed when we have a nice warm home, with enough food and we are safe. Many people don't have such a luxury. This makes me appreciate staying at home during winter where I'm warm and well fed.

## Sermon

*In the name of the Father, the Son and the Holy Spirit, amen.*

When my family lived on Gabo Island and my father was one of the lighthouse keeper's we received groceries on a fortnightly basis, where a small ketch brought us the mail and groceries. The lighthouse also had a post office and sometimes fishing boats and yachts dropped off their mail to be taken to the mainland and it would be collected by the owner of the ketch. This was weather dependent. Sometimes we went for weeks without deliveries. One particular time we decided to go to Mallacoota to shop and meet up with friends. At the time the ketch had to cross the sand bar and when we were crossing the wind changed and picked up where the waves became wild and in increase in size, becoming larger and larger, tossing the ketch this way and that and as it rolled from side to side, I felt quite green and afraid. I'm sure the adults were more afraid, for the ketch was nearly flipping over, each time it rolled from one side to the other.

I couldn't imagine what it was like for the disciples to be caught in the middle of the Sea of Galilee during a storm where they spent all night trying to keep the boat upright. I heard from John Williams that whoever is in charge must keep the boat's stern facing in the direction of the wind and take on the waves. (I hope I heard right). This painting indicates what it may have been like for the disciples.



*Nature can be wild and untamed*

The disciples had been battling the waves and wind all night and must have been exhausted. At the time the sea was considered to symbolise chaos and the unknown. A bit like what we are experiencing at the moment as we ride out the storm of Covid-19, where things seem chaotic and unknown and where we may be feeling tossed about by life. This year people throughout Australia have dealt with bushfires and now a pandemic.

It's affecting our lives. The church is used to riding out storms and the chaos of history making events like we are going through. These are frightening times when we need our shields of faith.

I've read a book called *Fear*, written by Sir Ralph Fiennes. He climbed Mount Everest in his sixties, after a failed attempt, was a member of the SAS, the first person to reach both Poles by surface travel and first across the Antarctic continent unsupported. He led over thirty expeditions and in 2003 ran seven marathons in seven days in aid of the British Heart Foundation. He's received an OBE for breaking records and raising over 4 million for charity. Yet, his fear of heights is so great he'd rather his wife climb up a ladder to clean the gutters, than do it himself. His story made me wonder. Perhaps fear and courage go together. He offered quite a few tips in his book about overcoming fear. In Dhofar he kept a *"ruthlessly tight clamp on his imagination"*. He said, *"with fear you must prevent not cure. Fear must not be let in, in the first place. Think of anything but the subject of your fear. Never look at the void you're about to jump into. If you are in a canoe, never listen to the roar of the rapids, before you let go of the riverbank. Just do it! Keep your eyes closed and let go. If the fear rushes at you – it will not be able to get a grip because your mind will be focusing by then on the technical matter of survival"*. Which brings us to Peter, in today's gospel.

When the disciples saw a strange figure walking towards them on the water they thought it was a ghost and were terrified and cried out in fear. Until then, we didn't hear about whether or not they were afraid when they faced the storm. Perhaps they weren't. As seasoned fishermen they would have known how to ride out a storm. It was the ghost they feared.



At the height of their fears and from the midst of the the storm comes a voice,  
*"Take heart, it is I, do not be afraid."*

Perhaps Peter doubted it was Jesus and that's why he said, *"Lord, if it is you, command me to come to you on the water."* *Jesus said to him: "Come."* Peter got out of the boat and was walking on the water, towards Jesus. He was doing really well, then he took his eyes off Jesus and noticed the strong winds and became frightened. He began to sink into the water. He may have been able to swim, but not in the midst of the sea, so far from the boat and land. He was overcome by his fears and helpless to save himself. Perhaps even paralysed by fear. As Peter sinks below the waves, he calls out, *"Lord save me."* Immediately Jesus reaches out to him, grabs hold of him and saves him, saying, *"You of little faith, why did you doubt?"*

Doubt and fear are normal human feelings. Paul knew about these feelings when he wrote to the church in Rome. He faced many situations where he would have felt fearful and so did the disciples in the early church. He wanted to reassure the congregation that everyone who calls on the name of the Lord, will be saved. Jesus understood Peter's fears, reminding him to have faith instead of feeling fear for faith overcomes fear and doubt and is stronger.

When we take our eyes off Jesus and stop focusing on his message of faith, to focus on fear, we can be overcome by our feelings. If that happens it is time to call on Jesus with a whisper or shout or silent prayer. A simple, *"Lord, save me,"* will do.



Elijah was afraid and was hiding in a cave. Jezebel had killed all the prophets and she had sent people to hunt him down. The Lord, came and asked him, twice, “*What are you doing here Elijah?*”

And, twice his response was to pour out his heart to God about his fears and troubles. God asked him to stand out on the mountain and wait for Him to pass by. God is not in the scary winds or earthquake or fire. God is in the sound of sheer silence. After meeting God face to face, Elijah worshiped him, covering his face with his mantle. Then God told him all about the future that God had planned for him.

When Jesus and Peter got into the boat, the wind ceased, and the storm came to an end. Then the disciples knew Jesus and worshipped him, saying, “*Truly, you are the Son of God.*”

Elijah knew God in the sound of sheer silence. The disciples knew Jesus when he got into their boat and the storm ceased. God was in the sound of sheer silence, in the peace that comes after a storm, when all is still and in Jesus, in the midst of the storm, Jesus who reaches out to his disciples who call on him.

We can be comforted by reality God is with us at all times, especially when we’re afraid and doubt. God comes to save us in the midst of the storms of life and gives us a future.

The Lord be with you  
and also with you

Rev Tina

### Hymn: Amazing Grace – [not stated] [4:43]

<https://youtu.be/NG0vH4WYChQ>

*John Newton 1725-1807 alt. [vv.1-6]; Anon. pre-1790 [v.7];  
Lyrics: Public Domain. Published to YouTube by Gloria Franchi, without attributions*

*Amazing grace (how sweet the sound)  
that saved a wretch like me!  
I once was lost, but now am found,  
was blind, but now I see.*

*‘twas grace that taught my heart to fear  
and grace my fears relieved;  
how precious did that grace appear  
the hour I first believed!*

*Through many dangers, toils and snares  
we have already come:  
‘twas grace that brought us safe thus far,  
and grace will lead us home.*

*When we’ve been there ten thousand years,  
bright shining as the sun,  
we’ve no less days to sing God’s praise  
than when we’d first begun.*

*Amazing grace (how sweet the sound)  
that saved a wretch like me!  
I once was lost, but now am found,  
was blind, but now I see.*

## Offering Prayer

*about offering up ourselves and giving thanks to God for all we have*

**Lord and giver of every good thing  
we bring to you our lives and gifts for your kingdom  
all for transformation through your grace and love  
made known in Jesus Christ our Saviour, amen**



## Prayers Of The People And The Lord's Prayer

*Geoffrey Willis has prepared the Prayers of the people for you today*

We bring our prayers for the world, the church, our community and ourselves. Let us pray:

Dear Lord, in our international prayer cycle we pray for the north African countries of **Burkina Faso, Chad, Mali, Mauritania** and **Niger**. These desert lands and their peoples suffer from food security and livelihood problems, so Lord we pray for those who lack basic needs and rights. Encourage governments to work with their people to provide effective responses to the frequent droughts and hunger. We pray too for pro-active efforts to preserve the environment. These countries frequently see refugees who flee from adjacent lands. Lord, may these displaced folk be welcomed and supported. We pray for the children in these lands. May those who turn out of desperation to crime or begging or are enslaved be offered love and assistance to improve their lot. We pray also for more stable political rule in these countries to stem violence and provide for all.

Here is a prayer for Mali, Niger, Chad, Burkina Faso and Mauritania. May it be our prayer for their situation.

*God, our Father, we bless you  
for the gift of life that you grant us,  
that strength of faith,  
so fragile and so powerful,  
which is nourished by the assurance of your love.  
We pray to you, Lord,  
for the sustenance of life for the people of these five countries,  
Mali, Niger, Chad, Burkina Faso and Mauritania.  
Stir up the strength and courage of all those who are engaged  
in lifting these countries out of poverty.*

*Prières pour le monde 2004*

*© Fédération protestante de France, Paris, France. English transl. Terry MacArthur, © 2005 WCC*

In our ecumenical prayer cycle, we pray for the leaders and people of **St Luke's Anglican Church** in **Vermont** who describe themselves as a "contemporary Anglican Church". Bless, dear Lord, their partnership with St Alfred's, Blackburn North. Dear Lord, we pray for your guidance of their ministry team of Rev Peter MacPherson (Minister), Rev Dr Mark Simon (Associate Minister) and Danni Armstrong (Children and Families Minister). Danni is working at building up their Sunday School called "Lighthouse". During non-pandemic times, St Luke's offers a number of small group activities through the week for Bible study, fellowship and prayer. During COVID-19 they offer online worship at home using Zoom plus a recorded video service and a weekly PDF booklet of prayers, readings and reflections. We pray, Lord, for the effectiveness of these ways of maintaining their community.

In our Presbytery, we pray for the congregations at **Emerald, Gembrook** and **Tecoma**. These congregations have long histories which honour the pioneers of "The Hills" and continue to be important parts of their local communities. We pray, Lord, for their ministry and community involvement which is very dependent on lay leadership.

We pray today for Uniting's **Kildonan** which supports individuals, families and communities from metropolitan Melbourne through to northern regional Victoria.

Its specialty is to provide relief for personal or financial hardship, family stress or breakdown.

It also advocates for social justice, systemic change and best practice social policy.

They offer a huge range of programs but today we pray for their Integrated Family Services Program to support parents-to-be and parents of children through to age 18. Please bless their work as they help with issues such as limited school attendance, family violence, mental illness and poverty.

Dear Lord, we pray for the support of our **Mountview** folk who have special needs. We particularly ask for your peace and comfort for those who feel isolated during this lock-down. We especially pray for Joyce Suto in her situation where poor vision hampers her activities. May those who are dependent on family and friends for shopping and help be thankful for that help. May those who mourn the loss of loved ones be comforted. May each of us reach out to our neighbours when there is need. Dear Lord, bless Tina as she continues to bring us weekly worship resources and as she undertakes a significant and much appreciated pastoral ministry via telephone. Lord, we seek your guidance and ever-present love in these difficult times.

Dear Lord, please hear our prayer for our community during the **coronavirus restrictions**.

Bless all those who are on the frontline: especially doctors, nurses, teachers, police and shop keepers.

Please keep them safe from infection as they selflessly serve our nation. Be close to those families, dear Lord, where employment is adversely affected by the lock-down and where schooling arrangements are difficult.

We pray all these things in the name of Jesus our Lord, and to his glory.

Let us now join in the prayer which Jesus taught us, saying:

Our Father in heaven,  
 hallowed be your name,  
 your kingdom come,  
 your will be done,  
 on earth as in heaven.  
 Give us today our daily bread.  
 Forgive us our sins  
 as we forgive those who sin against us.  
 Save us from the time of trial  
 and deliver us from evil.  
 For the kingdom, the power, and the glory are yours  
 now and forever. Amen.

### Hymn: God Gives Us A Future

God gives us a future, daring us to go  
 into dreams and dangers on a path unknown.

We will face tomorrow in the Spirit's power,  
 we will let God change us, for new life starts now.

We must leave behind us sins of yesterday,  
 for God's new beginning is a better way.

Fear and doubt and habit must not hold us back:  
 God gives hope, and insight, and the strength we lack.

Holy Spirit, teach us how to read the signs,  
 how to meet the challenge of our troubled times.

Love us into action, stir us into prayer,  
 till we choose God's life and find our future there.

*Lyrics: Elizabeth J Smith 1956–*

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## Dismissal

Go out into the world in the power of the spirit and in all things at all times remember Christ is with you.  
 Make your life your worship to the praise and glory of God. Amen

## Hymn: Shalom To You Now – Helen Jackson [1:01]

<https://youtu.be/2oqiFenWxY>

*Lyrics by Elise Shoemaker Eslinger, to a traditional Spanish melody.  
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Shalom to you now,  
shalom, my friends.  
May God's full mercies  
bless you, my friends.  
In all your living and through your loving,  
Christ be your shalom,  
Christ be your shalom.

*I have provided extra resources to accompany you on the journey. Rev Tina*

## Extra Worship Resources

Self-care is important for us during these challenging times. Remembering to take care of our health, get enough sleep, laugh, dance, pray, watch our favourite shows, listen to music, eat, and reach out to one another with love. This week I've provided a few resources for selfcare. I hope you find them helpful



### Prayer

Liz, our Presbytery Minister (Pastoral Care) sent out a thank you to all ministers and it included a prayer, which I'm sharing with you. Rev Erin Counihan wrote the prayer, which is based on Psalm 119 and it acknowledges our current fear and sense of uncertainty.

Your word is a lamp to my feet, Lord.

**Your word is a light to my path.**

Though the world around me tosses and tumbles,

**I hold fast to you.**

Though I have doubts and worries and I wonder,

**I hold fast to you.**

Though my heart hurts, my spirit aches, and I lose my way,

**I hold fast to you.**

Though I encounter wickedness and hate seemingly around every corner,

**I hold fast to you.**

Your stories and your songs, O Lord –

**they comfort me.**

Your will and your way, O Lord –  
**they nudge me along.**  
 Your presence and your promise, O Lord –  
**they give me hope.**  
 Your world is my heritage and my heart.  
**And I will turn toward you forever.**  
 I will hold fast to you.  
**And I will sing praises to your name!**  
 Amen

## Young At Heart

My granddaughter drew this mandala for school.

She found doing mandalas was relaxing.

It took her mind off the worries being created by Stage 4 Lockdown and the fact she's missing school and her friends.

Perhaps you would like to make a mandala.

It could have a cross at the centre or a dove, or animal and be surrounded by the sea or flowers.

Please send me a copy that people can colour in and I'll share it with others.



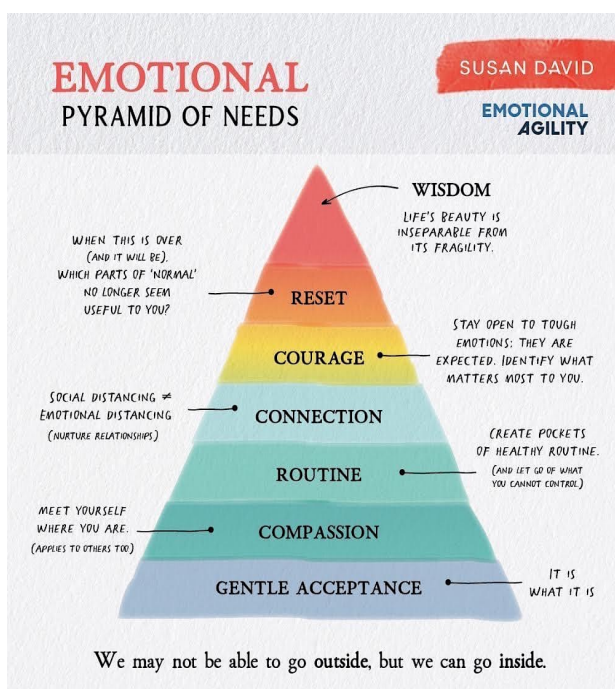
## Staying Home, Staying Safe And Staying Healthy

Home is a familiar safe place, for most people. It's a warm and safe haven to shelter within.

During this time we are encouraged to take good care of ourselves and our health, with exercise and a good diet, reaching out to one another for support, praying and reading the psalms, finding a way to relax, whether through meditation, gardening, music, Apps (I'm currently using one called *Calm* – there are many others) and reaching out for pastoral care to pastoral partners or myself, if you need support.

If you need some extra support to maintain your mental health, please contact your pastoral partners or myself and we will offer you support with seeking professional support.

You may also refer to the website <https://coronavirus.beyondblue.org.au> which offers a series of factsheets on how to take care of yourself during lockdown, including, coping with isolation, and the importance of eating well. (Go to the front page of the website and scroll down to the factsheets)



I also received this pyramid from 'Accredited Mental Health First Aiders' [FaceBook], prepared by Susan David and called Perpetual Ponderer's Mental Health Tips, which you may or may not find helpful.

Each day try to do something nice for yourself and if possible, something nice for someone else. Years ago, I was meeting with a friend at a café inside a hospital and the chef brought over two coffees. When we offered to pay, he said no, it was his good deed for the day. His New Year's resolution was to do something kind for someone every day.

The following YouTube may be of interest. At this moment people in third world nations are facing poverty and Covid-19. Many churches in our own neighbourhood are providing food for homeless, those who have lost jobs and international students. If you're able, it's worth carefully exploring ways of contributing.

Hundreds of thousands of Australians have and are losing their jobs because of Covid-19.  
Perhaps millions throughout the world.

**Hymn: When I Needed A Neighbour (edit) – Sydney Carter [1:59]**

<https://youtu.be/lvC0kWdyKFg>

*Lyrics & Music: Sydney Carter 1915-2004;*

*© S. Carter / Stainer & Bell London;*

*Published to YouTube by Richard Seel, with attributions*

## The Psalms

You may remember I spoke about Fatee, an Egyptian man who said: *Read the Psalms and they will keep you.*

I've been reading a book called *Songs of the Heart* by Joan Chittister which is a series of reflections on the psalms. She drew attention to the following words from Psalm 23: *Though I walk in the valley of darkness, no evil do I fear. Your rod and staff comfort me. All of Psalm 23 is relevant to what we are experiencing at the moment, although this verse is worth pondering upon.* Shepherds carried a staff to help them climb up and down steep mountains to round up lost sheep and to steer sheep into sheepfolds. The rod was a large stick with a club on the end to hit wolves and lions. If I was a sheep with a Shepherd looking after me, I'd feel safe. I grew up with sheep. My siblings and myself, as children, had the job of going out into the fields around the lighthouse when the temperature dropped close to freezing during lambing season to rescue the lambs. They usually came close to being frozen and we'd take them home and put them in the warmer of the wood fire stove and after a while they'd revive. Then we'd keep them in the hayshed and bottle feed them.

### Psalm 42

*You may find Psalm 42 speaks to you. It is a psalm about longing for God and his help, when distressed.*

42:1 As a deer longs for flowing streams, so my soul longs for you, O God. 42:2 My soul thirsts for God, for the living God. When shall I come and behold the face of God? 42:3 My tears have been my food day and night, while people say to me continually, "Where is your God?" 42:4 These things I remember, as I pour out my soul: how I went with the throng, and led them in procession to the house of God, with glad shouts and songs of thanksgiving, a multitude keeping festival.

42:5 Why are you cast down, O my soul, and why are you disquieted within me? Hope in God; for I shall again praise him, my help and my God. My soul is cast down within me; therefore, I remember you from the land of Jordan and of Hermon, from Mount Mizar. 42:7 Deep calls to deep at the thunder of your cataracts; all your waves and your billows have gone over me. 42:8 By day the LORD commands his steadfast love, and at night his song is with me, a prayer to the God of my life.

42:9 I say to God, my rock, "Why have you forgotten me? Why must I walk about mournfully because the enemy oppresses me?" 42:10 As with a deadly wound in my body, my adversaries taunt me, while they say to me continually, "Where is your God?" 42:11 Why are you cast down, O my soul, and why are you disquieted within me? Hope in God; for I shall again praise him, my help and my God. 43:1 Vindicate me, O God, and defend my cause against an ungodly people; from those who are deceitful and unjust deliver me! 43:2 For you are the God in whom I take refuge; why have you cast me off? Why must I walk about mournfully because of the oppression of the enemy? 43:3 O send out your light and your truth; let them lead me; let them bring me to your holy hill and to your dwelling. 43:4 Then I will go to the altar of God, to God my exceeding joy; and I will praise you with the harp, O God, my God.

**43:5 Why are you cast down, O my soul, and why are you disquieted within me?**

**Hope in God; for I shall again praise him, my help and my God.**

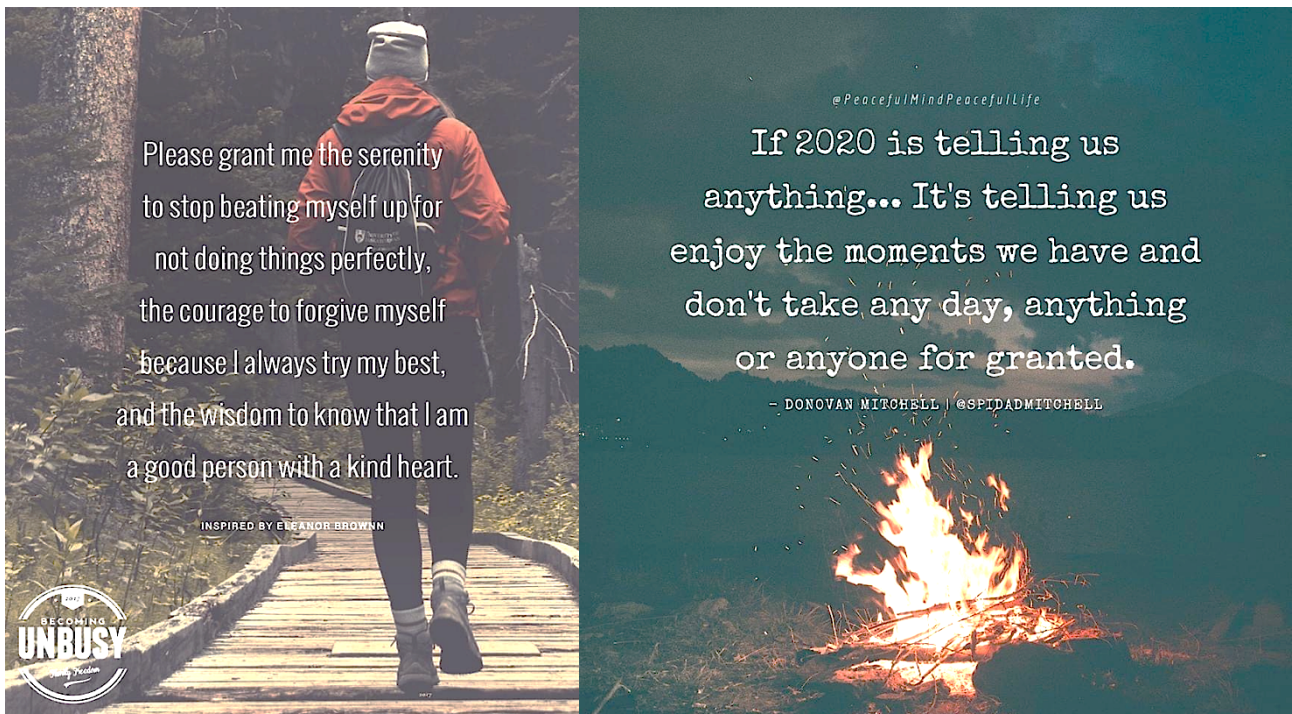
## The Book of Kells

Created by the Monks on Iona, Scotland between the 5<sup>th</sup> and 8<sup>th</sup> Centuries, using animal skins and natural dyes. They spent hours making them inside a solid stone Abbey on the island. The book was taken to Kells, Ireland, after a Viking raid resulted in the death of 68 monks. The book is a priceless work of Christian art. The last two resource pages are from a colouring book, that are copied from illustrations. You're welcome to colour them in. Colouring books are one of the top sellers and reveal the modern day need for contemplative activities.



*The Book of Kells by Bernard Meehan*

## **Ponderings from a 'Contemplative Monk'** a blog available on FaceBook



## **Above All, Keep On Praying**



**Christians throughout the world have been invited to say the Lord's Prayer every day. Please join them:**

Our Father in heaven, hallowed be your name,  
your kingdom come, your will be done,  
on earth as it is in heaven.

Give us today our daily bread.

Forgive us our sins, as we forgive those who sin against us.

Save us from the time of trial and deliver us from evil.

For the kingdom, the power, and the glory are yours  
now and forever. Amen

**Rev Tina, for Mountview Uniting Church**

<https://www.mountviewuca.org/worship.html>

Final collation by Mountview Multimedia team.

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A PORTRAIT OF ST MATTHEW





## THE EAGLE



The eagle always represents St John, one of the four evangelists who wrote the gospels.

Source: *The Colouring book contains tracings from the Book of Kells, published by The O'Brien Press Ltd, Ireland.*  
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