



MORNING PRAYER
BBC RADIO 4 BROADCAST SERVICE
Sunday 31st January 2021
The Fourth Sunday after the Epiphany
“Belfast, a City Shaped by the Sea”

DEAN'S WELCOME

OPENING HYMN ICH 10*



**All my hope on God is founded;
he doth still my trust renew.
Me through change and chance he guideth,
only good and only true.
God unknown, - he alone
calls my heart to be his own.**

**God's great goodness aye endureth,
deep his wisdom, passing thought;
splendour, light and life attend him,
beauty springeth out of naught.
Evermore - from his store
new-born worlds rise and adore.**

**Still from earth to God eternal
sacrifice of praise be done,
high above all praises praising
for the gift of Christ his Son.
Christ doth call - one and all:
ye who follow shall not fall.**

Words: Robert Bridges (1844-1930) altd. based on Joachim Neander (1650-80)

Tune: MICHAEL Herbert Howells (1892-1983)

THE GREETING

The Lord be with you
and also with you.

God who said, 'out of darkness light shall shine', has caused his light to shine in our hearts, the light which is knowledge of the glory of God in the face of Jesus Christ. *2 Corinthians 4:6 (REB)*

PENITENCE

When we are at our lowest, then God is with us. Let us cry out for God's forgiveness.

Out of the depths, O Lord we cry to you. O Lord, hear our voice:

Listen to our cry.

If you kept a record of our sins, who could stand before you? O Lord, hear our voice:

Listen to our cry.

But you offer forgiveness, and therefore we fear you. O Lord, hear our voice:

Listen to our cry.

We wait for you, O Lord, and in your promise we put our hope. O Lord, hear our voice:

Listen to our cry.

We long for you, O Lord, more than the sleepless long for morning. O Lord hear our voice:

Listen to our cry for mercy.

KYRIE

Kyrie eleison.

Christe eleison.

Kyrie eleison.

Lord have mercy.

Christ have mercy.

Lord have mercy.

Music: Messe Basse Gabriel Fauré (1845-1924)

ABSOLUTION

People of God, put your trust in the Lord, for with the Lord is unfailing love, and with him is full redemption. Hear God's forgiveness: The Lord himself will redeem you from all your sins through our Saviour, Jesus Christ.

PROCLAIMING AND RECEIVING THE WORD

O Lord, open our lips

and our mouth will proclaim your praise.

O God, make speed to save us.

O Lord, make haste to help us.

Glory to the Father, and to the Son, and to the Holy Spirit;

as it was in the beginning, is now, and shall be for ever. Amen.

Praise the Lord.

The Lord's name be praised.

PSALM: 107:23-32

They that go down to the sea in ships:
and occupy their business in great waters;

These men see the works of the Lord:
and his wonders in the deep.

For at his word the stormy wind ariseth:
which lifteth up the waves thereof.

They are carried up to the heaven, and down again to the deep:
their soul melteth away because of the trouble.

They reel to and fro, and stagger like a drunken man:
and are at their wit's end.

So when they cry unto the Lord in their trouble:
he delivereth them out of their distress.

For he maketh the storm to cease:
so that the waves thereof are still.

Then are they glad, because they are at rest:
and so he bringeth them unto the haven where they would be.

O that men would therefore praise the Lord for his goodness:
and declare the wonders that he doeth for the children of men!
That they would exalt him also in the congregation of the people *
and praise him in the seat of the elders!

Please stand for the **GLORIA:**

Glory be to the Father:
and to the Son, and to the Holy Ghost.
As it was in the beginning, is now, and ever shall be:
world without end. Amen.

FIRST READING: Jonah 1:3-13

But Jonah set out to flee to Tarshish from the presence of the LORD. He went down to Joppa and found a ship going to Tarshish; so he paid his fare and went on board, to go with them to Tarshish, away from the presence of the LORD.

But the LORD hurled a great wind upon the sea, and such a mighty storm came upon the sea that the ship threatened to break up. Then the mariners were afraid, and each cried to his god. They threw the cargo that was in the ship into the sea, to lighten it for them. Jonah, meanwhile, had gone down into the hold of the ship and had lain down, and was fast asleep. The captain came and said to him, 'What are you doing sound asleep? Get up, call on your god! Perhaps the god will spare us a thought so that we do not perish.'

The sailors said to one another, 'Come, let us cast lots, so that we may know on whose account this calamity has come upon us.' So they cast lots, and the lot fell on Jonah. Then they said to him, 'Tell us why this calamity has come upon us. What is your occupation? Where do you come from? What is your country? And of what people are you?' 'I am a Hebrew,' he replied. 'I worship the LORD, the God of heaven, who made the sea and the dry land.' Then the men were even more afraid, and said to him, 'What is this that you have done!' For the men knew that he was fleeing from the presence of the LORD, because he had told them so.

Then they said to him, 'What shall we do to you, that the sea may quieten down for us?' For the sea was growing more and more tempestuous. He said to them, 'Pick me up and throw me into the sea; then the sea will quieten down for you; for I know it is because of me that this great storm has come upon you.' Nevertheless, the men rowed hard to bring the ship back to land, but they could not, for the sea grew more and more stormy against them.

This is the word of the Lord.

Thanks be to God.

CANTICLE: The Lord is my shepherd (*Psalms 23*)

The Lord is my shepherd;
I shall not want.
He maketh me to rest in green pastures:
He leadeth me beside still waters,
He giveth peace unto my soul,
He leadeth me in paths of goodness for His Name's sake.
Yea, though I walk thro' Death's dark vale of shadows,
no evil will I fear,
for Thou art still with me.
Thy rod and staff, they comfort me.
Thou preparest here a table for me in presence of mine enemies;
my head with oil Thou anointest;
my cup runneth over;
yea, surely peace and mercy all my life shall follow me:
and I will dwell with God forevermore.

Music: Franz Schubert (1797-1828)

SECOND READING: Mark 4: 35-41

On that day, when evening had come, he said to them, 'Let us go across to the other side.' And leaving the crowd behind, they took him with them in the boat, just as he was. Other boats were with him. A great gale arose, and the waves beat into the boat, so that the boat was already being swamped. But he was in the stern, asleep on the cushion; and they woke him up and said to him, 'Teacher, do you not care that we are perishing?' He woke up and rebuked the wind, and said to the sea, 'Peace! Be still!' Then the wind ceased, and there was a dead calm. He said to them, 'Why are you afraid? Have you still no faith?' And they were filled with great awe and said to one another, 'Who then is this, that even the wind and the sea obey him?'

This is the word of the Lord.
Thanks be to God.

SERMON by *The Very Reverend Stephen Forde, Dean of Belfast.*

HYMN: ICH 553



**Jesu, lover of my soul,
let me to thy bosom fly,
while the nearer waters roll,
while the tempest still is high;
hide me, O my Saviour, hide,
till the storm of life be past;
safe into the haven guide,
O receive my soul at last.**

**Other refuge have I none,
hangs my helpless soul on thee;
leave, ah leave me not alone,
still support and comfort me;
all my trust on thee is stayed,
all my help from thee I bring;
cover my defenceless head
with the shadow of thy wing.**

**Thou, O Christ, art all I want;
more than all in thee I find;
raise the fallen, cheer the faint,
heal the sick, and lead the blind;
Just and holy is thy Name;
I am all unrighteousness;
false and full of sin I am,
thou art full of truth and grace.**

**Plenteous grace with thee is found,
grace to cover all my sin;
let the healing streams abound:
make and keep me pure within.
Thou of life the fountain art,
freely let me take of thee,
spring thou up within my heart,
rise to all eternity.**

*Words: Charles Wesley (1707-88)
Tune: HOLLINGSIDE John Bacchus Dykes (1823-76)*

APOSTLES' CREED [MAY BE OMITTED]

I believe in God, the **Father** almighty, creator of heaven and earth.

I believe in Jesus Christ, God's only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended to the dead. On the third day he rose again; he ascended into heaven, he is seated at the right hand of the Father, and he will come again to judge the living and the dead.

I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

THE PRAYERS OF THE PEOPLE

The Lord be with you
and also with you.

Let us pray.

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

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.

Show us your mercy, O Lord,
and grant us your salvation.

O Lord, save the Queen
and grant her government wisdom.

Let your ministers be clothed with righteousness
and let your servants shout for joy.

O Lord, save your people
and bless those whom you have chosen.

Give peace in our time, O Lord,
and let your glory be over all the earth.

O God, make clean our hearts within us
and renew us by your Holy Spirit.

COLLECT OF THE DAY

Creator God, who in the beginning commanded the light to shine out of darkness: we pray that the light of the glorious gospel of Christ may dispel the darkness of ignorance and unbelief, shine into the hearts of all your people, and reveal the knowledge of your glory in the face of Jesus Christ our Lord.
Amen.

COLLECTS AT MORNING PRAYER

Go before us, Lord, in all our doings, with your most gracious favour, and further us with your continual help; that in all our works begun, continued and ended in you, we may glorify your holy name, and finally by your mercy attain everlasting life; through Jesus Christ our Lord. **Amen.**

Heavenly Father, in whom we live and move and have our being: We humbly pray that your Holy Spirit may so guide and govern us that in all the cares and occupations of our daily life, we may never forget your presence but may remember that we are always walking in your sight, through Jesus Christ our Lord. **Amen.**

INTERCESSIONS

Let us pray to the Lord for all who face the storms of life, that in the midst of every storm God's call will be heard and Christ's presence sensed ever more deeply:

Lord of Land and Sea, we hold to your care all who work off shore and in danger: we pray for all fishermen, and the seafarers of every nationality who crew ferries and cargo vessels, tankers and bulk carriers. Protect them from danger at sea, and from loneliness in port. Through the Mission to Seafarers and other support missions protect them from danger or exploitation, and hold them in your care,

Lord of All, **hear our prayer.**

Lord of Storm and Calm, we hold to your care all who face danger to rescue others: we pray for Lifeboat Crews and their supporters, for search and rescue teams at sea and on land, for Helicopter pilots and crew members who risk their own lives to save others. When we are safe, hold to your safety those who search and seek, that they may be blessed in finding those who are lost, and bringing home those who have been swept away.

Lord of All, **hear our prayer.**

Lord of Health and Healing, we hold to your care all who face the storms of the current Pandemic: we pray for every nurse and doctor struggling to save lives, for those who are exhausted but must keep going, for those who have borne too much but still must carry others, for those who have given their all, that you will strengthen them with more to give. For those who must plan and organise and ensure enough resources and supplies.

Lord of All, **hear our prayer.**

Lord of Time and Eternity, we pray for those whose storms are of mind or spirit, out of brokenness may they find peace, out of aloneness may they find care. And for those whose calling is to eternity, may they hear your voice, know your forgiveness and enter your eternity.

Lord of All, **hear our prayer.**

Merciful Father, **accept these our prayers in the name of your Son our Saviour Jesus Christ. Amen.**

A PRAYER DURING THIS TIME OF CORONAVIRUS

O Heavenly Father, who by your Son Jesus Christ has taught us the glory of self-sacrifice and service: bless all who care for the sick, and those suffering from or recovering from Coronavirus. Give your strength to all who work in hospitals and nursing homes, and all who give care in the community. Guide all scientists seeking to understand this new wave of infection we pray, and give wisdom to all who have responsibility in church, politics and society for leading through this pandemic. This we ask in the name of the one who spent himself in service of others with no thought for himself, even our Lord, Jesus Christ. **Amen.**

HYMN: ICH 612



Eternal Father, strong to save,
 whose arm doth bind the restless wave,
 who bidd'st the mighty ocean deep
 its own appointed limits keep:
 O hear us when we cry to thee
 for those in peril on the sea.

O Saviour, whose almighty word
 the winds and waves submissive heard,
 who walkedst on the foaming deep
 and calm amid its rage didst sleep:
 O hear us when we cry to thee
 for those in peril on the sea.

O Holy Spirit, who didst sweep
 across the dark and formless deep
 to bid its angry tumult cease,
 and give, for wild confusion, peace:
 O hear us when we cry to thee
 for those in peril on the sea.

O Trinity of love and power,
 sustain us all in danger's hour;
 through wreck and tempest, grief and
 loss,
 renew the triumph of the Cross:
 and ever let there rise to thee
 glad hymns of praise from land and sea.

Words: William Whiting (1825-1878)

Tune: MELITA John Bacchus Dykes (1823-1876)

COLLECT OF THE WORD

O God our defender, storms rage about us and cause us to be afraid: rescue your people from despair, deliver your sons and daughters from fear, and preserve us all from unbelief; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

THE BLESSING

Christ the Son be manifest to you, that your lives may be a light to the world: and the blessing of God almighty, the Father, the Son and the Holy Spirit, be with you and remain with you always. **Amen.**

THE CHOIR:

May the road rise to meet you,
 may the wind be ever at you back,
 may the sunshine warm upon your face
 and the rain fall soft upon your fields.
 And, until we meet again,
 may God hold you
 ever in the palm of his hand.

Words: An Irish Blessing
Music: Bob Chilcott (b.1955)

THE DISMISSAL

The Lord be with you
and also with you.

Let us bless the Lord.
Thanks be to God.

Organ Voluntary:

Improvisation Number 7 *Saint-Saëns (1835-1921)*

Singers: Lynda Barrett, Ali Darragh, Susie Hunter, Susan Shepherd

Director of Music: Matthew Owens

Organist: Jack Wilson