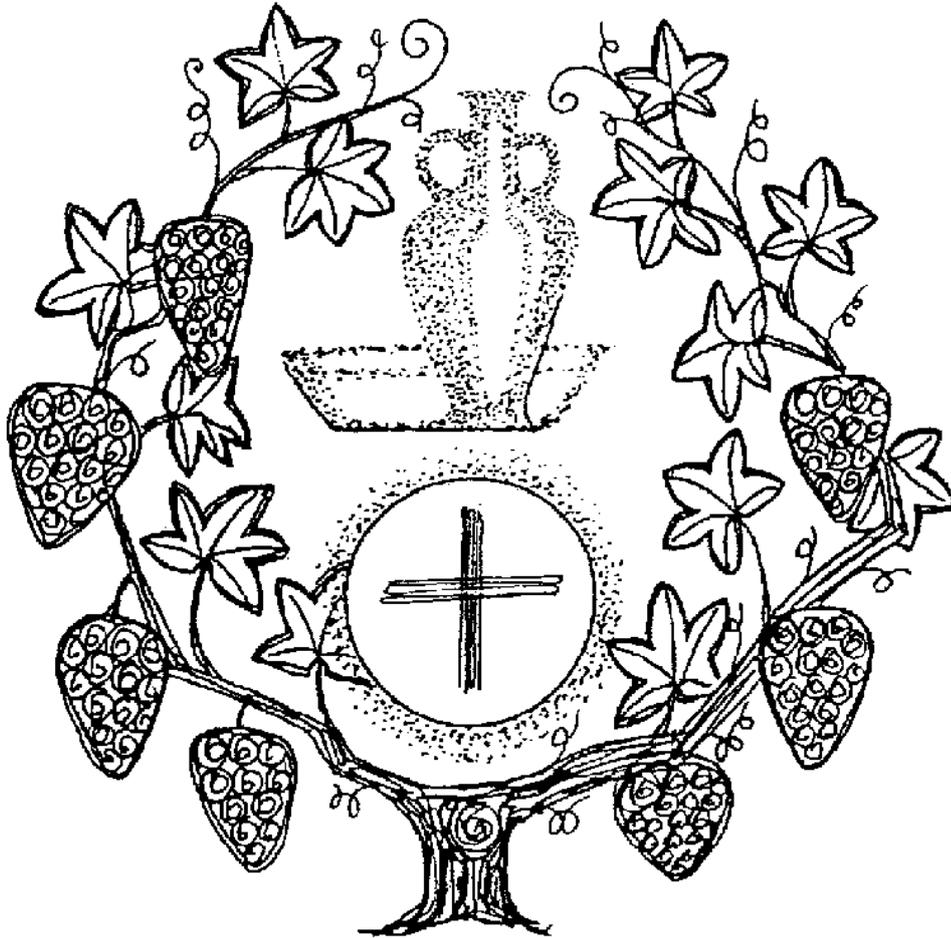


A very warm Welcome to St Michael's Church

Sunday 5th July



At times we all find life difficult. We become overburdened with problems and worries. We often use these as an excuse for not turning to Christ. In today's *Gospel* Christ tells us to bring all our burdens to him and he will give us comfort, peace, and strength. Let us come to him with love and trust.

Opening Sentence

Within your temple, we ponder your loving kindness, O God. As your name, so also your praise reaches to the ends of the earth; your right hand is filled with justice.

Greeting and Entrance

In the name of the Father,
and of the Son and of the Holy Spirit. **Amen.**

The Lord be with you
And with your spirit

Call to Confession

My brothers and sisters,
to prepare ourselves to celebrate the sacred mysteries,
let us first call to mind our sin.

May almighty God have mercy on us, forgive us our sins and bring us to everlasting life. **Amen.**

Gloria

**Glory to God in the highest, and peace to his people on earth.
Lord God, heavenly King, almighty God and Father, we
worship you, we give you thanks, we praise you for your
glory.**

**Lord Jesus Christ, only son of the Father, Lord God, Lamb of
God, you take away the sin of the world: have mercy on us;
you are seated at the right hand of the Father: receive
our prayer.**

**For you alone are the Holy One, you alone are the Lord, you
alone are the Most High, Jesus Christ, with the Holy Spirit, in
the glory of God the Father. Amen.**

The Liturgy of the Word

Let us pray.
Father,
through the obedience of Jesus your servant and your Son,
you raised a fallen world.
Free us from sin

and bring us the joy that lasts for ever.
We ask this through our Lord Jesus Christ,
who reigns with you and the Holy Spirit,
one God, now and forever. **Amen.**

First Reading

A reading from the Prophet Zechariah(9:9-10)

The Lord says this:

Rejoice heart and soul, daughter of Zion!
Shout with gladness, daughter of Jerusalem!
See now, your king comes to you;
he is victorious, he is triumphant,
humble and riding on a donkey,
on a colt, the foal of a donkey.
He will banish chariots from Ephraim
and horses from Jerusalem;
the bow of war will be banished.
He will proclaim peace for the nations.
His empire shall stretch from sea to sea,
from the River to the ends of the earth.

This is the Word of the Lord.

Thanks be to God.

Responsorial Psalm (144)

I will bless your name for ever, O God my King.

I will give you glory, O God my King,
I will bless your name for ever.
I will bless you day after day
and praise your name for ever. **R.**

The Lord is kind and full of compassion,
slow to anger, abounding in love.
How good is the Lord to all,
compassionate to all his creatures. **R.**

All your creatures shall thank you, O Lord,
and your friends shall repeat their blessing.
They shall speak of the glory of your reign
and declare your might, O God. **R.**

The Lord is faithful in all his words
and loving in all his deeds.
The Lord supports all who fall
and raises all who are bowed down. **R.**

Second Reading

A reading from the letter of St Paul to the Romans. (8:9.11-13)

Your interests are not in the unspiritual, but in the spiritual, since the Spirit of God has made his home in you. In fact, unless you possessed the Spirit of Christ you would not belong to him, and if the Spirit of him who raised Jesus from the dead is living in you, then he who raised Jesus from the dead will give life to your own mortal bodies through his Spirit living in you.

So then, my brothers, there is no necessity for us to obey our unspiritual selves or to live unspiritual lives. If you do live in that way, you are doomed to die; but if by the Spirit you put an end to the misdeeds of the body you will live.

This is the Word of the Lord.
Thanks be to God.

Alleluia

Alleluia, alleluia!

Blessed are you, Father, Lord of heaven and earth,
for revealing the mysteries of the kingdom to mere children.

Alleluia!

Gospel

The Lord be with you,
And also with you.

A reading from the Holy Gospel according to Matthew (11:25-30)
Glory to you O Lord.

Jesus exclaimed, 'I bless you, Father, Lord of heaven and of earth, for hiding these things from the learned and the clever and revealing them to mere children. Yes, Father, for that is what it pleased you to do. Everything has been entrusted to me by my Father; and no one knows the Son except the Father, just as no one knows the Father except the Son and those to whom the Son chooses to reveal him.

'Come to me, all you who labour and are overburdened and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light.'

This is the Gospel of our Lord.
Praise to you O Christ.

Sermon

Creed

**We believe in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is, seen and unseen.
We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God,
begotten, not made,
of one being with the Father.
Through him all things were made.
For us and for our salvation
he came down from heaven;
by the power of the Holy Spirit
he became incarnate of the Virgin Mary,
and was made man.
For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.
On the third day he rose again
in accordance with the Scriptures;
he ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead,
and his kingdom will have no end.
We believe in the Holy Spirit,
the Lord, the giver of life,
who proceeds from the Father and the Son.**

**With the Father and the Son
he is worshipped and glorified.
He has spoken through the Prophets.
We believe in one holy catholic and apostolic Church.
We acknowledge one baptism for the
forgiveness of sins.
We look for the resurrection of the dead,
and the life of the world to come. Amen.**

Intercessions

Lord in your mercy,
hear our prayer.

Merciful Father,
accept these prayers
for the sake of your Son,
our Saviour Jesus Christ. **Amen.**

The Peace

Christ is our peace he has reconciled us to God in one body by
the cross; we meet in his name and share his peace!

The peace of the Lord be with you always.
And with your spirit.

Offertory Prayers

Blessed are you, Lord God of all creation. Through your goodness
we have this bread to offer, which earth has given and human
hands have made; it will become for us the bread of life.

Blessed be God for ever.

Blessed are you, Lord God of all creation. Through your goodness
we have this wine to offer, fruit of the vine and work of human
hands; it will become for us our spiritual drink.

Blessed be God for ever.

Blessed are you, Lord, God of all creation. You called us into
being and have now gathered us together. Renew us by your Holy
Spirit that we may live to your glory and come to share the life of
your kingdom.

Blessed be God for ever.

Let us pray my brothers and sisters, that our sacrifice may be acceptable to God, the almighty Father.

**May the Lord accept this sacrifice at your hands,
for the praise and glory of his name,
for our good and the good of all his holy Church.**

The Eucharistic Prayer

Prayer over the Gifts

Lord,
let this offering, to the glory of your name,
purify us and bring us closer to eternal life.
We ask this through Jesus Christ, our Lord. **Amen.**

The Lord be with you,
and with your spirit.
Lift up your hearts,
we lift them up to the Lord.
Let us give thanks to the Lord our God.
It is right and just

Preface

Father, all-powerful and ever living God,
we do well always and everywhere to give you thanks
through Jesus Christ our Lord.

We see your infinite power
in your loving plan of salvation.
You came to our rescue by your power as God,
but you wanted us to be saved by one like us.
Man refused your friendship,
but man himself was to restore it
through Jesus Christ our Lord.

Through him the angels of heaven
offer their prayers of adoration
as they rejoice in your presence for ever.
May our voices be one with theirs
in their triumphant hymn of praise:

**Holy, Holy, Holy Lord God of hosts.
Heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is he who comes in the name of the Lord.
Hosanna in the highest.**

Lord, you are holy indeed, the source of all holiness;
grant that, by the power of your Holy Spirit,
and according to your holy will,
these gifts of bread and wine
may be to us the body and blood of our Lord Jesus Christ;
Who in the same night that he was betrayed,
took bread and gave you thanks;
he broke it and gave it to his disciples, saying.
Take, eat; this is my body which is given for you;
do this in remembrance of me.

In the same way after supper
he took the cup and gave you thanks;
he gave it to them, saying.
Drink this, all of you;
this is my blood of the new covenant,
which is shed for you and for many
for the forgiveness of sins.
Do this as often as you drink it in remembrance of me.
Let us proclaim the mystery of faith:

**Christ has died
Christ is risen
Christ will come again.**

And so, Father, calling to mind his death on the cross,
his perfect sacrifice made once for the sins of all,
rejoicing at his mighty resurrection and glorious ascension,
and looking for his coming in glory,
we celebrate the memorial of our redemption.

As we offer you this our sacrifice of praise and thanksgiving,
we bring before you this bread and this cup
and we thank you for counting us worthy
to stand in your presence and serve you.
Send the holy spirit on your people
and gather into one in your kingdom
all who share this one bread and one cup,

so that we, in the company of Holy Mary mother of God,
St Michael and all the saints,
may praise and glorify you for ever,
through Jesus Christ our Lord.

By whom, and with whom, and in whom,
in the unity of the Holy Spirit,
all honour and glory be yours, almighty Father,
for ever and ever. Amen.

The Communion

Our Father

Let us pray with confidence to the Father
in the words our Saviour gave us:

**Our Father,
who art in heaven,
hallowed be thy name,
thy kingdom come, thy will be done;
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses
as we forgive those who trespass against us.
and lead us not into temptation,
but deliver us from evil.
For thine is the Kingdom, the power,
and the glory for ever and ever. Amen.**

Breaking of the bread

We break this bread to share in the Body of Christ.

**Though we are many, we are one Body,
because we all share in one Bread.**

Lamb of God

**Lamb of God, you take away the sins of the world;
have mercy on us.**

**Lamb of God, you take away the sins of the world;
have mercy on us.**

**Lamb of God, you take away the sins of the world;
grant us peace.**

This is the Lamb of God who takes away the sin of the World.
Happy are those who are called to His supper.

**Lord I am not worthy to receive you
but only say the word and I shall be healed.**

Communion Antiphon

Taste and see the goodness of the Lord;
blessed is he who hopes in God.

If watching the Mass online, we would encourage you to join in with the liturgy. At the point at which the clergy who are present receive Holy Communion you may wish to make an act of spiritual communion by using one of the following prayers:

My Jesus, I believe that you are in the Blessed Sacrament. I love you above all things, and I long for you in my soul. Since I cannot now receive you sacramentally, come at least spiritually into my heart. As though you have already come, I embrace you and unite myself entirely to you; never permit me to be separated from you.
Amen.

Or

Lord Jesus Christ, you are the bread of life and the one true vine. I believe that you are truly present in the Most Holy Sacrament of the Eucharist. I seek you. I worship and adore you. Since I cannot receive you in the Eucharistic bread and wine, I pray that you will come into my heart and soul, that I may be united to you, by your all-powerful and ever-present Holy Spirit. Let me receive you, and be nourished by you. Become for me the manna in my wilderness, the bread of angels for my very human journey through time, a foretaste of the heavenly banquet, and solace in the hour of my death. I pray all this, trusting that you yourself are our Life, our Peace, and our everlasting Joy. **Amen.**

Prayer after Communion

Lord,
may we never fail to praise you
for the fullness of life and salvation
you give us in this Eucharist.

Through Jesus Christ, our Lord. **Amen.**

Almighty God, we thank you for feeding us with the body and blood of your Son Jesus Christ. Through him we offer you our souls and bodies to be a living sacrifice. Send us out in the power of your Spirit to live and work to your praise and glory. Amen.

Blessing

The Lord be with you,
and also with you.

May the Father guard you.
May the Son guide you.
May the Spirit lead you to your heavenly home.
And may the blessing of God Almighty,
the Father, the Son, and the Holy Spirit,
be among you and remain with you always. **Amen.**

Go in the peace of Christ.
Thanks be to God.

The Angelus

The angel of the Lord brought tidings to Mary
And she conceived by the Holy Spirit

Hail, Mary, full of grace
The Lord is with thee.
Blessed art thou among women,
And blessed is the fruit of thy womb, Jesus.

**Holy Mary, Mother of God,
Pray for us sinners, now,
And at the hour of our death.**

Behold the handmaid of the Lord
Be it unto me according to thy word.

Hail Mary.....
Holy Mary.....

And the Word was made flesh.
And dwelt among us

Hail Mary.....

Holy Mary.....

Pray for us, O holy Mother of God.

That we may be made worthy of the promises of Christ.

We beseech thee, O Lord, pour thy grace into our hearts;
That as we have known the incarnation of thy Son Jesus Christ by
the message of an angel, so by his Cross and Passion we may be
brought to the glory of his Resurrection; Through Jesus Christ our
Lord. **Amen**

At your service:

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Your clergy are called by God to serve you and are always happy to
speak with you

We pray for all who are ill, that God may grant them health and peace:

Esarlatin, Pauline Cassidy, Mildred, Sivananda, Venushica, Trevor Thompson, Stella, Eric, Eileen Potter, Perry Wells, George Booth, Kate, Seelah, Maureen Clements, Simon Payen, Shirley Angus, Augustus Olufunwa, Chris Zinzan, Doreen Lelliot, Bob Wood, Krystyna Hammil, Cicely Blalock, Androulla & Fannos Hadjiordani, Christopher Gibbons, Jazzmine Grimes, Emmanuel Kuye, Alexandra F Assis, Joshua Rattray, Elijah Blake, Jeffrey Blake, Victorine Clarke, Amy Harris, Thomas Hewitt, Geri Thompson, Mary Thompson, George Batley, Nancy Brittain, Sarah Reggerie, Jean Bjork, Ian Lennon, Kathleen Wale, Serena Forni, Naomi Brown, Derek Ogden, Lawrence Barrett, Dominic Swift, Jennifer Douglas Peter John Clements, Joan, Patience Mafunga, Jereline Simoms, Joy, Ayo Dumbuya, Ray and Pam Bennett, Dorren Norine, Beverley Pownall, Shola Adebowale, Una and Pat Murphy, Andrea Negri, Shane Claridge, Francis Burniston, James Ighodaro, Theresa Naish, Louise, Anastasia, Allen, Jean Bromley, Angela Whyte, Josephine Baker, Saman Joseph, Marcus Cullen, Myrtle, Brenda la Rose, Joe Donkor, Dorothy, Brandon, Ronald, Edna Noel, Anita Atherley, Evelyn Baker, Vincent Booth, Rita Thompson, Zena Godfrey, Mark, Veronica Reekie

for those who have died recently

Lynette, Cam, Alberta, Ellerston, Terry, Jane Large, Adam, Stanley Manning, Ernest Chapman, Sunnie Briggs, Eileen Ridge, Alan Dowsett

and for all whose anniversary of death falls at this time:

8 th July	Frank Draper
11 th July	Marie Cowell

Church opening times for private prayer are

Sunday afternoons	4pm - 6pm
Tuesday mornings	10am - 12noon
Thursday nights	7pm - 8pm