

**St Mary-at-Finchley
Parish Eucharist
10am
Fifth Sunday after Trinity
5th July 2026**

Music before the service:

How beautiful are the Feet (Handel – from Messiah)

Make us a house of prayer

The Gathering

Processional Hymn 310

Lord, for the years your love has kept and guided,
urged and inspired us, cheered us on our way,
sought us and saved us, pardoned and provided,
Lord of the years, we bring our thanks today.

Lord, for that word, the word of life which fires us,
speaks to our hearts and sets our souls ablaze,
teaches and trains, rebukes us and inspires us:
Lord of the word, receive your people's praise.

Lord, for our land, in this our generation,
spirits oppressed by pleasure, wealth and care:
for young and old, for commonwealth and nation,
Lord of our land, be pleased to hear our prayer.

Lord, for our world; when we disown and doubt you,
loveless in strength, and comfortless in pain,
hungry and helpless, lost indeed without you:
Lord of the world, we pray that Christ may reign.

Lord for ourselves; in living power remake us,
self on the cross and Christ upon the throne,
past put behind us, for the future take us,
Lord of our lives, to live for Christ alone.

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

The Greeting

The Lord be with you
and also with you.

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;**

**Christ our Lord.
Amen.**

Prayers of Penitence

Jesus said: Before you offer your gift,
go and be reconciled.
As brothers and sisters in God's family,
we come together to ask our Father for forgiveness.

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.**

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.

Gloria in Excelsis (Mass: Poston)

**Gloria, gloria, gloria in excelsis Deo,
Glory, glory, glory be to thee,
And peace to his people here on earth.
Laudamus te, benedicimus te, adoramus te,
We praise thee, we bless thee, we adore thee,
We glorify thee, glorificamus, glorify thee,
glorificamus,
We give thee thanks for thy great glory.
Domine Deus, Rex caelestis,
Deus Pater omnipotens,
Only Son of the Father, Jesus Christ,
Thou who takest away the sins of the world,
Have mercy on us,
Thou who takest away the sins of the world,
Receive our prayer,
Thou who art at the right hand of the Father
Have mercy on us,
Solus sanctus, quoniam tu solus sanctus,
Thou alone art the Lord,
Thou alone most high, Jesus Christ,
With the Holy Spirit,
in the glory of God the Father. Amen.**

The Collect

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 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

A reading from the prophet Zechariah (9.9-12)

Rejoice greatly, O daughter of Zion!
Shout aloud, O daughter of 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 145.8-14

I will bless you and praise you for ever, my God and King.

The Lord is gracious and merciful,
slow to anger and abounding in steadfast love.
The Lord is good to all,
and his compassion is over all that he has made.

I will bless you and praise you for ever, my God and King.

All your works shall give thanks to you, O Lord,
and all your faithful shall bless you.
They shall speak of the glory of your kingdom,
and tell of your power,

I will bless you and praise you for ever, my God and King.

to make known to all people your mighty deeds,

and the glorious splendour of your kingdom.
Your kingdom is an everlasting kingdom,
and your dominion endures throughout all generations.
I will bless you and praise you for ever, my God and King.

The Lord is faithful in all his words,
and gracious in all his deeds.
The Lord upholds all who are falling,
and raises up all who are bowed down.
I will bless you and praise you for ever, my God and King.

A reading from the letter to the 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!
So then, with my mind I am a slave to the law of God, but with

my flesh I am a slave to the law of sin.

This is the word of the Lord.

Thanks be to God.

Gospel Reading

The Lord be with you

And also with you

Hear the Gospel of our Lord Jesus Christ according to Matthew
(11.16-19, 25-end)

Glory to you, O Lord.

'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 - Rev'd Rowena

The 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,
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.

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

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 triune God be always with you
and also with you.

Let us offer one another a sign of peace

The Offertory

Offertory Hymn 228

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.

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 high,
and 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 am the dance
and I still go on.

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.

Prayer at the Preparation of the Table

Blessed are you, Lord God of all creation:
through your goodness we have this bread to set before you,
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 set before you,
fruit of the vine and work of human hands.
It will become for us the cup of salvation.

Blessed be God for ever.

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.

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.

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, sanctus Dominus, sanctus, Deus,
Holy, holy, holy one, holy Lord.
Heav'n and earth are full of thy glory,
glory be to thee, glory be,
O my Lord most high, glory be to thee,
Sanctus, sanctus Dominus, sanctus, Deus,
Holy, holy, holy one, holy, holy Lord.**

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.

Great is 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 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 Mary the God-bearer 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.

Kneel for **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 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

**Agnus Dei, Lamb of God, you take away the sin
of the world.**

**Agnus Dei, Lamb of God, grant us all of your
peace.**

**Agnus Dei, Lamb of God, you take away the sin
of the world.**

**Agnus Dei, Lamb of God, grant us all of your
peace.**

Giving of Communion

Jesus is the Lamb of God
who takes away the sin of the world.
Blessed 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.**

*Communicant members of all Christian Churches are welcome
to receive Holy Communion in this Church
Anybody is welcome to come forward to receive a blessing.*

Music During Communion -
Ken Burton: *Change is coming*
Jenny Green (arr. Barry Hart): *Jesus is the Rock*

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.**

The Notices

Post Communion Hymn 277

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.

People and realms of every tongue
dwell on his love with sweetest song;

And infant voices shall proclaim
their early blessings on his name.

Blessings abound where'er he reigns:
the prisoners leap to lose their chains;
The weary find eternal rest,
and all the humble poor are blest.

To him shall endless prayer be made,
and praises throng to crown his head;
his name like incense shall rise
with every morning sacrifice.

Let every creature rise and bring
peculiar honours to our King;
angels descend with songs again,
and earth repeat the long Amen.

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.

Please join us for tea and coffee in the large hall (by the car park)

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