

St Arvans Church mid-week Bulletin Wednesday 19th January 2022

Night Prayer: Tonight at 8pm – online only

Sunday Eucharist: Sunday 10am. In person (please book via Maureen) and online

St Arvans online

Live service stream : 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

Instagram: starvanschurch

Twitter: St Arvans Church @Arvanschurch

Please send any contributions to this bulletin to starvanschurchnews@btinternet.com

Please share it with others whom you think be interested, and invite them to contact us if they want to go on the mailing list at: starvanschurchnews@btinternet.com

Prayer and Meditation

“Be kinder than necessary, for everyone you meet is fighting some kind of battle”.

~ Anon

Psalm 144

Blessed be the LORD, my rock,
 who trains my hands for war, and my fingers for battle;
my rock and my fortress,
 my stronghold and my deliverer,
my shield, in whom I take refuge,
 who subdues the peoples under me.
O LORD, what are human beings that you regard them,
 or mortals that you think of them?
They are like a breath;
 their days are like a passing shadow.

Bow your heavens, O LORD, and come down;
touch the mountains so that they smoke.
Make the lightning flash and scatter them;
send out your arrows and rout them.
Stretch out your hand from on high;
set me free and rescue me from the mighty waters,
from the hand of aliens,
whose mouths speak lies,
and whose right hands are false.
I will sing a new song to you, O God;
upon a ten-stringed harp I will play to you,
the one who gives victory to kings,
who rescues his servant David.
Rescue me from the cruel sword,
and deliver me from the hand of aliens,
whose mouths speak lies,
and whose right hands are false.
May our sons in their youth
be like plants full grown,
our daughters like corner pillars,
cut for the building of a palace.
May our barns be filled,
with produce of every kind;
may our sheep increase by thousands,
by tens of thousands in our fields,
and may our cattle be heavy with young.
May there be no breach in the walls,^[c] no exile,
and no cry of distress in our streets.
Happy are the people to whom such blessings fall;
happy are the people whose God is the LORD.

A reading from 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

One more step along the world I go, is sung for BBC Songs of Praise, in Upper Clyde Parish Church.

[One more step along the world I go - YouTube](#)

In contrast, you might like to listen to The Missa de Angelis, a Gregorian chant setting of the Mass commonly used in the Roman Catholic Church. I grew up on it ! Here it is sung by the Collegium Sacrum from Seoul, South Korea.

[Missa de Angelis: Kyrie - YouTube](#)

On the lighter side

Last Sunday, the Gospel was the story of the wedding feast of Cana. I have included this clip before, but I still think it is so funny, it is worth including again – anyway, I don't know if any of you even looked at it last time! It's a new take on the meaning behind the miracle !

[The miracle at Cana - YouTube](#)

(Press and hold Control and then click on the title to access the video)
