

St Raphael's Congregation

Easter Pilgrimage 2020

Greeting

Alleluia! Christ is risen.

He is risen indeed! Alleluia!

We join with the Choir of King's College, Cambridge, singing: This joyful Eastertide.
<https://www.youtube.com/watch?v=5tipsbcfuB4>

**1. This joyful Easter-tide,
Away with care and sorrow!
My Love, the Crucified,
Hath sprung to life this morrow.**

*Had Christ, that once was slain,
Ne'er burst His three day prison,
Our faith had been in vain;
But now hath Christ arisen,
Arisen, arisen, arisen!*

**2. My flesh in hope shall rest,
And for a season slumber;
Till trump from east to west,
Shall wake the dead in number.**

*Had Christ, that once was slain,
Ne'er burst His three day prison,
Our faith had been in vain;
But now hath Christ arisen,
Arisen, arisen, arisen!*

**3. Deaths flood hath lost his chill,
Since Jesus crossed the river:
Lover of souls, from ill
My passing soul deliver.**

*Had Christ, that once was slain,
Ne'er burst His three day prison,
Our faith had been in vain;
But now hath Christ arisen,
Arisen, arisen, arisen!*

We join in saying an Acclamation – normally spoken at or near the Paschal Candle
**Rejoice, heavenly powers. Sing choirs of Angels! Exult all creation around
God's throne, Jesus Christ our King is risen. Sound the trumpet of salvation.
Rejoice. O earth in shining splendour, radiant in the brightness of your King.
Christ has conquered! Glory fills you! Darkness vanishes for ever. Rejoice O
Mother Church. Exult in glory! The risen Saviour shines upon you! Let this
place resound with joy, echoing the mighty song of all God's people!**

Our first Lesson: John 20. 1-9. Peter and John visit the empty tomb.

Early on the first day of the week, while it was still dark, Mary Magdalene came to the tomb and saw that the stone had been removed from the tomb. So she ran and went to Simon Peter and the other disciple, the one whom Jesus loved, and said to them, 'They have taken the Lord out of the tomb, and we do not know where they have laid him.' Then Peter and the other disciple set out and went towards the tomb. The two were running together, but the other disciple outran Peter and reached the tomb first. He bent down to look in and saw the linen wrappings lying there, but he did not go in. Then Simon Peter came, following him, and went into the tomb. He saw the

linen wrappings lying there, and the cloth that had been on Jesus' head, not lying with the linen wrappings but rolled up in a place by itself. Then the other disciple, who reached the tomb first, also went in, and he saw and believed; for as yet they did not understand the scripture, that he must rise from the dead.

Alleluia!

We read the following poem – Easter by George Herbert

Rise heart; thy Lord is risen. Sing his praise
Without delays,
Who takes thee by the hand, that thou likewise
With him mayst rise:
That, as his death calcined thee to dust,
His life may make thee gold, and much more just.

Awake, my lute, and struggle for thy part
With all thy art.
The cross taught all wood to resound his name,
Who bore the same.
His stretched sinews taught all strings, what key
Is best to celebrate this most high day.

Consort both heart and lute, and twist a song
Pleasant and long:
Or since all music is but three parts vied
And multiplied;
O let thy blessed Spirit bear a part,
And make up our defects with his sweet art.

I got me flowers to straw thy way;
I got me boughs off many a tree:
But thou wast up by break of day,
And brought'st thy sweets along with thee.

The Sunne arising in the East,
Though he give light, & th' East perfume;
If they should offer to contest
With thy arising, they presume.
Can there be any day but this,
Though many sunnes to shine endeavour?
We count three hundred, but we misse.
There is but one, and that one ever.

In our imagination, we now process to the Easter Garden with the Choir of Ely Cathedral, singing: Now the green blade riseth.

<https://www.youtube.com/watch?v=27p98aLPZPI>

1. **Now the green blade riseth, from the buried grain,
Wheat that in dark earth many days has lain;
Love lives again, that with the dead has been:
Love is come again like wheat that springeth green.**

2. **In the grave they laid Him, Love whom men had slain,
Thinking that never He would awake again,
Laid in the earth like grain that sleeps unseen:
Love is come again like wheat that springeth green.**

3. **Forth He came at Easter, like the risen grain,
Jesus for three days in the grave had lain;
Quick from the dead the risen One is seen:
Love is come again like wheat that springeth green.**

4. **When our hearts are wintry, grieving, or in pain,
Thy touch can call us back to life again,
Fields of our hearts that dead and bare have been:
Love is come again like wheat that springeth green.**

Our second Lesson: John 20. 10-18. Christ appears to Mary Magdalene.

But Mary stood weeping outside the tomb. As she wept, she bent over to look into the tomb; and she saw two angels in white, sitting where the body of Jesus had been lying, one at the head and the other at the feet. They said to her, ‘Woman, why are you weeping?’ She said to them, ‘They have taken away my Lord, and I do not know where they have laid him.’ When she had said this, she turned round and saw Jesus standing there, but she did not know that it was Jesus. Jesus said to her, ‘Woman, why are you weeping? For whom are you looking?’ Supposing him to be the gardener, she said to him, ‘Sir, if you have carried him away, tell me where you have laid him, and I will take him away.’ Jesus said to her, ‘Mary!’ She turned and said to him in Hebrew, ‘Rabbouni!’ (which means Teacher). Jesus said to her, ‘Do not hold on to me, because I have not yet ascended to the Father. But go to my brothers and say to them, “I am ascending to my Father and your Father, to my God and your God.”’ Mary Magdalene went and announced to the disciples, ‘I have seen the Lord’; and she told them that he had said these things to her.

Alleluia!

We pause to reflect upon the Easter Garden, before saying the following prayer:

Risen Lord Jesus, as Mary Magdalene met you in the garden on the morning of your resurrection, so may we meet you today and every day: speak to us as you spoke to her; reveal yourself as the living Lord; renew our hope and kindle our joy; and inspire us to share the good news with others. Amen.

In our imagination, we now process to the Font, with the Choir of St Edmundsbury Cathedral singing: Come, ye faithful, raise the anthem.

https://www.youtube.com/watch?v=S4z6M7_CSPc

**1. Come ye faithful, raise the anthem,
Cleave the skies with shouts of praise;
Sing to him who found the ransom,
Ancient of eternal days,
God eternal, Word incarnate.
Whom the heaven of heaven obeys.**

**2. Ere he raised the lofty mountains.
Formed the sea, or built the sky,
Love eternal, free, and boundless,
Forced the Lord of life to die,
Lifted up the Prince of princes
On the throne of Calvary.**

**3. Now on those eternal mountains
Stands the sapphire throne, all bright.
With the ceaseless alleluyas
Which they raise, the sons of light
Sion's people tell his praises,
Victor after hard-won fight.**

**4. Bring your harps, and bring your
incense,
Sweep the string and pour the lay;
Let the earth proclaim his wonders,
King of that celestial day;
He the Lamb once slain is worthy,
Who was dead, and lives for ay.**

**5. Laud and honour to the Father,
Laud and honour to the Son,
Laud and honour to the Spirit,
Ever Three and ever One,
Consubstantial, co-eternal,
While unending ages run. Amen.**

Our third Lesson: John 20. 19-29. Christ appears to the disciples.

When it was evening on that day, the first day of the week, and the doors of the house where the disciples had met were locked for fear of the Jews, Jesus came and stood among them and said, 'Peace be with you.' After he said this, he showed them his hands and his side. Then the disciples rejoiced when they saw the Lord. Jesus said to them again, 'Peace be with you. As the Father has sent me, so I send you.' When he had said this, he breathed on them and said to them, 'Receive the Holy Spirit. If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained.'

But Thomas (who was called the Twin), one of the twelve, was not with them when Jesus came. So the other disciples told him, 'We have seen the Lord.' But he said to them, 'Unless I see the mark of the nails in his hands, and put my finger in the mark of the nails and my hand in his side, I will not believe.'

A week later his disciples were again in the house, and Thomas was with them. Although the doors were shut, Jesus came and stood among them and said, 'Peace be with you.' Then he said to Thomas, 'Put your finger here and see my hands. Reach out your hand and put it in my side. Do not doubt but believe.' Thomas answered

him, ‘My Lord and my God!’ Jesus said to him, ‘Have you believed because you have seen me? Blessed are those who have not seen and yet have come to believe.’

Alleluia!

Our Profession of Faith

As we celebrate the resurrection of our Lord Jesus Christ from the dead, we remember that through the paschal mystery we have died and been buried with him in baptism, so that we may rise with him to a new life within the family of his Church. Therefore, at the place of Baptism, we make the profession of Christian faith into which we were baptised, and in which we live and grow.

The words of our Creed are set to the tune Abbot’s Leigh, performed by Andrew Remillard. <https://www.youtube.com/watch?v=mNPlsM14Bik>

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| <p>1. We believe in God the Father,
God almighty, by whose plan
Earth and heaven sprang to being,
All created things began.
We believe in Christ the Saviour,
Son of God in human frame,
Virgin-born, the child of Mary
Upon whom the Spirit came.</p> | <p>2. Christ, who on the cross forsaken,
Like a lamb to slaughter led,
Suffered under Pontius Pilate,
He descended to the dead.
We believe in Jesus risen,
Heaven’s king to rule and reign,
To the Father’s side ascended
Till as judge he comes again.</p> |
| <p>3. We believe in God the Spirit;
In one church, below, above:
Saints of God in one communion,
One in holiness and love.
So by faith, our sins forgiven,
Christ our Saviour, Lord and friend,
We shall rise with him in glory
To the life that knows no end</p> | |

Today’s reflection is by Marjorie Warner.

A couple of weeks ago, we were out for a walk in a nearby wood, on a stretch we hadn’t accessed for years. Lack of motor traffic now enabled us to set out on foot along the road, and so after a while, turn aside to enter this ramble from a different place.

As we loitered, the signs of spring were vivid from layers of wood anemone and birdsong, sending out a palpable air of pastoral calm and peace. And there it was – set against the boundary, not far from the Laver – a wigwam-style den. Not very large, it’s true, but one which might easily offer shelter from the weather, or even play space for one or two. There was an inviting entrance, nicely shielded by the carefully cut stacked branches. And yet, in some way, although it was obviously not as nature alone constructed, the den blended into

its surroundings, standing almost modestly to the side. It was empty! No sign saying “private” or “keep out”. Maybe anyone could go in?

It’s an image that has stayed with me since. One of the Easter themes we perhaps would rather have left behind us on Good Friday is that of suffering. As the years go by (now rather faster than before!), we realise how suffering is a common for all humanity. We all may suffer, and most of us do, in varying degrees, within a myriad of causes including the physical, psychological and spiritual. In saying we all suffer, this is not to minimise or dismiss our experiences, playing them down – far from it! Christianity shows us our lives are each and corporately of God’s deep concern, we are God’s children, loved and even able to be forgiven. And, each one of us is offered the Spirit of Christ active and alive as a re-creating Gift. Yes, yes, yes, God cares about us – he does more, he cares *for* us – through our living, our dying and beyond.

Help and Hope are at Hand – whatever our state or difficulty. Whilst social distancing constraints may separate, we believe Christ is still near. He accompanies the helping acts, the selfless behaviours, another’s “extra miles.” He speaks through the unseen prayers of individuals and communities – he can weave through those unsettling changes and challenges resulting in positive change. We find Christ in unexpected places, yes even where the sods are being turned at the graveside. For though suffering and death are facts of life, we begin to discern that God’s powerful, active, timeless love exceeds and overcomes them. I found myself full of praise and wonder on that day at seeing the Den. It caught me unexpectedly – but the sight of its inherent beauty and conveyed Christian symbolism was just what I needed! I went on, with a spring in my step...

May we all discover more of the riches and surprising blessings of God’s Spirit in Christ this Easter-tide, and through all our futures, whatever may lie ahead.

With love,

Marjorie Warner.

We remain at the Font for our intercessions, which focus on the Christian hope – in the midst of the Coronavirus outbreak.

Let us pray to God, who alone makes us dwell in safety:

For all who are affected by coronavirus, through illness or isolation or anxiety, that they may find relief and recovery.

Lord, hear us,

Lord, graciously hear us.

For those who are guiding our nation at this time, and shaping national policies, that they may make wise decisions.

Lord, hear us,
Lord, graciously hear us.

For doctors, nurses and medical researchers, that through their skill and insights many will be restored to health. We pray too for all keyworkers and volunteers.

Lord, hear us,
Lord, graciously hear us.

For the vulnerable and the fearful, for the gravely ill and the dying, that they may know your comfort and peace.

We commend to God people who have died recently – and pray for their family and friends:

Andrew – and pray for his wife and two sons;
Ben Nelson-Roux – and pray for his parents, Kate and Barry;
Fred Hopley; Sheila Kernighan;
Robert Leslie ‘Les’ Pratt – and pray for Debbie and David, Claire and Laura.
Karen, Paul, and Chloe;
Brian Thompson.

Lord, hear us,
Lord, graciously hear us.

We commend ourselves, and all for whom we pray, to the mercy and protection of God.

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

In the power of the Spirit, we pray to God our Father in the words Jesus taught us:
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.

In our imagination, we now process to the Altar as Guildford Cathedral Choir sings:
Loves redeeming work is done. <https://www.youtube.com/watch?v=blRDdCzio30>

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| 1. Love’s redeeming work is done,
Fought the fight, the battle won.
Lo, our Sun’s eclipse is o’er!
Lo, he sets in blood no more! | 2. Vain the stone, the watch, the seal!
Christ has burst the gates of hell;
Death in vain forbids him rise;
Christ has opened paradise. |
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**3. Lives again our victorious King;
Where, O death, is now thy sting?
Dying once, he all doth save;
Where thy victory, O grave?**

**4. Soar we now where Christ has led,
Following out exalted Head;
Made like him, like him we rise,
Ours the cross, the grave, the skies.**

**5. Hail the Lord of earth and heaven!
Praise to thee by both be given:
Thee we greet triumphant now;
Hail the Resurrection, thou!**

Our fourth Lesson: John 21.1-17. Christ invites the disciples to a meal.

After these things Jesus showed himself again to the disciples by the Sea of Tiberias; and he showed himself in this way. Gathered there together were Simon Peter, Thomas called the Twin, Nathanael of Cana in Galilee, the sons of Zebedee, and two others of his disciples. Simon Peter said to them, 'I am going fishing.' They said to him, 'We will go with you.' They went out and got into the boat, but that night they caught nothing.

Just after daybreak, Jesus stood on the beach; but the disciples did not know that it was Jesus. Jesus said to them, 'Children, you have no fish, have you?' They answered him, 'No.' He said to them, 'Cast the net to the right side of the boat, and you will find some.' So they cast it, and now they were not able to haul it in because there were so many fish. That disciple whom Jesus loved said to Peter, 'It is the Lord!' When Simon Peter heard that it was the Lord, he put on some clothes, for he was naked, and jumped into the lake. But the other disciples came in the boat, dragging the net full of fish, for they were not far from the land, only about a hundred yards off.

When they had gone ashore, they saw a charcoal fire there, with fish on it, and bread. Jesus said to them, 'Bring some of the fish that you have just caught.' So Simon Peter went aboard and hauled the net ashore, full of large fish, a hundred and fifty-three of them; and though there were so many, the net was not torn. Jesus said to them, 'Come and have breakfast.' Now none of the disciples dared to ask him, 'Who are you?' because they knew it was the Lord. Jesus came and took the bread and gave it to them, and did the same with the fish. This was now the third time that Jesus appeared to the disciples after he was raised from the dead.

When they had finished breakfast, Jesus said to Simon Peter, 'Simon son of John, do you love me more than these?' He said to him, 'Yes, Lord; you know that I love you.' Jesus said to him, 'Feed my lambs.' A second time he said to him, 'Simon son of John, do you love me?' He said to him, 'Yes, Lord; you know that I love you.' Jesus said to him, 'Tend my sheep.' He said to him the third time, 'Simon son of John, do you love me?' Peter felt hurt because he said to him the third time, 'Do you love me?' And he said to him, 'Lord, you know everything; you know that I love you.' Jesus said to him, 'Feed my sheep.'

Alleluia!

We join in a Thanksgiving for the Resurrection.
Let us bless the Father, the Son, and the Holy Spirit.
Let us praise and exalt him for ever.

**Blessing and honour and glory and power
be to him who sits upon the throne
and to the Lamb for ever and ever. Amen.**
**Great and marvellous are your works,
Lord God the almighty;
just and true are your ways, King of saints;
all glorious your gifts, Spirit of life.**
**Blessing and honour
and glory and wisdom and thanksgiving
and honour and power and might
be to our God for ever and ever. Amen.**

We listen to – or join in with the Choir of King’s College, Cambridge, singing:
Let all the world in every corner sing.
<https://www.youtube.com/watch?v=v7qh9ZMhj-o>

- 1. Let all the world in every corner sing, my God and king!
The heavens are not too high, His praise may thither fly,
The earth is not too low, His praises there may grow.
Let all the world in every corner sing, my God and king!**
- 2. Let all the world in every corner sing, my God and king!
The church with psalms must shout, no door can keep them out;
But, above all, the heart must bear the longest part.
Let all the world in every corner sing, my God and king!**

Conclusion

May God the Father, by whose glory Christ was raised from the dead, strengthen us to walk with him in his risen life; and may the blessing of God almighty, the Father, the Son, and the Holy Spirit, be among us, and remain with us always. Amen.

Let us remain in the love and peace of Christ. Alleluia! Alleluia!
Thanks be to God. Alleluia! Alleluia!