



CELEBRATE, SHARE AND GROW IN CHRIST

SUNDAY, 21st JUNE 2026, Trinity 3
Jeremiah 20.7-13; Romans 6.1b-11; Matthew 10.24-39

~~~ SERVICES IN THE BENEFICE FOR THIS WEEK ~~~

SUNDAY

8:00 am BCP HOLY COMMUNION, St John's Epping

9:20 am SUNG COMMUNION, St John's Epping

(Hymns & Music - 765, 631, 702, Anthem 'My eyes for beauty pine' Howells, 712, 715, Voluntary 'Jubilate' William Mathais.)

11:10 am PARISH COMMUNION, All Saints Epping Upland

11:10 am PARISH COMMUNION, St Alban's Coopersale

6:00 pm SUNDAYS @ SIX, St John's Epping (see for your information)

MONDAY

9:00 am MORNING PRAYER, St John's Epping

5:00 pm am EVENING PRAYER, St John's Epping

TUESDAY

8:45 am MORNING PRAYER, St John's Epping

5:00 pm am EVENING PRAYER, St John's Epping

WEDNESDAY

8:45 am MORNING PRAYER, St John's, Epping

9:30 am HOLY COMMUNION, St John's Epping

5:00 pm am EVENING PRAYER, St John's Epping

THURSDAY

8:45 am MORNING PRAYER, St John's, Epping

10:00 am CHURCH MICE, St John's Epping

5:00 pm am EVENING PRAYER, St John's Epping

FRIDAY

8:45 am MORNING PRAYER, St John's, Epping

11:00am FUNERAL of Leslie John Smith, All Saints, Epping Upland

St John's is usually open daily for private prayer

Except bank Holidays or other special occasions

Please switch your mobile phone to silent mode or switch it off before a Sunday service begins and take time to pray that we may be fully present with each other and with Christ.

~~~~~ FROM THE LEADERSHIP TEAM ~~~~~

**DISCIPLESHIP IS A TOTAL COMMITMENT TO CHRIST JESUS;  
THIS IS WHAT THAT MEANS!**

Jesus prepared His disciples for the considerably difficult reality of their task to follow Him. The disciples faced a personal cost too, such as losing their home comforts, their reputations and family harmony as they suddenly disappeared. This though at that time was the true meaning of discipleship in following Jesus. How do we follow Jesus today? We will need to make time to pray, worship and do good works regularly. So, Jesus could aid His willing disciples, He reassured them of God's constant protection and unfailing support. The cost of discipleship partly would mirror that of Jesus's own, the cost He paid for His ministry by being persecuted, misunderstood, often wilfully and therefore as "students", they the disciples, would suffer the same fate too. The principle as Jesus stated is, "a student is not above their teacher," and therefore the disciples received the same unpleasant treatment from others. Nevertheless, Jesus told them to fear God, not man for it is God who has the ultimate power over all souls, including theirs. Furthermore, on the plus side God's care is intimate, individual, personal and loving so therefore they would not be forgotten. The gospel Jesus knew could alas act divisively at times by prioritising devotion to Jesus over earthly comfortable domestic relationships. Jesus expected total commitment from His disciples to follow Him and His mission. In the first century the disciple's commitment meant accepting shame, marginalisation and in some country's even death as we have witnessed in more modern times. However, there was an upside. The disciples would discover themselves and receive the promise of eternal life by living for Christ in faith. We disciples can lose our lives only to find them in the cross of Jesus. These were the instructions given to the disciples over two thousand years ago. But what do they mean to us today? These Godly instructions astoundingly mean the same because they are God's truth, one and only. However, there is one major addition today we need to consider, and that is the word of God, with the power of knowledge and truth descending throughout the generations as documented by the Bible. which helps us in our discipleship endeavours. We are incredibly fortunate, Praise the Lord!

**Amen, Steve**

~~~~~ **READINGS FOR THIS SUNDAY** ~~~~~

Jeremiah 20, 7 - 13. O Lord, you have enticed me, and I was enticed; you have overpowered me, and you have prevailed. I have become a laughing-stock all day long; everyone mocks me. For whenever I speak, I must cry out, I must shout, 'Violence and destruction!' For the word of the Lord has become for me a reproach and derision all day long. If I say, 'I will not mention him, or speak any more in his name', then within me there is something like a burning fire shut up in my bones; I am weary with holding it in, and I cannot. For I hear many whispering:

'Terror is all around! Denounce him! Let us denounce him!' All my close friends are watching for me to stumble. 'Perhaps he can be enticed, and we can prevail against him, and take our revenge on him.' But the Lord is with me like a dread warrior; therefore my persecutors will stumble, and they will not prevail. They will be greatly shamed, for they will not succeed. Their eternal dishonour will never be forgotten. O Lord of hosts, you test the righteous, you see the heart and the mind; let me see your retribution upon them, for to you I have committed my cause.

Sing to the Lord; praise the Lord! For he has delivered the life of the needy from the hands of evildoers.

Romans 6, 1b - 11. Should we continue in sin in order that grace may abound? By no means! How can we who died to sin go on living in it? Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? Therefore we have been buried with him by baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, so we too might walk in newness of life.

For if we have been united with him in a death like his, we will certainly be united with him in a resurrection like his. We know that our old self was crucified with him so that the body of sin might be destroyed, and we might no longer be enslaved to sin. For whoever has died is freed from sin. But if we have died with Christ, we believe that we will also live with him. We know that Christ, being raised from the dead, will never die again; death no longer has dominion over him. The death he died, he died to sin, once for all; but the life he lives, he lives to God. So you also must consider yourselves dead to sin and alive to God in Christ Jesus.

Matthew 10, 24 - 39. Jesus said to the twelve, 'A disciple is not above the teacher, nor a slave above the master; it is enough for the disciple to be like the teacher, and the slave like the master. If they have called the master of the house Beelzebul, how much more will they malign those of his household! 'So have no fear of them; for nothing is covered up that will not be uncovered, and nothing secret that will not become known. What I say to you in the dark, tell in the light; and what you hear whispered, proclaim from the housetops. Do not fear those who kill the body but cannot kill the soul; rather fear him who can destroy both soul and body in hell. Are not two sparrows sold for a penny? Yet not one of them will fall to the ground unperceived by your Father. And even the hairs of your head are all counted. So do not be afraid; you are of more value than many sparrows.

'Everyone therefore who acknowledges me before others, I also will acknowledge before my Father in heaven; but whoever denies me before others, I also will deny before my Father in heaven.

'Do not think that I have come to bring peace to the earth; I have not come to bring peace, but a sword.

For I have come to set a man against his father, and a daughter against her mother,

and a daughter-in-law against her mother-in-law; and one's foes will be members of one's own household. Whoever loves father or mother more than me is not worthy of me; and whoever loves son or daughter more than me is not worthy of me; and whoever does not take up the cross and follow me is not worthy of me. Those who find their life will lose it, and those who lose their life for my sake will find it.'

~~~~~ **FOR OUR PRAYERS DURING THE WEEK** ~~~~~

**Monday** For the congregation and parish of All Saints Epping Upland

**Tuesday** For all the farmers in our area, that their crops will be successful this year.

**Wednesday** For all those suffering from drought, famine, war and extreme weather.

**Thursday** For all pupils and staff at Epping Upland Primary School.

**Friday** For the Ministry Team; for all who contribute to, or lead, our services: for those who lead our meetings, those who carry out 'behind the scenes' activities and those who help fundraising in the Team churches.

**Those who are sick and for whom prayers have been asked:**

Graham, June, Caroline, Harriet, David, Rebecca, Sam, Marion, Pam, Lorraine, Jim, Lisa, Lili, Geoffrey Connor.

**Those who have died recently, their family and friends:**

Roger Payne, Leslie John Smith.

**Those whose anniversary of death occurs during this week:**

21st June, Elizabeth Grout, Joyce Puttick, Grace Leake, Ethel Barnes; 22<sup>nd</sup>, Watkin Williams, Alice Thackray, Kathleen Hyde, Ida Soutar, Nadine Harison, Walter Griffiths; 23<sup>rd</sup>, Eva Leach, Arthur Walker; 24<sup>th</sup>, Charles Barratt, Herbert Matthew, Ena Cooper, Lily Bass, Bessie Peart, Susan Howard; 25<sup>th</sup>, Frederick Swarder, Bob Fox-Davies, Kent Avey, Richard Millen; 26<sup>th</sup>, Ivy Murrell; 27<sup>th</sup>, John Saltmarsh, William Flack, Olive Bright.

**COLLECT for this Sunday.**

Almighty God, you have broken the tyranny of sin and have sent the Spirit of your Son into our hearts whereby we call you Father: give us grace to dedicate our freedom to your service, that we and all creation may be brought to the glorious liberty of the children of God; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen

~~~~~ **FOR YOUR INFORMATION** ~~~~~

SUNDAYS@SIX 21st June. This will be an evening service during which our new Team Vicar, Revd Kate will talk about some of her story. As it is also her birthday there will be cake! All welcome.

COFFEE CONCERT in St John's on Saturday 27th June at 11:00 am (coffee from 10:30). David Boarder returns with this Choir 18 to perform an easy-to-listen-to programme of choral music.

PET SERVICES are informal services where a warm invitation is extended to all the community to come with their pets to seek a blessing on them and thank God for the wonder of His creation in the animal kingdom. These special services will take place as follows: Sunday 28th June at 11:10 am at Epping Upland, Sunday 5th July at 11:10 am at in the churchyard at Coopersale. Please do invite friends and neighbours to these unique events.

ST CLARE HOSPICE'S spectacular public art trail. Volunteer with '**Lions on the Loose this summer!**' coming to Harlow, Epping and Loughton – and we need you to help make it a roaring success! Volunteer solo, or as a team with colleagues, friends or family, and help make 'Lions on the Loose' an unforgettable experience for everyone! See St John's porch. St John's Epping will be hosting lions inside the church.

ST JOHN'S WORKING PARTY is being organised for Sunday 5th July after the 09:20 am service until 1:00 pm. All congregational members are encouraged to give some time to maintain our beautiful church and grounds. More details will be shared next week.

ST JOHN'S TOWER CLOCK work to electrify it will start on 22nd June 2026 and will last about a week, after which the clock should be operational again.

THE CRAFT GROUP The next ones to be held in St John's will be on 24th June and 22nd July from 2:00 pm to 4:00 pm.

PEOPLE'S EMERGENCY BRIEFING This is a film designed to inform people about the climate and nature crisis while at the same time giving the opportunity to talk and respond, making the most of the opportunities that this crisis represents, and give our government the mandate to act. This will be shown at the Quakers Meeting House on 26th June at 7.30 pm.

MINISTRY OPPORTUNITIES It is only through the sharing of the time and talents of members of our churches that we are able to offer so much to communities we serve. There are a number of opportunities at this time, please speak to a member of the clergy or a Churchwarden if you are interested in exploring them:-

Sacristan at St John's Epping (which is the person who takes the lead responsibility setting up for Communion services and maintaining stocks of candles, and elements for Holy Communion.

Church Mice Team Members (to assist at the weekly Thursday Morning service at St John's Epping for preschool children and their parents and carers, which may include setting up and packing away, supporting the leading of singing, craft activities and/or refreshments.

ST JOHN'S NEW PORCH DOORS The manufacturer of the doors has told us that the installation will now be about mid-July.

BEGINNERS BIBLE STUDY

A number of people have asked if we could provide some Bible study sessions, so here is the first idea! Especially for beginners, perhaps just confirmed, perhaps thinking about confirmation, perhaps confirmed a long time ago and just wanting a simple refresher without any pressure to know anything already.

These sessions might be for you!

Saturday lunchtime at Kate's vicarage in Coopersale. This is a bit of an experiment to see if the time and the place works for people.

From 12.00 to 1.00, July 4th, July 18th, August 8th, August 22nd.

No need to prepare anything first, just arrive. Bring a Bible if you have one. I'll provide tea, coffee, biscuits and we'll see how the sessions work for people over the summer before then seeing what we might do in September. You can come for all the sessions, or just one of the sessions to give it a try and just see what you think. There will be no tests, no homework and no question will be considered too silly. Chat to me or one of the clergy team if you'd like to. Let me know if you're coming, if you can, and what your favourite biscuits are!

Rev'd Kate Moore 9 Seymour Chase CM16 6FE,

teamvicar@eppinganglicans.org.uk

SERVICES FOR NEXT SUNDAY, 28th June 2026, Trinity 4

8:00 am Holy Communion (BCP), St John's Epping

9:20 am Sung Communion, St John's Epping

11:10 Pet Service, All Saints Epping Upland

11:10 am Holy Communion, St Alban's Coopersale

6:00 pm Joyful Praise, St John's Epping

READINGS:

St Johns Isaiah 40.1-11; Galatians 3.23-29; Luke 1.57-66,80

All Saints & St Albans, Jeremiah 28.5-9; Romans 6.12-end; Matthew 10.40-end

NEWS FOR NEXT WEEK. Due to holidays, please send any **NEWS** items to Lisa in the Team Office.

~~~~~ **CONTACTS, GIVING and COLLECTIONS** ~~~~~

There are many ways to financially support the mission and ministry of the parishes. We are grateful for the many ways and forms of giving which express our shared worship of Christ.

**COLLECTIONS IN SUNDAY SERVICES:** A cash collection is taken at Sunday services. Please don't feel any embarrassment to let it pass you by.

It is also possible to donate to church funds in each church of the Benefice using a contactless card.

**PARISH GIVING SCHEME (PGS):** Similar to direct debit payments but set up an account by calling PGS on 0333 002 1271 providing your bank details plus your church PGS code which is:

Epping Upland, All Saints-0806-08029

Epping, St John the Baptist-0806-08028

Coopersale, St Alban the Martyr-0806-08027

**BACS** You can give to church by bank transfer; the sort codes and account numbers are listed here:

**St Alban's** 20-29-86, Account: 50776459

**St John's** 20-29-86, Account: 50357219

**All Saints** 60-07-39, Account 50236520

**BENEFICE OF THE EPPING DISTRICT CONTACT DETAILS**

**Clergy**

Revd John Fry: Team Rector - 01992 934355

Rest day, usually Saturday

E-mail: [teamrector@eppinganglicans.org.uk](mailto:teamrector@eppinganglicans.org.uk)

Revd Kate Moore: Team Vicar – 01992 265590

Usual working days Saturday – Wednesday

Email: [teamvicar@eppinganglicans.org.uk](mailto:teamvicar@eppinganglicans.org.uk)

Revd Jessica Bostock: Associate Minister,

E-mail: [associateminister@eppinganglicans.org.uk](mailto:associateminister@eppinganglicans.org.uk)

Revd Dr Liz Gloyn: Curate

E-Mail: [curate@eppinganglicans.org.uk](mailto:curate@eppinganglicans.org.uk)

**Licensed Lay Ministers**

Diana Lowry: 01992 279696

Email: [dianalowryepp@gmail.com](mailto:dianalowryepp@gmail.com)

Steve Snooks: 01992 572185

Email: [stevesnooks@hotmail.com](mailto:stevesnooks@hotmail.com)

**Children, Youth and Family Worker,** Emily Townshend: is now on Maternity Leave

**Church Wardens** for St Alban's Coopersale, please contact the Team Office.

For St John's, contact Sara McLean at 07768 106 406, email: [sdmclean@eppinganglicans.org.uk](mailto:sdmclean@eppinganglicans.org.uk)

For All Saint's, contact James on 07710 171 166 (email TBC) or Nigel Scott contact the Team Office

**Team Administrator:**

Lisa Bazzoni - 01992 579935 - E-mail: [teamadmin@eppinganglicans.org.uk](mailto:teamadmin@eppinganglicans.org.uk)

**NEWS items for next week;**

Geoff Scanlan - 01992 576550 - E-mail: [rosandgeoff@btinternet.com](mailto:rosandgeoff@btinternet.com)

**Please send us any prayer requests, or if you would like someone to pray for you.**

**St John's has a 'T' loop: please ask for help if you need it.**

**MOBILITY AIDS are at the back of St John's Epping for use in church.**

**You can follow the churches of the Benefice on Facebook**

@St John's Church Epping, @St Albans Church Coopersale, @All Saints Church Epping Upland