

parliament and our government as they try to find the way forward in this pandemic. We pray for the work of scientists as they struggle to find a vaccine. Lord help us to be patient when things don't seem to be getting anywhere.

Lord of all hear our prayer

Loving God we pray for your church as we struggle to work out the best way forward. Calm our fears and help us to find a new hope as we endeavour to move forward in our discipleship. Help us to remember that we are your church and not simply our church and remind us that as you care for all so we must strive to do the same.

Lord of all hear our prayer

Loving God we pray for ourselves. Help us to remain steadfast in our discipleship. Be with us in the decisions we are making. Lead our thoughts and prayers. Help us to rejoice in your love and grant us your peace, the peace that no-one else can give.

Lord of all accept these prayers we offer in the name of Jesus.

The Lord's Prayer

Hymn [StF707 / H&P776](#) **Make me a Channel of Your Peace**

A sending out prayer

We reflect in our separate homes today, Lord – perhaps some with smiles or frowns; with our hopes and with fears; with answers but also questions; maybe crying and with heavy hearts; or with anxieties, or relief. But we are one Church in you Lord, and we never go alone. With thankful hearts, we share the journey of life with each other and with you. Be with us in our journey. **Amen.**

*Our worship sheet this week was compiled by Dorothy Pearson
with prayers of intercession contributed by Judith Winn.*

District Worship at Home Sunday 11th October –

*Our worship sheet this week is offered to the District
by Middlesbrough and Eston Circuit and Castle Eden Circuit.*

Peace of mind

Call to Worship

Lord God, faithful and loving,
we do not always feel like rejoicing.
Even as we gather to worship you,
our minds are sometimes distracted and elsewhere,
weighed down by the burdens of our lives.
Help us, in this moment, to find it within our hearts
to REJOICE in your constancy and loving care for us.
People of God, let us rejoice.

Amen.

Hymn: [StF 335 / H&P 243](#) **Rejoice the Lord is King**

Reading: [Philippians 4.1-9](#).

Reflection:

Reflecting on today's reading, though written by Paul over 2000 years ago, it seems to me to have a wisdom that is very useful to us today. You may feel that it speaks to you too.

Such arguments in this case between Euodia and Syntyche still happen don't they, and have throughout history, and Paul's solution based on Christ's teaching stands as strong today as it did then.

As said the reading is especially relevant now in our particular time as we have struggled to stay alert and remain safe and keep others safe against this invisible enemy Covid19. Yes very difficult to have peace of mind, and to live peacefully with each other when there are as many views on safety as there are people, our every day relationships can be put to great strain. People can feel upset over issues of social spacing and the use of facemasks. Lockdown caused issues when people were under “stay at home” orders, spending months with each other, it was reported that people were finding out they didn’t like the people they were living with. This was reported worldwide. Divorce enquiries avalanched.

There are other problems too, for some shortage of money, the threat of mortality, the young people overly socialising leading to higher cases of Covid19, lost jobs and people can feel like they’re in a pressure-cooker! Emotions are raw and arguments’ do break out, as in the start of today’s scripture between Euodia and Syntyche.

So let’s take a look at Paul and what we can learn from the situation in Philippi.

The Philippians faced a time of uncertainty. Paul was in prison and it was most likely that he wouldn’t return. They would need to stand alone without his support. The future looked bleak to them. Paul encourages the women to overcome their differences, since bad feeling was damaging their friendship and was spilling over and damaging the young Church. Isn’t that true of our disagreements, they rob us of our good relationships with others and spill over and infringe on the peace of others.

What needs to be done, in Paul’s view, is that we should live by the teachings of Christ, by following His words and example, and with prayers, Christ *will* transform us (Philippians 3: 21). This issues in a call for reconciliation between warring friends and church members (4: 2-3). It nurtures habits of the heart, (4: 4-7) and mind (4: 8-9) that open us to the peace of God (4: 7), which is indeed the presence of the God of peace (4: 9). Further Paul encourages the young Church as a whole to rejoice rather than worry about the future. To Paul it’s a question of

attitude – as the American writer Dale Carnegie put it, in a book called *How to Stop Worrying and Start Living*: ‘Two men looked out from prison bars, one saw the mud, the other saw stars.’ Paul wants the Philippian Church – and **all** who follow Christ – to look for the good in everyone and everything and to fill our minds with all that is right, and beautiful, and just (4.8). So as we face the uncertainty of the current Pandemic, let us find peace and strength in Christ Jesus and with each other. Amen

Please take a moment to put aside your offering and to say thank you for God’s gifts to you.

Prayers of intercession

Loving God we bring you our prayers for the church and the world.

Loving God we pray for your world which is in a state of turmoil. We pray for those people who are suffering at the present time. We think of those who are hungry and don’t know where their next meal will come from and we thank you for the work of aid agencies and food banks. Help us to share your generosity to us with others,

Lord of all hear our prayer

We pray for those who are ill at home or in hospital and the people who are caring for them. May they feel your presence and find comfort. We pray for all those involved in caring in whatever field and ask that you give them your strength to carry on in difficult circumstances. Help us to offer support with our prayers.

Lord of all hear our prayer

We pray for our leaders of nations that they may govern honestly and fairly with justice for all. We pray that hearts and minds may be changed people of war may become people of peace We pray for our