



OUR LADY OF THE CRAYS RC CHURCH, CRAY VALLEY
312 High Street, St Mary Cray, Kent BR5 4AR



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Parish Priest Email: cyriacusokafor@rcaos.org.uk
Website: www.ourladyofthecrays.com

Parish Priest: Fr. Cyriacus Okafor
Deacon: Reverend Longinus Anyanjo
Parish Secretary: Dominica Winter

PRIMARY SCHOOLS

St. Philomena's
Tel: 01689 826550
Chelsfield Road, BR5 4AD
Head Teacher: Miss V Maher

St. Peter & St. Paul
Tel: 01689 828208
St Paul's Wood Hill, BR5 2SR
Head Teacher: Miss Everson

Our Lady's Pre-School - www.ourladyspreschool.net
Manager: Anne-Marie Glancy Tel: 01689 872495/ Mob: 07983 660589

To hire the Parish Hall for any event please contact: 01372 457651

SUNDAY 5TH JULY 2026
FOURTEENTH SUNDAY

'Come to me, all who labour and are heavy laden, and I will give you rest. 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. For my yoke is easy, and my burden is light.' (Matthew 11:28-30)

The prophecy of Zechariah in our First reading about the king riding on a donkey was fulfilled when Jesus entered Jerusalem the week before his Passion and death. Zechariah painted the picture of a Messiah who is poor and humble, and prophesied that, "He shall proclaim peace to the nations" (Zech 9:10). In the Gospel, Jesus describes himself as being gentle and humble; He presents himself as being sympathetic to the plight of the poor and the oppressed. Thus, He outrightly remarks: "Come to me, all you who labour and are heavy laden, and I will give you rest" (Matt.11:28). These words of Christ are really consoling and soothing in our world riddled with challenges, difficulties and frustrations. Christ equally goes on to show us how we can carry our burdens: "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" (Matt.11:29).

To take the yoke of Christ is to associate and identify ourselves with Him: our destiny with His destiny, our vision with his vision and our mission with his mission. It is to know that we are not pulling the yoke alone and by our power, but together with Christ and by the strength that comes from Him. Based on this realization, we can start each day with this prayer: "Lord, help me to remember that there is no problem I am going to face today that you and I together cannot handle". This is how the yoke becomes easy and the burden light.

Confiteor (I Confess)

I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do, through my fault, through my fault, through my most grievous fault; therefore, I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

Kyrie, eleison.

Lord, have mercy	Lord, have mercy.	Kyrie, eleison	Kyrie, eleison.
Christ, have mercy	Christ, have mercy.	Christe, eleison	Christe, eleison.
Lord, have mercy	Lord, have mercy.	Kyrie, eleison	Kyrie, eleison.

The Gloria

**Glory to God in the highest,
and on earth peace to people of good will.**

**We praise you, we bless you, we adore you, we glorify you,
we give you thanks for your great glory.**

Lord God, heavenly King, O God, almighty Father.

Lord Jesus Christ, Only Begotten Son,

Lord God, Lamb of God, Son of the Father,

**You take away the sins of the world, have mercy on us;
you take away the sins of the world, receive our prayer;
you are seated at the right hand of the Father, have mercy on us.**

**For you alone are the Holy One, you alone are the Lord,
you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory
of God the Father. Amen**

LITURGY OF THE WORD

First Reading: A reading from the Prophet Zechariah 9: 9-10

Thus says the Lord: Rejoice greatly, O daughter of Sion! 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.

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.

The Word of the Lord. *Thanks be to God.*

Responsorial Psalm: Ps 145: 1-2, 8-9, 10-11, 13c-14

Response: I will bless your name for ever, my God and king.

I will extol you, my God and king,
and bless your name for ever and ever.

I will bless you day after day,
and praise your name for ever and ever. **R**

The Lord is kind and full of compassion,
slow to anger, abounding in mercy.

How good is the Lord to all,
compassionate to all his creatures. **R**

All your works shall thank you, O Lord,
and all your faithful ones bless you.
They shall speak of the glory of your reign,
and declare your mighty deeds. **R**

The Lord is faithful in all his words,
and holy in all his deeds.
The Lord supports all who fall,
and raises up all who are bowed down. **R**

Second Reading: A reading from the Letter of St. Paul to the Romans
8: 9, 11-13

Brothers and Sisters: You are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will also give life to your mortal bodies through his Spirit who dwells in you. So then, brothers and sisters, we are debtors, not to the flesh, to live according to the flesh. For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live.

The Word of the Lord. *Thanks be to God.*

Gospel Acclamation

Alleluia, alleluia!

I thank you, Father, Lord of heaven and earth, you have revealed the secrets of the kingdom to little children.

Alleluia!

THE GOSPEL: A reading from the Gospel according to Matthew 11: 25-30

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; 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 who labour and are heavy laden, and I will give you rest. 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. For my yoke is easy, and my burden is light.'

The Gospel of the Lord. *Praise to you, Lord Jesus Christ.*

The Nicene Creed

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible.

I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven, and by the Holy Spirit (*all bow*) was incarnate of the Virgin Mary, and became man. For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day 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. I 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 adored and glorified, who has spoken

through the prophets. I believe in one, holy, catholic, and apostolic Church. I confess one baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

THE LITURGY OF THE EUCHARIST

Pray brothers and sisters, that my sacrifice and yours may be acceptable to God, the Almighty Father.

May the Lord accept the sacrifice at your hands for the praise and glory of his name, for our good and the good of all his holy Church.

SANCTUS

English

Holy, Holy, Holy Lord God of hosts.

Heaven and earth are full of your glory.

Hosanna in the highest.

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

Hosanna in the highest.

Latin

**Sanctus, Sanctus, Sanctus
Dóminus Deus Sábaoth**

Pleni sunt caeli et terra glória tua.

Hosána in excélsis.

**Benedíctus qui venit in nómine
Dómini.**

Hosána in excélsis.

We shall pray **Preface III of Sundays in Ordinary Time** and say **Eucharistic Prayer III**

The Mystery of Faith

When we eat this Bread and drink this Cup, we proclaim your Death, O Lord, until you come again.

English

Lamb of God, who takes away the sins of the world, have mercy on us.

Lamb of God, who takes away the sins of the world, have mercy on us.

Lamb of God, who takes away the sins of the world, grant us peace.

Latin

Agnus Dei, qui tolis peccata mundi, miserere nobis.

Agnus Dei, qui tolis peccata mundi, miserere nobis.

Agnus Dei, qui tolis peccata mundi, dona nobis pacem.

***O Sacrament most Holy, O Sacrament Divine,
All praise and all thanksgiving, be every moment thine (x 3)***

Hail Holy Queen: Hail, Holy Queen, Mother of Mercy. Hail our life, our sweetness and our hope! To thee do we cry, poor banished children of Eve; to thee do we send up our sighs, mourning and weeping in this vale of tears. Turn then, O most gracious Advocate, thine eyes of mercy towards us and after this our exile, show unto us the blessed fruit of thy womb, Jesus; O clement, O loving, O sweet Virgin Mary.

Priest: Pray for us, O Holy Mother of God;

People: That we may be made worthy of the promises of Christ.

Priest: Let us pray

O God, whose only-begotten Son, by his life, death and resurrection has purchased for us the rewards of eternal life; grant, we beseech you, that by meditating on these mysteries of the most Holy Rosary of the Blessed Virgin Mary, we may both imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.

PARISH INFORMATION, FAITH NEWS & MISSION

Father Cyriacus' Farewell and Thanksgiving Mass: Ahead of his departure from the parish this summer, we will be holding a Farewell and Thanksgiving Mass for Fr. Cyriacus on Friday the 17th of July at 7pm. This will be followed by a Bring and Share supper, where parishioners are invited to bring a plate of food to share with the parish family. There are *two* lists in the porch related to the Mass and supper – one for people to pledge their food/drink donations, the other for those who can help on the evening. Please add your details to the relevant list.

Choir Practice: In preparation for the Farewell and Thanksgiving Masses, choir practices will take place on the following dates – Sunday 5th July from 3-5pm and Thursday 16th July from 7pm. All choir members are encouraged to attend.

African and Caribbean Day: On Sunday the 12th of July we will be celebrating all members of the African and Caribbean communities in our parish. If anyone would like to be involved in helping with this event, please add your details to the relevant list in the porch.

Charismatics Group: The Seat of Wisdom Catholic Charismatic Renewal Group will hold their next meeting via Zoom on Sunday the 5th of July from 4.30-5.30pm. The Zoom details are Meeting ID: 83889667814, Passcode: 021548. All are welcome.

Message Book: If you would like to leave a personal message for Fr. Cyriacus to mark his time in the parish, there is a book in the porch which will be presented to him as a memento before he goes.

Retreat: The All Nations Catholic Charismatic Group UK are holding a weekend retreat and picnic in Dorset from the 14th-16th of August 2026. Please see the poster in the porch or speak to Reverend Longinus for more details.

Diocesan Vacancies: The Archdiocese of Southwark currently has the following vacancies –

Parish Fundraising Officers – The Archdiocese is hiring two Parish Fundraising Officers to help parishes thrive in an increasingly digital environment. Closing date 1st August 2026.

Local Leadership and Resource Co-ordinator – Help develop the Agency for Evangelisation and Catechesis (AEC) approach to parish growth, supporting evangelisation, catechesis, and formation.

For more information and to apply, visit rcaos.org.uk/vacancies

Lourdes Pilgrimage: Bishop Paul Hendricks will be leading a pilgrimage to Lourdes from the 21st to the 28th of August 2026. This pilgrimage, with the Catholic Association, will mark 125 years of Lourdes pilgrimages. Visit catholicassociation.co.uk/join2026 to book.

Southwark Catholic Youth Service. The Southwark Catholic Youth Service has a number of upcoming activities for youth and young adults. For regular updates on forthcoming events, sign up for its network at tinyurl.com/scysnetwork. For queries on youth activities, email youth@rcaos.org.uk

Divine Mercy Novena: The Divine Mercy Novena will be said at 9am each Friday, before the morning Mass.

Baptism: If you are a practicing parishioner and would like to have your child Baptised here, please contact Reverend Longinus on longinusanyanjo@rcaos.org.uk.

Mass Offerings: If you would like to request a Mass in the parish, please take one of the brown envelopes available in the porch and fill in the details on the front. Once complete, you can include your offering and pass the envelope to Fr. Cyriacus or add it to the offertory bag. Please submit your requests in good time.

Legion of Mary: The Parish Legion of Mary group meet each Sunday at 12.30pm in the Altar Server's Room. All are welcome to join them.

Cray Young Adults Network: CYAN, the parish Young Adults group meets every second Sunday of the month in person and the last Friday of the month virtually. If you are aged between 18 and 30 and would like to be involved in this group, please email craysyoungadultsnetwork@gmail.com

Legal Advice: Legal advice is available to Our Lady of the Crays parishioners. Please contact Pedro on 07888 691332.

St. Vincent de Paul Society: If there is anyone sick or housebound in the parish that would benefit from regular visits by the SVP, or if there are any families or individuals in need, please contact Gabriel Greenspan on 07958 369383. Confidentiality is assured in all cases.

Children's Sheets: The parish provides special sheets to help our younger parishioners understand the liturgy of the week. If your child is aged 9 or over, they should take a copy of the 'Icthus' sheet. If you have a younger child, they should take the 'Look' sheet.

New Parishioners: If you are new to the parish, you are very welcome. Please introduce yourself to Fr. Cyriacus after Mass. If you would like to join our parish database, forms are available in the porch and can be returned to the Parish Office.

Readings For The Week Ahead:

	1st Reading	Psalm	Gospel
06/07/26	Hosea 2:14-16,19-20	Ps 145:2-9	Matthew 9:18-26
07/07/26	Hosea 8:4-7,11-13	Ps 115:3-10	Matthew 9:32-38
08/07/26	Hosea 10:1-3,7-8,12	Ps 105:2-7	Matthew 10:1-7
09/07/26	Hosea 11:1-4,8c-9	Ps 80:2-3,15-16	Matthew 10:7-15
10/07/26	Hosea 14:1-9	Ps 51:3-4,8-9, 12-14,17	Matthew 10:16-23
11/07/26	Proverbs 2:1-9	Ps 34:2-11	Matthew 19:27-29

BANK DETAILS

For bank transfers to the Parish –
Account Name: RCAS Cray Valley
Account Number: 50533401
Sort Code: 60-16-03

Thank you for your generosity to your parish.

LIVE STREAMING

This parish routinely livestreams the 11am Mass on Youtube between 10.30am and 12.30pm on Sundays.

You may appear on camera **only** if you approach the altar without prior notice to the recording team during this time.

The camera is set to avoid capturing parishioners receiving Holy Communion.

If you have any concerns, please speak to the Priest or Communications Team.

CHURCH MINISTRIES

	4th & 5th July	11th & 12th Julu
READERS 6PM	G Winter Chima	V Martis A Dsouza
READERS 9AM	R Fernandes C Meaney	J Garber M Quintavalle
READERS 11AM	B Esong J Smith	P Ajayi T Onwudinjo
EUCCHARISTIC MINISTERS 6PM	D Winter	J Smith
EUCCHARISTIC MINISTERS 9AM	M Abu I Floyd	K Wingfield T Wickenden
EUCCHARISTIC MINISTERS 11AM	M Abu I Floyd	F Adewale N Esong
CLEANING	Team 1 – Funmi Adewale	Team 2 – Mary Quintavalle
LINEN	Ese Temeinor	Helen Coker

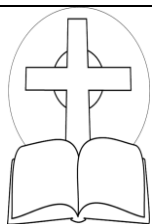
PLEASE PRAY FOR THE SICK AND THE HOUSEBOUND

Please continue to pray for: Alison Hannah, Helen Efemini, Sister Maureen Fay, Mary Mackay, Clara Soares, Jennifer Smith, Mary O'Lone, Eamon Murphy, Shelagh Murphy, File Marku, Douglas Lewis, Terry Wingfield, Salma Lamina, Julie Langford, Alzira Miranda, Stella Hawker, Pauline Burgess, all the Sick Clergy of the Diocese and the housebound of the Parish.



BOOK OF REMEMBRANCE – NAMES FOR JULY

We remember in our prayers: Miriam Kamy, Elizabeth Adams, Ellen Parsons, Abosede Shoyombo, Cedric Hannah, Mary Ellen Grealis, Alice Pritchard, Patrick Groves, Mary Waddingham, Jim Downes, Marie Celeste Baker, Eileen Dwane, Bernard Cusack, Dominic Fernandes, Hilda Abbott, Kathleen O'Brien, Harry Downes, Thomas Anderson, Patricia Shannon, Elliot Orodu, Joseph Alagba, Abosede Mann, Eileen Telesia, Appollonia Isiofin, Frank John Trebisoni, Ifanahiola Calista, Ebere Mere, Maglo Netto, Yolande Boucher, Colin Netherrot, Lucy Mruajog-wa, Ada Kale, Benson Adelaja, Annie Ongal, Nicholas Ifebajo, Karoline Egwenu, Alan Stuart, Grace Musami, Peggy Coleman, Antonio Goes and Cornelius Lehane



DIARY FOR THE WEEK

<p>Sun: July 5: Fourteenth Sunday (A) 6pm Mass (Sat. Vigil): Andrew Williams, WB 9am Mass: Pro Populo 11am Mass: Kitty Forsythe, BT and Pat & Colin Sturt, WB <i>(11am Mass Livestreamed on YouTube)</i></p>	<p>Sat: July 11: Vigil of Fifteenth Sunday (A) 5.15-5.45pm: Confessions 6pm Mass (Sat. Vigil): Cornelius Lehane, RIP (2nd Death Anniversary)</p>
<p>Mon: July 6: Feria 8.45am: Exposition of the Bl. Sacrament 9.30am Mass: Holy Souls</p> <hr/> <p>Tues: July 7: No Mass</p> <hr/> <p>Wed: July 8: Feria 6.45pm: Exposition of the Bl. Sacrament 7.30pm Mass: Edward Archer, BT</p> <hr/> <p>Thu: July 9: Feria 8.45am: Exposition of the Bl. Sacrament 9.30am Mass: Holy Souls</p> <hr/> <p>Fri: July 10: Feria 8.45am: Exposition of the Bl. Sacrament 9am: Divine Mercy Novena 9.30am Mass: Holy Souls</p>	<p>Sun: July 12: Fifteenth Sunday (A) (African and Caribbean Day Celebration) 9am Mass: Anthonio Goes, RIP 11am Mass: Richard Egwenu & Karoline Egwenu, RIP</p> <p>Note: SI means Special Intention SR means Speedy Recovery Bl means Blessed GB means God's Blessings GP means God's Protection WB means Well-Being TG means Thanksgiving PI means Private Intentions BT means Birthday Thanksgiving WA means Wedding Anniversary Pro Populo: People of the Parish Private Mass: Mass to be said by the Priest alone</p>

CONTACT & FOLLOW US

Website: <http://www.ourladyofthecrays.com/>

Live streamed & past masses, YouTube channel 'crays parish':

<https://www.youtube.com/@craysparish7800/streams>