

UPDATE
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www.meadowbank.church

Dear friends

HOPE IN A TIME OF CRISIS

Susan and I were out walking in the fresh breeze round our Tranent-Prestonpans circuit and it was great to see a rainbow drawing in one of the homes posted there by a youngster with a message of hope. It certainly cheered me up!

The Bible message is one of hope where people engage with God's values. We have so much to learn from this crisis and we are seeing how people are re-evaluating priorities in life. For me there are some huge questions:

- From the lessons of this crisis, can we seriously change to be a more caring and sharing society where resources are more equally divided?

I am listening to what the Lord our God is saying; he promises peace to us, his own people, if we do not go back to our foolish ways. — Psalm 85:8

- How will the wealthy countries support the poorest nations when the Coronavirus eventually reaches people with the least resources to cope with the challenges?

It is a sin to despise one's neighbour, but blessed is the one who is kind to the needy. — Proverbs 14:21



Pray that we will be up for the challenges ahead



rainbow pictures

Schools are closed but have encouraged children to display rainbow pictures in their windows as a sign of hope. We pray for teachers and pupils as support and home-work is offered in the best ways!



Isla, seven, and Archie, four, stuck an enormous rainbow across the window of their Bristol home. Isla said: *"We're making it because it might cheer people up."*

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words for prayer

The reflective prayer below comes from the first of a more contemporary weekly on-line service produced by The Church of Scotland. It focuses on Psalm 23 and you can watch the 20 min video on

https://www.youtube.com/watch?v=k_aNRU1utX0&feature=youtu.be&fbclid=IwAR189XWHkkoNp-1qPpiHEEAzmzWVKTEvOfZFt1yp30NENb9cp6qUGXrt7Ls

The prayer is inspired by St Patrick's Breastplate an ancient prayer from the 5th century

When to love our neighbour we have to keep

a distance from them—**Christ be with us**

When we are afraid of getting sick—**Christ within us**

When we worry about what we have what we need to live—**Christ behind us**

When we are afraid of the future—**Christ before us**

When we feel alone or isolated—**Christ beside us**

When we feel lost—**Christ to win us**

When we lose those we love—**Christ to comfort and restore us**

When we sink in despair—**Christ beneath us.**

When we look for hope and help—**Christ above us**

When we are alone—**Christ in quiet**

When we are at risk—**Christ in danger**

When we think of our family and friends—**Christ in hearts of all that love us**

As we listen to those around us—**Christ in mouth of friend and stranger**

The church will be closed for all groups until further notice but we can keep in touch with each other by phone or texting or emails

'spatial isolation and social cohesion' rather than social isolation'

a new hymn

I received this new hymn from a friend of old — Graham Leitch—a retired minister, who is keen that it is shared with others. It is to the popular tune Repton - "Dear Lord and Father of Mankind"

you might sing along

IN TIMES OF DANGER AND OF DOUBT

In times of danger and of doubt,
When trials multiply,
Lord, calm our fears and still our souls,
Remind us of your truths of old:
Help us on you rely.
Help us on you rely.

When changing our familiar ways,
Help us adapt to change;
Lord, give us persevering hearts,
A spirit fit to face the task
In comfort or in pain.
In comfort or in pain

Help us to see our neighbours' need,
Our neighbours' burden share;
To go for them that second mile,
To love and give and help and smile
In comfort or in pain.
In comfort or in pain.

Lord Jesus, you have suffered more,
Your pain has known no end;
You healed the sick, reclaimed the lame,
In pity share each sufferer's pain,
On you we now depend.
On you we now depend.

.... for those with internet connection

There are many on-line services and a whole lot of worship material you might want to look at including

Palmerston Place

<https://palmerstonplacechurch.com>

Sanctuary First with Albert Bogle

<https://www.sanctuaryfirst.org.uk/>

.... also on BBC Radio 4 offers

8.10am Sunday Morning service

9.45am Daily Worship on Radio 4 longwave