

Sunday 5 July 2026 Fifth Sunday after Trinity

COLLECT

Almighty and everlasting God,
by whose Spirit the whole body of
the Church is governed and
sanctified:

hear our prayer which we offer for
all your faithful people,
that in their vocation and ministry
they may serve you in holiness and
truth

to the glory of your name;
through our Lord and Saviour
Jesus Christ,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

FIRST READING

Zechariah 9:9-12

A reading from the book of the prophet Zechariah.

Rejoice greatly, O daughter
Zion! Shout aloud, O daughter
Jerusalem! Lo, your king comes
to you; triumphant and victorious
is he, humble and riding on a
donkey, on a colt, the foal of a
donkey. He will cut off the chariot
from Ephraim and the war horse
from Jerusalem; and the battle-
bow shall be cut off, and he shall
command peace to the nations;
his dominion shall be from sea
to sea, and from the River to
the ends of the earth. As for you
also, because of the blood of my
covenant with you, I will set your
prisoners free from the waterless
pit. Return to your stronghold, O
prisoners of hope; today I declare
that I will restore to you double.

Or **Genesis 24:34-38. 42-49. 58-end**

PSALM Psalm 145:8-15

*R I will exalt you, O God my king,
[and bless your name for ever].*

The Lord is gracious and full of
compassion,
slow to anger and of great
kindness.

The Lord is loving to everyone
and his compassion is over all his
works.

All your works praise you, O Lord,
and your faithful servants bless
you. **R**

They make known the glory of
your kingdom
and speak of your power;
That the peoples may know of
your power
and the glorious splendour of your
kingdom.
Your kingdom is an everlasting
kingdom;
your dominion endures throughout
all ages. **R**

The Lord is faithful in all his words
and merciful in all his deeds.
The Lord upholds all those who fall;
he lifts up those who are bowed
down. **R**

SECOND READING

Romans 7:15-25a

*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 within
me. So I find it to be a law 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!

GOSPEL

Matthew 11:16-19. 25-end

*Hear the gospel of our Lord Jesus
Christ according to Matthew.*

At that time Jesus said, "To what
will I compare this generation?
It is like children sitting in the
market-places 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."

POST COMMUNION

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.

July 5th 2026 – 5th SUNDAY AFTER TRINITY – Parish of the Harwich Peninsula

Welcome: we welcome the Rev. Ray Gibbs to All Saints this morning. Ray retired to Mistley in 2024.

Jesus Christ – Superstar: the musical, with Sam Ryder as Jesus, will be at the Theatre Royal Norwich on Wednesday 21st April 2027. We have secured 34 seats for the matinee performance. With coach transport setting off at 8.30am from Harwich Town Station, then All Saints Church and finally St Michael's, the total cost is £81.20. Please contact Dilly Salter as soon as you can to secure your ticket. We are very grateful to Dilly for arranging this. Unsold tickets will be made available to other churches in Harwich so book now!

Bible Study: there is an opportunity to join a Bible Study at All Saints on Wednesday 15th July, 7-9pm, exploring, 'What is Evil?'. On Wednesday 30th September the theme is 'Feeding our Faith'. On Wednesday the 21st October the title is 'Rebuilding our altars'. More details from Sioux Thorpe and on the flyers in each church. All are welcome – refreshments served. Each session consists of some teaching, sharing in small groups and finally some worship songs.

New Parochial Church Council: two dates: 8th July (Wednesday) at 7pm for a full meeting (venue to be confirmed) and 18th July (Saturday) a morning with Emma Sivyer, Colchester Area Mission Adviser. The morning will end with a free lunch. Venue to be confirmed.

Ordination: a year ago Niall Murray-Clark spoke at two of our churches. He is being ordained Deacon today at Sheffield Cathedral and the Dean and Niall have invited Ian to be part of the service.

Secret Gardens: don't forget the small and stunning gardens in old Harwich are open for the weekend 4th - 5th July. The excellent brochure is available at St Nicholas and elsewhere.

Tendring Show: the show is 100 years old this year. It is an enormous event and has a church tent. Saturday 11th July. There are opportunities to volunteer, and the Rector enjoyed supporting the church tent last year.

Meet Tracey: if you have not yet met and heard about the amazing work Tracey Tyrrell does with children in the parish then come meet her on Wednesday 8th July 10.30-11.30am at St Michael's Millennium Room. Tracey is our Children and Families Worker. Do come along to meet her – plenty of parking in the grounds.

Better Bible reading: if you would like a printed guide to Bible readings from the Bible Reading Fellowship called Daylight, they can be ordered from Enid Godfrey (01255 551132). She would be grateful if regular subscribers could let her have the £6 subscription which covers four months.

Next Sunday: the 12th July is often kept as Sea Sunday. It is a moment to recall all seafarers; to pray for the work of the Mission to Seafarers; to remember the work of so many volunteers in the RNLI. With Harwich's history as a port and the continued sailings by Stena to the Hook of Holland as well as the presence of Trinity House with its responsibilities for lighthouses and aids to navigation to safeguard shipping and mariners, this seems very important for us in the parish.

Baptised in July: Ellie-Mae Carly Kay Willis; Isabella Grace McKenna

Married in July: Stuart McMillan and Kayley Bunting; Wayne Chapman and Sarah Bramhill; Stuart Cosser and Lucille Steed

Departed in June: Peter Savage; Robert Sharp; John Thomas Edward Coles; Jon Derek Hunter; Russell Colin Garnier; Margaret Ruth Oates; Peter Sheppard.

St Michael's worship 9am each Sunday (Communion on the 2nd and 4th Sundays)

All Saints worship 10.30am each Sunday (Communion on the 1st and 3rd Sundays)

St Nicholas worship 10.30am each Sunday (Communion on the 2nd and 4th Sundays)

You should be able to access the hearing loop in each building – please let us know if you cannot

1st Sunday of every month: Prayer Book Evensong at St Nicholas at 5pm

2nd Sunday of the month: Pop Up church at St Michael's at 3pm

3rd Sunday of every month: Prayer and Praise at St Michael's at 5pm

4th Saturday of every month (except August and December): Messy Church in the Esplanade Hall from 2-4pm. Children must be accompanied by an adult.

1st Tuesday of every month: Hymns and Service at Don Thomson Residential Home at 11am

2nd Monday of every month: Hymns and Service at Lime Court Residential Home at 11am

For more information, please visit our social media:

www.harwichparish.co.uk or www.achurchnearyou.com or our Facebook pages.

<https://www.facebook.com/HarwichPeninsulaParishCofE>. All Saints, St Michaels & St Nicholas or Messy Church at the Esplanade Hall