



L S Lowry, **The Sea** (1963)

Good Morning Mother Cherry here again, from St Mark the Evangelist, Southend-on-Sea and St Clement, Leigh on Sea

I welcome you to this week's podcast. My intention is to give you something spiritual that you can listen to anywhere and on any day of the week but focussed on the Sunday Gospel Reading.

Today especially we are also called to pray for discernment in the appointment of the next Bishop of Chelmsford with a prayer written for this purpose.

So on this, Trinity Sunday, I welcome you in these opening words called the Entrance Antiphon

Blest be God the Father, and the Only Begotten Son of God, and also the Holy Spirit, for he has shown us his merciful love.

In the Name of the Father, and of the Son and of the HS. Amen

The Lord Be With You!

Let us confess our sins in penitence and faith:

I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do, through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

May the God of love and power forgive us and free us from our sins, heal and strengthen us by his Spirit, and raise us to new life in Christ our Lord. Amen

I will share with you the prayer that glorifies God - called The Gloria

Glory to God in the highest, and peace to His people on earth. Lord God, heavenly King, Almighty God and Father, we worship You, we give You thanks, we praise You for Your glory. Lord Jesus Christ, only Son of the Father, Lord God, Lamb of God, You take away the sin of the world: have mercy on us; You are seated at the right hand of the Father: receive our prayer. For You alone are the Holy One, You alone are the Lord, You alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of the Father. Amen.

Let us pray:

Almighty and everlasting God, you have given us your servant's grace, by the confession of a true faith, to acknowledge the glory of the eternal Trinity and in the power of the divine majesty to worship the Unity. Keep us steadfast in this faith, that we may evermore be defended from all adversities; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and forever. Amen

Hear the Gospel of our Lord Jesus Christ according to Matthew
[28.16-20]

Now the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. When they saw him, they worshipped him; but some doubted. And Jesus came and said to them, 'All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age.

Reflection

May I speak in the name of the Father and the Son and the Holy Spirit Amen
"Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit"

How can I pick an artwork, which does justice to the complexity of the Holy Trinity, or helps to convey the essence without resorting to the expected? This is the question that has concerned me as Trinity Sunday began to loom large on the calendar. Turn to the old tried and tested or seek something different and surprising? In the end my daily prayer saved me from hours of google! As a member of the Sodality of Mary Mother of Priests, I commit to a set of daily prayers. These are concluded with a prayer written by Father Clive. And it was in praying this prayer one morning, that I found my answer. It was in praying these words, "and by the guidance of the Holy Spirit bring us, your pilgrim priests, to be set forth upon the ocean of light which is the

Holy Trinity. Father, Son and Holy Spirit." At that moment this strange yet compelling painting by L. S. Lowry popped into my mind. Of course, we all know Lowry as the painter of Mancunian industrial cityscapes populated by the ubiquitous matchstick men and women! However, he was also fascinated by the sea. This seascape is one of many and I remember standing in front of it at an exhibition in Salford years ago feeling strangely drawn to it even though it is so plain. Lowry began to escape to the North East coast after his father died in the 1930s. It was then he found himself the sole carer of his bitter mother who lived in a nostalgic world of past glories. While her introspective son painted in the attic and was known as the 'rent' man, she lay in bed dreaming of, and demanding, a better standard of living. If you want to find out more there is a wonderful film starring Timothy Spall as Lowry and Vanessa Redgrave as his rather despotic Mother. Entitled Mrs Lowry and Son. But in finding respite on his trips to the north east especially, Sunderland, Lowry painted the North Sea from his room (104) at the Seaburn Hotel. The sea he depicted was not sparkly or picturesque or gorgeous but sublime. In the sense that it just goes on and on until it meets the sky and even then there is a sense of it going on more, in and out until the end of time. The vastness of his sea is what made me stop and stare that day in the exhibition centre named after him in Salford.

As the artist once said, "it's all there. It's all in the sea. The battle of life is there. And fate. And the inevitability of it all. And the purpose."

In our world of the visual, this painting and the others he created seem to have an awful lot of nothing in particular, just a grey sea and a grey sky and a horizon that splits the two. And yet there is something that holds the attention. It is both quietly familiar and tangible yet shouts of something greater and unquantifiable. And in both these aspects for me it becomes that ocean of light that is the Holy Trinity. I do not have to struggle to know what it means, I only have to rest awhile and allow myself to be caught up in the wonder of it. It is a moment that is both breathtaking in splendour as well as of great comfort. It is like the moment when we allow ourselves to be drawn into all the beauty and comfort of the Trinity offered so freely and with such grace, that we know in that moment we have come home, rejoicing. Amen

I will now say the words that proclaim our faith in the words of the Nicene Creed:

The Nicene Creed

We believe in one God, the Father, the Almighty, of all that is, seen and unseen.

We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father. Through him all things were made.

For us and for our salvation he came down from heaven: by the power of the Holy Spirit he became incarnate from the Virgin Mary, and was made man.

For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again in accordance with the Scriptures; he ascended into heaven and is seated at the right hand of the Father.

He will come again in glory to judge the living and the dead, and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son. With the Father and the Son he is worshipped and glorified.

He has spoken through the Prophets. We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins.

We look for the resurrection of the dead, and the life of the world to come. Amen.

Prayers: Lord, thank you for surrounding us with your love at all times. Help us to feel the comfort of being valued as your children. Lord hear us, Lord Graciously hear us.

We pray for all people around the world especially at this time of trial. We pray for congregations who feel confused and lost because the churches are not open. We pray for all leaders that they feel the support and love of their people. We pray especially today for the appointment of a new bishop for Chelmsford and East London. We pray this special prayer:



God of provision and care,
discernment and knowledge:
lead us in your love,
empower us by your Spirit,
and equip us with your gifts;
give us hearts full of love for all people,
minds open to the signs of the times,
and wisdom to know how to respond
to the voice of your calling;
We ask this through him whose coming is certain,
whose day draws near, your Son,
Jesus Christ our Lord. Amen.

**Join us for a
Day of Prayer**
Sunday 7 June

#NewBishopChelmsford

We pray for all leaders and those who have power. Especially we pray for America and the people who spend every day in fear simply because of the colour of their skin. We pray that we stand with them in the ways in which we can. That hatred and bigotry does not prevail. Lord hear us, Lord Graciously hear us.

We pray for the whole of creation and particularly for places where climate change is creating damage and greater inequalities. We pray that we can do more to help

the people in those places by looking at our own consumption and teaching our children to know the value of compassion. Lord hear us, Lord Graciously hear us. We pray for the communities we live in and are a part of in some way. For all that they might be considerate of others and the environment they inhabit. Lord hear us, Lord Graciously hear us.

We pray for the parish and community of St Clement in Leigh-on-Sea and the parish of Southend most particularly our community of and around St Marks. And we pray for all our families and friends, Lord hear us, Lord Graciously hear us.

We pray for all who are unwell in mind, body or spirit. We pray for those who have asked for our prayers at St Marks and at St Clements.

We pray this prayer: keeping in our hearts all our fears and those of our world.

God of healing and hope, in Jesus you meet us in our places of pain and fear. Look with mercy on those who have contracted the new virus, on any who are vulnerable, and on all who feel in danger. Through this time of global concern, by your Holy Spirit bring out the best not the worst in us. Make us more aware of our interdependence on each other, and of the strength that comes from being one body in you. Through Christ our wounded healer. Lord hear us, Lord Graciously hear us.

We pray for all who have died recently, known and unknown to us.

(In a moment of quiet name any people you know of)

And those whose anniversaries of death occur during this time.

Eternal rest grant unto them O Lord, and let light perpetual shine upon them, may they rest in peace and rise in glory.

Finally we offer all our prayers asking for the intercession of the saints, St C, St M and St A, as well as our Lady the mother of God. Saying Hail Mary, full of grace the Lord is with thee, blessed art thou among women and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners now and at the hour of our death, Amen.

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

The Peace

The peace of the Lord be always with you wherever you are.

As we cannot meet physically for the Mass at the moment let us read the Act of Spiritual Communion which helps us to know that this does not stop us from being in communion with Jesus.

The Act of Spiritual Communion

My Jesus, I believe that you are present in the Most Holy Sacrament. I love you above all things, and I desire to receive you into my soul. Since I cannot at this moment receive you sacramentally, come at least spiritually into my heart. I embrace you as if you were already there and unite myself wholly to you. Never permit me to be separated from you. Amen.

Please join me in the prayer Jesus taught his disciples..

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.

Closing Prayer:

Almighty and eternal God, you have revealed yourself as Father, Son and Holy Spirit, and live and reign in the perfect unity of love: hold us firm in this faith, that we may know you in all your ways and evermore rejoice in your eternal glory, who are three Persons yet one God, now and for ever

The Lord be with You.

Bow your heads for God's Blessing

And may the blessing of God Almighty, the Father, the Son and the Holy Spirit be with you now and always Amen.