

3 Are we weak and heavy laden,  
cumbered with a load of care?  
Precious Saviour, still our refuge,  
take it to the Lord in prayer.  
Do your friends despise forsake you?  
Take it to the Lord in prayer;  
in his arms he'll take and shield you,  
you will find a solace there.

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### Today's Readings

Old Testament: Zechariah 9.9-12  
New Testament: Romans 7.15-25a  
Gospel: Matthew 11.16-19, 25-end

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### Regular services and events at St Alban's

SUNDAY SERVICE:  
Sung Eucharist 9:45am weekly

WEEKDAY SERVICE:  
**Thursdays 9:30am** Said Eucharist  
*followed by Heart of Welcome Café 10am-12pm*

**Saturday Prayer Breakfast 9.30am**  
*next one Saturday 11<sup>th</sup> July*

**Tiny Toes Toddler Group**  
*every Monday in term time, 9.30 – 11am*

**SPACE at the Barn** at 4pm on 5<sup>th</sup> July  
*'Iona' style worship*



One Licence A-740747, CCL Licence Number 078543

### Hymns and readings

#### OPENING HYMN

1 I heard the voice of Jesus say,  
"Come unto me and rest;  
lay down, thou weary one, lay down,  
thy head upon my breast."  
I came to Jesus as I was,  
weary and worn and sad;  
I found in him a resting-place,  
and he has made me glad.

2 I heard the voice of Jesus say,  
"Behold, I freely give  
the living water; thirsty one,  
stoop down and drink and live."  
I came to Jesus, and I drank  
of that life-giving stream.  
My thirst was quenched, my soul revived,  
and now I live in Him.

3 I heard the voice of Jesus say,  
"I am this dark world's light.  
Look unto me; thy morn shall rise  
and all thy day be bright."  
I looked to Jesus, and I found  
in him my Star, my Sun;  
and in that light of life I'll walk  
till travelling days are done.

*Horatius Bonar, 1808-1899*

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#### GRADUAL HYMN

1 Just as I am without one plea  
but that thy blood was shed for me,  
and that thou bid'st me come to thee,  
O Lamb of God, I come.

2 Just as I am, though tossed about  
with many a conflict, many a doubt,  
fightings and fears within, without,  
O Lamb of God, I come.

3 Just as I am, poor, wretched, blind;  
sight, riches, healing of the mind,  
yea, all I need in thee to find,  
O Lamb of God, I come.

6 Just as I am, of that free love  
the breadth, length, depth and height to prove,  
here for a season, then above,  
O Lamb of God, I come.

*Charlotte Elliott (1789-1871)*

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#### OFFERTORY HYMN

1 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.*

2 I danced for the Scribe and the Pharisee,  
But they would not 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.  
*Dance, then...*

3 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 high,  
And they left me there on a cross to die.  
*Dance, then...*

4 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.  
*Dance, then...*

5 They cut me down but I leapt up high  
I am the life that'll never, never die.  
I'll live in you if you'll live in me  
For I am the Lord of the Dance, said he.  
*Dance, then...*

*Sydney Bertram Carter ©1963 Stainer and Bell Ltd*

#### COMMUNION HYMN

1 God is love: let heaven adore him;  
God is love: let earth rejoice;  
let creation sing before Him,  
and exalt him with one voice.  
He who laid the earth's foundation,  
He who spread the heavens above,  
He who breathes through all creation,  
He is love, eternal love.

2 God is love: and he enfoldeth  
all the world in one embrace;  
with unfailing grasp he holdeth  
every child of every race.  
And when human hearts are breaking  
under sorrow's iron rod,  
all the sorrow, all the aching,  
wings with pain the heart of God.

3 God is love: and though with blindness  
sin afflicts the souls of men,  
God's eternal loving-kindness  
holds and guides them even then.  
Sin and death and hell shall never  
o'er us final triumph gain;  
God is love, so love for ever  
o'er the universe must reign.

*Timothy Rees ©A R Mowbray & Co Ltd*

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#### CLOSING HYMN

1 What a friend we have in Jesus  
all our sins and griefs to bear!  
What a privilege to carry  
everything to God in prayer.  
O what peace we often forfeit!  
O what needless pain we bear!  
All because we do not carry  
everything to God in prayer.

2 Have we trials and temptations,  
is there trouble anywhere?  
We should never be discouraged,  
take it to the Lord in prayer.  
Can we find a friend so faithful  
who will all our sorrows share?  
Jesus knows our every weakness;  
take it to the Lord in prayer.