

Psalm

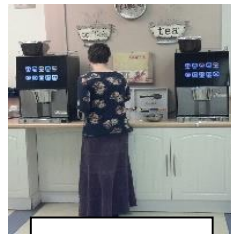
1. God is my strength and my protection.
2. He destroys the mountains of difficulty before me.
3. He arms me with fortitude and helps me; both at the start and the end of the day.
4. Why should I be anxious at the troubles all around me? And for those I love?
5. My God is Faithful; He **will** bring us safely through to the other side.
6. I **can** trust Him and will yet Praise Him; my God and my Rock; my Redeemer and my Friend. Amen



Worship



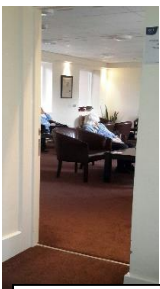
Reading!



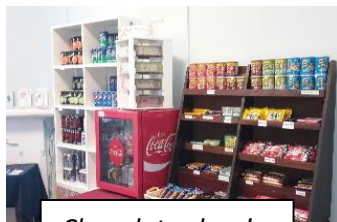
Coffee break!



Belsey Bridge Retreat 17-19 May 2016



Meditation!



Chocolate shop!

Based on Psalm 99

Holy God, you reign overall,
let your chosen ones be set apart.
Holy God, you call us by name,
sanctify those you have called.
Let us praise your holy name –
You are holy.

Holy God, mighty King,
let your chosen ones be filled
with justice and peace -
for you are a Holy God.

God of Power,
you open up the way of holiness
before us.
guide us to make the right choice,
knowing that our holiness is
as much we want it to be.
Awesome, Holy God
as we are lifted in a secular world
to be holy, hold now thy cross
before our fading eyes.

You are just,
you are faithful,
you are a Holy God -
awesome is your holiness,
Let us exalt the Lord our God
wherever we may be,
for the Lord our God is holy. *Amen*

(Written by a member of the Mothers' Union)
18.5.16

Psalm 128 – A song of Ascents

- Honour God and follow his commands and your whole life will be blessed
- Your work will prosper you and you will not want for good, for home or good things – you will be blessed
- Your spouse will enrich your house, your children will grow to be strong men and women through your nurturing.
- These are the riches which come from obeying God's law.
- From the heavens God will send lifelong blessings.
- You will see your city prosper and you may live to see your grandchildren.
- Peace be on your country.

Session Activity!

