



ST JOHN THE
EVANGELIST
UPPER NORWOOD



Parish Mass

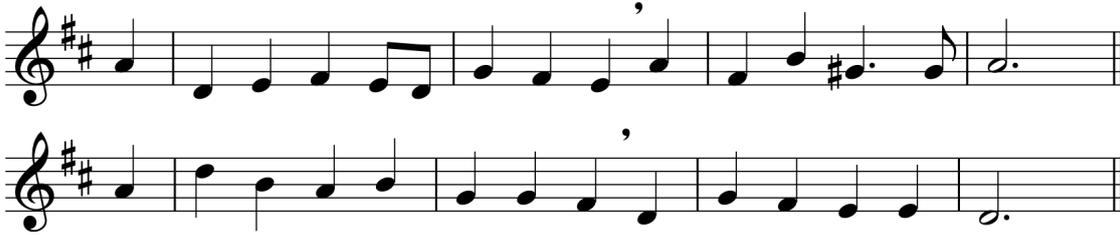
The Fourth Sunday after Trinity

Sunday 5th July 10am

The Gathering

Please **STAND** as the ministers enter, and a recording of the following hymn is played. If you are in the church building, **please do not sing** – you may hum the tune if you wish.

NEH 63



All ye who seek a comfort sure
in trouble and distress,
whatever sorrow vex the mind,
or guilt the soul oppress,

Jesus, who gave himself for you
upon the cross to die,
opens to you his sacred heart;
O to that heart draw nigh.

Ye hear how kindly he invites;
ye hear his words so blest—
'All ye that labour come to me,
and I will give you rest.'

O Jesus, joy of saints on high,
thou hope of sinners here,
attracted by those loving words
to thee I lift my prayer.

Wash thou my wounds in that dear blood
which forth from thee doth flow;
new grace, new hope inspire, a new
and better heart bestow.

'St Bernard'

Adapted from a melody in *Tochter Sion* (Cologne, 1741)

18th century Latin

tr. Edward Caswall (1814–78)

The president says

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

Amen.

The Greeting

The president greets the people

The Lord be with you
and also with you.

Words of welcome and introduction are said.

Prayers of Penitence

The president says this invitation to confession

We come to God as one from whom no secrets are hidden,
to ask for his forgiveness and peace.

Silence is kept.

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.

The president says the absolution

The almighty and merciful Lord
grant you pardon and forgiveness of all your sins,
time for amendment of life,
and the grace and strength of the Holy Spirit.

Amen.

Gloria in Excelsis

We say

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 president introduces a period of silent prayer and then says

O God, the protector of all who trust in you,
without whom nothing is strong, nothing is holy:
increase and multiply upon us your mercy;
that with you as our ruler and guide
we may so pass through things temporal
that we lose not our hold on things eternal;
grant this, heavenly Father,
for our Lord Jesus Christ's sake,
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

Reading

*Please **SIT** for the readings*

A reading from the book of the prophet Zechariah.

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.

Zechariah 9.9–12

This is the word of the Lord.

Thanks be to God.

Please join in the response to the psalm

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.

Great is the Lord and highly to be praised.

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

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.

Great is the Lord and highly to be praised.

Your kingdom is an everlasting kingdom;
your dominion endures throughout all ages.

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.

Psalm 145.8–15

A reading from the letter of Paul to the Romans.

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!

Romans 7.15–25a

This is the word of the Lord.

Thanks be to God.

Gospel Reading

*Please **STAND**. This acclamation heralds the Gospel reading*

Alleluia, **alleluia**.

I am the way, the truth, and the life, says the Lord.

No one comes to the Father except through me.

Alleluia.

The Lord be with you

and also with you.

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

Glory to you, O Lord.

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.’

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.’

Matthew 11.16–19,25–end

This is the Gospel of the Lord.

Praise to you, O Christ.

Sermon

Fr Daniel Trott

*Please **SIT**. The sermon may be followed by a short period of reflection.*

Please STAND.

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

*Please **SIT or KNEEL**. The president introduces the prayers.*

One of these responses may be used

Lord, in your mercy
hear our prayer.

Lord, hear us.
Lord, graciously hear us.

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

*Please **STAND**. The president introduces the Peace*

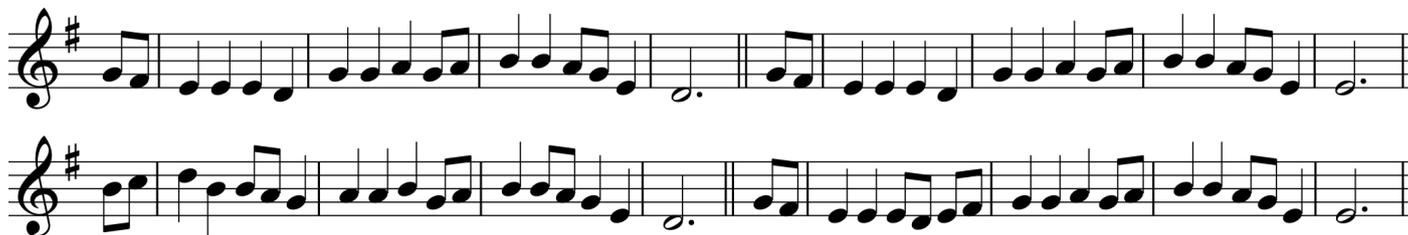
Christ is our peace.
He has reconciled us to God
in one body by the cross.
We meet in his name and share his peace.
The peace of the Lord be always with you
and also with you.

Let us offer one another a sign of peace.

*Please offer a sign of peace **from your seat**.*

Preparation of the Table Taking of the Bread and Wine

*Please **SIT**. While the altar is prepared, a recording of the following hymn is played.
If you are in the church building, **please do not sing** – you may hum the tune if you wish.*



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.

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.

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.

‘Kingsfold’

*Adapted from an English folk song
 by Ralph Vaughan Williams (1872–1958)*

Horatius Bonar (1808–89)

Please **STAND** to be censed, and then remain standing.

The following prayers are said

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

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

Wise and gracious God,
you spread a table before us;
nourish your people with the word of life
and the bread of heaven.

Amen.

The Eucharistic Prayer

The president says

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.

You are worthy of our thanks and praise,
Lord God of truth,
for by the breath of your mouth
you have spoken your word,
and all things have come into being.

You fashioned us in your image
and placed us in the garden of your delight.
Though we chose the path of rebellion
you would not abandon your own.
Again and again you drew us into your covenant of grace.
You gave your people the law and taught us by your prophets
to look for your reign of justice, mercy and peace.

As we watch for the signs of your kingdom on earth,
we echo the song of the angels in heaven,
evermore praising you and saying:

**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.**

Lord God, you are the most holy one,
enthroned in splendour and light,
yet in the coming of your Son Jesus Christ
you reveal the power of your love
made perfect in our human weakness.

Embracing our humanity,
Jesus showed us the way of salvation;
loving us to the end,
he gave himself to death for us;
dying for his own,
he set us free from the bonds of sin,
that we might rise and reign with him in glory.

On the night he gave up himself for us all
he 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 we proclaim the death that he suffered on the cross,
we celebrate his resurrection, his bursting from the tomb,
we rejoice that he reigns at your right hand on high
and we long for his coming in glory.

As we recall the one, perfect sacrifice of our redemption,
Father, by your Holy Spirit let these gifts of your creation
be to us the body and blood of our Lord Jesus Christ;
form us into the likeness of Christ
and make us a perfect offering in your sight.

Look with favour on your people
and in your mercy hear the cry of our hearts.
Bless the earth, heal the sick,
let the oppressed go free
and fill your Church with power from on high.

Gather your people from the ends of the earth
to feast with Our Lady Mary, John the Evangelist, and all your saints
at the table in your kingdom,
where the new creation is brought to perfection
in 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 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

The president breaks the consecrated 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.**

Giving of Communion

The president says this invitation to communion

God's holy gifts
for God's holy people.
**Jesus Christ is holy,
Jesus Christ is Lord,
to the glory of God the Father.**

Before the distribution of communion, the president says

The body of Christ.

Amen.

*Please **REMAIN STANDING** if you would like to receive communion, which will be brought to you.*

During the distribution of communion, a recording of the following is played

Inspired by love and anger,
disturbed by need and pain,
informed of God's own bias,
we ponder once again:
'How long must some folk suffer?
How long can few folk mind?
How long dare vain self-interest
turn prayer and pity blind?'

From those for ever victims
of heartless human greed,
their cruel plight composes
a litany of need:
'Where are the fruits of justice?
Where are the signs of peace?
When is the day when prisoners
and dreams find their release?'

God asks, 'Who will go for me?
Who will extend my reach?
And who, when few will listen,
will prophesy and preach?
And who, when few bid welcome,
will offer all they know?
And who, when few dare follow,
will walk the road I show?'

Amused in someone's kitchen,
asleep in someone's boat,
attuned to what the ancients
exposed, proclaimed and wrote,
a saviour without safety,
a tradesman without tools
has come to tip the balance
with fishermen and fools.

*Irish folk melody, originally known as
'The Maids of Mourne Shore'*

*John L. Bell (b. 1949)
and Graham Maule (b. 1958)*

Prayer after Communion

*Please **STAND**. The president invites us to pray and then says*

Eternal God,
comfort of the afflicted and healer of the broken,
you have fed us at the table of life and hope:
teach us the ways of gentleness and peace,
that all the world may acknowledge
the kingdom of your Son 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 are given, and banns of marriage may be read.

The Dismissal

The Lord be with you
and also with you.

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.

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

*The ministers exit, as a recording of the following hymn is played. If you are in the church building, **please do not sing** – you may hum the tune if you wish.*

NEH 375



I danced in the morning when the world was begun,
and I danced in the moon and the stars and the sun,
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 would not follow me.
I danced for the fishermen, for James and John—
they came with me and the dance went on.

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;
they left me there on a cross to die.

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'm the dance and I still go on.

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

THIS WEEK'S PRAYER DIARY

Christopher our Bishop; Justin our Archbishop;
and Jonathan, Bishop of Croydon

Those we have been asked to pray for

Cyril Eason, Michael Hale, Azaria Fraser-Babb, Vinnette and Mike Melbourne, Michael Cooper, Ernest Farr, Adam Phillips, Peter Bibby, Claudette and Moses Amaechi and family, Janet Kempson, Colin Pritchard, Philippa Pearce, Daniel Nicholls, Dean Nicholls, Alison O'Melia, Julie Loh, Ann Newman, Joe Rochford, Naomi Ioannou, Bob Horner, Ondina Brash, Alan Driedger, June McCallum, Carmen Alveraz, Paul Allen, and Poh Wong

Those known to us recently departed

Tom Wright, Jan Cole, Hilda, Ann Pulleyn, and Violet Wood

Past priests, benefactors, friends, and all whose year's mind occurs this week

Frances McCulloch, Ellen Miller, Harry Shulham, Alan Nicholl,
Dorothy Andrews *Choir and Servers Robes Mistress*, Marmaduke Ruston,
and Edith Norman

NOTICES

FR DANIEL'S LICENSING: Wednesday 9th September, 7.30pm at All Saints, Putney. His last Sunday at St John's will be 12th July.

The picture on the front of this booklet is an unidentified illustration of the scene in The Pilgrim's Progress when Christian loses his burden.

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SERVICES AND ACTIVITIES THIS WEEK

Monday to Saturday

9am Morning Prayer 5pm Evening Prayer

Monday

6pm Christian Meditation *on Zoom*

Tuesday

3.30pm Christian Meditation *on Zoom*

Wednesday

10am Low Mass (*also on Zoom*)

Saturday

10am Low Mass (*also on Zoom*)

For an invitation to the Christian Meditation, contact Fr Tom (hurcomt@aol.com).

Invitations to Masses on Zoom are included in the parish email.

Next Sunday, 12th July (5th Sunday after Trinity)

9.15 Morning Prayer 10am Parish Mass (*also on Facebook*)

5pm Evening Prayer

The Parish Church of St John the Evangelist, Upper Norwood

Vicar: The Revd John Pritchard (day off Tuesday)

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Assistant Curate: The Revd Dr Daniel Trott (day off Friday)

T: 020 8771 5307 E: sjuncurate@gmail.com

Honorary Assistant Priests: The Revd Canon Andrew Wilson
and the Revd Tom Hurcombe

Safeguarding Officers: Rachel Rae and Rebecca Hall