



Wednesday 10 February 2021

Scholastica is a rather shadowy figure. According to the *Dialogues* of Gregory the Great, she was born of rich parents. in ca. 480 in Nursia, Umbria.

She was St Benedict's sister although a later tradition says she was his twin. Whether this is meant biological or spiritual wins is not clear.

Gregory the Great says she was dedicated to God from a young age. She and Benedict were raised together until he left to study in Rome.

She formed a hermitage about five miles from Monte Cassino and that this was the

first Benedictine convent. As abbess she sought to follow his Rule, and met him each year at a house near his monastery where they would praise God together and discuss spiritual matters.

She died in ca. 543. Benedict had a vision of her soul rising up to heaven and, collecting her body, he had her buried in the tomb prepared for himself. She soon became a figure for veneration by all nuns who followed Benedict's Rule.

- All the Bible readings come from the *New Revised Standard Version*. The choice of readings comes from <http://bible.oremus.org>
- The liturgy assumes the service is Eucharistic. The prayers of consecration have been included at the end rather than in situ because many following the service will be in isolation and unable to celebrate the sacrament.
- The hymns are YouTube links. To hear the hymns please hover the mouse over each link, press Ctrl and then return.
- To see service transcripts from previous weeks, please visit the page, <http://www.medlockhead.co.uk/resources/index.htm>

Introduction and welcome

HYMN 1 [Make way! Make way!](#) (please click on this link to hear the hymn)

The Welcome

In the name of the Father, and of the Son, and of the Holy Spirit

All Amen.

The Lord be with you

All And also with you.

The Preparation

**All Almighty God,
to whom all hearts are open,
all desires known,
and from whom no secrets are hidden:
cleanse the thoughts of our hearts
by the inspiration of your Holy Spirit,
that we may perfectly love you,
and worthily magnify your holy name;
through Christ our Lord. Amen.**

Our Lord Jesus Christ said:

The first commandment is this:

‘Hear, O Israel, the Lord our God is the only Lord.

You shall love the Lord your God with all your heart,
with all your soul, with all your mind,
and with all your strength.’

And the second is this: ‘Love your neighbour as yourself.’

There is no other commandment greater than these.

On these two commandments hang all the law and the prophets.

All Amen. Lord, have mercy.

Christ calls us to share the heavenly banquet of his love with all the saints in earth and heaven. Therefore, knowing our unworthiness and sin, let us confess our sins in penitence and faith, firmly resolved to keep God’s commandments and to live in love and peace with all.

All Almighty God, our heavenly Father,
we have sinned against you
and against our neighbour
in thought and word and deed,
through negligence, through weakness,
through our own deliberate fault.
We are truly sorry
and repent of all our sins.
For the sake of your Son Jesus Christ,
who died for us,
forgive us all that is past
and grant that we may serve you in newness of life
to the glory of your name.
Amen.

Almighty God,
who forgives all who truly repent, have mercy upon you,
pardon and deliver you from all your sins,
confirm and strengthen you in all goodness,
and keep you in life eternal;
through Jesus Christ our Lord.

All Amen.

The Gloria

This Gloria is sung to the tune of 'Cwm Rhondda'. Click [here](#) for the tune.

All Glory be to God in Heaven,
Songs of joy and peace we bring,
Thankful hearts and voices raising,
To creation's Lord we sing.
Lord we thank you, Lord we praise you,
Glory be to God our King:
Glory be to God our King.

Lamb of God, who on our shoulders,
Bore the load of this world's sin;
Only Son of God the Father,
You have brought us peace within.

**Lord, have mercy, Christ have mercy,
Now your glorious reign begin:
Now your glorious reign begin.**

**You O Son of God are Holy,
You we praise with one accord.
None in heav'n or earth is like you,
Only you are Christ the Lord.
With the Father and the Spirit,
Ever worshipped and adored:
Ever worshipped and adored.**

The Collect for St Scholastica

As we celebrate the memorial of the virgin Saint Scholastica,
we pray, O Lord,
that, following her example,
we may serve you with pure love
and happily receive what comes from loving you.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever.

All Amen.

First reading

A reading from the Book of Psalms

1 I will bless the Lord at all times; ♦
his praise shall ever be in my mouth.

2 I will glory in the Lord; ♦
let the humble hear and rejoice.

3 Proclaim with me the greatness of the Lord; ♦
let us exalt his Name together.

4 I sought the Lord, and he answered me ♦
and delivered me out of all my terror.

5 Look upon him and be radiant, ♦
and let not your faces be ashamed.

6 I called in my affliction and the Lord heard me ♦
and saved me from all my troubles.

7 The angel of the Lord encompasses those who fear him, ♦
and he will deliver them.

8 Taste and see that the Lord is good; ♦
happy are they who trust in him!

9 Fear the Lord, you that are his saints, ♦
for those who fear him lack nothing.

10 The young lions lack and suffer hunger, ♦
but those who seek the Lord lack nothing that is good.

11 Come, children, and listen to me; ♦
I will teach you the fear of the Lord.

12 Who among you loves life ♦
and desires long life to enjoy prosperity?

13 Keep your tongue from evil-speaking ♦
and your lips from lying words.

14 Turn from evil and do good; ♦
seek peace and pursue it.

15 The eyes of the Lord are upon the righteous, ♦
and his ears are open to their cry.

16 The face of the Lord is against those who do evil, ♦
to root out the remembrance of them from the earth.

17 The righteous cry, and the Lord hears them ♦
and delivers them from all their troubles.

18 The Lord is near to the brokenhearted ♦
and will save those whose spirits are crushed.

9 Many are the troubles of the righteous, ♦
but the Lord will deliver him out of them all.

20 He will keep safe all his bones; ♦
not one of them shall be broken.

21 Evil shall slay the wicked, ♦
and those who hate the righteous will be punished.

22 The Lord ransoms the life of his servants, ♦
and none will be punished who trust in him. *Psalm 34*

This is the Word of the Lord

All Thanks be to God.

Second reading

A reading from the Acts of the Apostles

All those who believed were of one heart and soul, and no one claimed private ownership of any possessions, but everything they owned was held in common. With great power the apostles gave their testimony to the resurrection of the Lord Jesus, and great grace was upon them all. There was not a needy person among them, for as many as owned lands or houses sold them and brought the proceeds of what was sold. They laid it at the apostles' feet, and it was distributed to each as any had need. *Acts 4:32–35*

This is the Word of the Lord

All Thanks be to God.

HYMN 2 Only by grace can we enter

[\(click on this link to hear the hymn\)](#)

Gospel reading

Hear the Gospel of our Lord Jesus Christ according to Mark

All Glory to you O Lord.

Jesus said, 'Whenever you pray, do not be like the hypocrites; for they love to stand and pray in the synagogues and at the street corners, so that they may be seen by others. Truly I tell you, they have received their reward. But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you.

'When you are praying, do not heap up empty phrases as the Gentiles do; for they think that they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him. *Matthew 6:5–8*

This is the Gospel of the Lord

All Praise to you O Christ.

Sermon

These three readings seem very different but they have the theme of 'Building the common life' in common. The reading from the Book of Psalms talks about seeking

God and doing so in order to make the world a better place. The psalm centres round the concept the writer calls ‘fear of the Lord’. This ‘fear’ doesn’t mean being scared by God: it’s a mix of loyalty and love coupled with reverent, respectful awe.

The second reading from the Acts recalls how the disciples looked after the material needs of the early community. Their actions flow from the trademark love of God and neighbour that characterises all genuine Christian discipleship. It looks much like they’re trying to build what Jesus elsewhere calls, ‘The Kingdom.’

And today’s Gospel seeks to bridge these first two readings by telling us how to pray effectively—listening as well as speaking. The praying that Jesus is telling us about is the glue that helps mend our communities. Without knowing God’s will, we could do the wrong thing or ‘help’ the wrong people; we could act through wrong motives and an inaccurate idea of who God is. Perhaps that’s why we should note that immediately after Jesus gives this holy advice, he then gives us the Lord’s Prayer which, as a template, starts with the desire to re-create the Kingdom of God.

Most of us want the world to get better and we would work hard to be part of that improvement ... *if we thought our actions would make a difference*. Maybe we’d help create the Kingdom that Jesus talks about if we weren’t afraid our efforts would be wasted. We therefore need a form of ‘holy wisdom’ that shows us how to go about it. Into this gap, today’s readings suggest that, like today’s inspiring passage in Acts, our actions need to be book-ended by ‘fear of the Lord’ and ‘praying.’ Stated a different way, we pray for guidance and those prayers start from love-filled awe.

Many debates about Christian discipleship boil down to the interplay between faith and works and the spiritualities that empower and inform that debate. That’s why Jesus tells us to love God with our heart, soul and mind. That’s why today’s readings tell us to build the Kingdom after praying that erupts from lives of loving reverence—as the psalm says, ‘Fear the Lord, you that are his saints, for those who fear him lack nothing’. Building the Kingdom requires nothing less.

The Creed

Do you believe and trust in God the Father,
the source of all being and life,
the one for whom we exist?

All We believe and trust in him.

Do you believe and trust in God the Son,
who took our human nature,
died for us and rose again?

All We believe and trust in him.

Do you believe and trust in God the Holy Spirit,
who gives life to the people of God
and makes Christ known in the world?

All We believe and trust in him.

This is the faith of the Church.

All This is our faith.

**We believe and trust in one God,
Father, Son and Holy Spirit. Amen.**

Prayers of intercession

Assist us, O God, to love one another as sisters and brothers, and to balance discipline with love and rules with compassion, according to the example shown by your servant Scholastica; for the sake of your Son Jesus Christ our Lord, to whom with you and the Holy Spirit be all honour and glory, now and for ever. Amen.

Attributed to St Scholastica

Heavenly Father, in your wisdom you call all of us to a life of consecration so that, in prayerful observance of a lifestyle of holiness, we might be witnesses to you. As St Paul says, 'our true citizenship is in heaven.' Give us, Lord, the grace of joy and perseverance in our holy vocations.

Lord in your mercy,

All hear our prayer.

Loving Father, help us to bound our discipleship with 'fear of the Lord' and true prayer. Feed our discipleship with love and joy and peace. Inform our discipleship with the knowledge of You that comes through 'going into our rooms and shutting the door and praying to our Father who is in secret.'

Lord in your mercy,

All hear our prayer.

Lord in your mercy, help us to build your Kingdom here on earth as it is in Heaven. Give us the patience to pray and then listen. Give us the courage to share as the first apostles shared. And give us the discernment to see You in those we serve.

All hear our prayer.

Merciful Father,

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

The peace

May the God of peace sanctify you:
may he so strengthen your hearts in holiness
that you may be blameless before him
at the coming of our Lord Jesus with his saints.

The peace of the Lord be always with you,

All And also with you.

HYMN 3 [Seek ye first the Kingdom of God](#) (click on this link to hear the hymn)

The liturgy of the Communion Service appears below

The Dismissal

May God,
who kindled the fire of his love in the hearts of the saints,
pour upon you the riches of his grace.

All Amen

May he give you joy in their fellowship
and a share in their praises.

All Amen

May he strengthen you to follow them in the way of holiness
and to come to the full radiance of glory.

All Amen

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

All Amen

HYMN 4 [Just as I am](#) (please click on this link to hear the hymn)

Go in peace to love and serve the Lord.

All In the name of Christ. Amen.

The Liturgy of the Sacrament

Eucharistic Prayer (prayer E)

The Lord be with you

All and also with you.

Lift up your hearts.

All We lift them to the Lord.

Let us give thanks to the Lord our God.

All It is right to give thanks and praise.

It is indeed right, our duty and our joy,
always and everywhere to give you thanks,
holy Father, almighty and eternal God, through Jesus Christ our Lord.
And now we give thanks, most gracious God,
surrounded by a great cloud of witnesses
and glorified in the assembly of your saints.
The glorious company of apostles praise you.
The noble fellowship of prophets praise you.
The white-robed army of martyrs praise you.
We, your holy Church, acclaim you.
In communion with angels and archangels,
and with all who served you on earth and worship you now in heaven,
we raise our voice to proclaim your glory,
for ever praising you and saying:

**All Holy, holy, holy Lord,
God of power and might,
heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is he who comes in the name of the Lord.
Hosanna in the highest.**

We praise and bless you, loving Father,
through Jesus Christ, our Lord;
and as we obey his command,
send your Holy Spirit,
that broken bread and wine outpoured
may be for us the body and blood of your dear Son.

On the night before he died he had supper with his friends
and, taking bread, he praised you.

He broke the bread, gave it to them and said:
Take, eat; this is my body which is given for you;
do this in remembrance of me.

When supper was ended he took the cup of wine.
Again he praised you, gave it to them and said:
Drink this, all of you;
this is my blood of the new covenant,
which is shed for you and for many for the forgiveness of sins.
Do this, as often as you drink it, in remembrance of me.

So, Father, we remember all that Jesus did,
in him we plead with confidence his sacrifice made once for all upon the cross.

Bringing before you the bread of life and cup of salvation,
we proclaim his death and resurrection
until he comes in glory.

Great is the mystery of faith:

All Christ has died.
Christ is risen.
Christ will come again.

Lord of all life,
help us to work together for that day
when your kingdom comes
and justice and mercy will be seen in all the earth.

Look with favour on your people,
gather us in your loving arms
and bring us with Scholastica and all the saints
to feast at your table in heaven.

Through Christ, and with Christ, and in Christ,
in the unity of the Holy Spirit,
all honour and glory are yours, O loving Father,
for ever and ever.

All Amen.

The Lord's Prayer

As our Saviour taught us, so we pray

**All Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Lead us not into temptation
but deliver us from evil.**

**For the kingdom, the power,
and the glory are yours
now and for ever. Amen.**

Breaking of the Bread

We break this bread to share in the body of Christ.

**All Though we are many, we are one body,
because we all share in one bread.**

**All Lamb of God,
you take away the sin of the world,
have mercy on us.**

**Lamb of God,
you take away the sin of the world,
have mercy on us.**

**Lamb of God,
you take away the sin of the world,
grant us peace.**

Draw near with faith.

Receive the body of our Lord Jesus Christ
which he gave for you,
and his blood which he shed for you.

Eat and drink in remembrance that he died for you,
and feed on him in your hearts
by faith with thanksgiving.

All We do not presume
to come to this your table, merciful Lord,
trusting in our own righteousness,
but in your manifold and great mercies.
We are not worthy
so much as to gather up the crumbs under your table.
But you are the same Lord
whose nature is always to have mercy.
Grant us therefore, gracious Lord,
so to eat the flesh of your dear Son Jesus Christ
and to drink his blood,
that our sinful bodies may be made clean by his body
and our souls washed through his most precious blood,
and that we may evermore dwell in him,
and he in us. Amen.

Communion is distributed.

Prayer after Communion

Holy Father,
who gathered us here around the table of your Son
to share this meal with the whole household of God:
in that new world where you reveal
the fullness of your peace,
gather people of every race and language
to share with your servant Scholastica and all your saints
in the eternal banquet of Jesus Christ our Lord.

All Amen

All Almighty God,
we thank you for feeding us
with the body and blood of your Son Jesus Christ.
Through him we offer you our souls and bodies
to be a living sacrifice.
Send us out in the power of your Spirit
to live and work
to your praise and glory.
Amen.