



The Parish of St David, Exeter

Worship and Weekly Notices for Sunday, 5 July 2026

Sunday, 5 July – 5th after Trinity

- 9.30am Parish Communion led by Mike Clark with preacher Suki Coe
- 6.00pm Evening Prayer led by Ian Cartwright

Tuesday, 7 July - 9.00-9.30am - Zoom Morning Prayer

[Join Zoom Meeting](#)

[Meeting Chat Link](#)

Meeting ID: 720 2140 7925

Passcode: 5HPs2K

Please note - we use the Church of England Daily Prayer app, follow this link to download: [Church of England Daily Prayer](#)

Thursday, 9 July

10.30am Holy Communion led by Sarah Cumming

Sunday, 12 July – 6th after Trinity

- 9.30am Parish Communion led by Sarah Cumming with preacher David James
- 6.00pm Evening Prayer led by Suki Coe

[Follow for last week's sermon](#) or scroll to the end of this newsletter.

Key Messages and Notices from Clergy and the Churchwardens

Summer Celebration – Just a note to thank everyone who came to the "Summer Celebration" last Sunday. It was a gentle and lovely afternoon - an event that built community and encouraged conversations and friendships finishing with a joyful and skilled Evensong. Thank you to all all of you who came and for your many and varied contributions to the event. Thank you for baking, putting up (and down) tables, putting up bunting, running stalls, serving teas, singing and counting the money – a total of £403 was raised, a fantastic effort! Maggie.

Community and Events

Exeter Library Summer Book Quest - Children across Devon can join The Summer Book Quest, a free reading challenge for children taking place throughout the school summer holidays at their local library from Saturday 12 July. The challenge is designed to keep children engaged in reading over the break. Children set their own reading goal, whether that's one book, a series, audiobooks, or a mixture. As they take part, they'll collect stickers along the way, and those who complete their challenge receive a certificate and medal. [More information can be found on this link.](#)

Churchyard Picnics during the Summer Holiday - thank you to all those who have offered to help at the Summer Picnics. These events will be held in the churchyard from 12-2pm on Thursdays 30th July, 6th, 13th and 20th of August. Families bring their own picnic, and we'll provide picnic rugs and chairs, a few toys and a cuppa or lolly. Please see Sarah for more information.

Tuesday Friendship Café – the next 'Try It Out Tuesday' is on **7 July**. This event is run in partnership with Exeter College Community and Partnerships. All are welcome - [book your place here](#).

Wren Music Summer Concert – Saturday 11 July – come along to this non ticketed event, open to all, when there will be a gathering of all the Wren Groups to showcase their musical journey throughout the year. Doors open at 2pm. Concert begins at 2.30-5.30pm. refreshments will be served at 3.30pm.

Women's Breakfast – the next breakfast will be on **Saturday 25 July at 9am** at The Imperial. You are very welcome to come and join us.

Dementia Awareness Talk – we're delighted to welcome **Home Instead** who will be giving a talk on **Tuesday 28 July, 7pm** on how people can continue to live well, and how we can all play a part in supporting those affected by this condition. Do come along.

Parish Lunch - The next lunch will take place on **Thursday, 30 July at 12 noon** at the Farmers' Union. A menu and sign-up sheet are available on the round table at the back of the church. Please add your menu choices to the list no later than Sunday, 26th July. As usual, a group will be walking across from the church, leaving at 11:45 am.

Viola and Piano recital – Saturday 1 August, at 6pm. Sooyeon Little and Sebastian Lee performing music by Hindemith, Franck and Rebecca Clarke. Tickets available on the door - £10 for adults, free for children under 12yrs.

Men's Breakfast – Saturday 1 August, 9am. Venue tbc. If you would like a reminder please [email Alan Baker](#).

Chingford Choir - Compline on Tuesday 4 August, at 9-9.45pm with a retiring collection afterwards.

Other Notices

Call for Volunteers, Sunday Coffee Rota - can you spare just six Sundays a year to help serve coffee and tea after the service? It's a great way to meet people. Full training is provided! If you'd like to join the team, please [email Jenny Baker](#).

Visiting and Home Communion – if you would like to be visited or phoned by someone from the church community, please let Mike Clark know on 07889 570159 or by [email](#). For Communion at home, either for yourself or someone you know, please contact Ian Cartwright on 07813 795616.

Wednesday Walks – if you enjoy convivial conversation, gentle strolls, the changing of the seasons and a coffee please join us at 9am at the door at the west end of St David's when we leave promptly. Please just turn up or speak to Helena in church.

Welcome – we are still looking for another couple of people to join the Welcome team. This is a vital part of our ministry, and an important role so please do think about it. If you might be interested, please see Sue Wilson or the Churchwardens.

Covid/colds and flu – if you're feeling under the weather, please prioritise your rest and join us from home to keep our community healthy!

In Roots and Shoots:

Ordination of Priests at Cathedral for First Time in Years

In the afternoon of 27 June, 11 people who were ordained last year as deacons were ordained as priests at Exeter Cathedral by the Bishop of Crediton, the Rt. Rev'd Moira Astin. It was her first ordinations since she was consecrated as a bishop last July.

It was also the first time the priesting service took place on the same day as the deacons' ordinations and at the same venue rather than in parish churches across the four archdeaconries of Devon.

Each of the new priests contributed a testimony to the order of service. Rev'd Josh Chesworth, from Co Church in Exeter, said in his "I am so thankful to be ordained a priest today. This second ordination takes me another step into an exciting and profound calling to represent Christ in the midst of a society that is often totally unaware of His love and His goodness, and to people who don't realise that Jesus really is the way, the truth and the life.

"I want to say thank you to my wonderful wife and children for bearing much of the cost of ministry so far, and the incredible team at Co Church for all their support and friendship."

You can [read more of the priests' testimonies here.](#)

You can [watch a recording of the service here.](#)

[See the photo gallery.](#)

Your Prayers are asked for...

Those who are suffering including:

Caroline Speed-Andrews; Ann Barnet, Libby Clapham; Andrew Francis; Hazel Gowland; Eileen Jarman; Anne Smith; Beth; Charlotte, Paul and Grace; Will, Dave, John Sampson and Michael Gray.

Those who have died recently:

Jim Mitchell (Robert's Dad).

In our Parish Cycle of Prayer please pray for:

Refugee Support Devon, the hostels for Asylum seekers on St David's Hill

Please also pray for:

Our church

Our country and its leaders, both political and religious;

Our world, for wisdom for its leaders and a wish for peace not war.

Sunday, 5 July – 5th after Trinity

Collect

Merciful God,

you have prepared for those who love you

such good things as pass our understanding:

pour into our hearts such love toward you

that we, loving you in all things and above all things,
may obtain your promises,
which exceed all that we can desire;
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.

1st Reading – Romans 7.15-25a

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! So then, with my mind I am a slave to the law of God, but with my flesh I am a slave to the law of sin.

Gospel Reading – Matthew 11.16-19, 25-30

But 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.’

Jesus Thanks His Father

At that time Jesus said, ‘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

God of our pilgrimage,
you have led us to the living water:
refresh and sustain us
as we go forward on our journey,
in the name of Jesus Christ our Lord.

Amen

If you no longer wish to receive this newsletter, please [email us](#).

For notices/content/prayer requests or amendments please [email Mike](#).

(All readings can be found via [Bible Gateway](#) in the New Revised Standard Version (anglicized edition)).

Last week's sermon – delivered by Sarah Cumming

Trinity 4

After those challenging and glorious readings, I'm going to focus on sin, looking specifically at the first ten minutes or so of our Sunday worship!

How does our worship begin? We spend time on notices. It is good to have this at the start; to share our community focus and rejoice in all that happens here; carefully positioned so that everyone has enough time and distraction to have completely forgotten every detail by the end of the service! Thanks to Helena and Doree for presenting them in other formats!

Then hymn, introduction and greeting, then straight into Confession and Absolution before rushing on to the next thing. These elements are placed at the start of our worship, recognising that, as we enter more fully into the presence of God and start to perceive the obstacles in our way. The action of standing together and acknowledging publicly and collectively our weakness and wrongdoing is an extraordinary statement in today's culture. We receive Absolution before leaping for joy as we sing Glory to God as God's forgiven people, refreshed and renewed.

Or something like that.

It's easy to forget just how unexpected, astonishing and holy the receiving of forgiveness actually is. For me, it's a constant and startling privilege to be trusted to proclaim those words, knowing my own failings and sin. Suki has said them for the first time and it is always astonishing. Yet sometimes it passes in a bit of a blur.

How might we prepare? There is an old practice of arriving at church early for that purpose and I know that many of you do this. Spending a few minutes of quietness during the week.

As Ignatius teaches, to pause just before your meditation, stand for a moment, and actively consider how God is looking at you with love.

At St Marks' we sometimes used physical actions to aid our confession: a clenched fist to indicate the times when we've been angry or perhaps held onto things too tightly; hands raised to push people away or create a barrier, and hands in front of our face to show the times when we've failed to look or hidden ourselves from God and from each other. These physical acts can help to ground us in the moment.

Of course the act of repentance is more than saying sorry and moving on. It describes our ongoing response to the love and holiness of God. It is growing into being who God created you to be in all its fullness and joy, living out that calling, accepting the authority of God and so on; truly seeing our own sinful nature and choosing to turn from it and live out our identity as a child of God. Then we listen, receive and grasp the words of Absolution for the blessing that they are. My guess is that most of us don't really believe them. That thing that you did, those words that you said, the shame that you and all of us carry...it can't really be forgiven, can it? It can't really be true, can it? That would distort the natural order of actions and consequences which keep us in line; keep us enslaved.

You'll have noticed St Paul's extended use of the imagery of slavery in his writing to the church in Rome. It is, of course, deliberately provocative as he implies that we pass from one category of slavery to another!! Nobody wants to be a slave. Nobody chooses to be a slave. Those who are slaves don't choose it, those who are not slaves fear and reject it. So why does he speak in this way?

He's demonstrating that very 'St Paul' habit of setting up an argument to illustrate a point without clinging to it for all time. He's showing that we are bound to Christ just as closely as a slave is bound to their master but in the cause of freedom rather than trapped in the clutches of sin.

Thomas Merton states: 'sin is not only a refusal to 'do' this or that thing desired by God, or a determination to do what he forbids. It is more radically a refusal to be what we are, a rejection of our mysterious, contingent, spiritual reality

hidden in the very mystery of God. Sin is our refusal to be what we were created to be - sons of God [*bear with me*], images of God. Ultimately sin, while seeming to be an assertion of freedom, is a flight from the freedom and responsibility of divine sonship.'

I'm going to touch on Merton referring to us as 'sons of God' and explain why I kept the full quote in. I am my father's daughter and proud to be so, but Merton is saying something beyond being a child of a parent, important though that is. He explains that each of us are children of God, yes, and have the status and authority of sons within a traditional family. So he's not only speaking to men but all of us, with that shared and elevated authority.

He tells us of the freedom and responsibility of divine sonship: of being free from the grasp of sin to explore a new identity. So sin could be expressed less as 'naughty things we've said and done', and more as a rejection of the truth of who we really are in the love and grace of God. What might we do with that new-found truth?

Mike spoke last week about our role as peace givers, and this week's Gospel message sits right alongside.

Why remain faithful and speak truth if silence would be easier? Why forgive when resentment feels justified? Why persevere in seeking peace when it seems unlikely to succeed? Why stay in conversation or relationship with those we disagree with? – we belong to Christ! We share his life!

Jesus says it's as simple as giving a drink of water; the offering of hospitality. As God's forgiven people, we cast off our previous prejudices and welcome another as a friend. Perhaps we might reflect on who is invited and included here. Who has a seat at the table?

Hospitality is a sign of the kingdom; an act of revolution in a world which seems to divide us into opposing camps; standing against a narrative of scarcity and exclusion. We experience this as we share a meal at which all are welcome; the Eucharist - a Thanksgiving. This meal renews and remakes us over time, nourishes us and then sends us out.

There is a recurring motif throughout scripture where a parched and weary traveller stands next to a source of thirst-quenching and life-giving water, yet is unable to access it, and a stranger appears who could help. What happens next could mean the difference between life and death. We have the words of eternal life and the life-giving springs which flow within us as followers of Jesus; the experience of God's grace and forgiveness. As we leave, how do we share that?

Our faith proclaims that we are truly released from sin; that our core, truest identity is now in Christ. We have been bound to righteousness, yet it is a place of freedom. So we freely offer ourselves in service (it's a theme running

through Suki's hymn choices); to see ourselves as people of a new kingdom, with a story to tell and a life-giving water to share with a parched and suffering world.

Thanks be to God.