

## First Hymn

Father, hear the prayer we offer:  
not for ease that prayer shall be,  
but for strength that we may ever  
live our lives courageously.

Not for ever in green pastures  
do we ask our way to be;  
but the steep and rugged pathway  
may we tread rejoicingly.

Not for ever by still waters  
would we idly rest and stay;  
but would smite the living fountains  
from the rocks along our way.

Be our strength in hours of weakness,  
in our wonderings be our guide;  
through endeavour, failure, danger,  
Father, be thou at our side.

*Maria Willis 1824-1908*

*Music: Sussex*

*The Choir verses from Psalm 26 in four sections - we all sing the response*

Redeem me, and be merciful to me, O Lord.

## Offertory hymn

I am the Bread of life.  
He who comes to me shall not hunger,  
he who believes in me shall not thirst.  
No-one can come to me

unless the Father draw him.

*And I will raise him up,  
and I will raise him up,  
and I will raise him up  
on the last day*

The bread that I will give  
is my flesh for the life of the world,  
and he who eats of this bread,  
he shall live for ever,  
he shall live for ever.

Unless you eat  
of the flesh of the Son of Man,  
and drink of his blood,  
and drink of his blood,  
you shall not have life within you.

For my flesh is food indeed,  
and my blood is drink indeed.  
He who eats of my flesh  
and drinks of my blood  
abides in me

Yes, Lord, we believe,  
that you are the Christ,  
the Son of God,  
who have come  
into the world.

Words after St John's Gospel and Music Suzanne  
Toolan

## **Communion Hymn**

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.

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.

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 and Music D.J. Evans (b. 1957)*

## **Final Hymn**

He who would valiant be  
'gainst all disaster,  
let him in constancy  
follow the Master.

There's no discouragement  
shall make him once relent  
his first avowed intent  
to be a pilgrim.

Who so beset him round

with dismal stories,  
do but themselves confound-  
his strength the more is.  
No foes shall stay his might,  
though he with giants fight:  
he will make good his right  
to be a pilgrim.

Since, Lord, thou dost defend  
us with thy Spirit,  
we know we at the end  
shall life inherit.  
Then fancies flee away!  
I'll fear not what men say,  
I'll labour night and day  
to be a pilgrim.

*J.Bunyan (1628-1688) & P.Dearmer (1867-1936)*

*Tune: Monks Gate*

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