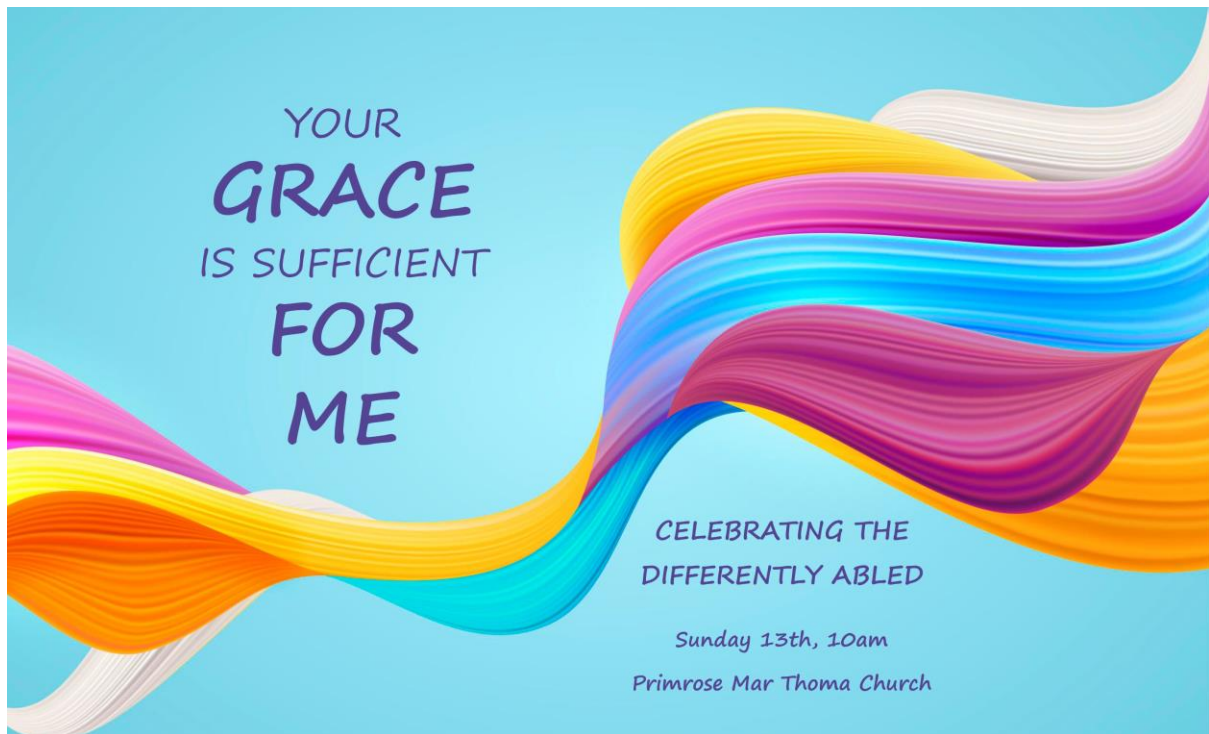




Your Grace is Sufficient for Me

Celebrating the differently abled

October 2024

P: Lord Our God, you make every person in your divine image. You know our needs and you fulfil our desires. You protect us when we are fragile and give us courage for each new day. May a community of acceptance and inclusivity be cultivated from within our hearts and minds so that no one may feel unwanted or forgotten. May we each find peace and fulfilment in knowing you and discovering your will in our lives; and work towards building a space of love and hope with your Word as the foundation. In Jesus' name we pray, Amen.

Opening Hymn

Sing them over again to me,
Wonderful words of life;
Let me more of their beauty see,
Wonderful words of life;
Words of life and beauty
Teach me faith and duty.

*Beautiful words, wonderful words,
Wonderful words of life;
Beautiful words, wonderful words,
Wonderful words of life.*

Christ, the blessed one, gives to all
Wonderful words of life;
Sinner, list to the loving call,
Wonderful words of life;
All so freely given,
Wooing us to heaven.

Sweetly echo the gospel call,
Wonderful words of life;
Offer pardon and peace to all,
Wonderful words of life;
Jesus, only Savior,
Sanctify forever.

Author: P. P. Bliss (1874), Tune: WORDS OF LIFE (Bliss)

Kauma

P. †Glory be to the Father our Creator, to the Son our Redeemer and to the Holy Spirit who sanctifies us.

C. As it was in the beginning, is now and ever shall be, world without end. Amen.

P. Holy, holy, holy, Lord God of power and might, heaven and earth are full of your glory, Hosanna in the highest.

C. Blessed is He that has come and is to come again in the name of the Lord. Hosanna in the highest.

P. Holy art thou, O God.

C. Holy art thou, Almighty Lord.

P. Holy art thou, Immortal Lord.

C. O Lord, the Messiah who was crucified for us † have mercy on us.

(To be repeated thrice)

P. O Lord, have mercy on us.

C. O Lord, have mercy on us and bless us.

P. O Lord, accept our prayers and worship and have mercy on us.

C. Glory be to you, O God.

P. Glory be to you, O Creator.

C. Glory be to you, O King the Messiah; who has mercy on us sinners. Bless us, O Lord.

(Let us sing together the prayer that Jesus taught us)

All: Our Father who art in heaven, Hallowed be thy name,

Thy kingdom come, Thy will be done, on earth as it is done in heaven.

Give us this day our daily bread.

And forgive us our debts, as we forgive our debtors.

And lead us not into temptation, but deliver us from evil.

For thine is the kingdom, the power, and the glory, Forever. Amen.

(Cong to be seated)

1st Lesson: Genesis 1:24-31

2nd Lesson: 2 Corinthians 12:1-10

Meditation - Why Me Lord?

How many times in a day, in a week, or in your life have you asked, "Why Me, Lord?" Three times, ten times, fifty times? Do you ask, "Why Me, Lord?" after a very difficult loss or defeat, after a failed relationship, or after doing poorly in an exam?

I have asked, "Why Me, Lord?" and many other questions. Why God, was I born with the handicap of cerebral palsy? Why would God allow this to happen to me? Is the Lord listening to my prayers? When difficult times occur in our lives, we automatically put the blame on God.

For years I wanted the Lord to heal me of my cerebral palsy. I was very upset, and I was placing the blame on God. Then I came across a book, entitled - *What Color is Your Parachute?* that really changed my perspective.

Let's try this- imagine that you have, in your dining room, a fine wooden chair, which one day has its back broken off completely – I mean, into smithereens—by someone in the house. You run down the street, to call a carpenter who lives nearby. He comes and examines the chair. He pronounces the chair unrepairable. But, he says, "I think I could make a fine wooden stool out of it as a remainder of the chair". And so, he spends much time, shaping, polishing and sanding it, and fashioning out of the former chair a fine stool, more resplendent than anything you have ever dreamed. He inlays it with gold, and soon it is the treasure in your home.

Throughout my life I had a longing desire to be put back together like the chair in the parable. But God, our Carpenter, was beginning to transform my brokenness into a beautiful new creation created in the image of God.

After many years of prayer and study, I began to realize more than ever that I needed to trust and rely on the Lord to answer life's toughest questions. Life is not always fair. Should we ask, "Why Me, Lord?" All we need to do is look at the life of Jesus. He walked this earth healing the sick, feeding the hungry, resisting the evil one, delivering a message of love and forgiveness, and then was whipped, scarred and hung on a cross. I ask you, is God unfair?

The Lord has a plan for each of our lives. When I stopped asking, "Why Me, Lord?" and allowed the Lord to begin to work in my life he started to do some amazing things. Intellectually it is hard to understand Paul's words about "my power is made perfect in weakness" but I can tell you firsthand it is very true.

I began to realize that we all have some kind of handicap to overcome. The only difference is that you can see mine. I have found the answer to hurdling handicaps . . . Jesus Christ. He has helped me hurdle my handicaps, and He can help you do the same with yours.

When I allow the Lord to fill me with His grace and allow Him to use me, His power and light shines bright through my weakness or handicap. In 1985, I felt God leading me to begin Hurdling Handicaps Speaking Ministries. The ministry has taken me across the United States sharing and encouraging others to hurdle life's handicaps. By being open to the Lord's calling, He is now impacting His kingdom and others' lives through me.

Larry Patton and Hurdling Handicaps Speaking Ministry.

<https://www.hurdlinghandicaps.com/post/want-to-help-adopt-a-tiger>

Hymn

Jehovah Jireh

My provider

His grace is sufficient

For me, for me, for me

Jehovah Jireh
My provider
His grace is sufficient
For me

My God shall supply all my needs
According to His riches in glory
He will give His angels
Charge over me

Jehovah Jireh cares for me, for me, for me
Jehovah Jireh cares for me

Jehovah Jireh
My provider
His grace is sufficient
For me, for me, for me

Jehovah Jireh
My provider
His grace is sufficient
For me

L: Song of a special child

*I feel rain
I see a rainbow.
To me a butterfly is pretty too.
But I don't see it the way you do.*

Time doesn't question
My every aspiration,
Staring at a face, or into space.
But, lucky me
That's where I should be.

*I feel smiles
Sunshine kisses me.
You'd wonder why I smile,
Never would guess by a mile.*

My way may be uncertainty
Stumbling along to eternity
Sometimes a cause, some a loss.
Me, I know
That's where I want to go.

*I feel sad
Pain does hurt me.
But my body's not as yours or any,
Doesn't mean I need sympathy.*

My life is so extraordinary.
Is it God's reminding note to sundry?
Life's not all fame, neither shame.
You see, I am not
Just another from your lot.

(Cong to stand)

Psalm 34:23-40

P: 23 The LORD makes firm the steps
of the one who delights in him;
though he may stumble, he will not fall,
for the LORD upholds him with his hand.

C: 25 I was young and now I am old,
yet I have never seen the righteous forsaken
or their children begging bread.
They are always generous and lend freely;
their children will be a blessing.^[b]

P: 27 Turn from evil and do good;
then you will dwell in the land forever.
For the LORD loves the just
and will not forsake his faithful ones.
Wrongdoers will be completely destroyed^[c];
the offspring of the wicked will perish.

C: 29 The righteous will inherit the land
and dwell in it forever.
The mouths of the righteous utter wisdom,
and their tongues speak what is just.

P: 31 The law of their God is in their hearts;
their feet do not slip.
The wicked lie in wait for the righteous,
intent on putting them to death;
but the LORD will not leave them in the power of the wicked
or let them be condemned when brought to trial.

C: 34 Hope in the LORD
and keep his way.
He will exalt you to inherit the land;
when the wicked are destroyed, you will see it.

P: 35 I have seen a wicked and ruthless man
flourishing like a luxuriant native tree,
³ but he soon passed away and was no more;
though I looked for him, he could not be found.

C: 37 Consider the blameless, observe the upright;
a future awaits those who seek peace.^[d]
But all sinners will be destroyed;
there will be no future^[e] for the wicked.

P: 39 The salvation of the righteous comes from the LORD;
he is their stronghold in time of trouble.

C: 40 The LORD helps them and delivers them;
he delivers them from the wicked and saves them,
because they take refuge in him.

Prayer of Confession

Kyrie Elieson, Kyrie Elieson, Kyrie Elieson

Lord have mercy, Christ have mercy, Lord have mercy

P: Loving God, you make each living person in your image and likeness, and present us as a gift and seed of love to the human race. But many a times we don't recognise this. Forgive us, Lord.

C: Dear Lord, many times we focus on the disabilities and weakness of others. Forgive us, Lord. You are known through the Scriptures as the Friend of the Poor, The Father of Orphans and the Defender of the Widow. We see you in all those living with special abilities, and give you thanks for loving parents who welcome and nurture them even in the face of obstacles and rejection. Guide our hands to build access and welcome. Guide our minds to understand the power and wisdom of human vulnerability. Guide our actions to create communities open to the gifts of each individual. May we understand that Your body is incomplete when people are left behind. We pray for forgiveness and the wisdom to correct our ways, through Christ, Our Lord. Amen.

Kyrie Elieson, Kyrie Elieson, Kyrie Elieson

Lord have mercy, Christ have mercy, Lord have mercy

Intercessory Prayers

L: Lord our God, You know our needs and You fulfill our desires. You protect us when we are fragile and give us courage for each new day. Help us to understand the power and wisdom of human vulnerability. Open our hearts to accept our weakness in your strength. Give us the courage to break down the barriers that separate us from one another. Enable us to reach out lovingly to all your children, so that, together, we may all participate fully in making this world a better place. Guide our actions to create truly welcoming communities that are open to the gifts of each individual, celebrating our interdependence with respect for all life. We pray that every person, irrespective of ableness in mind, body and spirit may find solace in you, and may rest on your promise of hope, now and forever more.

C: To be sung

Make me a channel of your peace.

Where there is hatred let me bring your love.

Where there is injury, your pardon, Lord

And where there's doubt, true faith in you.

L: Creator of all things, we talk about accessibility and inclusivity, as broad terms, without really understanding their depth and importance. May we realise that we can only put these processes into action, once we make our minds to be more welcoming and develop the ability to look beyond appearance or circumstance. May we acknowledge and celebrate what makes us unique. Guide us to do our small bit in making our places of education, work and stay safe havens for those who need it most by extending our hands to offer support in different ways. May we uplift and pacify, encourage and uphold each person we come across so that we are able to build a community, an environment and a world where none of Your children are left behind.

C: To be sung

Make me a channel of your peace

It is in pardoning that we are pardoned

In giving to all men that we receive

And in dying that we're born to eternal life.

L: We pray for schools and other institutions that work on bringing a difference to the lives of children with different abilities. Thank you for the Mar Thoma Opportunity School of our Church, Asha Bhavan, Mar Thoma Center for Rehabilitation and Development (MCRD), Navajyothi School, Shalabhanga Holistic Development Centre for Children, Kottarakara and the other organisations like Nidhi Foundation, Cheshire Home, Spastics Society, Association for Persons with Disability and the Snehadeep Foundation for the Blind that help in bringing about a change in this world. We submit under your care these institutions and are grateful for the dedication and passion with which they approach, strive to help and provide aid. May all these institutions continue to be

harbours of peace and solace for everyone that comes under their wing. Dear God, we pray for the teachers and staff who work patiently in enriching the lives of these special students. Guide them as they mould, shape and inspire.

C: To be sung

**Oh, Master grant that I may never seek
So much to be consoled as to console
To be understood as to understand
To be loved as to love with all my soul.**

**Make me a channel of your peace
It is in pardoning that we are pardoned
In giving to all men that we receive
And in dying that we're born to eternal life.**

Gospel Reading

P: †Peace be with you all.

C: May the Lord make us all worthy to listen to His Word.

P: The Holy Gospel of our Lord Jesus Christ, which proclaims life and salvation to the world as recorded by **Mark 3:1-5**

C: Blessed is He that has come and will come again. Praise to the Father who sent him for our Salvation. May His blessings be ever upon us.

P: In the days of Jesus Christ, our Lord and Saviour, the Word of life, God incarnate of the blessed Virgin Mary, it happened in this way.

C: So, we believe and affirm.

(After reading the Gospel, the priest says, **†'Peace be with you all'**)

C: We thank you, Lord, that you have given us your gospel which is indeed the light of the world, that we may be drawn closer to you through the living words from your gospel which we have now heard.

The Nicene Creed (To be sung)

P: We believe in the one true God, the Father Almighty, Maker of heaven and earth, and of all things visible and invisible.

C: We believe in one Lord Jesus Christ, the only-begotten Son of God, begotten of the Father before all world; Light of Light, very God of very God; begotten, not made, being of one substance with the Father, by whom all things were made, who, for us men and for our salvation, came down from heaven, and was incarnate by the Holy Spirit of the Virgin Mary, and was made man. He was crucified† also for us in the days of Pontius Pilate; suffered and died and was buried. The third day He rose again, by His Father's holy will, ascended into heaven, and sits at the right hand of the Father. He will come again, with glory, to judge both the living and the dead and of His kingdom there will be no end.

We believe in the Holy Spirit, the Lord and Giver of Life; who proceeds from the Father; who with the Father and the Son together is worshipped and glorified; who spoke by the prophets and the apostles. We believe in one Holy Catholic and apostolic Church. We acknowledge one baptism for

the remission of sins; and look forward to the resurrection of the dead, and the new life of the world to come. Amen.

Birthday, Wedding Anniversary & Thanksgiving

My hope is built on nothing less
Than Jesus Christ, my righteousness;
I dare not trust the sweetest frame,
But wholly lean on Jesus' name.

*On Christ, the solid Rock, I stand;
All other ground is sinking sand,
All other ground is sinking sand.*

When darkness veils His lovely face,
I rest on His unchanging grace;
In every high and stormy gale,
My anchor holds within the veil.

His oath, his covenant, his blood
Supports me in the 'whelming flood
When all around my soul gives way
He then is all my hope and stay

When He shall come with trumpet sound,
Oh, may I then in Him be found;
In Him, my righteousness, alone,
Faultless to stand before the throne.

Lyrics: Edward Mote, Music: William Bradbury

Announcements

Offertory

When He cometh, when He cometh
To make up His jewels,
All His jewels, precious jewels,
His loved and His own:

*Like the stars of the morning,
His bright crown adorning,
They shall shine in their beauty,
Bright gems for His crown.*

He will gather, He will gather
The gems for His kingdom;
All the pure ones, all the bright ones,
His loved and His own.

Little children, little children,
Who love their Redeemer,

Are the jewels, precious jewels,
His loved and His own.

William Cushing, G.F. Root

Message

(Cong to stand)

Closing Prayer

P: As God's creations, we are fashioned uniquely, each endowed with individuality of body, mind, and spirit to worship freely, the One who has given us life.

C: Give us the courage to break down the barriers that separate us from one another.
Make us grateful for the talents and inabilities that we all have.
Help us to recognise that each of us is wonderfully and uniquely made.
Each of us has our disabilities. Help us not to focus on these, but to look at it as God's strange and wonderful plan and to share this wonderment with others.
We look to the future with optimism and with faith in You, as we pursue to provide justice and fullness of life for all. Amen.

P: May the God of hope fill you with joy and peace so that you may abound in hope by the power of the Holy Spirit. In the name of the Father, and the Son and the Holy Spirit.

C: Amen

Doxology and Kiss of Peace

There's not a Friend like the lowly Jesus:
No, not one! no, not one!
None else could heal all our souls' diseases:
No, not one! no, not one!

*Jesus knows all about our struggles;
He will guide 'til the day is done:
There's not a Friend like the lowly Jesus:
No, not one! no, not one!*

No friend like Him is so high and holy,
No, not one! no, not one!
And yet no friend is so meek and lowly,
No, not one! no, not one!

Johnson Oatman Jr, Geo C. Hugg

