

## St Arvans Church On line Community Bulletin Wednesday 20<sup>th</sup> January 2021

**Night Prayer:** Tonight at 8pm

**Sunday Eucharist:** The Church is now **closed** for worship until further notice. **All services will continue to be live-streamed.**

### St Arvans online

Live service stream : [https://www.facebook.com/pg/vicaragecello1/videos/?ref=page\\_internal](https://www.facebook.com/pg/vicaragecello1/videos/?ref=page_internal)

Facebook : St Arvan's Parish group – please like us and become a follower

Webpage at: [www.starvanschurch.org.uk](http://www.starvanschurch.org.uk)

Instagram: starvanschurch

Twitter: St Arvans Church @Arvanschurch

## Prayer and Meditation

### Prayer of George Washington, US President

Holy and eternal Lord God who art the King of heaven, and the watchman of Israel, that never slumberest or sleepest, what shall we render unto thee for all thy benefits: because thou hast inclined thine ear unto me, therefore will I call on thee as long as I live, from the rising of the sun to the going down of the same let thy name be praised. Among the infinite riches of thy mercy towards me, I desire to render thanks & praise for thy merciful preservation of me this day, as well as all the days of my life; and for the many other blessings & mercies spiritual & temporal which thou hast bestowed on me, contrary to my deserving. All these thy mercies call on me to be thankful and my infirmities & wants call for a continuance of thy tender mercies; cleanse my soul, O Lord, I beseech thee, from whatever is offensive to thee, and hurtful to me, and give me what is convenient for me. Watch over me this night, and give me comfortable and sweet sleep to fit me for the service of the day following. Let my soul watch for the coming of the Lord Jesus; let my bed put me in mind of my grave, and my rising from there of my last resurrection. O heavenly Father, so frame this heart of mine, that I may ever delight to live according to thy will and command, in holiness and righteousness before thee all the days of my life. Let me remember, O Lord, the time will come when the trumpet shall sound, and the dead shall rise and stand before the judgment seat, and give an account of whatever they have done in the body, and let me so prepare my soul, that I may do it with joy and not with grief. Bless the rulers and people of this land, forget not those who are under any affliction or oppression. Let thy favour be extended to all my relations, friends and all others who I ought to remember in my prayer and hear me I beseech thee for the sake of my dear redeemer in whose most holy words, I further pray,

Our Father, who art in heaven,  
Hallowed be thy Name.  
Thy kingdom come.  
Thy will be done,  
On earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
As we forgive those who trespass against us.  
And lead us not into temptation,  
But deliver us from evil.  
For thine is the kingdom,  
and the power,  
and the glory,  
for ever and ever.  
Amen.

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## Psalm 111

Praise the LORD!  
I will give thanks to the LORD with my whole heart,  
in the company of the upright, in the congregation.  
Great are the works of the LORD,  
studied by all who delight in them.  
Full of honor and majesty is his work,  
and his righteousness endures forever.  
He has gained renown by his wonderful deeds;  
the LORD is gracious and merciful.  
He provides food for those who fear him;  
he is ever mindful of his covenant.  
He has shown his people the power of his works,  
in giving them the heritage of the nations.  
The works of his hands are faithful and just;  
all his precepts are trustworthy.  
They are established forever and ever,  
to be performed with faithfulness and uprightness.  
He sent redemption to his people;  
he has commanded his covenant forever.  
Holy and awesome is his name.  
The fear of the LORD is the beginning of wisdom;  
all those who practice it<sup>[a]</sup> have a good understanding.  
His praise endures forever.

## **The Gospel of St Mark: 3, 1-6**

Again he entered the synagogue, and a man was there who had a withered hand. They watched him to see whether he would cure him on the sabbath, so that they might accuse him. And he said to the man who had the withered hand, "Come forward." Then he said to them, "Is it lawful to do good or to do harm on the sabbath, to save life or to kill?" But they were silent. He looked around at them with anger; he was grieved at their hardness of heart and said to the man, "Stretch out your hand." He stretched it out, and his hand was restored. The Pharisees went out and immediately conspired with the Herodians against him, how to destroy him.

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## **Music**

What more appropriate hymn for today, when the new US President is inaugurated, than the uplifting Battle Hymn of the Republic. Performed by the US Army Field Band.

[The Battle Hymn of the Republic - YouTube](#)

For a complete contrast, the 16<sup>th</sup> century composer, John Amner. His motet "I will sing unto the Lord" is sung by Dublin Consort Singers.

[I will sing unto the Lord - YouTube](#)

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## **On the lighter side**

Couldn't resist this one, today.

[Donald Trump - The Concession Speech : We All Deserve - Bing video](#)