

Pause for Reflection 9/10/2020

Move lightly

Welcome to this week's Pause for Reflection. As promised last week, I have finally moved on from the letter "J" although I was sorely tempted to stay on "J" and use a couple of weeks to highlight Billy Joel.

Mind you, the way things seem to be going with the "fight against Coronavirus," I may get an opportunity to feature Billy Joel when I return to the letter "J" on my second alphabetical journey!!

However, this week I have moved on to the letter "K" and I am featuring one of my favourite female performers, Carole King.

Since writing her first number 1 hit "Will You Love Me Tomorrow" at the tender age of 17, Carole King has arguably become one of the most celebrated and iconic singer/songwriters of all time. King wrote "Will You Love Me Tomorrow" for the Shirelles with then-husband Gerry Goffin. The dozens of chart hits Goffin & King wrote during this period have become part of music legend, including "Take Good Care Of My Baby" "The Loco-Motion", "Up On The Roof" "Hey Girl" "I'm Into Something Good." To date, more than 400 of her compositions have been recorded by more than 1,000 artists, resulting in 100 hit singles. Undoubtedly, Carole King is an extremely accomplished individual.

In addition to her continuously evolving musical career, King, who has lived on an Idaho ranch since the early '80s, is

actively involved with environmental organizations in support of wilderness preservation.

The track I've chosen to feature is "Move lightly" and is taken from an album released in 1979 entitled "Touch the Sky."

When I listen to this track and, more importantly, when I stop and take time to think about the lyrics, I find this to be a very calming and reassuring song.

The message this song sends to me is that I should "slow down", I should not "fret and worry over lots of things at the same time", I must learn to "take things as they come" and that ultimately "all will be well!"

I know from my own experience however that being "laid back" and "taking things as they come" doesn't come easily to me and I suspect many of you feel the same.

But take a few moments to read the lyrics below and then the two selected Bible Readings and hopefully the "message" will be clear to you too!

We all need to learn to "move lightly" and then our lives and indeed our world will be a better and happier place.

Why don't you move lightly?

Why don't you move lightly?

That's your heart you're dealing with

That's your head you're messin' around with

Why don't you move lightly?

Let it all work out now, just let go

Pretty soon you're gonna know what
you wanna know

Why don't you walk softly?

You ought to walk softly

That's a hard and heavy foot

You've been usin' to put yourself down

Why don't you walk softly?

If you win the world and lose your soul

What good will it do you--love don't
come from gold

Why don't you drift easy--why don't
you drift easy?

If there's something you're still after

Are you sure you're gonna like the way
it'll make you feel?

Well I won't worry 'cause I know you'll
find

Your own way, in your own time, and
I'm easy

And I'm gonna move lightly.

-----OOOOOOO-----

Bible Readings

Psalm 107

Vv 10-15

10 Some were living in gloom and
darkness, prisoners suffering in
chains,

11 because they had rebelled against
the commands of Almighty God and
had rejected his instructions.

12 They were worn out from hard
work; they would fall down, and no one
would help.

13 Then in their trouble they called to
the Lord, and he saved them from their
distress.

14 He brought them out of their gloom
and darkness and broke their chains in
pieces.

15 They must thank the Lord for his
constant love, for the wonderful things
he did for them

And vv 23-32

23 Some sailed over the ocean in
ships, earning their living on the seas.

24 They saw what the Lord can do, his
wonderful acts on the seas.

25 He commanded, and a mighty wind
began to blow and stirred up the
waves.

26 The ships were lifted high in the air
and plunged down into the depths. In
such danger the sailors lost their
courage;

27 they stumbled and staggered like
drunks - all their skill was useless.

28 Then in their trouble they called to
the Lord, and he saved them from their
distress.

29 He calmed the raging storm, and
the waves became quiet.

30 They were glad because of the
calm, and he brought them safe to the
port they wanted.

31 They must thank the Lord for his constant love, for the wonderful things he did for them.

32 They must proclaim his greatness in the assembly of the people and praise him before the council of the leaders.

Matthew Ch 8

Vv 23-27

23 Jesus got into a boat, and his disciples went with him.

24 Suddenly a fierce storm hit the lake, and the boat was in danger of sinking. But Jesus was asleep.

25 The disciples went to him and woke him up. "Save us, Lord!" they said. "We are about to die!"

26 "Why are you so frightened?" Jesus answered. "What little faith you have!" Then he got up and ordered the winds and the waves to stop, and there was a great calm.

27 Everyone was amazed. "What kind of man is this?" they said. "Even the winds and the waves obey him!"

-----OOOOOO-----

I have endeavoured to limit myself to one hymn this week but I have failed and feel compelled to include two!

The first is Hymn 570 "When the storms of life are raging, stand by me."

1 When the storms of life are raging,
Stand by me, (stand by me,)
When the storms of life are raging,

Stand by me, (stand by me,)
When the world is tossing me
Like a ship upon the sea;
Thou who rulest wind and water,
Stand by me, (stand by me.)

2 In the midst of tribulations,
Stand by me, (stand by me,)
In the midst of tribulations,
Stand by me, (stand by me,)
When the hosts of hell assail,
And my strength begins to fail,
Thou who never lost a battle,
Stand by me, (stand by me.)

3 In the midst of faults and failures,
Stand by me, (stand by me,)
In the midst of faults and failures,
Stand by me, (stand by me,)
When I do the best I can,
And my friends misunderstand,
Thou who knowest all about me,
Stand by me, (stand by me.)

4 In the midst of persecution,
Stand by me, (stand by me,)
In the midst of persecution,
Stand by me, (stand by me,)
When my foes in war array
Undertake to stop my way,
Thou who saved Paul and Silas,
Stand by me, (stand by me.)

5 When I'm growing old and feeble,
Stand by me, (stand by me,)
When I'm growing old and feeble,
Stand by me, (stand by me,)
When my life becomes a burden,
And I'm nearing chilly Jordan,
O thou "Lily of the Valley,"
Stand by me, (stand by me.)

Charles Albert Tindley (1851-1933)

-----OOOOOOOO-----

I must include my favourite hymn of all time as I feel it is very apt for this week's message and, in truth, I grasp

any opportunity I get to read it/sing it/
listen to it!

Hymn 737

Will your anchor hold?

1 Will your anchor hold in the storms of
life,
when the clouds unfold their wings of
strife?

When the strong tides lift, and the
cables strain,
will your anchor drift, or firm remain?

Refrain:

We have an anchor that keeps the
soul
steadfast and sure while the billows
roll;
fastened to the Rock which cannot
move,
grounded firm and deep in the
Saviour's love!

2 Will your anchor hold in the straits of
fear,
when the breakers roar and the reef is
near?

While the surges rage, and the wild
winds blow,
shall the angry waves then your bark
o'erflow? [Refrain]

3 Will your anchor hold in the floods of
death,
when the waters cold chill your latest
breath?

On the rising tide you can never fail,
while your anchor holds within the veil.
[Refrain]

4 Will your eyes behold through the
morning light
the city of gold and the harbour bright?
Will you anchor safe by the heavenly
shore,

when life's storms are past for
evermore? [Refrain]

Priscilla Jane Owens (1829-1907)

-----OOOOOOOOOO-----

Let us pray.

Dear Lord, as we travel on our journey
through this life, we ask for your help,
support, and guidance to keep us on
the right path, to be with us along the
way and to help us to move lightly.

We ask for your help in all that we do
so that we might be good and faithful
disciples of yours and that we might
make life better for those with whom
we meet along the way.

We ask your blessings on all who are
finding it difficult to "move lightly", all
who find their way through life to be a
trudge and a trial. Be with them,
support them, help them and guide
them ultimately to arrive at the city of
gold and the harbour bright.

We pray for all in our own families and
in our wider Church family. Keep them
safe and shelter them from darkness.

Amen

-----OOOOO-----

Benediction

Trust in the Lord and do good;
dwell in the land and enjoy safe
pasture.

Take delight in the Lord,

and he will give you the desires of your
heart.

Amen

-----OOOOOOOOOO-----

Until next week, keep safe and move
lightly!

Alistair : Session Clerk B/P 9/10/2020