

Holy Trinity 10am Parish Eucharist

5th July 2026

The Fifth Sunday after Trinity

*Today we welcome our neighbours
from Stratford Methodist Church for a joint service*

5pm Service today is Holy Communion (Traditional)

VOLUNTARY

*During which the following prayer is shown
on the screens:*

Lord, this moment is yours;
mine for you, and yours for me.
I need you, I cannot survive without you;
and yet I go on rushing through life
as if I could do everything in my own strength.
Help me to pause and let my heart and spirit
be loved by you into loving you again.
(Angela Ashwin, adapted)

THE GATHERING

Informal welcome

PROCESSIONAL HYMN

Awake, my soul, and with the sun (NEH 232)

1 Awake, my soul, and with the sun
Thy daily stage of duty run;
Shake off dull sloth, and joyful rise
To pay thy morning sacrifice.

2 Redeem thy mis-spent time that's past,
Live this day as if 'twere thy last:
Improve thy talent with due care;
For the great day thyself prepare.

3 Let all thy converse be sincere,
Thy conscience as the noon-day clear;
Think how the all-seeing God thy ways
And all thy secret thoughts surveys.

4 Awake, awake, ye heavenly choir,
May your devotion me inspire,
That I like you my age may spend,
Like you may on my God attend.

5 Praise God, from whom all blessings flow,
Praise him, all creatures here below,
Praise him above, ye heavenly host,
Praise Father, Son, and Holy Ghost. Amen.

THE GREETING

President We meet in the name of the Father, and of the Son,
and of the Holy Spirit.

All Amen.

President The Lord be with you.

All And also with you.

President Please be seated.

The President introduces the service and theme.

PRAYER OF PREPARATION

All Almighty God,
to whom all hearts are open,

**all desires known,
and from whom no secrets are hidden:
cleanse the thoughts of our hearts
by the inspiration of your Holy Spirit,
that we may perfectly love you,
and worthily magnify your holy name;
through Christ our Lord.
Amen.**

PRAYERS OF PENITENCE

President God so loved the world
that he gave his only Son Jesus Christ
to save us from our sins,
to be our advocate in heaven,
and to bring us to eternal life.

Let us confess our sins in penitence and faith,
firmly resolved to keep God's commandments
and to live in love and peace with all.

All **Almighty God, our heavenly Father,
we have sinned against you
and against our neighbour
in thought and word and deed,
through negligence, through weakness,
through our own deliberate fault.
We are truly sorry
and repent of all our sins.
For the sake of your Son Jesus Christ,
who died for us,
forgive us all that is past
and grant that we may serve you in newness of life
to the glory of your name.
Amen.**

President Almighty God, who forgives all who truly repent,

have mercy upon you,
pardon † and deliver you from all your sins,
confirm and strengthen you in all goodness,
and keep you in life eternal;
through Jesus Christ our Lord.

All

Amen.

President

Please stand to sing the Gloria.

GLORIA IN EXCELSIS

St. Helen's Service

All

**Glory, glory to God,
glory to God in the highest.
Glory, glory to God,
glory to God in the highest.**

**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.**

**Glory, glory to God,
glory to God in the highest.
Glory, glory to God,
glory to God in the highest.**

**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.**

**Glory, glory to God,
glory to God in the highest.
Glory, glory to God,**

glory to God in the highest.

**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.**

**Glory, glory to God,
glory to God in the highest.
Glory, glory to God,
glory to God in the highest.
Amen**

THE COLLECT

President Almighty and everlasting God,
by whose Spirit the whole body of the Church
is governed and sanctified:
hear our prayer which we offer for all your faithful people,
that in their vocation and ministry
they may serve you in holiness and truth
to the glory of your name;
through our Lord and Saviour Jesus Christ,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

All **Amen.**

THE LITURGY OF THE WORD

A READING FROM THE BIBLE *Romans 7.15-25a*

Read by Alan Cumming (Stratford Methodist Church)

Reader This is the word of the Lord.

All **Thanks be to God.**

GRADUAL HYMN

How sweet the name of Jesus sounds (NEH 374)

1 How sweet the name of Jesus sounds
In a believer's ear!
It soothes his sorrows, heals his wounds,
And drives away his fear.

2 It makes the wounded spirit whole,
And calms the troubled breast;
'Tis manna to the hungry soul,
And to the weary rest.

3 Dear name! the rock on which I build,
My shield and hiding-place,
My never-failing treasury filled
With boundless stores of grace.

4 Jesus! my Shepherd, Brother, Friend,
My Prophet, Priest, and King,
My Lord, my Life, my Way, my End,
Accept the praise I bring.

5 Weak is the effort of my heart,
and cold my warmest thought;
but when I see thee as thou art,
I'll praise thee as I ought.

6 Till then I would thy love proclaim
With every fleeting breath;
And may the music of thy name
Refresh my soul in death.

GOSPEL READING *Matthew 11.16-19, 25-end*

President The Lord be with you.
All **And also with you.**

President Hear the Gospel of our Lord Jesus Christ
according to Matthew.

All **Glory to you, O Lord.**

President This is the Gospel of the Lord.

All **Praise to you, O Christ.**

SERMON *Sheila Brown (Methodist Local Preacher)*

CREED

President Let us declare our faith in God,
who is Father, Son and Holy Spirit.

All **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,
was incarnate from the Holy Spirit and 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,**

**who with the Father and the Son
is worshipped and glorified,
who 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.**

PRAYERS OF INTERCESSION

The following response is used after each section

All Lord, in your mercy
Hear our prayer

The prayers conclude with the following:

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

THE LITURGY OF THE SACRAMENT

THE PEACE

President We are the body of Christ.
In the one Spirit we were all baptised into one body.
Let us then pursue all that makes for peace
and builds up our common life.

All The peace of the Lord be always with you.
And also with you.

Let us offer one another a sign of Christ's peace.

OFFERTORY HYMN

I cannot tell why He Whom angels worship (HON 303)

1 I cannot tell why he, whom angels worship,
should stoop to love his people of the earth,
or why, as Shepherd, he should seek the wanderer,
with his mysterious promise of new birth.
But this I know, that he was born of Mary
when Beth'lem's manger was his only home,
and that he lived at Nazareth and laboured,
and so the Saviour, Saviour of the world, is come.

2 I cannot tell how silently he suffered,
as with his peace he graced this place of tears,
or how his heart upon the cross was broken,
the crown of pain to three and thirty years.
But this I know, he heals the broken-hearted
and stays our sin and calms our lurking fear,
and lifts the burden from the heavy laden;
for yet the Saviour, Saviour of the world is here.

3 I cannot tell how he will win the nations,
how he will claim his earthly heritage,
how satisfy the needs and aspirations
of east and west, of sinner and of sage.
But this I know, all flesh shall see his glory,
and he shall reap the harvest he has sown,
and some glad day his sun will shine in splendour
when he the Saviour, Saviour of the world, is known.

4 I cannot tell how all the lands shall worship,
when at his bidding ev'ry storm is stilled,
or who can say how great the jubilation
when every heart with perfect love is filled.
But this I know, the skies will thrill with rapture,
and myriad myriad human voices sing,
and earth to heav'n, and heav'n to earth, will answer,
'at last the Saviour, Saviour of the world, is King!'

PREPARATION OF THE TABLE

President As the grain once scattered in the fields
and the grapes once dispersed on the hillside
are now united on this table in bread and wine,
so, Lord, may your whole Church soon be gathered together
from the corners of the earth
into your kingdom.

All **Amen**

THE EUCHARISTIC PRAYER

President The Lord be with you.
All **And also with you.**

President Lift up your hearts.
All **We lift them to the Lord.**

President Let us give thanks to the Lord our God.
All **It is right to give thanks and praise.**

President Father, we give you thanks and praise
through your beloved Son Jesus Christ, your living Word,
through whom you have created all things;
who was sent by you in your great goodness
to be our Saviour.
By the power of the Holy Spirit he took flesh;
as your Son, born of the blessed Virgin,
he lived on earth and went about among us;
he opened wide his arms for us on the cross;
he put an end to death by dying for us;
and revealed the resurrection by rising to new life;
so he fulfilled your will and won for you a holy people.

And now we give you thanks
because of the unity you have given us in your Son
and that you are the God and Father of us all,
above all and through all and in all.

Therefore with angels and archangels,

and with all the company of heaven,
we proclaim your great and glorious name,
for ever praising you and singing:

SANCTUS & BENEDICTUS

St. Helen s Service

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

**Blessed is he who comes in the name of the Lord.
Blessed is he who comes in the name of the Lord.
Hosanna, hosanna in the highest,
hosanna, hosanna in the highest**

President 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.

Christ is the bread of life:

All **When we eat this bread and drink this cup,
we proclaim your death, Lord Jesus,
until you come in glory.**

President And so, Father, calling to mind his death on the cross,
his perfect sacrifice made once for the sins
of the whole world;
rejoicing in his mighty resurrection and glorious ascension,
and looking for his coming in glory,
we celebrate this 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 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.

All **Amen.**

THE LORD'S PRAYER

The President introduces the Lord's Prayer

All **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

The President breaks the consecrated bread

President We break this bread
to share in the body of Christ.

All **Though we are many, we are one body,
because we all share in one bread.**

Invitation to Communion

The President invites the people to receive Holy Communion

President Jesus is the Lamb of God
who takes away the sins of the world.
Blessed are those who are called to his supper.

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

AGNUS DEI

St. Helen's Service

All **Lamb of God,
you take away the sin of the world,
Lamb of God,
you take away the sin of the world.
have mercy on us,
have mercy on us,
have mercy.**

**Lamb of God,
you take away the sin of the world,
Lamb of God,
you take away the sin of the world,**

**have mercy on us,
have mercy on us,
have mercy.**

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

*The President and people receive Communion or a blessing.
Please come to a communion station when indicated by a Warden.
Non-alcoholic Communion wine is available in the Becket Chapel.*

ANTHEM

A New Song

J MacMillan

*Oh, sing to the LORD a new song!
Sing to the LORD, all the earth.
Sing to the LORD, bless His name;
Proclaim the good news of His salvation from day to day.*

(Psalm 96. 1-2)

COMMUNION HYMN

Just as I am (NEH 294)

1 Just as I am, without one plea
But that thy blood was shed for me,
And that thou bidd'st me come to thee,
O Lamb of God, I come.

2 Just as I am, though tossed about
With many a conflict, many a doubt,
Fightings within, and fears without,
O Lamb of God, I come.

3 Just as I am, poor, wretched, blind;
Sight, riches, healing of the mind,
Yea all I need, in thee to find,
O Lamb of God, I come.

4 Just as I am, thou wilt receive,
Wilt welcome, pardon, cleanse, relieve:
Because thy promise I believe,
O Lamb of God, I come.

5 Just as I am (thy love unknown
Has broken every barrier down),
Now to be thine, yea thine alone,
O Lamb of God, I come.

6 Just as I am, of that free love
The breadth, length, depth and height to prove,
Here for a season then above,
O Lamb of God, I come.

PRAYER AFTER COMMUNION

President Grant, O Lord, we beseech you,
that the course of this world
may be so peaceably ordered by your governance,
that your Church may joyfully serve you
in all godly quietness;
through Jesus Christ our Lord.

All **Amen.**

All **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.

THE DISMISSAL

The notices including Banns of Marriage

Please stand

THE BLESSING

President The Lord be with you.

All **And also with you.**

President The Lord Jesus Christ,
Son of the living God,
teach you to walk in his way more trustfully,
to accept his truth more faithfully,
and to share his life more lovingly;
that by the power of the Holy Spirit
you may come as one family
to the kingdom of the Father;
and the blessing of God almighty, †
the Father, the Son, and the Holy Spirit,
be among you, and remain with you always.

All **Amen.**

RECESSIONAL HYMN

HON 485, omit v3 (tune 1: Lyngham)

1. O for a thousand tongues to sing
my great Redeemer's praise,
my great Redeemer's praise,
the glories of my God and King,
the triumphs of his grace! (x3)

2. Jesus! the name that charms our fears,
that bids our sorrows cease;
that bids our sorrows cease;
'tis music in the sinner's ears,

'tis life, and health, and peace. (x3)

4. He speaks, and list'ning to his voice,
new life the dead receive;
new life the dead receive;
the mournful, broken hearts rejoice,
the humble poor believe. (x3)

5. Hear him, ye deaf; his praise, ye dumb,
your loosened tongues employ;
your loosened tongues employ;
ye blind, behold your Saviour come,
and leap, ye lame, for joy. (x3)

6. My gracious Master and my God,
assist me to proclaim,
assist me to proclaim,
to spread through all the earth abroad
the honours of thy name. (x3)

THE DISMISSAL

Please turn to face the West door at the back of the church

President

Go in peace to love and serve the Lord.

All

In the name of Christ. Amen.

VOLUNTARY