

# Welcome to Holy Trinity Church



Parish Eucharist  
5<sup>th</sup> July 2026

5<sup>th</sup> Sunday after Trinity

# The Gathering

## Gathering Hymn

1 All creatures of our God and King,  
lift up your voice and with us sing,  
Alleluia, alleluia!

Thou burning sun with golden beam,  
thou silver moon with softer gleam:

*O praise him, O praise him,  
Alleluia, alleluia, alleluia!*

2 Thou rushing wind that art so strong,  
ye clouds that sail in heaven along,  
O praise him, alleluia!

Thou rising morn, in praise rejoice;  
ye lights of evening, find a voice

*O praise him, O praise him,  
Alleluia, alleluia, alleluia!*

3 Thou flowing water, pure and clear,  
make music for thy Lord to hear,  
Alleluia, alleluia!

Thou fire, so masterful and bright,  
that givest us both warmth and light:

*O praise him, O praise him,  
Alleluia, alleluia, alleluia!*

5 All ye that are of tender heart,  
forgiving others, take your part,  
O sing ye, alleluia!  
Ye who long pain and sorrow bear,  
praise God, and on him cast your care  
*O praise him, O praise him,  
Alleluia, alleluia, alleluia!*

7 Let all things their creator bless,  
and worship him in humbleness;  
O praise him, alleluia!  
Praise, praise the Father, praise the Son,  
and praise the Spirit, Three in One:  
*O praise him, O praise him,  
Alleluia, alleluia, alleluia!*

Source: (CAHON 6)

## **The Greeting**

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

**Amen**

The Lord be with you  
**and also with you.**

## **Welcome**

## **Prayer of Preparation**

**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.**

### **Prayer of Penitence**

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.

*Silence is kept*

**Most merciful God,  
Father of our Lord Jesus Christ,  
we confess that we have sinned  
in thought, word and deed.  
We have not loved you with our whole heart.  
We have not loved our neighbours as**

**ourselves. In your mercy  
forgive what we have been,  
help us to amend what we are,  
and direct what we shall be;  
that we may do justly,  
love mercy,  
and walk humbly with you, our God.  
Amen.**

### **Absolution**

**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.  
Amen.**

### **The 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 Collect**

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. **Amen.**

### **The Liturgy of the Word** **First Reading - Zechariah 9.9-12**

*A reading from the prophet Zacheriah, chapter 9, verses 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.

**Thanks be to God.**

## **Psalm 145.8–15**

***Great is the Lord and highly to be praised.***

The Lord is gracious and merciful,

long-suffering and of great goodness.

The Lord is loving to everyone  
and his mercy is over all his creatures.

All your works praise you, O Lord,  
and your faithful servants bless you.

***Great is the Lord and highly to be praised.***

They tell of the glory of your kingdom  
and speak of your mighty power,  
To make known to all peoples your mighty acts  
and the glorious splendour of your kingdom.  
Your kingdom is an everlasting kingdom;  
your dominion endures throughout all ages.

***Great is the Lord and highly to be praised.***

The Lord is sure in all his words  
and faithful in all his deeds.

The Lord upholds all those who fall  
and lifts up all those who are bowed down.

***Great is the Lord and highly to be praised.***

**Glory be to the Father, to the Son, and  
to the Holy Spirit, as it was, is now,  
and shall be forever, Amen.**

## **Second Reading – Romans 7.15–25a**

*A reading from the letter to the Romans, chapter 7,  
verses 15 to 25.*

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.

**Thanks be to God**

## **Gradual Hymn**

1 How sweet the name of Jesus sounds  
in a believer's ear!

It soothes our sorrows, heals our wounds,  
and drives away our 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 treas'ry filled  
with boundless stores of grace.

6 Till then I would thy love proclaim  
with ev'ry fleeting breath;  
and may the music of thy name  
refresh my soul in death.:

Source: (CAHON 297)

## **The Gospel Reading**

Alleluia, alleluia.

### **Alleluia**

Hear the Gospel of our Lord Jesus Christ according  
to Matthew

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

*Matthew 11.16–19, 25–end*

‘But 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.’

At that time Jesus said, ‘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.’ This is the Gospel of the Lord.

**Praise to you, O Christ.**

## **Sermon**

### **The Creed**

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

**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**

In the power of the Spirit and in union with Christ, let us pray to the Father.

*The Intercessor leads us in prayer,  
the following response may be used*

Lord in your mercy  
**Hear our prayer.**

*At the end*

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

## **The Liturgy of the Sacrament**

## The Peace

Jesus said:

‘Love one another.

As I have loved you,

so you are to love one another.’

The peace of the Lord be always with you

**and also with you.**

Let us offer one another a sign of peace.

*All may exchange a sign of peace.*

## Offertory Hymn

I danced in the morning when the world was begun,

And I danced in the moon and the stars and the

sun;

And I came down from heaven and I danced on the earth,

At Bethlehem I had my birth.

*Dance, then, wherever you may be,*

*I am the Lord of the Dance, said he,*

*And I'll lead you all, wherever you may be,*

*And I'll lead you all in the Dance, said he.*

I danced for the scribe and the pharisee,

But they would not dance and they wouldn't follow me.

I danced for the fishermen, for James and John –

They came with me and the Dance went on.

*Dance, then, wherever you may be,*

*I am the Lord of the Dance, said he,  
And I'll lead you all, wherever you may be,  
And I'll lead you all in the Dance, said he.*

I danced on the Sabbath and I cured the lame;  
The holy people said it was a shame.  
They whipped and they stripped and they hung me  
on high,  
And they left me there on a cross to die.

*Dance, then, wherever you may be,  
I am the Lord of the Dance, said he,  
And I'll lead you all, wherever you may be,  
And I'll lead you all in the Dance, said he.*

I danced on a Friday when the sky turned black –  
It's hard to dance with the devil on your back.  
They buried my body and they thought I'd gone,  
But I am the Dance, and I still go on.

*Dance, then, wherever you may be,  
I am the Lord of the Dance, said he,  
And I'll lead you all, wherever you may be,  
And I'll lead you all in the Dance, said he.*

They cut me down and I leapt up high;  
I am the life that'll never, never die;  
I'll live in you if you'll live in me –  
I am the Lord of the Dance, said he.

*Dance, then, wherever you may be,  
I am the Lord of the Dance, said he,  
And I'll lead you all, wherever you may be,  
And I'll lead you all in the Dance, said he.*

Source: (CAHON 305)

## **Preparation of the Table**

Word made flesh, life of the  
world, in your incarnation you  
embraced our poverty:  
by your Spirit may we share in  
your riches.

**Amen**

## **The Eucharistic Prayer**

The Lord be with you  
**and also with you.**

Lift up your hearts

**We lift them to the Lord.**

Let us give thanks to the Lord our God.

**It is right to give thanks and praise.**

It is indeed right,  
it is our duty and our joy,  
at all times and in all places  
to give you thanks and praise,  
holy Father, heavenly King,

almighty and eternal God,  
through Jesus Christ your Son our Lord.  
For he is your living Word;  
through him you have created all things from the  
beginning, and formed us in your own image.  
Through him you have freed us from the slavery of  
sin, giving him to be born of a woman and to die  
upon the cross; you raised him from the dead  
and exalted him to your right hand on high.  
Through him you have sent upon us  
your holy and life-giving Spirit,  
and made us a people for your own possession.

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*:

**Holy, holy, holy Lord,  
God of power and might,  
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.**

Accept our praises, heavenly Father,  
through your Son our Saviour Jesus Christ,  
and as we follow his example and obey his command,  
grant that by the power of your Holy Spirit  
these gifts of bread and wine  
may be to us his body and his blood;

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.

Therefore, heavenly Father,  
we remember now his offering of himself  
made once for all upon the cross;  
we proclaim his mighty resurrection and glorious

ascension;  
we look for the coming of your kingdom,  
and with this bread and this cup  
we make the memorial of Christ your Son our Lord.

Great is the mystery of faith:

**Christ has died:**

**Christ is risen:**

**Christ will come again.**

Accept through him, our great high priest,  
this our sacrifice of thanks and praise,  
and as we eat and drink these holy gifts  
in the presence of your divine majesty,  
renew us by your Spirit  
inspire us with your love and unite us in the body of  
your Son, Jesus Christ our Lord.

Through him, and with him, and in him,  
in the unity of the Holy Spirit,  
with all who stand before you in earth and heaven,  
we worship you, Father almighty,  
in songs of everlasting praise:

**Blessing and honour and glory and power  
be yours for ever and ever. Amen.**

**The Lord's Prayer**

Let us pray with confidence as our Saviour has taught 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.**

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

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

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

### **Giving of Communion**

Draw near with faith.

Receive the body of our Lord Jesus Christ  
which he gave for you,  
and his blood which he shed for you.

Eat and drink

in remembrance that he died for you,  
and feed on him in your hearts  
by faith with thanksgiving.

**We do not presume  
to come to this your table, merciful Lord,  
trusting in our own righteousness,  
but in your manifold and great mercies.**

**We are not worthy  
so much as to gather up the crumbs under  
your table.**

**But you are the same Lord  
whose nature is always to have mercy.**

**Grant us therefore, gracious Lord,  
so to eat the flesh of your dear Son Jesus  
Christ and to drink his blood,  
that our sinful bodies may be made clean by  
his body and our souls washed through his  
most precious blood, and that we may  
evermore dwell in him, and he in us.  
Amen.**

*All those baptised and admitted to communion are welcome to receive communion,  
if you wish to receive a blessing please come forward with your arms crossed, please  
indicate if you wish to receive a wafer intincted into the wine or a gluten free wafer.*

### **Prayer after Communion**

**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. 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.**

## **Notices**

### **The Blessing**

The peace of God,  
which passes all understanding,  
keep your hearts and minds  
in the knowledge and love of God,  
and of his Son Jesus Christ our Lord;  
and the blessing of God almighty,  
the Father, the Son, and the Holy Spirit,  
be among you and remain with you always.

**Amen.**

### **Final Hymn**

1 The Church's one foundation is Jesus Christ, her  
Lord;  
she is his new creation, by water and the word:  
from heav'n he came and sought her to be his holy  
bride,  
with his own blood he bought her, and for her life he  
died.

2 Elect from ev'ry 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 ev'ry grace  
endued.

3 '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.

4 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.

Source: (CAHON 636)

## **The Dismissal**

Go in peace to love and serve the Lord.  
**In the Name of Christ. Amen.**

*The ministers and people depart.*

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