

SUNDAY 5th July 2020 – 4th Sunday after Trinity

PRAYER FOR THE DAY (The Collect)

O God, the protector of all who trust in you, without whom nothing is strong, nothing is holy: increase and multiply upon us your mercy; that with you as our ruler and guide we may so pass through things temporal that we lose not our hold on things eternal; grant this, heavenly Father, for our Lord Jesus Christ's sake, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen.

FIRST READING: 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!

GOSPEL: Matthew 11.16–19, 25–30

Jesus said, '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.

'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.'

INTERCESSION

Eternal God, the light of the minds that know you, the joy of the hearts that love you, and the strength of the wills that serve you; grant us so to know you, that we may truly love you, that we may truly serve you, whose service is perfect freedom.

We pray for the mission and unity of the Anglican Church throughout the World, remembering today the United Church in Pakistan. In this diocese we pray for Bishop Martin and Bishop Mike: for our Archdeacons; for their ministry of Leadership and guidance, and the support offered by diocesan staff.

In our life at the Tower, we pray for one another, that we can all remain safe. We pray for our preparations for reopening our Church for Sunday Services and for private prayer, that we may be able to gather the teams of volunteers that will be needed to achieve this. For our continued engagement in the Inspiring Ipswich project.

We pray also for our future ability to maintain our Choral Tradition and to serve people in the Town Centre around us; and the giving and fundraising needed to achieve this. We pray for the financial resources

needed and give thanks for the generosity of all who give to St Mary -le-Tower. We pray for the staff of our church at an unsettling time.

We pray for shops and businesses as more open again to welcome their customers. We give thanks for the increased opportunities for social interaction, and pray that everyone follows advice and takes care to avoid the risks of increasing coronavirus infection rate. We pray for those who because of shielding remain at home and for all who remain anxious or lonely.

We pray for our Government, and the work of its Ministers and its advisers. We pray for the World Health Organisation, for nations continuing to struggle with the Covid-19 pandemic amid poverty and conflict; especially for the people of Yemen. For the work of aid agencies and the United Nations and for international solidarity and peace.

We pray for those who as a result of the Covid-19 epidemic have been made redundant and have lost their livelihoods and the means to support their families. May they be comforted in their loss and be able to find alternative fulfilment and new employment.

We pray for those we know who are sick or otherwise distressed including: Andrew Hastings and John Wheeler. We continue to pray for Derek le May, Andy Courage, Carolyn, Tony Brook-Carr, Grace Chandler, Joyce Courage and John Bradberry.

We pray rest in peace and rise in glory for those who have recently died, and we pray for all who mourn. We give thanks for the lives of those whose remembrance falls at this time of year among them Ruth Pearce, Dennis Lant, Ronald & Joyce Christian and Tony Lodge.

NOTICES

PLEASE NOTE: ON SUNDAY 12th JULY there will not be a Live Streamed Service as the Vicar is on leave.

ON SUNDAY 19th JULY St Mary-le-Tower will re-open for services with a Parish Eucharist at 10.30am. Alleluia! Moreover it has now been announced by the Bishops that over 70s may now help to staff the church if they wish.

There will be only one service per Sunday at 10.30am and services will still be live streamed for those unable to attend or who feel it remains better for them to remain at home.

We will continue with spiritual Communion, in that only the celebrant will receive on behalf of the Body of Christ at St Mary-le-Tower. There are two reasons for

this. Firstly it means that it is the same whether people are participating in church or at home. Secondly this practice avoids all the complications of distributing bread in a way that follows the best advice for avoiding Coronavirus transmission.

Those who are attending the service in Church are strongly encouraged to download the service at home and to follow it on their phone or tablet or print out their own copy. There will be printed copies available in church for those who prefer not to do this, but it would be good to save printing and paper as much as possible.

CAN YOU HELP to staff the church for opening for private prayer and for services?

We are looking to put teams of welcomers and church cleaners together on Saturdays from mid-July to enable the church to be open for private prayer for a few hours on Saturdays and to prepare the church for Sunday Services. If you would like to be part of this vital work for the future of St Mary-le-Tower, please get in touch with the Vicar.

SERVICES WILL CONTINUE TO BE STREAMED LIVE

You do not need your own social media account, and you do not need to watch at the time of live streaming. Just go to the St Mary-le-Tower website and click on "LIVE" after the **Streamed Services** title, and this will take you to the St Mary-le-Tower Facebook Live page. Then click on the service when it appears about five minutes before the time, and you will be logged on.

To Access the Service when it is no longer being streamed live, click on "RECENT" after the **Streamed Services** title, and this will take you directly to the video.

Orders of service will continue to be downloaded in advance to be viewed either on screen or printed off. Just click on the version you want.

ZOOM MEETINGS BEFORE SUNDAY SERVICES

We are getting together by Zoom before the services, to help us arrive and feel more connected during the services. If you would like to join in with a SMLT Before Service Zoom Meeting, please email Susan at: susanjenkin5362@gmail.com and she will send you a link with some simple instructions on how to join the meeting. You will need a new link for each Sunday

GIVING TO ST MARY-LE-TOWER CHURCH

If you normally give to our church in the Sunday collection plate in any way, please can you consider giving at this difficult and challenging time in a different way.

For setting up a standing order the details of the church donations account are: **30-94-55, 00059383, PCC St Mary-le-Tower.** Our finance procedures maintain this account as highly confidential to only two lay church officers and our bookkeeper. There is a separate account for the church's operations.

There is now a donate button on our website. You may now use this too.

If you would prefer to give by an occasional cheque, please send this to the Churchwarden, Mrs Jo Jones, Parish Office, Tower House, 17 Tower Street, Ipswich IP1 3BE. The mailbox at Tower House is secure and locked, and please mark your envelope confidential.

CURRENT PARISH CONTACTS

Please refer to the **Parish Website** for latest updates and downloads www.stmaryletower.org.uk

Revd Canon Charles Jenkin

Vicar 07789 633315

charlesjenkin60@gmail.com

Jo Jones

Churchwarden 07813 543587

jonesgriz01@gmail.com

Christopher Borrett

Director of Music

music.stmaryletower@gmail.com

PLEASE LET ONE OF THE MINISTRY TEAM (Vicar, Elders, Churchwarden) know of any pastoral needs amongst the SMLT Community, so that we can respond, especially news of anyone suffering from the Coronavirus, but also other illness, or death, or just loneliness.

PLEASE PASS THIS ENEWS on to anyone you think would appreciate it. However, if you are going to put it through someone's door, please handle the paper with thoroughly washed hands and put it in an envelope before delivering it.

DAILY HOPE. The Church of England has launched a free dial-in worship service to bring prayer to people's homes while churches are closed because of the coronavirus pandemic. The service offers music, prayers and reflections as well as full worship services from the Church of England at the end of a telephone line. The national line is available 24 hours a day on **0800 804 8044.**