

# Mass Times



## Weekday Mass

Tuesday 7th July 2026  
at 11:00am



## Urdu, Hindi & Punjabi Service

Saturday 11th July 2026  
at 12:00pm



## Next Sunday – 12th July 2026

Parish Mass at 10:00am  
*Come & join us!*



## Morning & Evening Prayer

Monday to Thursday  
All are warmly invited to join Fr Emmanuel for prayer  
at the following times:

- Morning Prayer – 9:00am
- Evening Prayer – 5:30pm



## Holy Hour

On Mondays from 10:00am to 11:00am



## Healing Mass

Healing Mass  
Sunday 26th July 2026

*Everyone is most welcome.*

## CONTACTS



**Parish Priest:** Father Emmanuel Nazir SSC

☎ 01582 373206

✉ naziremmanuel@yahoo.com

Day off— Friday



**Churchwarden:** Valerie Rice: 07946 175105



**Safeguarding Officer:**

Joan Bailey: 07768160744

Please Follow us on :



**Church of the Holy Cross, Luton**

<https://www.facebook.com/share/1CnMJPJyDp/>

## OFFICE HOUR

On Saturdays 10:30 am – 11:30am



You are warmly invited to visit during office hour  
to discuss Baptisms, Banns of Marriage,  
Wedding Blessings, Renewal of Vows,  
or House Blessings.

Richborough Episcopal Area

The Society



a church  
NEAR YOU



# Welcome

to Mass at

## THE CHURCH OF THE HOLY CROSS

*A welcoming, friendly and lively  
Anglo-Catholic Parish, Marsh Farm, Luton,  
LU33RT*



*You are warmly invited to join us for tea and  
coffee after Mass.*

## Today's Hymns

*All hymns are taken from the  
Celebration Hymnal*

### Entrance

Loving Shepherd 187

### Offertory

Be thou my vision 35

### Communion

Lord Jesus think on me 180

### Recessional

Shine Jesus Shine 768

Please take this **pew sheet** home with you.

## COLLECT

O God,  
who in the abasement of your Son  
have raised up a fallen world,  
fill your faithful with holy joy,  
for on those you have rescued from slavery to  
sin you bestow eternal gladness.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the  
Holy Spirit, one God, for ever and ever.  
**Amen.**

## FIRST READING

***A reading from the prophet Zechariah 9:9-10***

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.

**The word of the Lord.  
Thanks be to God**

## RESPONSORIAL PSALM

Psalm 145(144):1-2.8-9.10-11. 13c-14. R.cf.1

**Response: I will bless your name for ever, my  
God and king.**

1. I will extol you, my God and king, and  
bless your name for ever and ever.  
I will bless you day after day,  
and praise your name for ever and ever. **R.**
2. The Lord is kind and full of compassion, slow  
to anger, abounding in mercy.  
How good is the Lord to all,  
compassionate to all his creatures. **R.**
3. All your works shall thank you, O Lord and  
all your faithful ones bless you.  
They shall speak of the glory of your reign, and  
declare your mighty deeds. **R.**

## AFTERNOON TEA

**14<sup>th</sup> July 2026** 2:00pm – 4:00pm

Join us for tea, coffee, and cake in a warm and  
friendly setting.

You are most welcome to come along  
we would be pleased to greet you.

*All are welcome.*

## COMMUNITY HEALTH WALK

The next health walk will take place on

**31st July 2026**

We leave church **at 10:00am** for a short walk and  
return for refreshments.

*All welcome to join in.*

## THE ANGELUS



The Angel of the Lord declared unto Mary.

**And she conceived of the Holy Spirit.**

*Hail Mary, full of grace, the Lord is with thee;  
blessed art thou among women, and blessed is the  
fruit of thy womb, Jesus.*

**Holy Mary, Mother of God, pray for us sinners,  
now and at the hour of our death. Amen.**

Behold the handmaid of the Lord.

**Be it done unto me according to thy word.**

*Hail Mary...*

And the Word was made flesh.

**And dwelt amongst us.**

*Hail Mary...*

Pray for us, O holy Mother of God.

**That we may be made worthy of the  
promises of Christ.**

Let us pray.

Pour forth, we beseech thee, O Lord, thy grace  
into our hearts; that we, to whom the Incarnation  
of Christ thy Son was made known by the  
message of an angel, may, by his passion and  
cross be brought to the glory of his Resurrection;  
through the same Christ our Lord.

## **WEEKLY NOTICES**

### **FOODBANK TIMINGS**

The Food Bank is open on Monday, Thursday, and Friday from 10:00 am to 12:00 pm, and on Tuesday and Wednesday from 12:00 pm to 2:00 pm.

### **FOODBANK APPEAL**

We would be very grateful for donations of the following items for our Food Bank: baked beans, long-life milk, biscuits, tea, coffee, rice, custard, juice, sugar, tinned tuna, pasta and pasta sauce, Fray Bentos pies, corned beef, toiletries, chopped tomatoes, tinned vegetables, ready meals in tins (such as stewed steak), and tinned fruit.

### **HOLY CROSS HALL**

We have two halls available for hire at £20 per hour, with free Wi-Fi. On-site parking and kitchen facilities are available. For more information or to make a booking, please contact Valerie Rice, our Hall Manager, on 07946175105 or email [ricevalerie1@gmail.com](mailto:ricevalerie1@gmail.com).

### **Patronal Festival - Save the Date**

Bishop Luke will celebrate our Patronal Festival of the Exaltation of the Holy Cross on Sunday, 13th September at 7:00 pm.

During the service, he will also formally welcome and bless the Asian Christian Fellowship Bedfordshire.

Please save the date and join us for this special celebration.

### **APPEAL FOR A NEW HUMERAL VEIL**

We are raising funds to purchase a new Humeral Veil for use in the Church's liturgy, particularly during Benediction of the Blessed Sacrament and other solemn occasions. The total cost is £450.

If you would like to contribute towards this important addition to our worship, please place your donation in an envelope and hand it to the Parish Priest or the Churchwarden.

4. The Lord is faithful in all his words, and holy in all his deeds.

The Lord supports all who fall,  
and raises up all who are bowed down. **R.**

### **SECOND READING**

*A reading from the Letter of Saint Paul to the Romans 8:9,11-13*

There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. For God has done what the law, weakened by the flesh, could not do: by sending his own Son in the likeness of sinful flesh, and to deal with sin, he condemned sin in the flesh, so that the just requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For this reason the mind that is set on the flesh is hostile to God; it does not submit to God's law—indeed it cannot, and those who are in the flesh cannot please God.

But you are not in the flesh; you are in the Spirit, since the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him.

If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you.

So then, brothers and sisters, we are debtors, not to the flesh, to live according to the flesh— for if you live according to the flesh, you will die; but if by the Spirit you put to death the deeds of the body, you will live.

**The word of the Lord.**

**All: Thanks be to God**

### **GOSPEL ACCLAMATION**

**Alleluia, alleluia!**

Blessed are you, Father, Lord of heaven and earth, for revealing the mysteries of the kingdom to mere children.

**Alleluia, alleluia!**

***A reading from the Holy Gospel according to St  
Matthew 11:25-30***

**All: Glory to you O Lord**

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.’

***The Gospel of the Lord.***

**All: Praise to you, O Christ.**

**Talk**

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**PRAY FOR THE SICK**

**In particular need:**

Jackie, Paul, Ashleigh, Baby Coulson,  
Odette, Julie, Dorothy, Marjorie, Tony, Harry,  
Preeya, Jordan, Yvette, Margaret, Nadine,  
Margaret, Gail, Angela, Fr Bob, Hannah,  
Sangeeta, Rahal, Raphael, Ashton, Kief,  
Junior, Farodent, Isaac Shad, Tassawar and  
Jerry.

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**CONTINUING NEED:**

Brenda, Michelle, Debbie, Esther, Kassie,  
Esther, Margaret, Anne, Nagina, Felicia ,  
Ephraim & Abraham

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**IN RESIDENTIAL CARE:**

Pat.

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**THE YEAR’S MIND**

*We pray also for all those who anniversaries of  
passing occur at this time of year, including:*  
Dawn Adams, Gladys Asmah, Bessie Brandon.

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