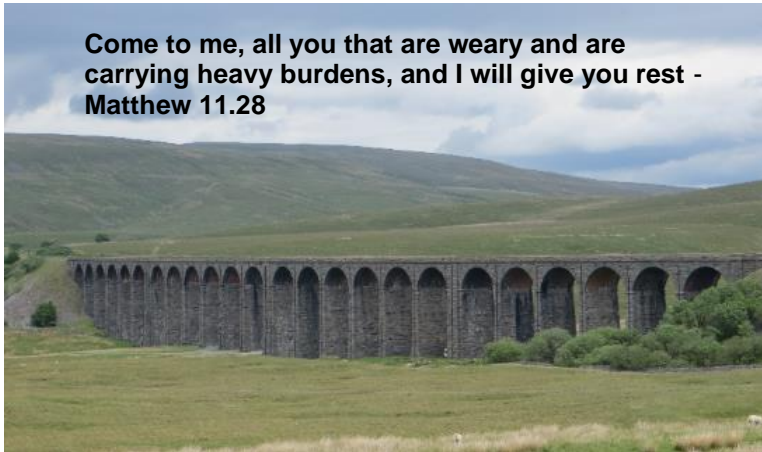


Welcome to this 4th Sunday after Trinity Proper 9 Communion Service



The online services are a combination the service sheet with links to Revd Steven, the hymns, music etc

Instructions: [Click on the links in blue](#) to activate hymns and films as you read through the service. Alternatively, you can view the full playlist by activating the link at the end of the service sheet.

The online **Live Zoom service** is on Sunday at 9am to Join Zoom Meeting at 9am go to:

<https://us02web.zoom.us/j/81112009801?pwd=bzZmdTNBdVJQZ29DcXNNek51RzFRQT09>

Meeting ID: 811 1200 9801

Password: 137118

Music: John Rutter: All Bells in Paradise

<https://www.youtube.com/watch?v=P8TyKNycHes>

Hymn My Soul, the King of Heaven

<https://www.youtube.com/watch?v=rCRCZMmnwZQ>

<https://www.youtube.com/watch?v=sx1eMwIDFb8>

Welcome

Grace, mercy and peace from God our Father
and the Lord Jesus Christ be with you
and also with you.

**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.**

Confession

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.

**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.**

Almighty God,
who forgives all who truly repent,
have mercy upon *us*,
pardon and deliver *us* from all *our* sins,
confirm and strengthen *us* in all goodness,
and keep *us* in life eternal;
through Jesus Christ our Lord.

Amen.

Gloria in Excelsis

<https://www.youtube.com/watch?v=R7C4DvKOgfE>

**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

**Gracious Father,
by the obedience of Jesus
you brought salvation to our wayward world:
draw us into harmony with your will,
that we may find all things restored in him,
our Saviour Jesus Christ.
*Amen***

Reading 1 by Paula <https://youtu.be/SvXsz6PFdsE>

Genesis 24.34-38, 42-49, 58-67

³⁴ So he said, 'I am Abraham's servant. ³⁵ The Lord has greatly blessed my master, and he has become wealthy; he has given him flocks and herds, silver and gold, male and female slaves, camels and donkeys. ³⁶ And Sarah my master's wife bore a son to my master when she was old; and he has given him all that he has. ³⁷ My master made me swear, saying, "You shall not take a wife for my son from the daughters of the Canaanites, in whose land I live; ³⁸ but you shall go to my father's house, to my kindred, and get a wife for my son."

⁴² 'I came today to the spring, and said, "O Lord, the God of my master Abraham, if now you will only make successful the way I am going! ⁴³ I am standing here by the spring of water; let the young woman who comes out to draw, to whom I shall say, 'Please give me a little water from your jar to drink,' ⁴⁴ and who will say to me, 'Drink, and I will draw for your camels also'—let her be the woman whom the Lord has appointed for my master's son."

⁴⁵ 'Before I had finished speaking in my heart, there was Rebekah coming out with her water-jar on her shoulder; and she went down to the spring, and drew. I said to her, "Please let me drink." ⁴⁶ She quickly let down her jar from her shoulder,

and said, "Drink, and I will also water your camels." So I drank, and she also watered the camels. ⁴⁷ Then I asked her, "Whose daughter are you?" She said, "The daughter of Bethuel, Nahor's son, whom Milcah bore to him." So I put the ring on her nose, and the bracelets on her arms. ⁴⁸ Then I bowed my head and worshipped the Lord, and blessed the Lord, the God of my master Abraham, who had led me by the right way to obtain the daughter of my master's kinsman for his son. ⁴⁹ Now then, if you will deal loyally and truly with my master, tell me; and if not, tell me, so that I may turn either to the right hand or to the left.'

⁵⁸ And they called Rebekah, and said to her, 'Will you go with this man?' She said, 'I will.' ⁵⁹ So they sent away their sister Rebekah and her nurse along with Abraham's servant and his men. ⁶⁰ And they blessed Rebekah and said to her,

'May you, our sister, become
thousands of myriads;
may your offspring gain possession
of the gates of their foes.'

⁶¹ Then Rebekah and her maids rose up, mounted the camels, and followed the man; thus the servant took Rebekah, and went his way.

⁶² Now Isaac had come from^[a] Beer-lahai-roi, and was settled in the Negeb. ⁶³ Isaac went out in the evening to walk^[b] in the field; and looking up, he saw camels coming. ⁶⁴ And Rebekah looked up, and when she saw Isaac, she slipped quickly from the camel, ⁶⁵ and said to the servant, 'Who is the man over there, walking in the field to meet us?' The servant said, 'It is my master.' So she took her veil and covered herself. ⁶⁶ And the servant told Isaac all the things that he had done. ⁶⁷ Then Isaac brought her into his mother Sarah's tent. He took Rebekah, and she became his wife; and he loved her. So

Isaac was comforted after his mother's death.

Hymn. Go forth and tell

<https://www.youtube.com/watch?v=XNyDd9qtuk0>

**Reading 2 by Chris <https://youtu.be/ra-CARGWWug>
Romans 7.15-25a**

¹⁵ I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. ¹⁶ Now if I do what I do not want, I agree that the law is good. ¹⁷ But in fact it is no longer I that do it, but sin that dwells within me. ¹⁸ 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. ¹⁹ For I do not do the good I want, but the evil I do not want is what I do. ²⁰ Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me.

²¹ So I find it to be a law that when I want to do what is good, evil lies close at hand. ²² For I delight in the law of God in my inmost self, ²³ 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. ²⁴ Wretched man that I am! Who will rescue me from this body of death? ²⁵ 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.

Hymn Lord of the dance

<https://www.youtube.com/watch?v=YV15StV6TK0>

<https://www.youtube.com/watch?v=gGpFQK1WoYM>

Gospel Reading by Brian <https://youtu.be/m1dddsJZZMM>

Matthew 11.16-19,25-30

¹⁶ ‘But to what will I compare this generation? It is like children sitting in the market-places and calling to one another,

¹⁷ “We played the flute for you, and you did not dance; we wailed, and you did not mourn.”

¹⁸ For John came neither eating nor drinking, and they say, “He has a demon”; ¹⁹ 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.^[a]

Jesus Thanks His Father

²⁵ At that time Jesus said, ‘I thank^[a] 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; ²⁶ yes, Father, for such was your gracious will.^[b] ²⁷ 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.

²⁸ ‘Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. ²⁹ 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. ³⁰ For my yoke is easy, and my burden is light.’

Hymn: From heaven you came

<https://www.youtube.com/watch?v=BRU3LqpnS8>

Sermon by Revd Steven Poss

Genesis: The Marriage of Isaac and Rebekah

Romans: The Inner Conflict

Matthew: Jesus Praises John the Baptist

Sermon – The Heart of God

This week is all about the heart. It is the 72nd Anniversary of the NHS, where we give our heartfelt thanks and love to them for them for the past 3 months and 72 years of their being. It is also in our Gospel, we hear of some of the words from the heart of God, as the Father and the Son speak intimately about their love for us. And finally we hear of the heart of St Paul's argument of salvation in chapter 7 of Romans, together with what drives our own hearts.

In Matthew's Gospel, we hear of words of comfort from the heart of our triune God as the Father shares with the Son all that he has and is given to us through the working of the Holy Spirit in our hearts and minds. These words of comfort from our Lord comes right on queue, as we continue to persevere through these times and as places slowly open up again, including our churches. Jesus said to his disciples and is saying the same words to us today:-



²⁸ “Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. ²⁹ 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. ³⁰ For my yoke is easy, and my burden is light.”

Whatever burdens we are carrying at the moment, Jesus encourages us to reflect and think what they are and to cast all of them and our worries to him. These burdens and worries could be many as we continue to live amongst this

pandemic, but Jesus wants to reassure us that we are not alone and that God cares for us and the individual things, however small that burden and worry us.

For he is our risen Lord, who by the working of the Holy Spirit can help us find rest amongst them and shepherd us to ways where we take these burdens from our lives. A yoke is a wooden beam normally used between a pair of oxen or other animals to enable them to pull together on a load when working in pairs; some yokes are fitted to individual animals. A good yoke is made to fit the measurements of the animals that use it, to help them pull the load evenly and with maximum power. It is not meant to be a burden. Jesus' yoke is easy because his commandments are made lovingly and fittingly, with our best interests at heart, to love God and our neighbour. Jews at the time thought of the Old Testament law as a yoke. But the yoke of Jesus was not heavy and demanding – quite the opposite and he gives us his power to follow them!

In our Gospel reading we also hear of different views from the people as to who Jesus and John the Baptist are.

¹⁸ For John came neither eating nor drinking, and they say, 'He has a demon'; ¹⁹ 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."

However, Jesus is neither of those things and he brings us the truth from God, because he speaks to us the words he hears from the Father and not words from other people, as Jesus says:-

²⁷ 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."

In Romans 7, we hear of the motive of our own hearts:-

15" I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. 16 Now if I do what I do not want, I agree that the law is good. 17 But in fact it is no longer I that do it, but sin that dwells within me. 18 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. 19 For I do not do the good I want, but the evil I do not want is what I do. 20 Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me."

Especially during this time, we can overthink things as we are having extra time on our hands and this can cause us to follow some of the inclinations of our hearts. Some of these are good things, but some of them are not. Jesus urges us to come to him, so that we can give all of our wants and desires of our hearts to him and he will guide us by his wisdom, so that our decisions are good, true and holy. By this way, we can strip away some of the harmful desires of our hearts and walk by the spirit of God, to lead us into the right paths in our lives of love, joy and peace.

In the Collect prayer for today, it says teach us the ways of gentleness and peace, our ruler and guide. The triune God is our ruler and guide that speaks the truth to us and can take away our worries and burdens. Today he is asking us to cast all of our burdens onto him, so that he can give us rest in our souls. In today's Post communion prayer, it reads that this triune God is the healer of the broken. May God heal us of our burdens and worries at this time, and may he do this especially for the NHS employees and Care Home Staff who have worked so tirelessly over the past 3 months,
Amen.

Hymn I Heard the Voice of Jesus Say

<https://www.youtube.com/watch?v=74kyfROS4q8>

<https://www.youtube.com/watch?v=mo9eVf0P2Ec>

Profession of faith

**We believe in God the Father,
from whom every family
in heaven and on earth is named.**

**We believe in God the Son,
who lives in our hearts through faith,
and fills us with his love.**

**We believe in God the Holy Spirit,
who strengthens us
with power from on high.**

**We believe in one God;
Father, Son and Holy Spirit Amen**

Prayers of Intercession

Intercessions: by Chris Orrin

Our Heavenly Father assures us that whenever two or three meeting in his name he will be with them in confidence, then, let us bring before him our needs and cares especially at this time of a worldwide pandemic. We pray for your blessing on those who preach, teach, heal, build, reconcile and bring hope, that their message may be the



means of salvation to those who hear and grant that your Church may grow and increase in the knowledge of your divine love. We bring before you Steven our Rector, our various PCC's and Churchwardens and our congregations in our four parishes.

Lord in your mercy

All hear our prayer

On this 72nd anniversary of the founding of our National Health Service we give thanks for all those whose vision founded our NHS. We think of Aneurin "Nye" Bevan, and the team of people working with him at that time, one being my Aunt Freda presently aged 96 and a resident at Down Hall, who worked in the Civil Service closely with Nye Bevan at that time. We pray for all who serve others in care and compassion and for their work and ministry to the sick, who at this time of national emergency, may enrich and support the welfare for all.

Lord in your mercy

All hear our prayer

We give thanks for all who provide leadership in healthcare, for those who exercise stewardship and allocate resources and pray that in challenging times, support and compassion may be shown to those most in need.

Lord in your mercy

All hear our prayer

Lord Jesus Christ you taught us to love our neighbour and care for those in need as if we were caring for you. In this

time of anxiety give us strength to comfort the fearful, to tend the sick and to assure the isolated of our love for your name's sake.

We ask for your healing hand on:

Ann Cowell
Sue Wilson
Beryl Dixon

Lord in your mercy
All hear our prayer

We pray that every home in our parishes may be enfolded in your love, brightened by your joy and calmed by your unbroken peace.

Lord in your mercy
All hear our prayer

Remember in your kingdom O Lord, all those who have faithfully served you here on earth and are now at rest. Grant us, with them and with all the faithful departed the joy of your salvation. We commit ourselves and all for whom we pray to the mercy and protection of God, thinking especially of:

Sally Alden who sadly died this week, we pray for her family and friends at this time.

Steve Cruise, we remember Sylvia and all Steve's family.

Lord in your mercy
All hear our prayer

Merciful Father,

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

Hymn Love Is His Word (*inspired by the words of Julian of Norwich, whom is celebrated on Friday see notes at end**)

<https://www.youtube.com/watch?v=PQxuC8ByMV4>

<https://www.youtube.com/watch?v=pGGdnskJXbw>

Revd Steven link 1 <https://youtu.be/3YooptsLGig>

The Peace

May the peace of the Lord Jesus go with you, wherever He may take you.

May He guide you through the wilderness, protect you through the storm.

May He bring you home rejoicing in the wonders He has shown you.

May He bring you home rejoicing once again into our doors.

The Peace of our Lord be with you

All And also with you.

The Eucharistic Prayer

The Lord is here.

His Spirit is with us.

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 right to praise you, Father, Lord of all creation;
in your love you made us for yourself.

When we turned away you did not reject us,
but came to meet us in your Son.

**You embraced us as your children
and welcomed us to sit and eat with you.**

In Christ you shared our life
that we might live in him and he in us.

**He opened his arms of love upon the cross
and made for all the perfect sacrifice for sin.**

On the night he was betrayed, at supper with his friends
he took bread, and gave you thanks;
he broke it and gave it to them, saying:
Take, eat; this is my body which is given for you;
do this in remembrance of me.

**Father, we do this in remembrance of him:
his body is the bread of life.**

At the end of supper, taking the cup of wine,
he gave you thanks, and said:
Drink this, all of you; this is my blood of the new covenant,
which is shed for you for the forgiveness of sins;
do this in remembrance of me.

**Father, we do this in remembrance of him:
his blood is shed for all.**

As we proclaim his death and celebrate his rising in glory,
send your Holy Spirit that this bread and this wine
may be to us the body and blood of your dear Son.

**As we eat and drink these holy gifts
make us one in Christ, our risen Lord.**



With your whole Church throughout the
world
we offer you this sacrifice of praise
and lift our voice to join the eternal song of heaven:

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

The Lord's Prayer

As our Saviour taught us, so we pray
**Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done, on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power,
and the glory are yours
now and for 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 and people receive communion.

Prayer after communion

**We thank you, Lord,
that you have fed us in this sacrament,
united us with Christ,
and given us a foretaste of the heavenly banquet
prepared for all peoples.
Amen.**

Blessing

**May the road rise up to meet you.
May the wind be always at your back.
May the sun shine warm upon your face,
the rains fall soft upon your fields
and until we meet again,
may God hold you in the palm of His hand.**

Amen.

Dismissal

**Go forth into the world, rejoicing in the power of the Holy
Spirit.**

We go, giving thanks to God

Revd Steven link ends

Final Hymn And can it be

<https://www.youtube.com/watch?v=g9wIP9Ahykc>

Music Barber - AGNUS DEI (arr. Adagio for Strings) - Rotterdam Symphony Chorus

<https://www.youtube.com/watch?v=YVowLNuV4Zk>

Notes:

(To view the full playlist, click below, come back to this sheet for the readings and the prayers for today)

https://www.youtube.com/playlist?list=PL-v3HHJqZACzPKhBMF1PvZvaR_fPU05GU

Love is the Word*

<https://www.chelmsfordcathedral.org.uk/uploads/church-at-home/love-is-his-word.pdf>

Notices

Communion Services will now be taking place once a week within the joint benefice, this and next Sunday St Lawrence Church.

Live Zoom communions will take place each Sunday at 9am, the link will be on this service sheet each week. A Communion Service sheet will be available to print out to follow these Zoom services.

These online services will continue for those withing to continue worshipping at home.

The St Peter's Chapel Summer Evening Services will be online, see <https://www.achurchnearyou.com/church/6204/>