



Holy Communion

The Fifth Sunday after Trinity

July 5, 2026

*They shall pour forth the fame of your abundant goodness
and shall sing aloud of your righteousness.
The LORD is gracious and merciful,
slow to anger and abounding in steadfast love. (Psalm 145:7, 8)*

A warm welcome to Princeton Anglican Church! All you need is in this Order of Service. Your portions are in bold print. Anglican worship invites you to participate rather than spectate, please take part as far as is appropriate for you given your Christian growth and understanding. You are part of an act of worship that is ancient in origin and contemporary in relevance as we all need God's grace. Worship is a vital part of our lives as individuals and as we share fellowship together. Please stay for refreshments following the service.

Children are always welcome. We always begin by worshipping together. For those families who would wish to make use of it, supervision is available for young children during the sermon. We use a "rule of three", meaning no one is alone with a child (not in their family). Our practice is that children under age eleven be escorted to the bathrooms, which are located in the hallway off the adjacent Sanford Davis Room. Refreshments will be served here following the service, please do join in.

Should you have a pastoral need, or would like to discuss the Christian faith, or wish to receive updates on the life of the church, please call/text 609-309-1050 or write to clifford@princetonanglican.org. We hope you are encouraged by the service today, and strengthened to serve Jesus Christ in greater measure.



Norman Rockwell, "Freedom of Speech," 1943; "Freedom of Worship," 1943; "Freedom from Want," 1943; "Freedom from Fear," 1943 (Collection of Norman Rockwell Museum)

REFLECTION

Jerome (died 420)

The Father entrusts. The Son receives. What is entrusted? ...It refers personally to the people who have access to the Father through the Son and who were formerly rebellious but afterward began to know God

Theophylact of Ochrid (1050-1107)

The yoke of Christ is humility and meekness. For he who humbles himself before all men has rest and remains untroubled; but he who is vainglorious and arrogant is ever encompassed by troubles as he does not wish to be less than anyone but is always thinking how to be esteemed more highly and how to defeat his enemies. Therefore the yoke of Christ, which is humility, is light.

Charles Spurgeon (1834-1892) on Matthew 11:28

To come to him is the first step, and he entreats us to take it. In himself, as the great sacrifice for sin, the conscience, the heart, the understanding obtain complete rest.

HYMN

O God Our Help in Ages Past



O God, our help in a - ges past, our hope for years to come, our
Un - der the shad - ow of your throne your saints have dwelt se - cure; suf -
Be - fore the hills in or - der stood, or earth re - ceived her frame, from
A thou - sand a - ges in your sight are like an eve - ning gone; short
O God, our help in a - ges past, our hope for years to come: O



shel - ter from the storm - y blast, and our e - ter - nal home:
fi - cient is your arm a - lone, and our de - fense is sure.
ev - er - last - ing you are God, to end - less years the same.
as the watch that ends the night be - fore the ris - ing sun.
be our guard while trou - bles last, and our e - ter - nal home.

Words and Music: Isaac Watts (1719); Tune: ST. ANNE

At the communion time, the table, having a fair white linen cloth upon it, shall stand in the body of the church or in the chancel. And the priest, standing at the north side of the table, shall say the collect following.

We remain standing.

COLLECT FOR PURITY

Almighty God, to whom all hearts are open, all desires known, and from whom no secrets are hid: 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.

SUMMARY OF THE LAW

Then shall the priest, turning to the people, rehearse distinctly the summary of the Law. And the people shall ask God for mercy for their transgression thereof for the time past, and grace to keep the same for the time to come, as follows.

Our Lord Jesus Christ said: ‘Hear, O Israel, the LORD our God, the LORD is one, and you shall love the LORD your God with all your heart, and with all your soul, and with all your strength. This is the first and greatest commandment. And the second is like, namely this: You shall love your neighbor as yourself. There is no other commandment greater than these. On these two commandments hang all the law and the prophets.’

Lord, have mercy upon us, and write all these your laws on our hearts, we beseech you.

COLLECT FOR THE FIFTH 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

We sit.

OLD TESTAMENT READING

Zechariah 9:9-12

⁹ Rejoice greatly, O daughter of Zion!

Shout aloud, O daughter of Jerusalem!

Behold, your king is coming to you;

righteous and having salvation is he,

humble and mounted on a donkey,

on a colt, the foal of a donkey.

¹⁰ I will cut off the chariot from Ephraim

and the war horse from Jerusalem;

and the battle bow shall be cut off,

and he shall speak peace to the nations;

his rule shall be from sea to sea,

and from the River to the ends of the earth.

¹¹ As for you also, because of the blood of my covenant with you,

I will set your prisoners free from the waterless pit.

¹² Return to your stronghold, O prisoners of hope;

today I declare that I will restore to you double.

The Word of the Lord.

Thanks be to God.

APPOINTED PSALM

Psalm 149: "O Praise Ye the Lord"

The musical score is written for a single voice part in treble clef, with a key signature of one sharp (F#) and a time signature of 3/4. The melody is simple and hymn-like, with lyrics written below the notes. The lyrics are from Psalm 149 and are arranged in four stanzas, each corresponding to a line of music. The first stanza is the longest, with 10 lines of music. The second stanza has 8 lines, the third has 8 lines, and the fourth has 8 lines. The music ends with a double bar line.

O praise ye the Lord and sing a new song,
With tim - brel and harp and joy - ful ac - claim,
In glo - ry ex - ult, ye saints of the Lord;
For this is his word: his saints shall not fail,
a - mid all his saints his prais - es pro - long.
with glad - ness and mirth, sing praise to his name;
with songs in the night high prais - es ac - cord.
but o - ver the earth their pow'r shall pre - vail.
The praise of their Mak - er his peo - ple shall sing,
for God in his peo - ple his plea - sure doth seek,
Go forth in his ser - vice and strong in his might
All king - doms and na - tions shall yield to their sway.
and chil - dren of Zi - on re - joice in their King.
with robes of sal - va - tion he cloth - eth the meek.
to con - quer all e - vil and stand for the right.
To God give the glo - ry and praise him for aye.

Words: from Psalm 149; Music: HANOVER, William Croft, 1708

We remain standing.

GOSPEL READING

Matthew 11:25-30

The Holy Gospel of our Lord Jesus Christ according to St. Matthew.

Glory to you, Lord Christ.

²⁵ At that time Jesus declared, “I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and understanding and revealed them to little children; ²⁶ yes, Father, for such was your gracious will. ²⁷ 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. ²⁸ Come to me, all who labor and are heavy laden, and I will give you rest. ²⁹ Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. ³⁰ For my yoke is easy, and my burden is light.”

The Gospel of the Lord.

Praise to you, Lord Christ.

NICENE CREED

I believe in one God the Father almighty, Maker of heaven and earth, And of all things visible and invisible;

And in one Lord Jesus Christ, the only-begotten Son of God, Begotten of his Father before all worlds, God of God, Light of Light, Very God of very God, Begotten, not made, Being of one substance with the Father, By whom all things were made, Who for us and for our salvation came down from heaven, And was incarnate by the Holy Spirit of the Virgin Mary, And was made man, And was crucified also for us under Pontius Pilate. He suffered and was buried, and the third day he rose again according to the Scriptures, And ascended into heaven, And sits on the right hand of the Father. And he shall come again with glory to judge both the living and the dead, Whose kingdom shall have no end.

And I believe in the Holy Spirit, The Lord, and giver of life, Who proceeds from the Father and the Son, Who with the Father and the Son together is worshipped and glorified, Who spoke by the prophets. And I believe one catholic and apostolic church. I acknowledge one baptism for the remission of sins. And I look for the resurrection of the dead, And the life of the world to come. Amen.

¶ *Then shall follow the SERMON.*

SERMON

“Whose Service Is Perfect Freedom”

The Revd. Clifford Swartz

¶ *Then shall the priest return to the Lord’s table and begin the OFFERTORY, saying*

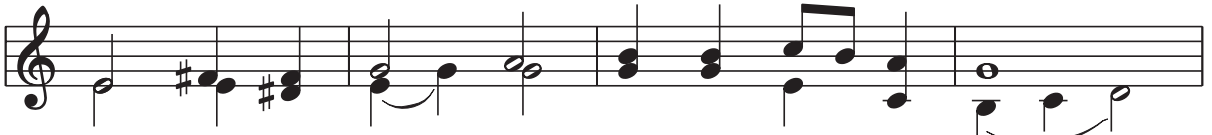
While we have time, let us do good unto all people; and specially unto them that are of the household of faith. (Galatians 6)

OFFERTORY HYMN

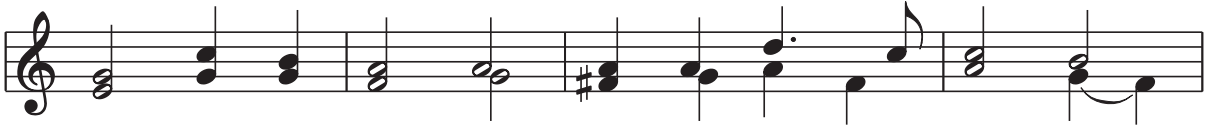
Lord for the Years



Lord, for the years your love has kept and guid - ed,
Lord, for that word, the word of life which fires us,
Lord, for our land, in this our gen - er - a - tion,
Lord, for our world; when we dis - own and doubt him,
Lord, for our - selves; in liv - ing power re - make us—



urged and in - spired us, cheered us on our way,
speaks to our hearts and sets our souls a - blaze,
spir - its op - pressed by pleas - ure, wealth and care;
love - less in strength, and com - fort - less in pain;
self on the cross and Christ up - on the throne;



sought us and saved us, par - doned and pro - vid - ed,
teach - es and trains, re - bukes us and in - spires us,
for young and old, for this and ev - ery na - tion,
hun - gry and help - less, lost in - deed with - out him,
past put be - hind us, for the fu - ture take us,



Lord of the years, we bring our thanks to - day.
Lord of the word, re - ceive your peo - ple's praise.
Lord of our land, be pleased to hear our prayer.
Lord of the world, we pray that Christ may reign.
Lord of our lives, to live for Christ a - lone.

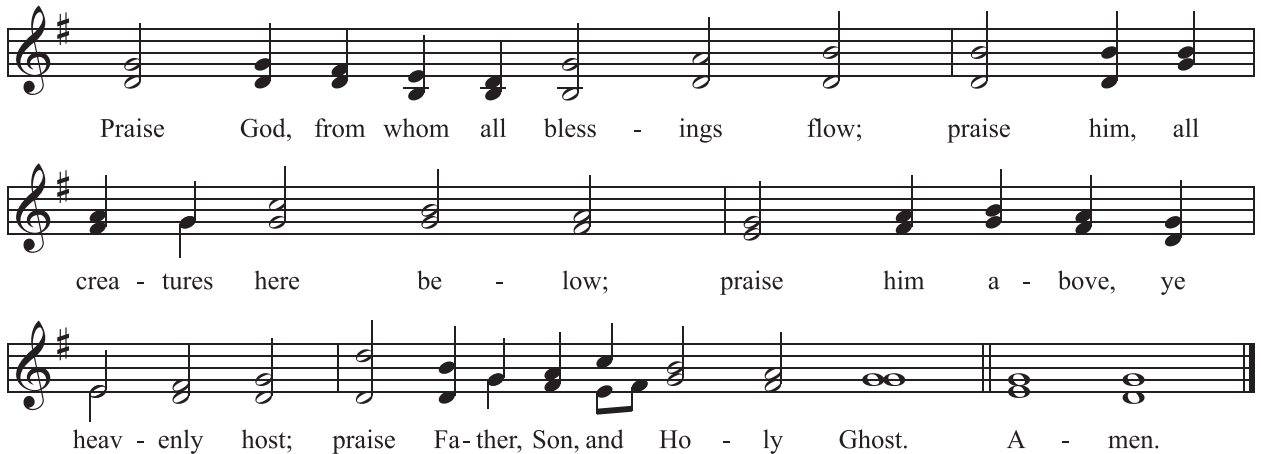
We sit or kneel.

INTERCESSORY PRAYERS

Prayers are led for the Church, the world, and ourselves

We stand to sing the Doxology.

DOXOLOGY



Praise God, from whom all bless - ings flow; praise him, all
crea - tures here be - low; praise him a - bove, ye
heav - enly host; praise Fa - ther, Son, and Ho - ly Ghost. A - men.

Words: Thomas Ken, 1674; Music: OLD HUNDRETH, Louis Bourgeois

We sit or kneel for the Confession.

¶ *Then shall the priest say to those who come to receive the holy communion:*

INVITATION TO COMMUNION AND CONFESSION

You who do truly and earnestly repent of your sins, and are in love and charity with your neighbors, and intend to lead a new life, following the commandments of God and walking from henceforth in his holy ways, draw near with faith, and take this holy sacrament for your encouragement, and make your humble confession to almighty God.

CONFESSION

Almighty God, Father of our Lord Jesus Christ, Maker of all things, Judge of all men: We acknowledge and bewail our manifold sins and wickedness, Which we from time to time most grievously have committed, By thought, word, and deed, Against your Divine Majesty, Provoking most justly your wrath and indignation against us. We do earnestly repent, And are heartily sorry for these our misdoings; The remembrance of them is grievous unto us; The burden of them is intolerable. Have mercy upon us; Have mercy upon us, most merciful Father. For your Son our Lord Jesus Christ's sake, Forgive us all that is past, And grant that we may ever hereafter Serve and please you In newness of life, To the honor and glory of your name, Through Jesus Christ our Lord. Amen.

¶ *Then shall the priest (or the bishop, being present) stand up, and, turning himself to the people, pronounce this absolution.*

Almighty God, our heavenly Father, who of his great mercy has promised forgiveness of sins to all those who with hearty repentance and true faith turn unto him, have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and bring you to everlasting life, through Jesus Christ our Lord. **Amen.**

We stand.

¶ *Then shall the priest say,*

Hear what comfortable words our Savior Christ says to all who truly turn to him: Come unto me, all that travail and are heavy laden, and I will refresh you.
(*St. Matthew 11:28*)

So God loved the world that he gave his only-begotten Son, to the end that all that believe in him should not perish, but have everlasting life. (*St. John 3:16*)

Hear also what Saint Paul says: This is a true saying and worthy of all men to be received, that Christ Jesus came into the world to save sinners. (*1 Timothy 1:15*)

Hear also what Saint John says: If any one sins, we have an advocate with the Father, Jesus Christ the righteous; and he is the propitiation for our sins.
(*1 John 2:1*)

¶ *After which, the priest shall proceed, saying,*

SURSUM CORDA

Lift up your hearts.

We lift them up unto the Lord.

Let us give thanks unto our Lord God.

It is meet and right so to do.

¶ *Then shall the priest turn to the Lord's table and say,*

It is very meet, right, and our bounden duty, that we should at all times and in all places give thanks unto you, O Lord, Holy Father, almighty everlasting God. Therefore with angels and archangels, and with all the company of heaven, we laud and magnify your glorious name, evermore praising you and singing:

Ho - ly, ho - ly, ho - ly Lord, God of pow-er and might,

heav'n and earth are full of your glo - ry.

Ho - san - na in the high-est, ho - san - na in the high - est.

Blest is he who comes in the name of the Lord.

Ho - san - na in the high-est, ho - san - na in the high - est.

Arr.: Richard Proulx

¶ *Then shall the priest, kneeling down at the Lord's table, say:*

PRAYER OF HUMBLE ACCESS

We do not presume to come to this your table, O merciful Lord, trusting in our own righteousness, but in your manifold and great mercies. We are not worthy so much as to gather up the crumbs under your table. But you are the same Lord, whose nature is always to have mercy. Grant us therefore, gracious Lord, so to eat the flesh of your dear Son Jesus Christ, and to drink his blood, that our sinful bodies may be made clean by his body, and our souls washed through his most precious blood, and that we may evermore dwell in him, and he in us. Amen.

¶ *When the priest, standing before the table, has so ordered the bread and wine that he may with the more readiness and decency break the bread before the people and take the cup into his hands, he shall say the prayer of consecration, as follows.*

PRAYER OF CONSECRATION

Almighty God, our heavenly Father, who, of your tender mercy, did give your only Son Jesus Christ to suffer death upon the cross for our redemption, who made there — by his one oblation of himself once offered — a full, perfect, and sufficient sacrifice, oblation, and satisfaction, for the sins of the whole world; and did institute, and in his holy gospel command us to continue, a perpetual memory of that his precious death until his coming again: Hear us, O merciful Father, we most humbly beseech you, and grant that we receiving these your creatures of bread and wine, according to thy Son our Savior Jesus Christ's holy institution, in remembrance of his death and passion, may be partakers of his most blessed body and blood: Who, in the same night that he was betrayed, ^a took bread, and, when he had given thanks, ^b he broke it, and gave it to his disciples, saying, 'Take, eat; ^c this is my body which is given for you: Do this in remembrance of me.' Likewise after supper ^d he took the cup, and, when he had given thanks, he gave it to them, saying, 'Drink this, all of you, for ^e this is my blood of the new testament, which is shed for you and for many for the remission of sins: Do this, as often as you shall drink it, in remembrance of me.' **Amen.**

^a *Here the priest is to take the paten into his hands.*

^b *And here to break the bread.*

^c *And here to lay his hand upon all the bread.*

^d *Here he is to take the cup into his hand.*

^e *And here to lay his hand upon every vessel in which there is any wine to be consecrated.*

¶ *Then shall the minister himself first receive the communion in both kinds; and then proceed to deliver the same to the ministers in like manner (if any are present); and after that to the people also in order, into their hands, kneeling or standing.*

A note to visitors:

if you are a baptized follower of Jesus Christ, and normally receive Communion in your home church, you are welcome to do so at Princeton Anglican. We receive the bread in our hands and eat it; and then take the chalice of wine into our hands from the chalice bearer and drink, then return the chalice. Should you prefer to have your bread dipped in the wine, the chalice bearer will dip the bread for you.

If you do not wish to receive bread and wine, cross your arms over your chest, the priest will say a brief prayer. Please note if you require gluten-free bread, it will be provided. We begin from the first row and move forward to receive, keeping the line full. Most will kneel to receive, but standing is perfectly fine, too, from preference or physical need. After you have received, please return to your seat by moving to the left when the person next to you has finished receiving the chalice. During communion we sing:

HYMNS DURING COMMUNION

He Will Hold Me Fast



When I fear my faith will fail, Christ will hold me fast;
 Those He saves are His de - light, Christ will hold me fast;
 For my life He bled and died, Christ will hold me fast;



When the temp - ter would pre - vail, He will hold me fast;
 Pre - cious in His ho - ly sight, He will hold me fast;
 Just - ice has been sat - is - fied; He will hold me fast.



I could nev - er keep my hold through life's fear - ful path;
 He'll not let my soul be lost; His pro - mis - es shall last;
 Raised with Him to end - less life, He will hold me fast



For my love is of - ten cold; He must hold me fast. _____
 Bought by Him at such a cost, He will hold me fast. _____
 till our faith is turned to sight, when He comes at last! _____



He will hold me fast, He will hold me fast; For my Sav - ior loves me



so, He will hold me fast.

Words and Music: Matt Merker

Amazing Grace



A - maz - ing__ grace! - how sweet the sound that saved a ____
 'Twas grace that__ taught my heart to fear, and grace my ____
 Thro' man - y__ dan - gers, toils, and snares, I have al -
 The Lord has__ prom - ised good to me, his Word my ____
 When we've been - there ten thou - sand years, bright shi - ning -



wretch like me!____ I once__ was__ lost, but now__ am__ found, was
 fears re - lieved;__ how pre - cious__ did that grace__ ap - pear the
 read - y come;__ 'tis grace__ has__ brought me safe__ thus__ far, and
 hope se - cures;__ he will__ my__ shield and por - tion__ be, as
 as the sun,____ we've no__ less__ days to sing__ God's__ praise than



blind but____ now I see.____
 hour I____ first be - lieved!____
 grace will____ lead me home.____
 long as____ life en - dures.____
 when we've____ first be - gun.____

Words: John Newton; Music: Traditional American melody

¶ When all have communicated, the minister shall return to the Lord's table and reverently place upon it what remains of the consecrated elements, covering the same with a fair linen cloth.

LORD'S PRAYER

¶ *Then shall the priest say the Lord's Prayer, the people [saying with him].*

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.

POST-COMMUNION PRAYER

¶ *After that shall be said as follows.*

Almighty and everliving God, we most heartily thank you, that you vouchsafe to feed us, who have duly received these holy mysteries, with the spiritual food of the most precious body and blood of your Son our Savior Jesus Christ, and assure us thereby of your favor and goodness towards us, and that we are very members incorporate in the mystical body of your Son, which is the blessed company of all faithful people, and are also heirs through hope of your everlasting kingdom, by the merits of the most precious death and passion of your dear Son. And we most humbly beseech you, O heavenly Father, so to assist us with your grace, that we may continue in that holy fellowship, and do all such good works as you have prepared for us to walk in, through Jesus Christ our Lord, to whom, with you and the Holy Spirit, be all honor and glory, world without end. Amen.

HYMN

The Church's One Foundation



The church - 's one foun - da - tion is Je - sus Christ her Lord; ____
 Called out from ev - 'ry na - tion, yet one o'er all the earth; ____
 Mid toil and tri - bu - la - tion, and tu - mult of her war; ____
 Yet she on earth has un - ion with God, the Three in One ____



she is His new cre - a - tion by wa - ter and the Word; ____
 her char - ter of sal - va - tion, one Lord, one faith, one birth; ____
 she waits the con - sum - ma - tion of peace for - ev - er - more; ____
 and mys - tic, sweet com - mun - ion with those whose rest is won.



from heav'n He came and sought her to be His ho - ly bride; ____
 one ho - ly name she bless - es, par - takes one ho - ly food; ____
 till with the vis - ion glor - ious, her long - ing eyes are blessed; ____
 O hap - py ones and ho - ly, Lord, grant us grace that we, ____



with His own blood He bought her, and for her life He died. ____
 and to one hope she press - es with ev - 'ry grace en - dued. ____
 and the great Church vic - tor - ious shall be the Church at rest. ____
 like them, the meek and low - ly, on high may dwell with Thee. ____

Words: S. J. Stone; Music: AURELIA, Samuel S. Wesley

BLESSING

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 amongst you and remain with you always. **Amen.**

DISMISSAL

Go in peace to love and serve the Lord.
Thanks be to God.



A facility for financial giving is available through the website, princetonanglican.org, or use the qr code. Thank you for praying for, and supporting, this work of the Gospel. Should you have a pastoral need, or wish to receive updates on the life of the church, please send an email to clifford@princetonanglican.org, or call/text 609-309-1050.

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