

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!
Romans 7. 15-25a

Hear the Gospel of our Lord according to Matthew

At that time Jesus said, 'To what will I compare this generation? It is like children sitting in the marketplaces 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.'

Matthew 11. 16-19; 25-30

Copyright hymns printed under CCL Licence 120958 Bible extracts © New Revised Standard Version

Message from Sue Wright: We have raised £263 so far from making face masks. Thank you to all who donated and all the ladies who stitched them. We still have a few in stock.

Thank you also to everyone who made the flags for the bunting to help The Croft to celebrate their 65th anniversary. We made 110 flags and received some donations towards their work. Well done everybody.

Items for Weekly Sheet to:
helen.shaw59@btinternet.com

Vicar: The Revd Glyn Diggins
The Vicarage, 17 The Mount,
Malton, YO17 7ND
Tel. 01653 690974
Email: glyn.diggins@btinternet.com

Heating Pipe Repairs Update

R&R will now return to site to replace the floor slabs on Wednesday this coming week. Thereafter, Joanne, our cleaner, will carry out a deep clean. We are looking to hold the first Sunday service in church the following Sunday (19 July).

We would hope to be opening the church to visitors for private prayer on Sundays (after the service) and Wednesdays. Alan & Connie

St Mary's is now open for private prayer on Sundays 10am-1pm and Wednesday afternoons 1-4pm.

CLEANING: If anyone has a particular love of cleaning and has some spare time, maybe you'd like to tackle the church office and/or the old choir vestry? Please get in touch with Connie to volunteer.



St Michael's Church, Malton

The Church in the Market Place

*We are a church, who invites and welcomes others,
to journey together, growing in our love of Christ
and deepening our relationship with Him.*

**5th July
2020**

We are transmitting **Parish Communion live from St Michael's this Sunday using Zoom** software. You will need this software installed and working on a tablet or a PC with camera and mic. You will receive by email each week an ID and password for the meeting and/or a web link. The service commences at 10.00 with a short organ introduction beforehand. You may wish to have your software in gallery view at the start to see everyone arriving!

You may be aware of parishioners who aren't connected to the internet and who are missing out. It is now possible to listen to the Parish Communion service on the **telephone**. Please get in touch and let us know of anyone who would like to participate this way.

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.

Post Communion Prayer

Eternal God,
comfort of the afflicted and healer of the broken,
you have fed us at the table of life and hope:
teach us the ways of gentleness and peace,
that all the world may acknowledge
the kingdom of your Son, Jesus Christ our Lord

**Fourth
Sunday
after
Trinity**

Website: www.maltonbenefice.org.uk

MESSAGE FROM REVD CANON SIMON

Romans 7.15

St. Paul was not an easy going, peaceful sort of chap. He would have been very difficult to live with. He expresses many internal conflicts in his writings. In this morning's New Testament reading, it is his struggle with the place of the law. He knows what he should do, but finds himself unable to do it. "For I do not do what I want, but I do the very thing I hate" Romans 7.14. We can all sympathize with that. We all let ourselves down from time to time. We fall short and we realize it. We know often what we should have done or said in certain conditions and failed to do it.

For Paul it is all part of the way he saw life. A person was a mortal body with an immortal soul. Often the two are in conflict and it is only the grace of God that saves us. A lot of people see life after death as the continuing life of our souls when our mortal bodies are finished with. Often when relatives deliver tributes at funerals they speak of the deceased "looking down on us". This is wading into deep mysteries of life and death, but it is not a bad way of looking at things. We all experience the same struggle as St. Paul and hopefully come to realize how much we depend on God's grace. There is an old prayer that goes like this, "O Lord you have prepared a place in heaven for my soul, please prepare my soul for that place." It would be difficult to improve on that.

BENEFICE PRAYERS-WEEK I

Please pray for those who live or work in these roads: Almond Tree Avenue, Broughton Road, Hamilton Green, Milton Road, Princess Road and The Shambles.

5th Sunday after Trinity 12th July

Readings: Genesis 25. 19-24

Romans 8. 1-11

Matthew 13. 1-9, 18-23

THANK YOU: to Simon for taking our service in church this morning. Also to John & Janet, Alan and Connie for taking on the considerable challenge of making the "outside broadcast" from St Michael's.

MATTHEW 11. 28-30

Come to me

- ⇒ Have you ever been weary or burdened? What did it feel like?
- ⇒ A yoke trains young oxen to plough by linking them to mature oxen. Why do you think Jesus used this metaphor?
- ⇒ How are the words of Jesus reassuring to his followers?
- ⇒ Spend time in prayer focusing on Jesus' words in verse 29.
- ⇒ If you know someone who is stressed help ease their burdens this week.

READINGS FOR THE FOURTH SUNDAY AFTER TRINITY

A reading from the book of Genesis

The servant whom Abraham had sent said to Laban: 'I am Abraham's servant. The LORD has greatly blessed my master, and he has become wealthy; he has given him flocks and herds, silver and gold, male and female slaves, camels and donkeys. And Sarah my master's wife bore a son to my master when she was old; and he has given him all that he has. My master made me swear, saying, "You shall not take a wife for my son from the daughters of the Canaanites, in whose land I live; but you shall go to my father's house, to my kindred, and get a wife for my son." I came today to the spring, and said, "O LORD, the God of my master Abraham, if now you will only make successful the way I am going! I am standing here by the spring of water; let the young woman who comes out to draw, to whom I shall say, 'Please give me a little water from your jar to drink,' and who will say to me, 'Drink, and I will draw for your camels also' – let her be the woman whom the LORD has appointed for my master's son." Before I had finished speaking in my heart, there was Rebekah coming out with her water jar on her shoulder; and she went down to the spring, and drew. I said to her, "Please let me drink." She quickly let down her jar from her shoulder, and said, "Drink, and I will also water your camels." So I drank, and she also watered the camels. Then I asked her, "Whose daughter are you?" She said, "The daughter of Bethuel, Nahor's son, whom Milcah bore to him." So I put the ring on her nose, and the bracelets on her arms. Then I bowed my head and worshipped the LORD, and blessed the LORD, the God of my master Abraham, who had led me by the right way to obtain the daughter of my master's kinsman for his son. Now then, if you will deal loyally and truly with my master, tell me; and if not, tell me, so that I may turn either to the right hand or to the left.' And they called Rebekah, and said to her, 'Will you go with this man?' She said, 'I will.' So they sent away their sister Rebekah and her nurse along with Abraham's servant and his men. And they blessed Rebekah and said to her, 'May you, our sister, become thousands of myriads; may your offspring gain possession of the gates of their foes.' Then Rebekah and her maids rose up, mounted the camels, and followed the man; thus the servant took Rebekah, and went his way. Now Isaac had come from Beer-lahai-roi, and was settled in the Negeb. Isaac went out in the evening to walk in the field; and looking up, he saw camels coming. And Rebekah looked up, and when she saw Isaac, she slipped quickly from the camel, and said to the servant, 'Who is the man over there, walking in the field to meet us?' The servant said, 'It is my master.' So she took her veil and covered herself. 66And the servant told Isaac all the things that he had done. Then Isaac brought her into his mother Sarah's tent. He took Rebekah, and she became his wife; and he loved her. So Isaac was comforted after his mother's death.

Genesis 24. 34-38, 42-49, 58-67

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. 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 in me. So I find it to be a law