



**The Lord be with you.**

This week one of the Psalms I was reading was Psalm 92 which is named “A Song for the Sabbath Day.” This is how it begins:

*It is good to praise the Lord  
and make music to your name, O Most High,  
proclaiming your love in the morning  
and your faithfulness at night,  
to the music of the ten-stringed lyre  
and the melody of the harp.  
For you make me glad by your deeds, Lord;  
I sing for joy at what your hands have done.  
How great are your works, Lord,  
how profound your thoughts!*

As I read, I thought of how privileged we are to live in a country where we have the freedom to come together, week by week, to worship God. And I wondered what our lives, our communities, our world would be like if we all took the advice of the writer to the Hebrews to heart:

*<sup>24</sup> And let us consider how we may spur one another on towards love and good deeds, <sup>25</sup> not giving up meeting together, as some are in the habit of doing, but encouraging one another – and all the more as you see the Day approaching. (Hebrews 10:24-25)*

The New Testament describes Christians gathering and worshipping on Sundays rather than Saturday, which was the Jewish custom. Sunday takes its name from the sun, but for the early Christians it

reminded them of another sun – the Son of God, the light of the world. People like to sit in the sun and in a sense that is what we are doing each Sunday when we come to church: we are turning our faces towards the Son as we seek to be enlightened and warmed by the light of Christ.

Sunday was once a day for putting down our burdens, however, in recent times Sunday has rapidly become just another weekday. And that is a great pity. It is meant to be a day of joy and freedom, because on this day we are free to “*care for the seeds of eternity planted in our souls*”.

Sunday offers us time to relax, time to think of ourselves. And it has a social function too. Our world has become very impersonal. Sunday redeems us from our isolation. It takes us out of ourselves and puts us in touch with the community. It gives us time for the various expressions of love and unity that we are often too busy to show each other.

We are a community of Christ’s disciples and Sunday is our great gathering day. We gather together to worship and to celebrate. The community which during the week has been scattered, on Sunday is gathered together, as grains of wheat are gathered to form one loaf and many grapes are gathered to make one cup of wine.

Each Sunday we are reminded that life is an ongoing pilgrimage to God’s eternal kingdom. We listen to the word of God, which is ‘*a lamp for our steps and a light for our path*’, we pray, we sing, and as we share in the Sacrament of Holy Communion, we are fed for the journey of faith.

Until the next time – **The Lord, bless you and keep you.**

Your minister

*Mary Haddow*