



Fourth Sunday after Trinity

Worship lies at the heart of the Christian life. It is in worship that we express our theology and define our identity. It is through encountering God within worship that we are formed (and transformed) as his people.

Thought for the Week

'Be still and know that I am God.'

Psalm 46:10

Rest. Rest. Rest in God's love. The only work you are required now to do is to give your most intense attention to His still, small voice within.

Jeanne Guyon

✠ 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

Invitation to Confession

May your loving mercy come to me, O Lord,
and your salvation according to your word:
Lord, have mercy.
Lord, have mercy.

Your word is a lantern to my feet and a light to my path:
Christ, have mercy.
Christ, have mercy.

O let your mercy come to me that I may live,
for your law is my delight:
Lord, have mercy.
Lord, have mercy.

May almighty God,
who sent his Son into the world to save sinners,
bring you ✠ his pardon and peace, now and for ever.
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

First Reading

¹⁵ I do not understand what I do. For what I want to do I do not do, but what I hate I do. ¹⁶ And if I do what I do not want to do, I agree that the law is good. ¹⁷ As it is, it is no longer I myself who do it, but it is sin living in me. ¹⁸ For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out.

¹⁹ For I do not do the good I want to do, but the evil I do not want to do – this I keep on doing. ²⁰ Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it.

²¹ So I find this law at work: although I want to do good, evil is right there with me. ²² For in my inner being I delight in God's law; ²³ but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me. ²⁴ What a wretched man I am! Who will rescue me from this body that is subject to death? ²⁵ Thanks be to God, who delivers me through Jesus Christ our Lord!

Romans 7:15-25a

Thanks be to God

Gospel Acclamation

Alleluia, alleluia.

Speak, Lord, for your servant is listening.

You have the words to eternal life.

Alleluia

✠ Hear the Holy Gospel of our Lord Jesus Christ according to St Matthew

Glory to you O Lord

¹⁶ 'To what can I compare this generation? They are like children sitting in the market-places and calling out to others:

¹⁷ "We played the pipe for you,
and you did not dance;
we sang a dirge,
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, "Here is a glutton and a drunkard, a friend of tax collectors and sinners." But wisdom is proved right by her deeds.'

²⁵ At that time Jesus said, 'I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children. ²⁶ Yes, Father, for this is what you were pleased to do. ²⁷ 'All things have been committed to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal him. ²⁸ 'Come to me, all you who are weary and burdened, 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.'

Matthew 11:16-19,25-30

This is the Gospel of the Lord.

Praise to you, O Christ.



*“Come to me, all you who are weary and burdened,
and I will give you rest.”*

Dear friends,

Have you ever felt as if you are carrying the world on your shoulders? In Greek mythology Atlas who was from the second generation of Titans knew all about having the world on his shoulders. Atlas actually carried the celestial sphere, otherwise known as the sky on his shoulders. And so it was Atlas' responsibility to literally 'hold up the sky.' You can imagine how relieve Atlas would have felt in having a break from this weighty task when Hercules asked for his help. Hercules was requested by Eurystheus to fetch the golden apples from the fabled gardens of the Hesperides. Now these golden apples were extremely sacred to Hera and were guarded by the fearsome hundred-headed dragon Ladon. Hercules in his wisdom enlisted Atlas to get him the golden apples while he, with the help of Athena, took the sky onto his own shoulders. And so for just a little while Atlas experienced a very welcome respite. Understandably when Atlas returned with the golden apples; he was very reluctant to take back the burden of carrying the sky. But Hercules, being wily tricked Atlas into taking back his role in the pretence of going to find some cushions to help Hercules bear the weight of the sky! And so as soon as Atlas took back the responsibility, Hercules clutching the golden treasure, took off at lightning speed. Poor Atlas!

This Sunday's Gospel reading tells us that if we are feeling weary, or burdened then we can come to the Lord Jesus and He will give us rest. These beautiful words from Jesus himself, are very comforting but when we read them do we soak them up in our hearts? Do we hear the gentle whisper of Jesus personally inviting us to come and be with Him, to lay aside our worries and anxieties and to just be still in His Holy and comforting presence? This surely is an invitation like soothing balm for our souls!

During the last ten years of priestly ministry there have been times when I have felt so overwhelmed and at times oppressed by uncertainty. It seemed as if I was carrying heavy burdens like the weight of the world on my shoulders. At times, I had no idea how to even begin but then I heard the gentle words of the Lord come into my mind, 'Come to me, all who are weary and I will give you rest.' And so I did. I knelt before Christ on the cross. I had no words to say in my weariness but I experienced being still and a beautiful sense of peace flow through me because I knew Jesus was there with me. What I did was to rest, rest and rest in the Lord and then having been renewed and refreshed in the gentleness and humility of Christ, I found myself guided by the Holy Spirit in how to go forward with particular aspects in ministry and administration.

The poetic and rich language of the Psalms were written by people just like us with their own sense of worries, anxieties and disappointments in their era. And all through the Psalms there is a consistent message to trust in God. We are reminded again and again that the Lord is a refuge and strength in times of struggle. God is our strength too and He is at work in the midst of our struggles.

So Jesus' invitation to us today is a gentle reminder that God is on our side. Sometimes, we all need to take a step back, to stop and be still and remember what God can do with our weariness and the heavy burdens although different for each of us, but nevertheless

burdens that we all carry from time to time! You see dear friends, our times of weariness are the entrance door into the gentle mercy of the Jesus who longs to comfort and give us rest. But we must allow Jesus to take our burdens from us and to carry them on His shoulders. Because at times, we will all feel overwhelmed and live with the fear that we might get swallowed up by our despair and decreasing hope! So, we must remember to catch the lifeline that Jesus is throwing us, 'Come to me and I will give you rest.' It sounds so easy, such a simple thing to do but we still find it so difficult to truly believe that in reaching out to Jesus can actually make a difference! We know that we can just simply ask God for help but rather than approach God, we struggle on because of a lack of trust, in that anything is possible with God. So, I say again, trust in God and trust in the Lord because He alone has the power to change your life.

After all, He changed mine!

Revd Lisa

Let us affirm our faith together.

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



Intercessory Prayers:

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

We pray for God's grace.
Lord, receive our praise
And hear our prayer.

Lord God, through your grace we are your people:
through your Son you have redeemed us;
in your Spirit you have made us your own.
We pray for your Church throughout the world that She may
be a powerful witness to Christ's love.
Make our hearts respond to your love.
Lord, receive our praise
And hear our prayer.

We pray for all those in distress from war and conflict,
persecution and racism, poverty and isolation.
Make our lives bear witness to your glory in the world.
Lord, receive our praise
And hear our prayer.

We pray for Sarah Bundocko, Michael Gray, Sue & John Thorne,
Naveen Suri, Olwyn Allen, Harriet, Vincent Nash, George Carpenter,
Diane Allsop, Stan Michalski, Andrea Farnsworth, Pat Garland,
June Shilton, John, Frank
Make our wills eager to obey, and our hands ready to heal.
Lord, receive our praise
And hear our prayer.

We give you thanks for all those whom we have loved but who
have gone ahead of us. Make our voices one with all your
people in heaven and on earth

We pray for the repose of the soul of Mrs Usher, Margaret

From St Mary's Book of Remembrance

Ryan Andrew Robertson

From St Paul's Book of Remembrance

Florence Agnes Crisp, Irma Doris Smith, Margaret Palmer,
Philip Needham, Patrick Malcolm Bird

Rest eternal grant to them and let light perpetual shine
upon them.
May the souls of the faithful departed through the mercy of God
Rest in peace
And rise in glory.

Eternal God and Father, by whose power we are created and by
whose love we are redeemed: guide and strengthen us by your
Spirit, that we may give ourselves to your service, and live this
day in love to one another and to you;
through Jesus Christ your Son our Lord.

Amen

The Lord's Prayer

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.

The Peace:

Peace to you from God our Heavenly Father.
Peace from his Son Jesus Christ who is our peace.
Peace from the Holy Spirit, the life-giver.
The Peace of the triune God be always with you
And also with you

The Blessing

Blessing and honour and thanksgiving and praise,
More than we can utter, more than we can conceive,
Be to you, most Holy and glorious Trinity,
✠ the Father, Son, and Holy Spirit,
Come down upon you and all those whom you love
today and always.
Amen

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

Join in the singing on YouTube or just raise the roof, praising God -
Jesus is Alive

https://www.youtube.com/watch?v=OOXj-ZE_2Zo

Be still for the presence of the Lord
The holy one is here
Come bow before him now
With reverence and fear
In him no sin is found
We stand on holy ground
Be still for the presence of the Lord
The holy one is here

Be still for the glory of the Lord
Is shining all around
He burns with holy fire
With splendour he is crowned
How awesome is the sight
Our radiant king of light
Be still for the glory of the Lord
Is shining all around

Be still for the power of the Lord
Is moving in this place
He comes to cleanse and heal
To minister his grace
No work too hard for him
In faith receive from him
Be still for the power of the Lord
Is moving in this place



Footprints in the Sand

One night I dreamed a dream. I was walking along the beach with my Lord. Across the dark sky flashed scenes from my life. For each scene, I noticed two sets of footprints in the sand, one belonging to me and one to my Lord.

When the last scene of my life shot before me I looked back at the footprints in the sand. There was only one set of footprints. I realized that this was at the lowest and saddest times of my life. This always bothered me and I questioned the Lord about my dilemma.

"Lord, You told me when I decided to follow You, You would walk and talk with me all the way. But I'm aware that during the most troublesome times of my life there is only one set of footprints. I just don't understand why, when I need You most, You leave me."

He whispered, "My precious child, I love you and will never leave you, never, ever, during your trials and testings. When you saw only one set of footprints, it was then that I carried you."



Notices & Updates

Dear friends,
Change is in the air! Some churches across the county have been preparing to re-open for individual prayer as we have at St Paul's. I for one might even get my hair cut before Christmas! And for many towns and cities lockdown is easing, many will be heading to the pubs this Saturday, those who have shielded may be venturing out and others hoping to plan a much needed summer holiday. So, just when we thought things were starting to resemble a little bit of 'past normality', there has been a further outbreak of Covid 19 infections within Leicester city. This has meant that the city has returned once again to stricter lockdown measures and the message from the Government, is to **stay at home**. Your health, safety and well being is our first priority as well as helping to stop the disease spread by staying alert and being responsible. Therefore St Paul's is unable to open for individual prayer for the time being and both St Paul's and St Mary's Churches will remain closed. I realise that this will be painful for many of you who were looking forward to coming into church but as a dispersed, yet unified body of Christ within our two communities, let us commit ourselves in prayer for those within the city of Leicester who are suffering, for those who care for them and for those who will be grieving. Let us take this to the Lord in prayer and find some peace, solace and above all, our hope in Him, the Lord Jesus Christ who is the Way, the Truth and the Life. Forever and ever, Amen.

Revd Lisa



I will continue to celebrate the mid-week Holy Eucharist every Thursday at the Rectory and on Sundays at St Paul's and then St Marys on behalf of the Parishes of Woodhouse and Woodhouse Eaves, in each church building.

Let us continue to make a determined and committed effort to worship and praise God together, following the worship sheet at 9.45am and 11.15am each Sunday. Together we are stronger and through being in communion with one another, can support each other in spirit and in fellowship and rest assured, I will be praying for each and every one of you.

Blessings

Revd Lisa

Mission & Outreach

A huge thank you to all those who have left water, food donations and baby provisions. John's Storehouse was very grateful for all of your kind donations. Please keep continuing to support the homeless, families living with poverty and unemployment and those in need. So once again, a massive thank you.

Revd Lisa.

You can leave your donations at the Rectory front door.

A little humour!



Neema | CRAFTS

We pray for Ben & Katy Ray and all the people they support through Neema Crafts. Keep them safe and well as they continue to support people with disabilities in Iringa, Tanzania. www.neemacrafts.com
UK based online shop goodthingsgifts.co.uk

Lockdown Project!

Your Church needs you!

Your mission should you choose to accept it ...

is to crochet some squares which will be sewn together afterwards to make a friendship throw or "afghan". This will be later either donated to or used to raise money for a local good cause.

Have some fun and learn a new skill if you don't already crochet. I have written some instructions in this month's magazine to help you.

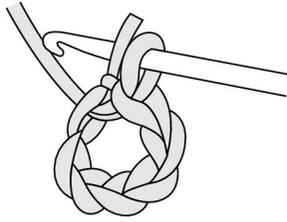
You could knit squares (6 X 6 inches) if you prefer

Ladies and gentlemen it is time to use your little scraps of wool up. So no excuses!

Please make your granny squares 6 inches by 6 inches (15cm x 15cm) square, which will be easier to stitch together later.

If you can help please let me know by email on zankerclaire9@gmail.com telling me how many squares you wish to pledge to our friendship throw.

Thank you
Claire



If you need help with picking up shopping/medicines, contact the Woodhouse Angels: Revd Lisa 890 972, Sue Harris 07702567457, Di Rydings 890521

☎ Revd Lisa - revdlisatemperley@gmail.com
Michèle - michdenn2@aol.com

A Church Near You

St Paul's - www.achurchnearyou.com/church/5286

St Mary's - www.achurchnearyou.com/church/5285

Have a look at the 'Children' page for weekly activity sheets to download and print.

Follow us on Facebook

www.facebook.com/stpaulschurchwoodhouseeaves/

Please note that the change of email address for Michèle

You can contact me via michdenn2@aol.com from now on.

If you like a 'hard' copy of the Weekly Sheet rather than reading it on the screen, please use the (print) version which has pages set out in a different order.

You need to 'Print both sides' and 'Flip on short edge' to get a printed booklet.

Hope that helps!

Michèle