



The Sunday Sheet *for* The 5th Sunday after Trinity Sunday 5th June 2026

*A very warm welcome as we gather for the **Parish Eucharist**.
An induction loop is provided.*

Gluten free wafers are available for those who need them. Please inform one of the
welcomers who will pass the information on to the clergy. Many thanks

Entrance Hymn

All creatures of our God and King,
lift up your voice and with us sing
alleluia, alleluia!

Thou burning sun with golden beam,
thou silver moon with softer gleam:
O praise him, O praise him,
Alleluia, alleluia, alleluia!

Thou flowing water, pure and clear,
make music for thy Lord to hear,
alleluia, alleluia!

Thou fire so masterful and bright,
that givest us both warmth and light:
O praise him, O praise him,
Alleluia, alleluia, alleluia!

Dear mother earth, who day by day
unfoldest blessings on our way,
O praise him, alleluia!
The flow'rs and fruits that in thee grow,
let them his glory also show:
O praise him, O praise him,
Alleluia, alleluia, alleluia!

Let all things their Creator bless,
and worship him in humbleness,
O praise him, alleluia!
Praise, praise the Father, praise the Son,
and praise the Spirit, Three in One:
O praise him, O praise him,
Alleluia, alleluia, alleluia!

*William Henry Draper 1855-1933
Based on St Francis of Assisi 1182-1226
Tune: Lasst uns Erfreuen*

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

Grace and peace be with you.
And keep you in the love of Christ.

The Priest gives an introduction to the Eucharist and calls the people to penitence.

Silence is kept

Jesus carries our burdens of sin and shame and destroys them on the cross.
Lord, have mercy: **Lord, have mercy.**

Jesus offers us his guiding and guarding hand to preserve us in peace.
Christ, have mercy: **Christ, have mercy.**

Jesus calls us to see the world again with the trusting eyes of childhood.
Lord, have mercy: **Lord, have mercy.**

Almighty God have mercy on you,
✠ forgive you and set you free from sin,
and keep you in eternal life. **Amen.**

Gloria in Excelsis

Glory in the highest to the God of heaven!
Peace to all your people through the earth be given:
Mighty God and Father, thanks and praise we bring,
Singing alleluias to our heavenly King.
Jesus Christ is risen, God the Father's Son:
With the Holy Spirit, you are Lord alone!

Lamb once killed for sinners, all our guilt to bear,
Show us now your mercy, now receive our prayer.

Christ the world's true Saviour, high and holy one,
Seated now and reigning from your Father's throne:
Lord and God, we praise you; highest heaven adores:
In the Father's glory, all the praise be yours!

Tune: Rachie

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.**

Please Sit

Romans 7. 15-25a

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. ¹⁶Now if I do what I do not want, I agree that the law is good. ¹⁷But in fact it is no longer I that do it, but sin that dwells within me. ¹⁸For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. ¹⁹For I do not do the good I want, but the evil I do not want is what I do. ²⁰Now 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. ²²For I delight in the law of God in my inmost self, ²³but 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. ²⁴Wretched man that I am! Who will rescue me from this body of death? ²⁵Thanks be to God through Jesus Christ our Lord!

For the word of the Lord:
Thanks be to God.

The Gospel

Please Stand

*Alleluia, alleluia,
give thanks to the risen Lord.
Alleluia, alleluia,
give praise to his name.*

Spread the good news o'er all the earth:
Jesus has died and has risen.

*Alleluia, alleluia,
give thanks to the risen Lord.
Alleluia, alleluia,
give praise to his name.*

*Donald Fishel b.1950
Tune: Alleluia No 1*

Matthew 11. 16-19, 25-30

Listen to the Gospel of Christ according to Saint Matthew.

Glory to you, O Lord.

At that time Jesus said:

'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."

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

²⁵ 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; ²⁶yes, Father, for such was your gracious will. ²⁷All 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. ²⁹Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. ³⁰For my yoke is easy, and my burden is light.'

This is the Gospel of the Lord.

Praise to you, O Christ.

The Homily

Please Sit

An Affirmation of the Faith.

Please Stand

**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;
by the power of the Holy Spirit
he became incarnate from 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.**

The Intercession

Please Sit

Appropriate responses may be used, for example

Lord, in your mercy:
hear our prayer.

Lord, hear us:
Lord, graciously hear us.

The Intercession ends with a suitable collect said by the priest, or the following

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

The Peace

Please Stand

Jesus says: Come to me and I will give you rest. Let us lighten each other's burdens and share God's peace with one another.

The peace of the Lord be with you always.
And also with you.

Let us offer one another a sign of the Lord's peace.

Offertory Hymn

I cannot tell how he whom angels worship
should stoop to love the peoples of the earth,
or why as shepherd he should seek the wand'rer
with his mysterious promise of new birth.
But this I know, that he was born of Mary,
when Beth'ems manger was his only home,
and that he lived at Nazareth and laboured,
and so the Saviour, Saviour of the world, is come.

I cannot tell how silently he suffered,
as with his peace he graced this place of tears,
or how his heart upon the cross was broken,
the crown of pain to three and thirty years.
But this I know, he heals the broken-hearted,
and stays our sin, and calms our lurking fear,
and lifts the burden from the heavy laden,
for yet the Saviour, Saviour of the world, is here.

I cannot tell how he will win the nations,
how he will claim his earthly heritage,
how satisfy the needs and aspirations
of east and west, of sinner and of sage.
But this I know, all flesh shall see his glory,
and he shall reap the harvest he has sown,
and some glad day his sun shall shine in splendour
when he the Saviour, Saviour of the world, is known.

I cannot tell how all the lands shall worship,
when at his bidding, ev'ry storm is stilled,
or who can say how great the jubilation
when ev'ry heart with perfect love is filled.
But this I know, the skies will thrill with rapture,
and myriad, myriad human voices sing,
and earth to heav'n, and heav'n to earth, will answer:
At last the Saviour, Saviour of the world, is King!

William Young Fullerton 1857-1932
Tune: Londonderry Air

The Thanksgiving

We celebrate together the gifts and grace of God.

**We take this bread,
we take this wine
to follow Christ's example
and obey his command.**

Prayer over the Gifts

Father,
your word creates in us a yearning for your kingdom:
fulfil our longing and keep us in your peace;
for the sake of Jesus Christ our Lord. **Amen.**

The 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 our thanks and praise.

It is indeed right, it is our duty and our joy
at all times and in all places to give you thanks, holy Father,
all-powerful and everliving God,
through Jesus Christ our Lord.

For he is our great high priest
who has freed us from our sins
and has made us a royal priesthood
serving you, our God and Father.

And so with the hosts of angels and all the company of heaven
we proclaim the glory of your name
and join in their unending hymn of praise:

**Holy, holy, holy, holy,
Holy, holy, Lord God Almighty.
And we lift our hearts before you
as a token of our love.
Holy, holy, holy, holy.**

**Gracious Father, gracious Father,
Blessed is the one who comes to us
in your name.**

**And we lift our hearts before you
as we give you thanks and praise.
Hosanna in the highest.**

All praise and thanks to you, true and living God,
Creator of all things, Giver of life.
You formed us in your own image;
but we have marred that image and fall short of your glory.
We give you thanks
that you sent your Son to share our life;
you gave him up to death that the world might be saved,
and you raised him from the dead
that we might live in him and he in us.

Sanctify with your Spirit this bread and wine, your gifts to us,
that they may be for us the body and blood of our Saviour Jesus Christ.

On the night he was betrayed, he took bread,
and when he had given 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 when he had given thanks
he gave it to them, saying,

Drink from this, all of you,
for 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.

Let us proclaim the mystery of faith:

Christ has died.

Christ is risen.

Christ will come in glory.

As he has commanded us, Father,
we remember Jesus Christ, your Son.
Proclaiming his victorious death,
rejoicing in his resurrection
and waiting for him to come in glory
we bring to you this bread, this cup.

Accept our sacrifice of thanks and praise.
Restore and revive your people,
renew us and all for whom we pray
with your grace and heavenly blessing,
and at the last receive us with all your saints
into that unending joy promised by your Son, Jesus Christ our Lord.

Through him, with him, in him,
in the unity of the Holy Spirit
all honour and glory are yours, almighty Father,
for ever and ever. **Amen.**

Silence is kept

Please Sit

Let us pray with confidence to the Father:

**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.
Save us from the time of trial
and deliver us from evil.**

**For the kingdom, the power
and the glory are yours,
now and for ever. Amen.**

The Communion

The priest breaks the bread

We break this bread to share in the body of Christ.

**Though we are many, we are one body
for we all share in one bread.**

We sing

Jesus, Lamb of God: have mercy on us.

Jesus, bearer of our sins: have mercy on us.

Jesus, redeemer of the world: give us your peace.

The Invitation to Holy Communion

Jesus is the Lamb of God

who takes away the sins of the world.

Happy 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.**

The sacrament is administered with these words:

The body of Christ. **Amen.** The blood of Christ. **Amen.**

All those who are baptised (Christened) are welcome to receive Holy Communion today. Baptised (Christened) children are welcome to receive holy communion at the discretion of their parents.

If you are not receiving you are welcome to come forward for a blessing but please bring this leaflet with you as a signal to the priest.

Hymn at the end of Communion

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.

David Evans b.1957
Tune: Be still

Silence is kept

The Sending Out

Please Stand

Post Communion Prayer

Give thanks to the Lord for he is gracious:
his love is everlasting.

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.**

The Blessing

The Lord be with you
And also with you.

God give us strength to bear each other's burdens and faith that the time of peace is coming. 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.

Final Hymn

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'nt 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 dance 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,
and 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:

*Sydney Carter 1915-2004
Tune: Lord of the dance*

Notices

Refreshments. Please do join us for refreshments after the service if you can.

Safeguarding. Children, young people and vulnerable adults are an important part of the community of the Church in Wales and St Asaph Parish Church. They are respected and cherished for their own sake. The Parish Church is committed to take seriously its responsibilities to protect children, young children and vulnerable adults and safeguard their welfare. The Parish Church adopts the Church in Wales Safeguarding Children and Young People Policy and upholds its Code of Good Practice.

For more information, visit:

www.churchinwales.org.uk/safeguarding

Praying for Growth. Please pray for the growth and renewal of the Church here in this place. Here is the Leading Your Church into Growth Prayer:

*God of Mission,
Who alone brings growth to your
Church,
Send your Holy Spirit to give
Vision to our planning,
Wisdom to our actions,
Joy to our worship,
And power to our witness.
Help our church to grow in numbers,
In spiritual commitment to you,
And in service to our local community,
Through Jesus Christ our Lord. Amen.*

The Community Fridge takes place every Sunday from 4-5pm at the Parish Church.

Sunday Sheet. Please take this sheet

home with you for the notices for the week and to pray for what is happening in the life of our Church.

Afternoon Teas take place at the Parish Church at 2pm on the 1st and 3rd Thursday of the month. The next dates are:

Thursday 16th July

Thursday 6th August

All welcome!

St Mary's Cefn has a celebration of the Eucharist in the 1st and 3rd Sunday of each month. The next services are as follows:

19th July at 9.30am

2nd August at 9.30am

Sabbatical. Fr Rex is now on Sabbatical and will return to duty at the beginning of September.

Ways of Giving to the work of the Parish Church. We are very grateful to all those who contribute financially to the life and witness of our Parish Church. There are various ways to do this:

1. The Collection plate near the entrance to the Church
2. Setting up a Standing Order. Contact Dave Bradley for the bank details
3. Gift Direct. Set up regular giving or make a one off donation. For Gift Direct you can use the QR code below. Thank you very much.



The Week Ahead

6th Monday – Thomas More

9am Morning Prayer

9.30am Holy Eucharist

5pm Evening Prayer

7th Tuesday – Feria

9am Morning Prayer

9.30am Toddler Group *at the Parish*

Church

5pm Evening Prayer

6pm Holy Eucharist

8th Wednesday – Feria

9am Morning Prayer

10.30am Holy Eucharist

5pm Evening Prayer

9th Thursday – Feria

9am Morning Prayer

10am Holy Eucharist *at the Parish*

Church

10.45am Prayer Group *at the Parish*

Church

5pm Evening Prayer

10th Friday – Feria

9am Morning Prayer

9.30am Offeren (Welsh Eucharist)

6pm Choral Evensong

11th Saturday – Benedict of Nursia

9am Morning Prayer

5pm Evening Prayer

12th Sunday – Trinity 6

9.30am The Parish Eucharist

11am The Cathedral Eucharist

3.30pm Choral Evensong

Contact:

Parish Church: 01745 535957

Fr Rex: 07393 639813

Parish Church Website:

www.stasaphparishchurch.org.uk

Canon Josh: 07727 187987

JoshuaAskwith@churchinwales.org.uk

Today's Readings

Zechariah 9. 9-12

Israel's saviour comes to them, riding on a donkey and bringing peace.

Psalms 145. 8-14

Romans 7. 15-25a

Paul describes the internal struggles we all go through when, despite our better selves, we do things we are ashamed of.

Matthew 11. 16-19, 25-30

Jesus has come to offer peace, rest, comfort and the presence of God, but people are dissatisfied and do not see.