



The Central Norfolk Methodist Circuit



Sunday 9th November 2025: 32nd Sunday in Ordinary Time

Theme for today is “Lest we forget”

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Opening Words:

Praise be to you, O Lord

Praise to you for this day, and this time to gather,

Praise be to you for these people, coming together to worship you,

Praise be to you for the readings, the reflections, the music, the prayers we will share in this time together.

Praise be to you, and may we know your Spirit in our midst, we pray,
Amen.

Hymn 132 – O God, our help in ages past <https://www.youtube.com/watch?v=rsHlwXTjAOU>

Our God, our help in ages past,
Our hope for years to come,
Our shelter from the stormy blast,
And our eternal home:

Under the shadow of your throne
Your saints have dwelt secure;
Sufficient is your arm alone,
And our defence is sure.

Before the hills in order stood
Or Earth received her frame,
From everlasting you are God,
To endless years the same.

A thousand ages in your sight
Are like an evening gone,
Short as the watch that ends the night
Before the rising sun.

Time, like an ever-rolling stream,
Bears all its sons away;
They fly, forgotten, as a dream
Dies at the opening day.

Like flowery fields the nations stand,
Pleased with the morning light;
The flowers beneath the mower's hand
Lie withering here this night.

Our God, our help in ages past,
Our hope for years to come,
Be thou our guard while troubles last
And our eternal home.

Opening Prayer

Heavenly Parent, we come together to worship you.

Help us to prepare to hear your word and feel your Spirit moving amongst us.

May you move within our hands, that we may clap in rejoicing and open our palms to receive you.

May our lips sing your praises, and our tongues tell of your mighty acts and the splendour of your majesty.

May you open our hearts to receive your love. As each heart beats, we thank you that in you we are made alive not only in body but in spirit.

May you bring us to our knees in humble adoration. Father, let us kneel in your merciful presence, as you cleanse us and make us anew once again as we worship.

This day and every day, let every creature praise you.

In Jesus' almighty name, Amen.

Bible readings

Psalm 46

1 Corinthians 11 23-28

Joshua 4

Hymn 131 By a monument of Marble <https://www.youtube.com/watch?v=xxly72B0uDc>

By a monument of marble,
or a simple wooden cross,
here we gather to remember
sacrifice and tragic loss.
Blood-red poppy petals flutter,
each a symbol for a life,
drifting in a crimson curtain,
shadow of our constant strife.

For the sound of war still thunders
through our planet on this day.
Every hour new victims suffer,
even as we meet to pray.
God, we need your help and guidance
in our constant search for peace.
Move us on to new solutions
as we pray that wars may cease.

Solemn silence now surrounds us
as we stand in memory.
Why must factions stir up conflict?
This eternal mystery
troubles hearts and stirs the conscience,
urges us to think again;
face the curse of confrontation,
yet reduce this searing pain.

Reflection:

Memories fade both good and bad. The Covid epidemic, and associated lockdowns, is probably the event in my lifetime that will go down in history but even that seems to have faded into the dim past as time marches on. For my parents and grandparents, the First and Second World Wars were the defining events of their generations but as time passes, they too have slipped into history.

George Santayana wrote, "Those who cannot remember the past are condemned to repeat it".

Words which reinforce the importance of remembering and learning from the past, but which have so often been forgotten. That is why Remembrance Sunday, and permanent memorials are so important to future generations; to help focus thoughts make us appreciate what we have.

The Bible talks of the importance of remembering. One recurring theme from the book of Psalms is how often in times of trouble, the Psalmist strengthens the Israelites by referring back to when God had been with and had blessed His people.

Both Joshua 4 and 1 Samuel 7 tell of times when stone cairns were raised as permanent memorials of what God had done for His people so that future generations could look at them and both ponder and remember God's provenance.

In the New Testament, remembrance reaches its climax in the words of Jesus at the last supper reiterated in 1 Corinthians 11 23-25 "For I received from the Lord what I also delivered to you, that the Lord Jesus on the night when he was betrayed he took bread, and when he had given thanks, he broke it, and said, "This is my body, which is for you. Do this in remembrance of me." In the same way also he took the cup, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me."

Every year what we take part in and see on Remembrance Sunday reminds us of the sacrifice of others for us.

Every time we take communion also reminds us of God's astounding sacrifice and grace. As Romans 5 v 8 says "God demonstrates his own love for us in this: While we were still sinners, Christ died for us".

Prayers of intercession

Bidding: Lord, hear our prayer

Response: Lord, hear us

Lord, hear our prayer

Lord, hear us

God of the past, the present and the future hear our prayers for the world, the Church and our communities.

Sometimes, Lord, as we catch up with the news, we are overwhelmed by what we hear of war, famine and pestilence.

We pray for peace, that people may live in safety and security, That refugees may return and be able to rebuild infrastructure: homes and temples, that livelihoods may be restored.

For adequate rain and warming sun, that crops may flourish and all be fed. We ask that medical research succeed in making possible cures widely available and affordable for the diseases that ravage the poor and threaten even the rich.

Lord, hear our prayer. Lord, hear us

God of yesterday, today and all the days that are to come we pray for the Church, for its leaders and all its members that they may work together to make the gospel known, that it, the Church may reach out, demonstrating and embodying your love.

We pray for greater accord between the denominations without loss of the rich diversity of worshipping traditions.

We pray for the congregations of which we are a part for the strength of the relationships we forge with neighbouring congregations for our joint witness to the love of God for all people.

Lord, hear our prayer. Lord, hear us

God of history, of the now, and of all that is to be we pray for our communities.

For our friends and families, for colleagues with whom we work, for those whom we meet at the social club, the gym, the shops, on public transport or at the health centre...

Wherever we encounter others, help us to build bridges, to offer the hand of friendship, the listening ear and the open heart.

We hold before you those whose particular needs we know, some are awaiting medical assessment or treatment

Some will receive difficult diagnoses others will anticipate the restoration of good health.

Lord, hear our prayer. Lord, hear us

Lord, we commend them all to you: be with all who suffer in body, mind or spirit.

Accompany those who sit and wait

Those who worry, for their own or loved ones well-being

Those who mourn...

And, Lord, enable us to embody your compassion

Lord, hear our prayer

Lord, hear us

Hear us indeed.

Amen.

The Lord's prayer

Hymn 274 – Jesus Christ, I think upon your sacrifice <https://www.youtube.com/watch?v=ewlpRdDU9Q8>

Jesus Christ, I think upon your sacrifice;
you became nothing, poured out to death.
Many times I've wondered at your gift of life
and I'm in that place once again,
I'm in that place once again.

*And once again I look upon
the cross where you died.
I'm humbled by your mercy
and I'm broken inside.
Once again I thank you,
once again I pour out my life.*

Now you are exalted to the highest place,
King of the heavens, where one day I'll bow.
But for now I marvel at this saving grace
and I'm full of praise once again,
I'm full of praise once again.

Thank you for the cross
Thank you for the cross
Thank you for the cross, my friend.
Thank you for the cross
Thank you for the cross
Thank you for the cross, my friend

Closing Blessing

May you go with the courage to join in with God's prophetic, transformative work, here in this community, in your home, in your life, and throughout the world.

May you go, knowing that the Spirit of God goes with you.

Amen.