

Psalm and Readings Wednesday 17th April 2024

Psalm 105

O give thanks to the Lord, call on his name,
make known his deeds among the peoples.

Sing to him, sing praises to him;
tell of all his wonderful works.

Glory in his holy name;
let the hearts of those who seek the Lord
rejoice.

Seek the Lord and his strength;
seek his presence continually.
Remember the wonderful works he has done,
his miracles, and the judgements he has
uttered,

O offspring of his servant Abraham,
children of Jacob, his chosen ones.

He is the Lord our God;
his judgements are in all the earth.
He is mindful of his covenant for ever,
of the word that he commanded, for a
thousand generations,
the covenant that he made with Abraham,
his sworn promise to Isaac,
which he confirmed to Jacob as a statute,
to Israel as an everlasting covenant,
saying, 'To you I will give the land of Canaan
as your portion for an inheritance.'

When they were few in number,
of little account, and strangers in it,
wandering from nation to nation,
from one kingdom to another people,
he allowed no one to oppress them;
he rebuked kings on their account,
saying, 'Do not touch my anointed ones;
do my prophets no harm.'

When he summoned famine against the land,
and broke every staff of bread,
he had sent a man ahead of them,
Joseph, who was sold as a slave.
His feet were hurt with fetters,
his neck was put in a collar of iron;
until what he had said came to pass,
the word of the Lord kept testing him.

The king sent and released him;
the ruler of the peoples set him free.
He made him lord of his house,
and ruler of all his possessions,
to instruct his officials at his pleasure,
and to teach his elders wisdom.

Then Israel came to Egypt;
Jacob lived as an alien in the land of Ham.
And the Lord made his people very fruitful,
and made them stronger than their foes,
whose hearts he then turned to hate his people,
to deal craftily with his servants.

He sent his servant Moses,
and Aaron whom he had chosen.
They performed his signs among them,
and miracles in the land of Ham.
He sent darkness, and made the land dark;
they rebelled against his words.
He turned their waters into blood,
and caused their fish to die.
Their land swarmed with frogs,
even in the chambers of their kings.
He spoke, and there came swarms of flies,
and gnats throughout their country.
He gave them hail for rain,
and lightning that flashed through their land.
He struck their vines and fig trees,
and shattered the trees of their country.
He spoke, and the locusts came,
and young locusts without number;
they devoured all the vegetation in their land,
and ate up the fruit of their ground.
He struck down all the firstborn in their land,
the first issue of all their strength.

Then he brought Israel out with silver and gold,
and there was no one among their tribes who
stumbled.

Egypt was glad when they departed,
for dread of them had fallen upon it.
He spread a cloud for a covering,
and fire to give light by night.

They asked, and he brought quails,
and gave them food from heaven in
abundance.

He opened the rock, and water gushed out;
it flowed through the desert like a river.
For he remembered his holy promise,
and Abraham, his servant.

So he brought his people out with joy,
his chosen ones with singing.
He gave them the lands of the nations,
and they took possession of the wealth of the
peoples,

that they might keep his statutes
and observe his laws.
Praise the Lord!

Exodus 24

Then he said to Moses, 'Come up to the Lord, you and Aaron, Nadab, and Abihu, and seventy of the elders of Israel, and worship at a distance. Moses alone shall come near the Lord; but the others shall not come near, and the people shall not come up with him.'

Moses came and told the people all the words of the Lord and all the ordinances; and all the people answered with one voice, and said, 'All the words that the Lord has spoken we will do.' And Moses wrote down all the words of the Lord. He rose early in the morning, and built an altar at the foot of the mountain, and set up twelve pillars, corresponding to the twelve tribes of Israel. He sent young men of the people of Israel, who offered burnt-offerings and sacrificed oxen as offerings of well-being to the Lord. Moses took half of the blood and put it in basins, and half of the blood he dashed against the altar. Then he took the book of the covenant, and read it in the hearing of the people; and they said, 'All that the Lord has spoken we will do, and we will be obedient.' Moses took the blood and dashed it on the people, and said, 'See the blood of the covenant that the Lord has made with you in accordance with all these words.'

Then Moses and Aaron, Nadab, and Abihu, and seventy of the elders of Israel went up, and they saw the God of Israel. Under his feet there was something like a pavement of sapphire stone, like the very heaven for clearness. God did not lay his hand on the chief men of the people of Israel; also they beheld God, and they ate and drank.

The Lord said to Moses, 'Come up to me on the mountain, and wait there; and I will give you the tablets of stone, with the law and the commandment, which I have written for their instruction.' So Moses set out with his assistant Joshua, and Moses went up into the mountain of God. To the elders he had said, 'Wait here for us, until we come to you again; for Aaron and Hur are with you; whoever has a dispute may go to them.'

Then Moses went up on the mountain, and the cloud covered the mountain. The glory of the Lord settled on Mount Sinai, and the cloud covered it for six days; on the seventh day he called to Moses out of the cloud. Now the appearance of the glory of the Lord was like a devouring fire on the top of the mountain in the sight of the people of Israel. Moses entered the cloud, and went up on the mountain. Moses was on the mountain for forty days and forty nights.

Luke 1:39 – 56

In those days Mary set out and went with haste to a Judean town in the hill country, where she entered the house of Zechariah and greeted Elizabeth. When Elizabeth heard Mary's greeting, the child leapt in her womb. And Elizabeth was filled with the Holy Spirit and exclaimed with a loud cry, 'Blessed are you among women, and blessed is the fruit of your womb. And why has this happened to me, that the mother of my Lord comes to me? For as soon as I heard the sound of your greeting, the child in my womb leapt for joy. And blessed is she who believed that there would be a fulfilment of what was spoken to her by the Lord.'

And Mary said,

'My soul magnifies the Lord,
and my spirit rejoices in God my Saviour,
for he has looked with favour on the lowliness of
his servant.

Surely, from now on all generations will call me
blessed;
for the Mighty One has done great things for me,
and holy is his name.

His mercy is for those who fear him
from generation to generation.

He has shown strength with his arm;

he has scattered the proud in the thoughts of
their hearts.

He has brought down the powerful from their
thrones,

and lifted up the lowly;

he has filled the hungry with good things,

and sent the rich away empty.

He has helped his servant Israel,

in remembrance of his mercy,

according to the promise he made to our
ancestors,
to Abraham and to his descendants for ever.'

And Mary remained with her for about three
months and then returned to her home.

A prayer for this time of transition

Faithful and loving God
we hold our Benefice before you in this time of
transition.
Be with us in our waiting, in our expectation and
in our preparation.
Be with our new incumbent as he or she also
waits, expects and prepares.
Bring us together in love for you and for this
Benefice,
and be our light for the way ahead.
In Jesus' name,
Amen

The Collect of the Day

Almighty Father,
who in your great mercy gladdened the disciples
with the sight of the risen Lord:
give us such knowledge of his presence with us,
that we may be strengthened and sustained by
his risen life
and serve you continually in righteousness and
truth;
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 for ever.
Amen