NOTICES / DIARY DATES

Event	Date and time	Venue
Team Bereavement "Drop In"	2 nd Mon of the Month	St. Mary's Church,
	(3:00 to 4:00 pm)	Princes Risborough
Team "Tea for All" for anyone who is	Last Sunday of the	St. Mary's Church,
feeling lonely and wants to drop in for	Month	Princes Risborough
tea, cake and a chat.	(2:30 to 4:30 pm)	
PCC Standing Committee Meeting.	Tuesday 11 th July	St. John's Church
	(7:30 pm)	
Team Morning Prayer	Wed. 12 th July	St. John's Church
	(8:45 am)	
Team Morning Prayer	Wed. 19 th July	St. Peter's,
	(8:45 am)	Owlswick
Team Morning Prayer	Wed. 26 th July	St. Mary's, Princes
	(8:45 am)	Risborough
Team Morning Prayer	Wed. 2 nd August	No Service
		(Lighthouse Week)
Team Morning Prayer	Wed. 9 th August	St. John's Church
	(8:45 am)	
Team Morning Prayer	Wed. 16 th August	St. Dunstan's,
	(8:45 am)	Monks Risborough
Team Morning Prayer	Wed. 23 rd August	St. Mary's, Princes
	(8:45 am)	Risborough

ONE CAN TRUST

One Can Trust are trying to create bags that enable families to make a nutritious meal. Soup is not needed, but all donations for the food cupboard are welcome, including tinned meat, tinned fish, lentils, pasta, tinned tomatoes and cook-in sauces. We are being told that donations to the Trust have been down recently, but demand remains high. We have a donations box outside the Church Porch. Thank you.

Key Contacts:

Vicar:	Rev. Canon Tony Bundock	01844 347741
Team Rector:	Rev. David Williams	01844 346984
Licensed Lay Minister:	Mr Graham King	01844 343910
Churchwardens:	Mrs Margaret Gray	01844 347094
	Vacancy	-
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Coming to Faith, Growing in Faith

Week Commencing SUNDAY 9TH JULY 2023 **5TH SUNDAY AFTER TRINITY**

WELCOME TO TODAY'S WORSHIP

You are warmly welcomed to St. John's Church, particularly if you are new to our congregation or are a visitor.

WORSHIP AT ST. JOHN'S

Wearing masks in church is now optional except for the Lady chapel where we request that masks are still worn in this part of the Church. The Lady Chapel area will continue to be set aside as a mandatory social distancing area for those who feel they need to socially distance themselves from others. Please respect this. A bottle of sanitiser is available in the Chancel in front of the Chancel Screen for people to use, if they wish, before receiving Communion. We have now re-introduced the Common Cup. For those who still wish to receive by Intiction, pre-intincted wafers will be available. We will generally be serving coffee after the 10:00 am Service on Sundays.

We have a card reader available, so we are able to take cashless offerings during services / donations. Linked to this we also have a QR code for members of the congregation to donate via their Smartphone, which can be used as of now. You will need a QR reader App to use this. Thank you for however you choose to make your offering.



Weekly Services:

SUNDAY	
8:00 am	In-church Said BCP Communion Service (1 st & 3 rd Sun)
10:00 am	In-church Parish Communion Service with Hymns
TUESDAY 9:30 am	In-church Said Parish Communion Service

FOCUS ON... MY YOKE IS EASY

Very similar to a bridle on a horse, a wooden yoke serves as a means of directing an animal to carry out work that would nowadays be done on a modern-day farm by a tractor. Often the yoke would be wide enough for two collars for two animals. A farmer would say that two animals that are in wooden collars together are "yoked." The point of this was that animals that were voked together could do more work than they could do independent of each other. Often new animals would be voked together with bigger ones so that the big animal could carry the burden while training the younger one to carry the load. In other words, the younger animal often had a lighter or easier "yoke" while it was being trained. The familiar saying, "my yoke is easy and my burden is light", is part of a passage in Chapter 11 of Saint Matthew's Gospel in which Jesus tells all who are weary and burdened to come to Him for rest. He is not speaking here of physical burdens but of the pressures and anxieties of daily living. Jesus is saying, in effect, that his yoke is a means of personal freedom. And not least he is addressing the concerns of those who feel unable to meet what they believe are the high expectations that trying to live a godly life might be expected to require. Jesus is telling his followers that His yoke is a choice. With every decision we make we can choose our burden. We can take up our burden, the burden of our "fallen" nature, the burden that will in the end become too heavy to be bearable or we can choose His. We can choose, so to speak, to be the lead animal and carry all the weight ourselves, or we allow ourselves to be the "small" animal and let Jesus carry our burden for us. His burden is light; but more specifically, it simply requires from us to live by Faith and by Love. In John Bunyan's spiritual classic, Pilgrim's Progress, a key moment in Pilgrim's journey comes when he reaches the Cross. His burden falls from his shoulders, and he is filled with overwhelming joy.

Canon Tony Bundock

COLLECT FOR 5TH SUNDAY AFTER TRINITY

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*.



THIS SUNDAY'S READINGS

Zechariah Ch. 9 VV. 9 – 12 Romans Ch. 7 VV. 15 - 25a

Matthew Ch. 11 VV. 16 – 19 & VV. 25 – 30

PRAYER CHAIN PRAYER



Heavenly father, we thank You for your love, mercy and compassion. We thank you for bringing us safely to this fresh day. We pray that the Holy Spirit will inspire us to do Your will, to Your praise and Glory, in reaching out to others. We pray for discernment to enable us to recognise genuine cries for help and to respond accordingly. We are aware of each individual's own responsibility and that they may need to rise to life's challenges to grow in Spirit. We thank you for your Son, the servant King, and ask that we may follow in His footsteps. Peace and Joy and Healing to the world, Amen.

May the grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with us evermore, Amen.

POST COMMUNION PRAYER FOR 5TH SUNDAY AFTER TRINITY

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.

This Week you are Asked to Fray for:

- Those in the parish and further afield who are sick or in need that they receive peace and healing, including; Mary Mines, Lila King, Rita Probert, Rev. Nancy Wallace, Roger Hussey, Martin Moore, Helena Oecken, Kelly Safaris Silva, Marcus Barthropp, John Thomas-Davies, Frances Thomas-Davies, Richard Thomas-Davies, Jay Edmondson and Martinus Vorster.
- The recently departed, especially at this time for David Lawrence, Pat Rushmere and Mary Hazleton. May their souls rest in peace. We pray for their families and friends at this difficult time.
- We pray for our government, that they will lead wisely and fairly for all.
- We pray for countries where there have been natural disasters, for their peoples and for the various aid organisations bringing relief.
- We pray for Peace in the Ukraine and the Sudan. That there will be a rapid end to the fighting and the suffering for their Peoples.
- We pray for our National Health Service and the Doctors, Nurses and Support Staff.
- For the country of South Africa, for the people of Cape Town and Diocese of Kimberly and Kuruman including our linked parish of St. Mary's Kuruman.