

**Discipline** - BY *GEORGE HERBERT*

Throw away thy rod,  
Throw away thy wrath:  
O my God, Take the gentle path.

For my heart's desire  
Unto thine is bent:  
I aspire, to a full consent.

Not a word or look  
I affect to own,  
But by book, and thy book alone.

Though I fail, I weep:  
Though I halt in pace,  
Yet I creep, to the throne of grace.

Then let wrath remove;  
Love will do the deed:  
For with love ,Stony hearts will bleed.

Love is swift of foot;  
Love's a man of war,  
And can shoot, and can hit from far.

Who can 'scape his bow?  
That which wrought on thee,  
Brought thee low, Needs must work on me.

Throw away thy rod;  
Though man frailties hath,  
Thou art God: Throw away thy wrath.



*St. Vedast alias Foster.*

**The Parish of  
Saint Vedast-alias-Foster**  
Foster Lane, London EC2V 6HH  
**Fourth Sunday of Lent**  
**Mothering Sunday**  
**11<sup>th</sup> March 2018**

**Celebrant:** Revd Paul Kennedy  
**Preacher:** Revd Jonathan Herapath

**Diary**

Thursday	29 March	6.30pm	Celebration of the Last Supper to be held at St Mary's, Aldermary
Friday	30 March	12noon	Celebration of The Passion
Friday	30 March	1.30pm	Film of "Gods & Men" to be shown in The Rectory with hot cross buns.

**Contacts**

**Priest- in – Charge**

**Rev Paul Kennedy**  
[priest@vedast.org.uk](mailto:priest@vedast.org.uk)  
Mobile: 07877 211307  
Office: 020 7606 3998

**Assistant Priest**

**Revd Jonathan Herapath**  
herapath@icloud.com

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**Hymn:** 186 Tell Out my Soul

**Collect**

God of compassion, whose Son Jesus Christ, the child of Mary, shared the life of a home in Nazareth, and on the cross drew the whole human family to himself: strengthen us in our daily living that in joy and in sorrow we may know the power of your presence to bind together and to heal; 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.

**1<sup>st</sup> Reading:** Numbers 21: 4-9

**Psalm 107 : 1-3, 17-22**

**R Give thanks to the Lord for he is good, and his mercy endures for ever.**

Give thanks to the Lord, for he is good, and his mercy endures for ever. Let all those whom the Lord has redeemed proclaim that he redeemed them from the hand of the foe. He gathered them out of the lands; from the east and from the west, from the north and from the south. **R**

Some went down to the sea in ships and plied their trade in deep waters; they beheld the works of the Lord and his wonders in the deep. Then he spoke and a stormy wind arose, which tossed high the waves of the sea. **R**

They mounted up to the heavens and fell back to the depths; their hearts melted because of their peril. They reeled and staggered like drunkards and were at their wits' end. Then they cried to the Lord in their trouble, and he delivered them from their distress. **R**

He stilled the storm to a whisper and quieted the waves of the sea. Then were they glad because of the calm, and he brought them to the harbour they were bound for. **R**

Let them give thanks to the Lord for his mercy and the wonders he does for his children. Let them exalt him in the congregation of the people and praise him in the council of the elders. **R**

**2<sup>nd</sup> Reading:** Ephesians 2: 1-10

**Gospel acclamation**

Praise to you, O Christ, King of eternal glory.  
**Praise to you, O Christ, King of eternal glory.**

The Lord is a great God, O that today you would listen to his voice.  
Harden not your hearts.  
**Praise to you, O Christ, King of eternal glory.**

**Gospel:** 3: 14-21

**Intercessions**

**We pray for those who are sick especially those named in our Prayer Intention book:** Margaret Spencer, Roger Bloomfield

**We pray for those who have died recently:**  
James Davie, Evan Stone

**We pray for those whose anniversary falls during this time.**

*If there is anyone you wish to be included in our prayers, please call the Church office on 020 7606 3998 or email [administrator@vedast.org.uk](mailto:administrator@vedast.org.uk).*

**Offertory Hymn:** 398 Lift up Your Hearts

**Communion:** *All baptised communicant Christians are welcome to receive Holy Communion at this service. Alternatively, please come forward for a Blessing. If you have difficulty kneeling, it is perfectly acceptable for you to remain standing to receive Holy Communion.*

**Thanksgiving Hymn:** 413 Now Thank we all Our God