

Hornsea URC

Apart but Together Worship : Lent in Plain Sight- Bread



Welcome

Welcome to our service this morning, in which we start a new series for Lent, Lent in plain sight.

Psalm 34 v1-9

I will extol the LORD at all times;
His praise will always be on my lips.

My soul will boast in the LORD

Let the afflicted hear and rejoice.

Glorify the LORD with me;

Let us exalt his name together.

I sought the LORD and he answered me;

He delivered me from all my fears.

Those who look to him are radiant;

Their faces are never covered with shame.

This poor man called and the LORD heard him;

He saved him out of all his troubles.

The angel of the LORD encamps around those who fear him,

And he delivers them.

Taste and see that the LORD is good;

Blessed is the man who takes refuge in him.

Fear the LORD you his saints,

For those who fear the LORD lack nothing.

Song- let us Talents and tongues employ – [CLICK HERE TO LISTEN](#)

Introduction

Next Tuesday is Shrove Tuesday- pancake day, followed by Ash Wednesday, which is the start of Lent. Lent is traditionally a time when we focus on giving up something, denying ourselves and beginning our 'Lent journey' towards Easter.

Listen to these wise words from Rev. Barbara Glasson about 'journeys'-

“We are not off to search for the Holy Grail as if it belongs in a land we do not know. The place of encounter with God is right here.... God is not asking that we go in search of Him, but rather that we recognise that He is already with us.”

Maybe the travelling is more important than the destination; seeing Jesus on the way, in the ordinariness of daily life. It is our hope that the ordinary objects we will focus on during our Lent services will help us to encounter Emmanuel- ‘God with us’.

Opening prayer

Lord Jesus, this morning may we listen more intently for the challenge of your living word, and may we find each day the bread we need to nourish us for the journey. Amen

We say together the Lord’s prayer: -

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;
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,
Forever and ever.
Amen.

Reading- Exodus Chapter 16 verses 1-3 and 11-20

The whole Israelite community set out from Elim and came to the Desert of Sin, which is between Elim and Sinai, on the fifteenth day of the second month after they had come out of Egypt.

In the desert the whole community grumbled against Moses and Aaron. The Israelites said to them, “If only we had died by the LORD’S hand in Egypt! There we sat round pots of meat and ate all the food we wanted, but you have brought us out into this desert to starve this entire assembly to death.”

(From Verse 11)-Then the LORD said to Moses, “I have heard the grumbling of the Israelites. Tell them “At twilight you will eat meat, and in the morning, you will be filled with bread. Then you will know that I am the LORD your God’.”

That evening quail came and covered the camp, and in the morning, there was a layer of dew around the camp. When the dew was gone, thin flakes like frost appeared on the desert floor. When the Israelites saw it, they said to each other “What is it?” For they did not know what it was.

Moses said to them “It is the bread the LORD has given you to eat. This is what the LORD has commanded: ‘Each one is to gather as much as he needs. Take an omer for each person you have in your tent’”.

The Israelites did as they were told; some gathered much, some little. And when they measured it by the omer, he who gathered much did not have too much and he who gathered little did not have too little. Each one gathered as much as he needed.

Then Moses said to them “No-one is to keep any of it until morning” However some of them paid no attention to Moses; they kept part of it until morning, but it was full of maggots and began to smell. So, Moses was angry with them.

Picture and Reflection

This is the first of 3 paintings I want to share with you by Sieger Koder, a priest and painter-

This is called Manna



Our reading told the story of the Israelites receiving Manna in the desert. They had been there just a couple of months when they started grumbling because they couldn't see what they were going to eat. Here we can see them looking at the Manna and saying "what is it?". We read that God provided enough for everyone, and enough on the sixth day for the sabbath as well. Some didn't trust it would be enough though and kept some back- 'just in case', and as we saw it went mouldy. God faithfully provided for them for 40 years, we read in verse 35, until they came to the border of Caanan. This is a story about a people (Verse 1), the whole community. One thing I think we have realised through this pandemic is that we are a global community and what affects one, affects us all. As the scientists discussing vaccination programmes say "we are not safe until we are all safe".



It would be easy to judge the Israelites, but during this pandemic we have known the possibility that the 'shops might run out', there has been the temptation to hoard or panic buy. I am thankful for the supermarket shelves still full of bread, and that I have had money to buy it- of course for some

their income has suddenly stopped and we have seen the rise in numbers of people using Food Banks. There are in Hornsea, people who need help. Let us pause now and pray

Prayer

Take a moment to prayer for food providers here, and those who are struggling to put food on the table at the moment...

End with-

Loving Father,

You feed us with the word of life and the bread of heaven.

Make our souls hungry for your word, thirsty for your grace,

And always grateful for your unseen goodness.

Amen

When we eat bread this week

May we remember God our provider

Song- Great is thy Faithfulness – [CLICK HERE TO LISTEN](#)

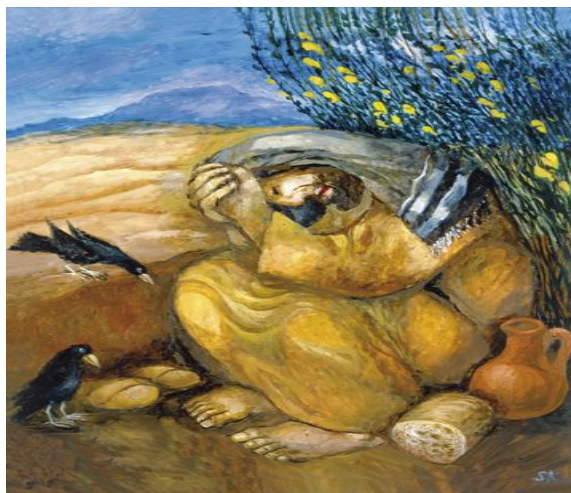
Reading 1 Kings 17 verses 1-5

Now Elijah the Tishbite, from Tishbe in Gilead, said to Ahab, "As the Lord the God of Israel lives, whom I serve, there will be neither dew nor rain in the next few years except at my word"

Then the word of the Lord came to Elijah:" Leave here, turn eastward and hide in the Kerith ravine, east of the Jordan. You will drink from the brook, and I have ordered the ravens to feed you there"

So he did what the Lord had told him. He went to the Kerith Ravine, east of the Jordan and stayed there. The ravens brought him bread in the morning and bread and meat in the evening, and he drank from the brook.

Picture and reflection



This is Elijah the prophet, and our second reading is just a tiny part of his story. There are two accounts of Elijah being fed, one here and one in Chapter 19. The Lord had called him to tell the people- who had been rescued from Egypt, and as we saw, cared for in the desert- that they should stop going their own way and rejecting God, which of course didn't make him popular. The prophet is weary, broken, needing rest. That is a feeling we may be able to identify with. (I was reminded of it when I stretched my dough, and there is a process in breadmaking called 'knocking back'.) At this time there are a lot of people feeling broken and weary. Let us pause and pray for them now

Prayer

We pause for a few moments to pray for NHS workers, Frontline staff, essential workers, teachers and teaching staff. We bring before the Lord those in our congregation and on our hearts and ask for the peace and love of Jesus to be in each situation.

End with-
God of hope,
Each day your love breaks through our darkness,
New every morning and certain as the dawn.
When shadows gather round us, help us to be prophets of your loving purpose for our world
Amen.

When we eat bread this week

May we remember the Holy Spirit our helper

Song- Here is love vast as the Ocean – [CLICK HERE TO LISTEN](#)

Reading 1 Corinthians 11 verses 23-26

For I received from the Lord what I also passed on to you: The Lord Jesus on the night he was betrayed, took bread, and when he had given thanks, he broke it and said" This is my body, which is for you: do this in remembrance of me". In the same way, after supper he took the cup, saying "this cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me". For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes.

Picture and reflection



The word 'companion' comes from the Latin word for bread- 'panis' and was originally used to describe someone with whom you shared a meal. This last picture shows Jesus sharing a meal with

his friends, he even shared bread with Judas. He was about to die and wouldn't be with them physically much longer. Here are Barbara Glasson's thoughts –

“How will you know that I am with you when you cannot see me?”, Jesus asked that early gospel community, and then he gave the answer as he held the bread and broke it, “here I am”.

Prayer

When we eat bread this week

May we remember Jesus our saviour

Song- As we gather – [CLICK HERE TO LISTEN](#)

COMMUNION:

We do now what Jesus told us to do. We remember his death and resurrection.

We come because he loved us and gave himself for us.

Let us come and meet the risen Christ together, for we are his body.

Prayer-

God our Creator,
Thank you for the gift of your son Jesus Christ,
Whose love pursues us our whole life long.
We bring this bread and wine
May the ordinary become holy,
And heaven be opened to the people on Earth.
Amen

Sharing bread and wine – whilst we are not together physically, we can share together spiritually.
[CLICK HERE TO WATCH COMMUNION](#) – if you want to partake communion, please prepare your bread and wine/juice before starting the video.

We close with a well known and favourite hymn:

Song- Guide me o thou great redeemer – [CLICK HERE TO LISTEN](#)

Blessing

We close by saying to each other (even if we can't hear each other...)

**'Till we meet again,
The Lord bless you and keep you
The Lord make his face to shine upon you and be gracious unto you
The Lord lift up his countenance upon you
And give you peace.**