



# ROSSORRY

## PARISH CHURCH

**Sunday 17th  
OCTOBER 2021**  
*The Twentieth  
Sunday after Trinity*

**GOD gives  
strength  
hope & courage**

If you cannot attend in person—then  
check online on Monday for video of the  
recorded Service on Facebook: -  
Rossorry Parish Church  
**PLEASE READ THE SAFETY PROTOCOL**

### **Opening Hymn - 325**

**Be still for the presence of the Lord,  
the Holy One, is here .....**

**1.** Be still, for the presence of the Lord,  
the Holy One, is here.

Come, bow before him now, with  
reverence and fear.

In him no sin is found, we stand on  
holy ground.

Be still, for the presence of the Lord,  
the Holy One, is here.

**2.** Be still, for the glory of the Lord is  
shining all around;  
he burns with holy fire, with splendour  
he is crowned.

How awesome is the sight, our radiant  
King of light!

Be still, for the glory of the Lord is  
shining all around.

**3.** Be still, for the power of the Lord is  
moving in this place,  
he comes to cleanse and heal, to  
minister his grace.

No work too hard for him, in faith  
receive from him;  
be still, for the power of the Lord is  
moving in this place.

*Dave Evans (bl957)*

based on Exodus 3: 1-6

### **The Greeting**

The Lord be with you.

**And also with you.**

### **A Sentence of Scripture**

***'Our help is in the name of the Lord, who made heaven and earth'.***

*Psalms 124:7*

## ***BCP - page 101***

Beloved in Christ, today we offer to Almighty God our worship and praise and thanksgiving, to confess our sins and to receive God's forgiveness, to hear his holy word proclaimed, to bring before him our needs and the needs of the world, and to pray that in the power of his Spirit we may serve him and know the greatness of his love.

### **A Prayer of Penitence**

Heavenly Father, we have sinned against you and against our neighbour in thought and word and deed, through negligence, through weakness, through our own deliberate fault; by what we have done and by what we have failed to do. We are truly sorry and repent of all our sins. For the sake of your Son Jesus Christ who died for us, forgive us all that is past; and grant that we may serve you in newness of life to the glory of your name. Amen.

### **The Absolution**

Merciful Lord,  
grant to your faithful people pardon and peace,  
that we may be cleansed from all our sins,  
and serve you with a quiet mind;  
through Jesus Christ our Lord.

**Amen.**

*please stand*

O Lord, open our lips:  
**and our mouth will proclaim your praise**

O God, make speed to save us:  
**O Lord make haste to help us.**

Glory to the Father, and to the Son and to the Holy Spirit:  
**As it was in the beginning is now and shall be for ever, Amen**

Praise the Lord:  
**The Lord's name be praised.**

## CANTICLE

## Jubilate.....

1. O shout to the Lord in triumph all the earth;  
serve the Lord with gladness  
and come before his face with songs of joy.

2. Know that the Lord he is God;  
it is he who has made us and we are his we are his people  
and the sheep of his pasture.

3. Come into his gates with thanksgiving  
and into his courts with praise;  
give thanks to him and bless his holy name.

4. For the Lord is good  
his loving mercy is for ever,  
his faithfulness throughout all generations.

Glory be to the Father, and to the Son,  
and to the Holy Spirit;  
as it was in the beginning, is now  
and ever shall be, world without end. Amen.

*Please be seated for our first reading*

## **The Epistle—1 Timothy 4 :6-16**

*The Epistle reading is taken from the first Letter of St. Paul to Timothy,  
Chapter 4 ,beginning to read from verse 6.*

<sup>6</sup> If you point these things out to the brothers and sisters, you will be a good minister of Christ Jesus, nourished on the truths of the faith and of the good teaching that you have followed. <sup>7</sup> Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. <sup>8</sup> For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. <sup>9</sup> This is a trustworthy saying that deserves full acceptance.

<sup>10</sup> That is why we labour and strive, because we have put our hope in the living God, who is the Saviour of all people, and especially of those who believe.

<sup>11</sup> Command and teach these things. <sup>12</sup> Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity. <sup>13</sup> Until I come, devote yourself to the public reading of Scripture, to preaching and to teaching. <sup>14</sup> Do not neglect your gift, which was given you through prophecy when the body of elders laid their hands on you.

<sup>15</sup> Be diligent in these matters; give yourself wholly to them, so that everyone may see your progress. <sup>16</sup> Watch your life and doctrine closely. Persevere in them, because if you do, you will save both yourself and your hearers.

This is the word of the Lord

**Thanks be to God**

## **CANTICLE**

## **Glory and honour and power.....**

1. Glory and honour and power  
are yours by right O Lord our God.

2. For you created all things  
and by your will they have their being.

3 .Glory and honour and power  
are yours by right O Lamb for us slain;

4 .For by your blood you ransomed us for God  
from every race and language  
from every people and nation.

5. To make us a kingdom of priests,  
to stand and serve before our God.

6. To him who sits on the throne and to the Lamb  
be praise and honour, glory and might,  
for ever and ever. Amen

## **Gospel Reading**

## **Mark 6: 45-52**

*Hear the Gospel of our Saviour, Christ, according to St Mark,  
Chapter 6, beginning to read from verse 45.*

### **Glory to you, Lord Jesus Christ.**

<sup>45</sup> Immediately Jesus made his disciples get into the boat and go on ahead of him to Bethsaida, while he dismissed the crowd. <sup>46</sup> After leaving them, he went up on a mountainside to pray.

<sup>47</sup> Later that night, the boat was in the middle of the lake, and he was alone on land. <sup>48</sup> He saw the disciples straining at the oars, because the wind was against them. Shortly before dawn he went out to them, walking on the lake. He was about to pass by them, <sup>49</sup> but when they saw him walking on the lake, they thought he was a ghost. They cried out, <sup>50</sup> because they all saw him and were terrified.

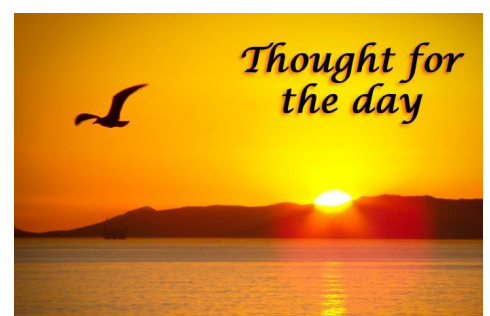
Immediately he spoke to them and said, 'Take courage! It is I. Don't be afraid.' <sup>51</sup> Then he climbed into the boat with them, and the wind died down. They were completely amazed, <sup>52</sup> for they had not understood about the loaves; their hearts were hardened.



This is the Gospel of the Lord

**Praise to you, Lord Jesus Christ**

## **Thought for the Day**



## Apostles' Creed

*BCP – page 112*

I believe in God, the Father almighty,  
creator of heaven and earth.  
I believe in Jesus Christ, God's 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 again 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.

## HYMN 652

Lead us, heavenly Father, lead us

o'er the world's tempestuous sea;.....

1. Lead us, heavenly Father, lead us  
o'er the world's tempestuous sea;  
guard us, guide us, keep us, feed  
us,  
for we have no help but thee;  
yet possessing every blessing,  
if our God our Father be.

2. Saviour, breathe forgiveness o'er  
us,  
all our weakness thou dost know;  
thou didst tread this earth before  
us,  
thou didst feel its keenest woe;  
self denying, death defying,  
thou to Calvary didst go.

3. Spirit of our God, descending,  
fill our hearts with heavenly joy,  
love with every passion blending,  
pleasure that can never cloy;  
thus provided, pardoned, guided,  
nothing can our peace destroy.

*James Edmeston (1791-1867) altd.*

The Lord be with you; **and also, with you.**

Let us pray.

Lord, have mercy; **Christ, have mercy.** Lord, have mercy.

**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, the power, and the glory,  
for ever and ever.  
Amen.**

Show us your mercy, O Lord; **and grant us your salvation.**

O Lord, save the Queen; **and grant her government wisdom.**

Let your ministers be clothed with righteousness; **and let your servants shout  
for joy.**

O Lord, save your people; **and bless those whom you have chosen.**

Give peace in our time, O Lord; **and let your glory be over all the earth.**

O God, make clean our hearts within us; **and renew us by your Holy Spirit.**

**COLLECT for today; The Twentieth Sunday after Trinity.**

Almighty God,  
whose Holy Spirit equips your Church with a rich variety of gifts:  
Grant us so to use them that, living the gospel of Christ  
and eager to do your will,  
we may share with the whole creation in the joys of eternal life;  
through Jesus Christ our Lord.  
**Amen.**

## **THE COLLECTS**

### **Collect at Morning Prayer**

O God, the author of peace and lover of concord,  
to know you is eternal life, and to serve you is perfect freedom:  
Defend us in all assaults of our enemies,  
that we, surely trusting in your protection,  
may not fear the power of any adversaries;  
through Jesus Christ our Lord. **Amen.**

O Lord, our heavenly Father, almighty and everliving God,  
we give you thanks for bringing us safely to this day:  
Keep us from falling into sin or running into danger,  
and in all things guide us to know and do your will;  
through Jesus Christ our Lord. **Amen.**

Go before us, Lord, in all our doings, with your most gracious favour,  
and further us with your continual help;  
that in all our works begun, continued and ended in you,  
we may glorify your holy name,  
and finally by your mercy attain everlasting life;  
through Jesus Christ our Lord. **Amen.**

Heavenly Father, in whom we live and move and have our being:  
We humbly pray that your holy Spirit may so guide and govern us,  
That in all the cares and occupations of our daily life,  
We may never forget your presence,  
But may remember that we are always walking in your sight,  
Through Jesus Christ our Lord. **Amen**

## **INTERCESSIONS**

*(The Intercessions will normally include prayer for: the universal Church of God, the nations of the world, the local community, those in need and remembrance of, and thanksgiving for, the faithful departed )*

*Ending with....*

**Merciful Father,  
accept these our prayers  
for the sake of your Son.  
our Saviour Jesus Christ. Amen**



**Ending****Going out as God's People**

The peace of God, which passes all understanding,  
keep your hearts and minds in the knowledge of God,  
and of his Son Jesus Christ our Lord;

**Blessing.**

and the blessing of God almighty,  
the Father, the Son and the Holy Spirit,  
be with you and remain with you always.

**Amen.**

**HYMN 537**

**O God, our help in ages past,  
our hope for years to come.....**

**1.** O God, our help in ages past,  
our hope for years to come,  
our shelter from the stormy blast,  
and our eternal home.

**2.** Beneath the shadow of thy throne  
thy saints have dwelt secure;  
sufficient is thine arm alone,  
and our defence is sure.

**3.** Before the hills in order stood,  
or earth received her frame,  
from everlasting thou art God,  
to endless the years the same.

**4.** A thousand ages in thy sight  
are like and evening gone;  
short as the watch that ends the night  
before the rising son.

**5.** Time, like and ever-rolling stream,  
soon bears us all away;  
we fly forgotten, as a dream  
dies at the opening day.

**6.** O God, our help in ages past,  
our hope for years to come,  
be thou our guard while troubles last,  
and our eternal home.

Words: Isaac Watts (1674-1748)

*based on Psalm 90:1-6*

**Dismissal**

Go in peace to love and serve the Lord  
**in the name of Christ. Amen**



## THIS SUNDAY—in CHURCH MORNING PRAYER

Mr Harry Anderson and Mr Nick Hambly



Numbers will continue to be limited  
in keeping with the Social Distancing rules.

Next week's Service in Church -

Sunday 24th October 2021  
will be a Service of Morning Prayer



Mrs Joan NELSON

### Howe About That!

A story by Niall Howe  
(son of Canon Howe –former Rector of  
Rossorry) about his adventures and  
misadventures of his childhood in the  
Rectories where Canon Howe was based.

A beautiful look at life around a Rectory from  
a child's point of view and a very interesting  
look into life from over 60 years ago.



Just published and available to  
buy for £10.

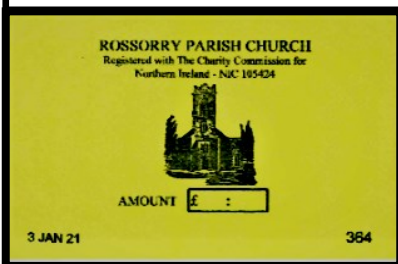
(At least 25% of any profit to the  
'Fields of Life' Charity.)

If you would like a copy—

Please contact Gerry  
in the Parish Office (02866 329889)  
or email:-

[rossoryoffice@btinternet.com](mailto:rossoryoffice@btinternet.com)

and I will get one out to you or



### **FREEWILL GIVING**

*Even though  
Services are once  
again online,  
throughout this  
period of the*

*Pandemic, the Parish continues to have on-  
going costs and your contribution is vital in  
sustaining its work and ministry. It is  
therefore important that you continue to  
bring your Freewill envelopes to Church on  
Sundays or send or drop off  
(subject to current rules) to the  
Parish Office.*

If you wish, you may set up a Standing  
Order with your Bank or Building  
Society to deal with this matter. If you  
have online banking, you can do this  
without even visiting your Bank.  
Contact the Office for details.

**02866 329889**



## **Samaritan's Purse Shoeboxes.**

It is time again to prepare the Samaritan's Purse shoeboxes to send off to children all round the world who can expect nothing at Christmas, apart from the gift of a shoebox, "full of treasure", from a kind Christian like yourselves.

The leaflet with instructions and guidance about contents are available, from Churchwardens, in the front porch of the Church.

Gifts will be dedicated at the Service of Morning Prayer **in Church on Sunday 28<sup>th</sup> November 2021** (they must be in by then to allow time to ship them around the world).



**PILATES Class began on  
Friday 15th October in the big  
Hall in Rossorry with**



**Nicola Mc Cullagh-Daley**

**Class runs from  
11am—12noon**

***(Please wear your mask on the  
way in and out and if visiting  
the Restrooms)***

Thank you

## **Churches and the Afghan crisis.**



***Tuesday, 26th October 2021: 2.00pm –  
4.00pm (online)***

How should the Churches and Christians respond to the Afghan crisis in ways that can make a real difference in the lives of those impacted by this tragedy? This question will be considered by the Churches' Refugee Network at its annual meeting, where attendees will hear from Welcome Churches and Refugees at Home – two organisations which are involved in addressing the crisis.

The network will also be hearing from the Revd Dr Inderjit Bhogal, Leader of the Church of Sanctuary project, who will explore strategies from a policy perspective. Finally, Brussels-based Dr Torsten Moritz, General Secretary of the Churches' Commission for Migrants in Europe, will discuss how Churches in continental Europe are responding to the crisis.

**You're welcome to register your attendance  
at this link.**

<https://us02web.zoom.us/meeting/register/tZEpf-GsqjguEtHJOHOerSfbeGT7-VSRum2E>

*Shared on behalf of the Commission for Christian Unity and Dialogue. The Churches' Refugee Network forms part of the work of Churches Together in Britain and Ireland.*



## Church of Ireland's Mental Health Project Moves Forward

### *Call for mental health champions marks World Mental Health Day: Sunday (10th October)*

Prayer and faith help to support good mental health but stigma around the issues involved still remains a major challenge, research carried out by the Church of Ireland has revealed. These are some of the key findings that have emerged from research undertaken by the MindMattersCOI project earlier this year, and the Church is now preparing to take practical steps to improve and support mental health literacy.

Over the past 12 months, MindMattersCOI has been listening to both clergy and lay members of the Church of Ireland to understand the Church's attitudes and awareness towards mental health. Over 1,200 members and more than half of all clergy participated in this research.

On World Mental Health Day (Sunday, 10th October), the Church of Ireland is putting the call out for mental health champions to promote mental health literacy and help break down barriers created by stigma.

The Chairperson of the MindMattersCOI advisory group, Bishop Pat Storey, is urging people with an interest in mental health, whether personal or professional, to become involved in the project. She commented: "Improving mental health literacy is so important for us all. We need to understand how to maintain and support positive mental health amongst our friends, community and, in particular, our younger people. Recognising issues and talking about mental health helps to decrease stigma and remove barriers to seeking help."

- both members and clergy agreed that the Church of Ireland has a role to play in promoting positive mental health;
- bishops note that they can provide the strong leadership required to effect positive and lasting change in relation to mental health attitudes and awareness;
- 96% of respondents felt that Covid-19 had had a significant impact on people's mental health;
- family, friends and other connections were identified as key contributors to positive mental health;
- respondents reported that, although they have positive attitudes towards mental health issues, these still carry a significant level of stigma within the community;
- in contrast to other studies among churches and other communities of faith, respondents did not identify clergy as a primary source of help in dealing with mental health issues; and a significant number of clergy feel that the Church currently does not provide sufficient support for their mental health.

Based on the findings of the research, the next phase of the project will focus on improving mental health literacy. This is defined as:

- understanding how to obtain and maintain positive mental health;
  - understanding mental health problems and their treatments;
  - decreasing stigma related to mental health problems; and
- assisting people to seek help effectively.

The project is now calling for additional volunteers to get involved and become ambassadors for mental health in their parishes and wider communities. Thanks to the generous support of Allchurches Trust, there will be a wide variety of training on offer as well as funding available for local projects that support mental health literacy. Announcing Phase 2 of the project, Bishop Storey said: "We have listened to what you told us in the research and now we want you to get involved. We want you to join our movement for mental health literacy. There are opportunities for training and there is also seed funding for projects in parishes and dioceses."

Although the MindMattersCOI project was conceived before the Covid pandemic, it is recognised that young people were among those most affected during successive lockdowns. The project is therefore carrying out an additional sub-study focusing exclusively on younger members of the Church of Ireland.

For more information and to sign up as a champion, please visit the MindMattersCOI website at <https://mindmatters.ireland.anglican.org>