



The Fifth Sunday *after* Trinity

Sunday 5 July 2026, 11am

President and Preacher: **The Rt Revd David Urquhart**

WELCOME

to all who are joining us today, whether in church or online.

All Hallows is a member of Inclusive Church and we are delighted you have joined our worship today. Please ask one of our welcomers if you need any assistance during the service. If you are able, we'd love you to join us for refreshments when the service has finished.

For those with children you will find space in the south aisle where you will be able to see and participate in the whole service. You will find some activity sheets to enable you and any children you have brought with you to engage with our service. Please ask one of our friendly welcomers if you need anything before or during the service.

We will be taking a collection during the service, and we encourage those who are UK tax payers to use one of the gift aid envelopes which are available in the pews. This will increase the value of your gift by 25% at no extra cost to you.

You can also make a debit/credit card donation to All Hallows by using the donations machine at the back of the church, by using the QR code on your phone, or via our website at www.ahbtt.org.uk/donate



Thank you.

Security Notice

We advise you not to leave personal belongings unattended and to keep them in sight at all times. Do not leave bags on the floor by your feet, and make sure you take any valuables with you when you go up to receive Communion. For additional safety and security, 24 hour CCTV recording is in operation on these premises.

Our church services are recorded and streamed on our website in an official capacity. You may be filmed during the service, and pictures of you may be transmitted online and as mobile content. By sitting in the main body of the church you consent to such filming and to the transmission of any official broadcast on our livestream. If you do not wish to be filmed please speak to one of the welcome team who will direct you to an unfilmed area in the north aisle. We also ask that in order to respect other people at prayer, you do not film, record or take photographs in an unofficial capacity during services.

Music before the Service

Nocturne – J.F. Fry singer (1878–1964)

Organist: David Cook

The Gathering

Hymn

Please stand.

**All ye who seek a comfort sure
In trouble and distress,
Whatever sorrow vex the mind,
Or guilt the soul oppress,**

**Jesus, who gave himself for you
Upon the cross to die,
Opens to you his sacred heart;
O to that heart draw nigh.**

**Ye hear how kindly he invites;
Ye hear his words so blest—
‘All ye that labour come to me,
and I will give you rest.’**

**Jesus, thou joy of saints on high,
Thou hope of sinners here,
Attracted by those loving words
To thee I lift my prayer.**

**Wash thou my wounds in that dear blood
Which forth from thee doth flow;
New grace, new hope inspire, a new
And better heart bestow.**

18th century Latin, Tr. Edward Caswall (1814-78) Tune: St Bernard

Welcome and introduction

In the name of the Father,
and of the Son,
and of the Holy Spirit.

All **Amen.**

The Lord be with you

All **and also with you.**

Words of welcome and introduction are said.

Prayer of Preparation

All **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

Prayers of Confession

Dcn. God so loved the world
that he gave his only Son Jesus Christ
to save us from our sins,
to be our advocate in heaven,
and to bring us to eternal life.

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.

All **Almighty God, our heavenly Father,**
we have sinned against you
and against our neighbour
in thought and word and deed,
through negligence, through weakness,
through our own deliberate fault.
We are truly sorry
and repent of all our sins.
For the sake of your Son Jesus Christ,
who died for us,
forgive us all that is past
and grant that we may serve you in newness of life
to the glory of your name.
Amen.

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

All **Amen.**

The Gloria

Glo - ry to God in the high - est, and peace to his peo - ple on
 earth. Lord God, hea - ven - ly King, al - migh - ty God and
 Fa - ther, we wor - ship you, we give you thanks, we
 praise you for your glo - ry. Lord Je - sus Christ, on - ly
 Son of the Fa - ther, Lord God, Lamb of God, you take a -
 way the sin of the world, have mer - cy on us; you are
 sea - ted at the right hand of the Fa - ther, re - ceive our
 prayer. For you a - lone are the Ho - ly One, you a -
 lone are the Lord, you a - lone are the Most High, Je - sus

Christ, with the Ho - ly Spi - rit in the glo - ry of God the
 Fa - - ther. A - - - - - men.

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.

The Liturgy of the Word

First Reading Zechariah 9.9-12

Read by David Risley

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.

As for you also, because of the blood of my covenant with you,
 I will set your prisoners free from the waterless pit.

Return to your stronghold, O prisoners of hope;
today I declare that I will restore to you double.

This is the word of the Lord.

All **Thanks be to God.**

Psalm 145.8-15

Sung by Dorothy Lawrence



I will bless your name for - e - ever, O God my King.

The Lord is gracious and merciful,
long-suffering and of great goodness.
The Lord is loving to everyone
and his mercy is over all his creatures. **R/**

All your works praise you, O Lord,
and your faithful servants bless you.
They tell of the glory of your kingdom
and speak of your mighty power, **R/**

To make known to all peoples your mighty acts
and the glorious splendour of your kingdom.
Your kingdom is an everlasting kingdom;
your dominion endures throughout all ages. **R/**

The Lord is sure in all his words
and faithful in all his deeds.
The Lord upholds all those who fall
and lifts up all those who are bowed down. **R/**

Second Reading Romans 7.15-25a

Read by John Price

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!

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.

This is the word of the Lord.

All **Thanks be to God.**

Gospel Reading Matthew 11.16-19, 25-end

Read by Martin Carr

Please stand and face the Gospel.

Alleluia, alleluia, alleluia!

All **Alleluia, alleluia, alleluia!**

Hear the Gospel of our Lord Jesus Christ according to Matthew.

All **Glory to you, O Lord.**

Jesus said 'But 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.'

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.'

This is the Gospel of the Lord.

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

The Sermon

The Rt Revd David Urquhart

The Nicene Creed

Please stand.

All **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,
was incarnate from the Holy Spirit and 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.

Please sit or kneel.

Prayers of Intercession

Led by Sarah Alder

Lord, in your mercy,
All **hear our prayer.**

At the end:

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

Please stand.

The Liturgy of the Sacrament

The Peace

Christ is our peace.
He has reconciled us to God
in one body by the cross.

We meet in his name and share his peace.

The peace of the Lord be always with you
All **and also with you.**

Dcn. Let us offer one another a sign of peace.

All may exchange a sign of peace.

Offertory Hymn

During the hymn a collection will be taken towards the ministry of this church. If you are a UK Tax Payer, you can increase the value of your gift by 25% by completing one of the Gift Aid envelopes which are available in the pews. Thank you.

**I danced in the morning when the world was begun,
And I danced in the moon and the stars and the sun;
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 not dance and they would not follow me.
I danced for the fishermen, for James and John –
They came with me and the dance went on.

I danced 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,
They 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 will 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 (b1915) Tune: Lord of the dance

The Preparation of the Table

Blessed are you, Lord God of all creation:
through your goodness we have this bread to offer,
which earth has given and human hands have made.
It will become for us the bread of life.

All **Blessed be God for ever.**

Blessed are you, Lord God of all creation:
through your goodness we have this wine to offer,
fruit of the vine and work of human hands.
It will become for us the cup of salvation.

All **Blessed be God for ever.**

The Eucharistic Prayer

The Lord be with you

All **and also with you.**

Lift up your hearts.

All **We lift them to the Lord.**

Let us give thanks to the Lord our God.

All **It is right to give thanks and praise.**

It is truly right and just, our duty and our salvation,

always and everywhere to give you thanks,

holy Father, almighty and eternal God.

From sunrise to sunset this day is holy,

for Christ has risen from the tomb

and scattered the darkness of death

with light that will not fade.

This day the risen Lord walks with your gathered people,

unfolds for us your word,

and makes himself known in the breaking of the bread.

And though the night will overtake this day

you summon us to live in endless light,

the never-ceasing sabbath of the Lord.

And so, with choirs of angels

and with all the heavenly host,

we proclaim your glory

and join their unending song of praise:

Ho - ly, ho - ly, ho - ly Lord, God of po - wer and might, —
hea - ven and earth are full of your glo - ry, Ho - san - na
in the high - - - est. Bles - sed is he who
comes in the name — of the Lord, Ho -
- san - na in the high - - - - est.

Lord, you are holy indeed, the source of all holiness;
grant that by the power of your Holy Spirit,
and according to your holy will,
these gifts of bread and wine
may be to us the body and blood of our Lord Jesus Christ;

who, in the same night that he was betrayed,
took bread and gave you 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 gave you thanks;
he gave it to them, saying:
Drink this, all of you;
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.

Dcn. Great is the mystery of faith:

All **Christ has died.**

Christ is risen.

Christ will come again.

And so, Father, calling to mind his death on the cross,
his perfect sacrifice made once for the sins of the whole world;
rejoicing in his mighty resurrection and glorious ascension,
and looking for his coming in glory,
we celebrate this memorial of our redemption.

As we offer you this our sacrifice of praise and thanksgiving,
we bring before you this bread and this cup
and we thank you for counting us worthy
to stand in your presence and serve you.

Send the Holy Spirit on your people
and gather into one in your kingdom
all who share this one bread and one cup,
so that we, in the company of all the saints,
may praise and glorify you for ever,
through Jesus Christ our Lord;

by whom, and with whom, and in whom,
in the unity of the Holy Spirit,
all honour and glory be yours, almighty Father,
for ever and ever.

All **Amen.**

The Lord's Prayer

Let us pray with confidence as our Saviour has taught us:

All **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 Breaking of the Bread

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

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

Agnus Dei

Lamb of God, you take a - way the sins___ of the world,
have mer - cy on us. Lamb of God, you take a -
way the sins___ of the world, grant us___ peace.

Invitation to Communion

Jesus is the Lamb of God
who takes away the sin of the world.
Blessed are those who are called to his supper.

**All Lord, I am not worthy to receive you,
but only say the word, and I shall be healed.**

Communicant members of all Christian churches are invited to receive Holy Communion at All Hallows. All others may come forward for a prayer of blessing - please indicate this by bowing your head.

Music During Communion

Nocte surgentes – *Melody from plainchant arr. by R. Vaughan-Williams*

Post-Communion Prayer

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.

**All Almighty God,
we thank you for feeding us
with the body and blood of your Son Jesus Christ.
Through him we offer you our souls and bodies
to be a living sacrifice.
Send us out in the power of your Spirit
to live and work to your praise and glory.
Amen.**

Notices

The Dismissal

Final Hymn

Please stand.

**Jesus shall reign where e'er the sun
Does his successive journeys run;
His kingdom stretch from shore to shore,
Till moons shall wax and wane no more.**

**People and realms of every tongue
Dwell on his love with sweetest song;
And infant voices shall proclaim
Their early blessings on his name.**

**Blessings abound where e'er he reigns:
The prisoner leaps to lose his chains,
The weary find eternal rest,
And all the sons of want are blest.**

**Let every creature rise and bring
Peculiar honours to our king;
Angels descend with songs again,
And earth repeat the loud Amen.**

Isaac Watts (1674-1748) Tune: Truro

The Blessing

The Lord be with you
All **And also with you.**

The peace of God,
which passes all understanding,
keep your hearts and minds
in the knowledge and love of God,
and of his Son Jesus Christ our Lord;
and the blessing of God almighty,
the Father, the Son, and the Holy Spirit,
be among you and remain with you always.

All **Amen.**

Dcn. Go in peace to love and serve the Lord.

All **In the name of Christ. Amen.**

Music after the Service

The Washington Post – *J P Sousa (1854-1932)*

You are invited to stay for refreshments after the service.

Notices



Knollys Rose

On Tuesday we were joined by friends from The Company of Watermen and Lightermen of the River Thames for the annual Knollys Rose ceremony.

Nicol and David were photographed with the Lady Mayor at Mansion House.

You can find out more about the ceremony, which dates back to 1381, on the Events pages of our website.

Stay Back, Stay Out, Stay Safe *(Advice from the Port of London Authority)*

With more hot weather forecast for next week, please remember that the tidal Thames is not a safe place to cool off.

Powerful tides and currents, a rapidly rising tide, cold water shock and river traffic are just some of the risks that come with the tidal Thames.

Remember - Stay Back, Stay Out, Stay Safe - Don't Mess With the River Thames.

Taizé Music Practice

After the service of Taizé Prayers this Wednesday (8 July), there is an opportunity to practice some new chants. All are welcome to join in and the practice will be finished by 8pm.

GreenCity

TODAY – Eco Prayer Walk – TODAY

After the service today, Martin Carr will be leading a group on a prayer walk around Tower Hill. We will visit several green spaces in the Tower Hill area - with a chance in each for a small introduction and prayer.

Assuming the good weather continues, we will finish at St Dunstan-in-the-East, for a short picnic lunch together.

Two Cities Eco Tip

If you are able, ditch the tumble dryer and air dry clothes: outside on a line if you have an outdoor space; inside on an airer in a room that you can ventilate or with a Sheila Maid over the bath or sink -

<https://sheilamaid.com/collections/sheila-maid-new>

Carbon Literacy for Congregations

All Hallows will be hosting a day course for the churches in the two cities. The day is being funded by the Church of England Environment Programme, and will share practical ideas to help churches reach net zero carbon by 2030. The course will be on **Saturday 12 September**, 10am-5pm.



Please scan the code or visit <https://bit.ly/4vUJAWn> to sign up for the day, or contact Michael in the office if you need any support.

Future Date – Tuesday 22 September, 6.30pm

Please keep this date in your diary when we will be screening the film People's Emergency Briefing, which includes with leading academics unpacking the climate emergency and its potential effects. Followed by discussion and refreshments.

The Week Ahead

Church Opening Times

Monday-Friday: 8am-5pm Saturday-Sunday: 10am-5pm

Services at All Hallows

You are welcome to join us for any of our services in church.
Our Sunday Eucharist and Taizé services are streamed on YouTube.

Wednesday 8 July

6pm Taizé Prayer

Thursday 9 July

8.30am Said Eucharist

Sunday 12 July: Sixth Sunday after Trinity

11am Parish Eucharist; Preacher: The Revd Tosin Oladipo

Taizé Prayer – Wednesdays at 6pm

Our weekly Taizé service takes place **in church and online**. You are welcome to join us for this meditative time of prayer, music and reflection.

If you can't attend in person and would like to join us online, you can view the livestream at **ahbtt.org.uk/livestream**.

*Zoom links are included in our weekly email, but if you would like a link for a particular service or event please email **parish@ahbtt.org.uk**.*

Weekly Email

Sign up to our email to receive our weekly news – go to ahbtt.org.uk, enter your email address in the 'Join our Mailing List' box and click 'Subscribe'.

Byward Kitchen & Bar

The Byward Kitchen is open for drinks, meals and light refreshments from 9am-3.30pm, with indoor and outdoor seating available.

bywardkitchenandbar.com

The Team at All Hallows

Vicar The Revd Nicol Kinrade
Churchwardens Di Robertshaw & Robert Stichbury
Parish Administrator (parish@ahbtt.org.uk)..... Michael Griffiths
Safeguarding Officer (safeguarding@ahbtt.org.uk) Sarah Alder
Licenced Lay Minister Martin Carr
Director of Music David Cook
Education & History Officer Adey Grummet

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