

ST MARY DE CASTRO: SUNG MASS ON SUNDAY 5 JULY
THE FIFTH SUNDAY AFTER TRINITY

WELCOME

We would like to extend a warm welcome to all visitors to St Mary's. If you are a baptized member of the Church of England, or of any other Church that subscribes to the doctrine of the Holy Trinity, you are very welcome to receive communion this morning. If you do not wish to take communion, but would like to receive a blessing, please come forward and cross your arms over your chest.

THE PREPARATION

The organ will start to play five minutes before the start of the service. During this time the following may help members of the congregation with their preparation.

Collect for Purity: Almighty God, unto whom all hearts be open, all desires known, and from whom no secrets are hid: cleanse the thoughts of our hearts by the inspiration of thy Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy name; through Christ our Lord. Amen.

Probably the most important Christian belief is that people are given the right to speak to God in exactly the same way that Jesus did, because the life, the power, the Spirit that filled Jesus is given to us also.

*from **Discovering Christianity: A Guide for the Curious** by Bishop Rowan Williams (SPCK, 2025)*

INTROIT HYMN

*At the entry of the Altar Party all **STAND** and sing the Introit Hymn. If you are able, please remain standing until the first reading.*

NEH 388

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| 1. JESUS shall reign where'er the sun
Does his successive journeys run;
His kingdom stretch from shore to shore,
Till moons shall wax and wane no more. | 3. Blessings abound where'er he reigns;
The prisoner leaps to lose his chains;
The weary find eternal rest,
And all the sons of want are blest. |
| 2. People and realms of every tongue
Dwell on his love with sweetest song,
And infant voices shall proclaim
Their early blessings on his name. | 4. Let every creature rise and bring
Peculiar honours to our King;
Angels descend with songs again,
And earth repeat the long Amen. |

THE GREETING

Priest ✠ In the name of the Father, and of the Son, and of the Holy Spirit.
All Amen.

Priest The Lord be with you
All and with thy spirit.

THE PENITENTIAL RITE

Priest My brothers and sisters,
as we prepare to celebrate the presence of Christ
in word and sacrament, let us call to mind
and confess our sins.

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

THE ABSOLUTION

Priest 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.

KYRIE ELEISON (CHOIR)

Choir Kyrie, eleison. Kyrie, eleison. Kyrie, eleison.
Christe, eleison. Christe, eleison. Christe, eleison.
Kyrie, eleison. Kyrie, eleison. Kyrie, eleison.

(Lord, have mercy.)
(Christ, have mercy.)
(Lord, have mercy.)

GLORIA IN EXCELSIS (CHOIR)

Priest Glory be to God on high,
Choir and in earth peace, good will towards men.

We praise thee, we bless thee,
we worship thee, we glorify thee,
we give thanks to thee for thy great glory,
O Lord God, heavenly King,
God the Father almighty.

O Lord, the only-begotten Son Jesu Christ:
O Lord God, Lamb of God, Son of the Father,
that takest away the sins of the world,
have mercy upon us.
Thou that takest away the sins of the world,
receive our prayer.
Thou that sittest at the right hand of God the Father,
have mercy upon us.

For thou only art holy;
thou only art the Lord;
thou only, O Christ,
with the Holy Ghost,
art most high
✠ in the glory of God the Father.
Amen.

THE COLLECT

Priest Let us pray.
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 thy faithful people, that in their vocation
and ministry they may serve thee in holiness and truth, to the glory of thy name; through our Lord
and Saviour Jesus Christ, who liveth and reigneth with thee, in the unity of the Holy Spirit, one God,
now and for ever.
All Amen.

THE LITURGY OF THE WORD

FIRST READING

SIT

A reading from the book of the prophet Zechariah (Zechariah 9. 9-12)

Rejoice greatly, O daughter Zion! Shout aloud, O daughter Jerusalem! Lo, your king comes to you; triumphant and victorious is he, humble and riding on a donkey, on a colt, the foal of a donkey. He will cut off the chariot from Ephraim and the warhorse from Jerusalem; and the battle-bow shall be cut off, and he shall command peace to the nations; his dominion shall be from sea to sea, and from the River to the ends of the earth.

As for you also, because of the blood of my covenant with you, I will set your prisoners free from the waterless pit. Return to your stronghold, O prisoners of hope; today I declare that I will restore to you double.

This is the word of the Lord.

All Thanks be to God.

THE PSALM (CHOIR)

Psalm 145. 8-14

The Lord is gracious, and merciful : long-suffering, and of great goodness.
The Lord is loving unto every man : and his mercy is over all his works.
All thy works praise thee, O Lord : and thy saints give thanks unto thee.
They shew the glory of thy kingdom : and talk of thy power;
That thy power, thy glory, and mightiness of thy kingdom : might be known unto men.
Thy kingdom is an everlasting kingdom : and thy dominion endureth throughout all ages.
The Lord upholdeth all such as fall : and lifteth up all those that are down.

SECOND READING

A reading from the letter of Paul to the Romans (Romans 7. 15-25a)

I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. Now if I do what I do not want, I agree that the law is good. But in fact it is no longer I that do it, but sin that dwells within me. For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. For I do not do the good I want, but the evil I do not want is what I do. Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me.

So I find it to be a law that when I want to do what is good, evil lies close at hand. For I delight in the law of God in my inmost self, but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. Wretched man that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord!

This is the word of the Lord.

All Thanks be to God.

STAND**NEH 376**

1. I HEARD the voice of Jesus say,
 'Come unto me and rest;
 Lay down, thou weary one, lay down
 Thy head upon my breast:'
 I came to Jesus as I was,
 Weary, and worn, and sad;
 I found in him a resting-place,
 And he has made me glad.
2. I heard the voice of Jesus say,
 'Behold, I freely give
 The living water, thirsty one;
 Stoop down, and drink, and live:'
 I came to Jesus, and I drank
 Of that life-giving stream;
 My thirst was quenched, my soul revived,
 And now I live in him.
3. I heard the voice of Jesus say,
 'I am this dark world's Light;
 Look unto me, thy morn shall rise,
 And all thy day be bright:'
 I looked to Jesus, and I found
 In him my Star, my Sun;
 And in that light of life I'll walk
 Till travelling days are done.

THE GOSPEL

Priest The Lord be with you

All and with thy spirit.

Priest Hear the Gospel of our Lord Jesus Christ according to Matthew (**Matthew 11. 16-19, 25-30**)

All ✠ **Glory be to thee, O Lord.**

At that time Jesus said, 'To what will I compare this generation? It is like children sitting in the market-places and calling to one another, "We played the flute for you, and you did not dance; we wailed, and you did not mourn." For John came neither eating nor drinking, and they say, "He has a demon"; the Son of Man came eating and drinking, and they say, "Look, a glutton and a drunkard, a friend of tax-collectors and sinners!" Yet wisdom is vindicated by her deeds.

'I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.'

Priest This is the Gospel of the Lord.

All **Praise be to thee, O Christ.**

SIT

A homily may be preached.

THE NICENE CREED (**SUNG**)**STAND**

Priest I believe in one God,

All the Father almighty,
maker of heaven and earth,
and of all things
visible and invisible:

And in one Lord Jesus Christ,
the only-begotten Son of God,
begotten of his Father before all worlds,
God of God, 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, *(Genuflect or bow)*
and was incarnate by the Holy Ghost of the Virgin Mary,
and was made man, (Stand)

and was crucified also for us under Pontius Pilate.

He suffered and was buried,
and the third day he rose again
according to the Scriptures,
and ascended into heaven,
and sitteth on the right hand of the Father.
And he shall come again with glory
to judge both the quick and the dead:
whose kingdom shall have no end.

And I believe in the Holy Ghost,
the Lord, the giver of life,
who proceedeth from the Father and the Son,
who with the Father and the Son together
is worshippèd and glorified,
who spake by the prophets.

And I believe one holy catholic and apostolic Church.

I acknowledge one baptism for the remission of sins.

And I look for the resurrection of the dead,
✠ and the life of the world to come.

Amen.

PRAYERS OF INTERCESSION

KNEEL OR SIT

Priest Let us pray.

After each intention the following responses may be used:

Lord, in thy mercy

All hear our prayer.

(or)

Lord, hear us.

All Lord, graciously hear us.

And at the end:

Priest Merciful Father,

All accept these prayers
for the sake of thy Son,
our Saviour Jesus Christ. Amen.

THE LITURGY OF THE SACRAMENT

THE PEACE

STAND

This, or another suitable preface to the peace is said:

Priest 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 always with you

All and with thy spirit.

Priest Let us offer one another a sign of peace.

All may exchange a sign of peace.

THE OFFERTORY

During the Offertory Hymn, the gifts of the people are gathered and presented in the Collection.

NEH 484

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| 1. THE Church's one foundation
Is Jesus Christ, her Lord;
She is his new creation
By water and the word:
From heaven he came and sought her
To be his holy Bride,
With his own blood he bought her,
And for her life he died. | 4. 'Mid toil, and tribulation,
And tumult of her war,
She waits the consummation
Of peace for evermore;
Till with the vision glorious
Her longing eyes are blest,
And the great Church victorious
Shall be the Church at rest. |
| 2. Elect from every nation,
Yet one o'er all the earth,
Her charter of salvation
One Lord, one faith, one birth;
One holy name she blesses,
Partakes one holy food,
And to one hope she presses
With every grace endued. | 5. Yet she on earth hath union
With God the Three in One,
And mystic sweet communion
With those whose rest is won:
O happy ones and holy!
Lord, give us grace that we
Like them, the meek and lowly,
On high may dwell with thee. |
| 3. Though with a scornful wonder
Men see her sore opprest,
By schisms rent asunder,
By heresies distrest,
Yet saints their watch are keeping,
Their cry goes up, 'How long?'
And soon the night of weeping
Shall be the morn of song. | |

As each element is received the following may be said:

Priest Blessed art thou, Lord God of all creation:
through thy goodness we have this bread to set before thee,
which earth hath given and human hands have made.
It will become for us the bread of life.

All **Blessed be God for ever.**

Priest Blessed art thou, Lord God of all creation:
through thy goodness we have this wine to set before thee,
fruit of the vine and work of human hands.
It will become for us the cup of salvation.

All **Blessed be God for ever.**

Priest Pray, my brothers and sisters, that my sacrifice and yours
may be acceptable to God, the almighty Father.

All **May the Lord accept the sacrifice at thy hands,
to the praise and glory of his Name,
for our good and the good of all his Church.**

The priest says the Prayer over the Gifts, to which all reply: Amen.

THE EUCHARISTIC PRAYER

REMAIN STANDING

The Sursum Corda

Priest The Lord be with you

All and with thy spirit.

Priest Lift up your hearts.

All We lift them up unto the Lord.

Priest Let us give thanks unto the Lord our God.

All It is meet and right so to do.

The Preface

Priest It is very meet, right and our bounden duty,
that we should at all times, and in all places,
give thanks unto thee,
O Lord, holy Father,
almighty, everlasting God,
through Jesus Christ thine only Son our Lord.

A Proper Preface may be used when appropriate. The priest then concludes with:

Therefore with angels and archangels,
and with all the company of heaven,
we laud and magnify thy glorious Name,
evermore praising thee and singing:

Choir Holy, holy, holy Lord God of hosts,
Heaven and earth are full of thy glory.
Glory be to thee, O Lord most high.
✠ Blessed is he that cometh in the name of the Lord.
Hosanna in the highest.

KNEEL OR SIT

The priest recites the Eucharistic prayer. A bell signals the elevation of the consecrated bread and wine, at which all may make the sign of the cross.

After the elevation of the consecrated wine, the following acclamation is said:

Priest Great is the mystery of faith.

All Christ has died: Christ is risen: Christ will come again.

The priest continues the Eucharistic Prayer, concluding with:

by whom and with whom, and in whom,
in the unity of the Holy Spirit, all honour and glory be unto thee,
O Father almighty, world without end.

All Amen.

THE LORD'S PRAYER (SUNG)

Priest As our Saviour Christ hath commanded and taught us, we are bold to say:

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

Priest 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.

AGNUS DEI (CHOIR)

Choir O Lamb of God,
that takest away the sins of the world,
have mercy upon us.

O Lamb of God,
that takest away the sins of the world,
have mercy upon us.

O Lamb of God,
that takest away the sins of the world,
grant us thy peace.

GIVING OF COMMUNION

The priest invites the people to communion:

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

All Lord, I am not worthy that thou shouldst come under my roof,
but speak the word only and my soul shall be healed.

*Communion is administered in both kinds (bread and wine). If you do not wish to receive wine from the common cup, please leave the altar rail immediately after you have consumed the bread.
Please note that intinction (dipping the wafer into the consecrated wine) is not permitted.*

*Words of distribution are used to which the communicant replies: **Amen.***

During the giving of communion the choir will sing Do not be afraid by Philip Stopford (b.1977).

POST COMMUNION PRAYER

KNEEL OR SIT

Priest Let us pray.

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

All **Amen.**

Priest Almighty God,

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

POST COMMUNION HYMN

STAND

NEH 263

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| 1. ALL creatures of our God and King,
Lift up your voice and with us sing
Alleluya, alleluya!
Thou burning sun with golden beam,
Thou silver moon with softer gleam:
<i>O praise him, O praise him,
Alleluya, Alleluya, Alleluya!</i> | 4. Dear mother earth, who day by day
Unfoldest blessings on our way,
O praise him, Alleluya!
The flowers and fruits that in thee grow,
Let them his glory also show: |
| 2. Thou rushing wind that art so strong,
Ye clouds that sail in heaven along,
O praise him, Alleluya!
Thou rising morn, in praise rejoice,
Ye lights of evening, find a voice: | 5. Let all things their Creator bless,
And worship him in humbleness,
O praise him, Alleluya!
Praise, praise the Father, praise the Son,
And praise the Spirit, three in One: |
| 3. Thou flowing water, pure and clear,
Make music for thy Lord to hear,
Alleluya, Alleluya!
Thou fire so masterful and bright,
That givest man both warmth and light: | |

THE DISMISSAL

Priest The Lord be with you
All and with thy spirit.

Priest The blessing of God almighty,
✠ the Father, the Son, and the Holy Spirit,
be among you and remain with you always.
All Amen.

Priest Go in peace to love and serve the Lord.
All In the name of Christ. Amen.

THE ANGELUS (SUNG)

Priest The Angel of the Lord brought tidings to Mary
All and she conceived by the Holy Ghost.

Priest Hail Mary, full of grace, the Lord is with thee:
blessed art thou among women and blessed is the fruit of thy womb, Jesus.
All Holy Mary, Mother of God,
pray for us sinners,
now and at the hour of our death. Amen.

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

Hail Mary...

Priest (*Genuflect or bow*) And the Word was made flesh:
All and dwelt among us. (*Stand*)

Hail Mary...

Priest Pray for us, O Holy Mother of God,
All that we may be made worthy of the promises of Christ.

Priest Pour forth thy grace into our hearts, we beseech thee, O Lord,
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 unto the glory of his Resurrection;
through the same Jesus Christ our Lord.
All Amen.

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