

The Parish of Forton, Saint John the Evangelist

SOFA SPIRITUALITY

Issue 11: 31st May 2020

Following the guidelines from the Government and the Church of England,
St John's Church building is closed until further notice.

But the Church - the community of the faithful - is still very much alive!

Please do continue to pray in your own home
for the local community, the country and the world.

If you can, please use the Sunday Worship prayers at 10:00 am.

If you have internet access, you'll find livestreams on our Facebook page @fortonchurch.

You do not need to have a Facebook account to access it.

The videos will also be uploaded to our YouTube channel (Forton Church)
and our website www.fortonchurch.org shortly afterwards.

If you need anything at all, especially if you are self-isolating or ill,
please do get in touch by:

Text, Call or WhatsApp: 07866 703 378

Email: fortonchurch@gmail.com

Message via the website: www.fortonchurch.org

Post: The Vicarage, 10 Spring Garden Lane, Gosport, Hampshire, PO12 1HY
(all these methods are confidential, and will only be seen by Mother Carrie)

Dear Friends,

We're seeing red this week as we celebrate the Feast of Pentecost. It marks the end of our Easter celebrations, but it also marks a new beginning, as the Holy Spirit sent the disciples out into the world.

Over the past months, we've experienced a lot of losses and endings, as we get used to a 'new normal.' Pentecost reminds us that God's Holy Spirit is always with us, to guide, urge and comfort us in times of difficulty and in times of joy.

During lockdown, have you taken on a new ministry, found a new hobby or made a new friend? That might just be the Holy Spirit working in your life! Mother Carrie

STEWARDSHIP

***Thank you so much
to those of you who have sent cheques
or donated online.***

We understand times are tough for lots of folks, but if you can keep up your regular contribution (or even manage to give a little bit more), we would really appreciate it.

If you have internet or 'phone banking, you can make an electronic transfer to:

Account number: 00355572

Sort code: 30-93-56 (Lloyd's Gosport)

If you would prefer to use a cheque, please make it payable to "Saint John's Forton PCC Expenses" and send it to the Vicarage.

Thank you.

HAPPY BIRTHDAY TO ...

Keely (1st)

The Feast of Pentecost

The Eleventh Sunday in Coronatide

SUNDAY WORSHIP



GREETING

Alleluia! Christ is risen:
He is risen indeed! Alleluia!

Dear brothers and sisters,
Jesus Christ, whom we worship,
is our crucified, risen and ascended Lord
and we have been privileged
to walk with him
through his journey of love.
We have faced the agony
of his suffering and death on a Cross.
We have rejoiced at his bursting free
from the bonds of death.
We have felt his risen presence with us,
and known him in the breaking of bread.
We have seen his return to the throne
before which every knee shall bow
and every tongue confess
that he alone is Lord.
Now, with his first disciples,
and his followers throughout the ages,
we await the coming
of the promised Holy Spirit,
his gift to his people,
through whom we make Christ
known to the world.

HYMN



1

Come down, O Love divine,
Seek thou this soul of mine,
And visit it with thine own ardour glowing.
O Comforter, draw near,
Within my heart appear,
And kindle it, thy holy flame bestowing.

2

O let it freely burn,
Till earthly passions turn
To dust and ashes in its heat consuming;
And let thy glorious light
Shine ever on my sight,
And clothe me round,
the while my path illuming.

3

And so the yearning strong
With which the soul shall long
Shall far outpass
the power of human telling.
For none can guess its grace
Till he become the place
Wherein the Holy Spirit makes his dwelling.

COME DOWN, O LOVE DIVINE:
Italian, Bianco da Siena' tr. Ruchard Littledale
Tune: DOWN AMPNEY, Ralph Vaughan Williams

COLLECT

God, who as at this time
taught the hearts of your faithful people
by sending to them
the light of your Holy Spirit:
grant us by the same Spirit
to have a right judgement in all things
and evermore to rejoice in his holy comfort;
through the merits
of Christ Jesus our Saviour,
who is alive and reigns with you,
in the unity of the same Spirit,
one God, now and forever. **Amen**

SCRIPTURE READING: Acts 2:13-21

When the day of Pentecost had come,
they were all together in one place.
And suddenly from heaven
there came a sound
like the rush of a violent wind,
and it filled the entire house
where they were sitting.
Divided tongues, as of fire,
appeared among them,
and a tongue rested on each of them.
All of them were filled with the Holy Spirit
and began to speak in other languages,
as the Spirit gave them ability.
Now there were devout Jews
from every nation under heaven
living in Jerusalem.
And at this sound
the crowd gathered and was bewildered,
because each one heard them speaking
in the native language of each.
Amazed and astonished, they asked,
'Are not all these who are speaking
Galileans?
And how is it that we hear, each of us,
in our own native language?
Parthians, Medes, Elamites,
and residents of Mesopotamia,
Judea and Cappadocia, Pontus and Asia,
Phrygia and Pamphylia, Egypt
and the parts of Libya belonging to Cyrene,

and visitors from Rome,
both Jews and proselytes,
Cretans and Arabs—
in our own languages
we hear them speaking
about God's deeds of power.'
All were amazed and perplexed,
saying to one another,
'What does this mean?'
But others sneered and said,
'They are filled with new wine.'
But Peter, standing with the eleven,
raised his voice and addressed them:
'Men of Judea
and all who live in Jerusalem,
let this be known to you,
and listen to what I say.
Indeed, these are not drunk,
as you suppose,
for it is only nine o'clock in the morning.
No, this is what was spoken
through the prophet Joel:
"In the last days it will be, God declares,
that I will pour out my Spirit upon all flesh,
and your sons and your daughters
shall prophesy,
and your elders shall see visions,
and your youth shall dream dreams.
Even upon my male slaves
and my female slaves
in those days I will pour out my Spirit;
and they shall prophesy.
And I will show portents
in the heaven above
and signs on the earth below,
blood, and fire, and smoky mist.
The sun shall be turned to darkness
and the moon to blood,
before the coming
of the Lord's great and glorious day.
Then everyone
who calls on the Name of the Lord
shall be saved."

This is the word of the Lord:

Thanks be to God

PRAYERS



1. Be still, for the presence of the Lord,
The Holy One, is here.
Come, bow before him now
In 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.

Words & Music: David J. Evans

Come, Holy Spirit,
fill the hearts of your faithful people:
And kindle within us the fire of your love.

THE PEACE

God has set his seal upon us,
and, as a pledge of what is to come,
has given us the Spirit
to dwell in our hearts. **Alleluia!**

The Peace of the Lord be always with you.

THE PEACE

For fifty days,
we have celebrated the victory
of our Lord Jesus Christ
over the powers of sin and death.
We have proclaimed God's mighty acts,
and we have prayed
that the power of the Resurrection
might be at work in us.
We have recalled
the coming of God's power on the Apostles,
and now we invite that same Spirit
to drive us out
to carry the light of Christ
into every corner of the world.
Let us declare our faith in God,
Father, Son and Holy Spirit:

**We believe in God the Father,
from whom every family
in heaven and on earth is named.**

**We believe in God the Son,
who lives in our hearts through faith,
and fills us with his love.**

**We believe in God the Holy Spirit,
who strengthens us
with power from on high.**

**We believe in one God:
Father, Son and Holy Spirit.
Amen, Alleluia!**

People of God,
will you live out what you proclaim,
bearing Christ's light
wherever he leads you?
By the power of the Spirit, we will.

HYMN

3



1

Lord, the light of your love is shining,
 In the midst of the darkness, shining;
 Jesus, Light of the World, shine upon us,
 Set us free by the truth you now bring us:

Shine on me! Shine on me!

Shine, Jesus, shine,

Fill this land with the Father's glory.

Blaze, Spirit, blaze,

Set our hearts on fire.

Flow, river, flow,

Flood the nations with grace and mercy.

Send forth your word, Lord,

And let there be light.

2

Lord, I come to your awesome presence,
 From the shadows into your radiance.
 By the blood I may enter your brightness;

Search me, try me,

consume all my darkness:

Shine on me! Shine on me!

Shine, Jesus, shine ...

As we gaze on your kingly brightness,
 So our faces display your likeness,
 Ever changing from glory to glory,
 Mirrored here, may our lives tell your story:

Shine on me! Shine on me!

Shine, Jesus, shine ...

Graham Kendrick

Tune: SHINE, JESUS, SHINE, Graham Kendrick

BLESSING

May the Spirit,
 who hovered over the waters
 when the world was created,
 breathe into you the life he gives. **Amen**

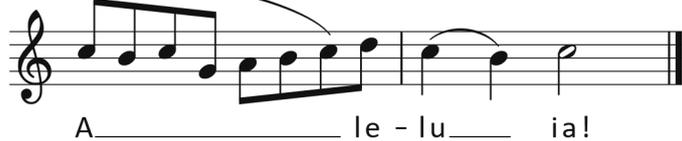
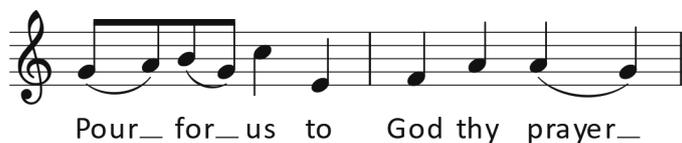
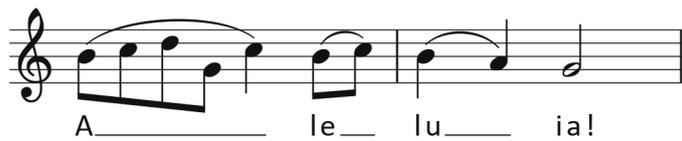
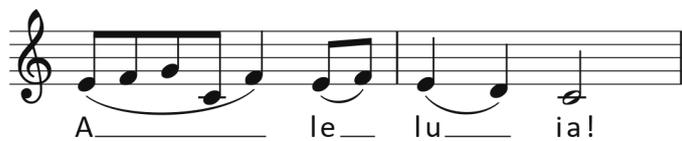
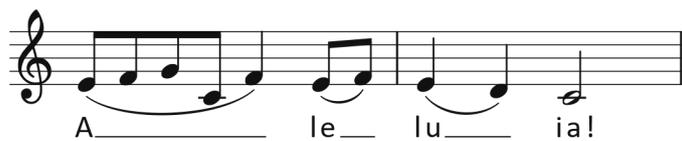
May the Spirit,
 who overshadowed the Virgin Mary
 when the eternal Son came among us,
 make you joyful
 in the service of the Lord. **Amen**

May the Spirit,
 who set the Church on fire
 upon the Day of Pentecost,
 bring the world alive
 with the love of the risen Christ. **Amen**

And the blessing of God almighty,
 ✠ the Father, the Son, and the Holy Spirit,
 be among you and remain with you
 and all those you love
 and for whom you pray,
 this day and forever. **Amen**



THE REGINA COELI



Rejoice and be glad, O Virgin Mary: Alleluia!
For the Lord is risen indeed: Alleluia!

O God,
who by the Resurrection
of your Son our Lord Jesus Christ
has vouchsafed to give joy
to the whole world:
grant, we beseech you,
that through the help of his Mother,
the Virgin Mary,
we may obtain the joys of everlasting life;
through the same Christ our Lord. **Amen**

THIS WEEK ON TV AND RADIO

WORSHIP ON THE TV

Sunday Worship
BBC1, Sunday at 11:45 am
*A service of hymns and readings
from Hereford Cathedral*

Songs of Praise
BBC1, Sunday at 1:15 pm
focusing on Pentecost

WORSHIP ON THE RADIO

Tim Daykin
(religious music and discussion)
BBC Radio Solent, Sundays 6:00 - 9:00 am

Sunday Worship
BBC Radio 4, Sundays at 8:10 am

Daily Service
BBC Radio 4, every morning at 9:45 am

Choral Evensong
BBC Radio 3, Wednesdays at 3:30 pm,
repeated Sundays at 3:00 pm



A free phone line of hymns,
reflections and prayers

This phone line from the Church of England
offers recorded prayers and hymns,
plus daily prayers.

You can choose what you want to listen to
by pushing the buttons on your phone.

You might find it particularly useful
if you don't have internet access.

It's free to call,
and available 24 hours a day.

Why not give it a try?

PRAYERS FOR THE WEEK

MEDITATION

We who are baptized,
having wiped off the sins
which obscure the light of the Divine Spirit,
have the eye of the spirit
free, unimpeded, and full of light,
by which alone we contemplate the Divine,
the Holy Spirit flowing down to us
from above.

*St Clement of Alexandria (153-217 CE),
Paedagogus ('The Instructor'), I.VI*

CREATIVE PRAYER: *Pentecost*

Turn over for a worksheet from the
quirky, creative brain of Dave Walker.



Weekly Intercessions

The Sick and Those in Need:

Charlie, Julie, Tricia, Ann

Anniversaries of Death:

John Platts {31}

Teresa Dwyer {31}

Winifred Archer {3}

Of your charity, pray for the sick and all in need, amongst them:

Tricia, Ann, Dawn, Shane, Dianne, Isa,
Donna, Liz, Jeremy, Peter, Barbara, Darren,
Charlie, Linda, Angela, Judy, Alan, Steve,
Jassy, Michael, Karen, Jeff, Barry, Barb,
Linda, Matt, George, Emily, Adam, Josiah,
Lisa, Paul, Dave, Charlie, Julie
and all who have no-one else to pray for them.

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A PENTECOST PRAYER

Holy Spirit, sent by the Father,
ignite in us your holy fire;
strengthen your children
with the gift of faith,
revive your Church with the breath of love,
and renew the face of the earth,
through Jesus Christ our Lord.
Amen

PRAYER FOR KIDS (or the young at heart!)

At Pentecost, the Holy Spirit helped the
disciples to speak different languages,
so that everyone could understand
the message of Jesus.

Can you speak any other languages?

Could you learn to say hello
in seven different languages?

Write them below:

1.

2.

3.

4.

5.

6.

7.

The Holy Spirit asks us to tell other
people about Jesus.

Who could you talk to this week?

PENTECOST

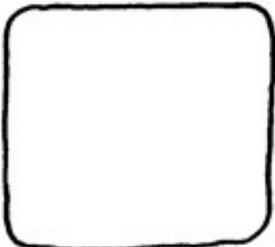
Reading from the Bible

Acts
chapter
2

LANGUAGES I CAN SPEAK

- 1 _____
- 2 _____
- 3 _____

(CONTINUE OVERLEAF)



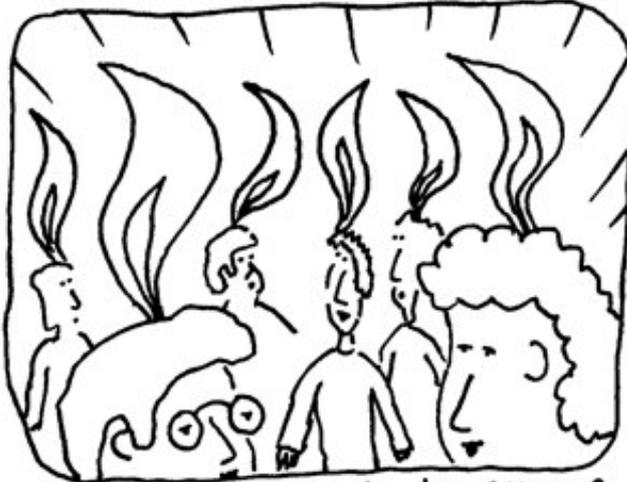
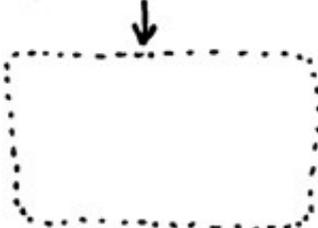
FIRE

Things that fall over when it's windy

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

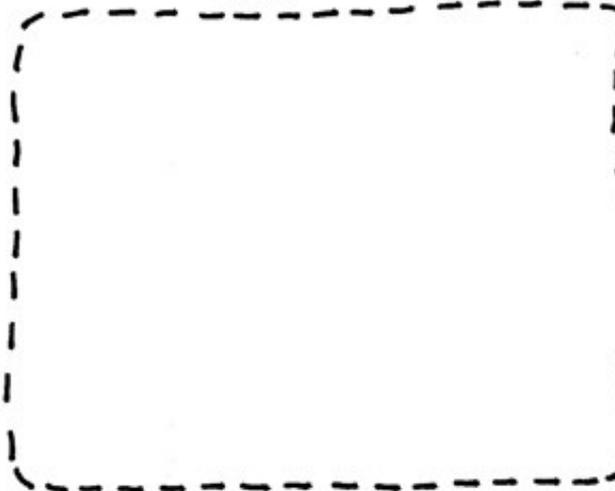
Why the hurricane sound, fire and different languages?

your ideas here



What seemed to be tongues of fire came to rest on each of them... a sound like a violent gale... they were filled with the Holy Spirit and began to speak in languages from all around the world...

OR



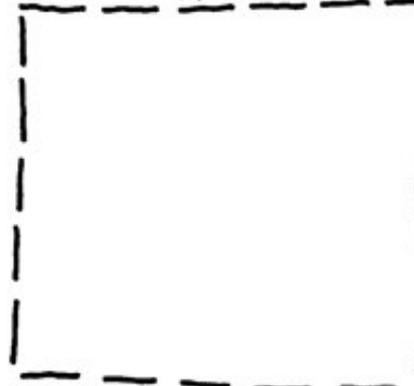
How do you imagine the scene?

I spend time listening to _____
but I would prefer to listen to _____

I would like to speak to _____

what happened before this story?

what happened next?

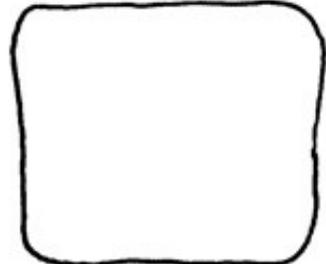


I would like it if the spirit helped me to...
↓

My name is

I prefer:

- Flying a kite
- sailing
- chasing leaves



My hair on a windy day

MARKS OUT OF 10

- Ornate fireplace
- Fire alarm going off
- Fire Engine
- Firefox
- Bonfire night

BEING NOURISHED BY CHRIST

(WHEN WE CAN'T SHARE IN THE SACRAMENT)

LECTIO DIVINA (FEASTING ON THE WORD)

This is an ancient practice for meditating on (or 'chewing over') the words of Scripture, used in many monastic traditions. This particular pattern is based on the writings of St Clare of Assisi.

LOOK:

Read the passage aloud slowly.

CONSIDER:

Sit in silence for 1 or 2 minutes. Don't try to analyse the meaning, just notice which words or phrases particularly resonate with you. Read the passage again if you need to.

CONTEMPLATE:

Let your mind focus in on the word or phrase which feels most important. You might find that words come for prayer. You might find that you want to repeat a word or phrase from the passage. You might be drawn into silence. All of those things are fine.

IMITATE:

Ask yourself:

*What has this prayer time taught me?
How can I live this out in my daily life?*

THIS WEEK'S PASSAGE

No one can say 'Jesus is Lord'
except by the Holy Spirit.
Now there are varieties of gifts,
but the same Spirit;
and there are varieties of services,
but the same Lord;
and there are varieties of activities,
but it is the same God
who activates all of them in everyone.

(1 Corinthians 12:3b-7)

MAKING A SPIRITUAL COMMUNION

Although we cannot physically receive Jesus in Holy Communion at the moment, the Church teaches that we may still 'truly eat and drink of the Body and Blood of Christ' by making an act of Spiritual Communion.

✠ In the Name of the Father,
and of the Son,
and of the Holy Spirit. Amen

*Spend a moment reflecting on your day
and on your relationships:
- what has been good?
- where have you fallen short?
- what could you do better tomorrow?*

Lord, have mercy.
Christ, have mercy.
Lord, have mercy.

*Read this Scripture (John 6:35):
Jesus said, 'I am the bread of life.
Whoever comes to me
will never be hungry,
and whoever believes in me
will never thirst.'*

Pray:

My Jesus,
I believe that you are present
in the Most Holy Sacrament.
I love you above all things,
and I desire to receive you into my soul.
Since I cannot at this moment
receive you sacramentally,
come at least spiritually into my heart.
I embrace you as if you were already there,
and unite myself wholly to you.
Never permit me to be separated from you.
Amen

PENTECOST COLOURING PAGE

