

Sunday

2 August 2026 Ninth Sunday after Trinity

COLLECT

Almighty God,
who sent your Holy Spirit
to be the life and light of your
Church:
open our hearts to the riches of
your grace,
that we may bring forth the fruit of
the Spirit
in love and joy and peace;
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.

FIRST READING Isaiah 55:1-5

A reading from the book of the prophet Isaiah.

The LORD says this: Everyone who thirsts, come to the waters; and you that have no money, come, buy and eat! Come, buy wine and milk without money and without price. Why do you spend your money for that which is not bread, and your labour for that which does not satisfy? Listen carefully to me, and eat what is good, and delight yourselves in rich food. Incline your ear, and come to me; listen, so that you may live. I will make with you an everlasting covenant, my steadfast, sure love for David. See, I made him a witness to the peoples, a leader and commander for the peoples. See, you shall call nations that you do not know, and nations that do not know you shall run to you, because of the LORD your God, the Holy One of Israel, for he has glorified you.

Or **Genesis 32:22-31**

PSALM Psalm 145:8-9. 15-end

R You open wide your hand,
O Lord,
[and satisfy the needs of every creature].

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. **R**

The Lord upholds all those who fall;
he lifts up those who are bowed down.

The eyes of all wait upon you,
O Lord,
and you give them their food in due season.

You open wide your hand and satisfy the needs of every living creature. **R**

The Lord is righteous in all his ways and loving in all his works. The Lord is near to those who call upon him, to all who call upon him faithfully. He fulfils the desire of those who fear him, he hears their cry and helps them. **R**

The Lord preserves all those who love him, but he destroys all the wicked. My mouth shall speak the praise of the Lord; let all flesh bless his holy name for ever and ever. **R**

SECOND READING

Romans 9:1-5

A reading from the letter of Paul to the Romans.

I am speaking the truth in Christ. I am not lying; my conscience confirms it by the Holy Spirit. I have great sorrow and unceasing anguish in my heart. For I could wish that I myself were accursed and cut off from Christ for the sake of my own people, my kindred according to the flesh. They are Israelites, and to them belong the adoption, the glory, the covenants, the giving of the law, the worship, and the promises; to them belong the patriarchs, and from them, according to the flesh, comes the Messiah, who is over all, God blessed for ever. Amen.

GOSPEL Matthew 14:13-21

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

When Jesus heard that Herod had beheaded John the Baptist, he withdrew in a boat to a deserted place by himself. But when the crowds heard it, they followed him on foot from the towns. When he went ashore, he saw a great crowd; and he had compassion for them and cured their sick. When it was evening, the disciples came to him and said, "This is a deserted place, and the hour is now late; send the crowds away so that they may go into the villages and buy food for themselves." Jesus said to them, "They need not go away; you give them something to eat." They replied, "We have nothing here but five loaves and two fish." And he said, "Bring them here to me." Then he ordered the crowds to sit down on the grass. Taking the five loaves and the two fish, he looked up to heaven, and blessed and broke the loaves, and gave them to the disciples, and the disciples gave them to the crowds. And all ate and were filled; and they took up what was left over of the broken pieces, twelve baskets full. And those who ate were about five thousand men, besides women and children.

POST COMMUNION

Holy Father,
who gathered us here around the table of your Son
to share this meal with the whole household of God:
in that new world where you reveal the fullness of your peace,
gather people of every race and language to share in the eternal banquet of Jesus Christ our Lord.

August 2nd 2026 – 9th SUNDAY AFTER TRINITY
Parish of the Harwich Peninsula

Bible Study: there is an opportunity to join a Bible Study at All Saints. 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.

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.

Ploughman's Supper: at St Michael's, Saturday 15th August from 6pm. 30 places. £8 per head, table quiz. Book via Dawn Wallace as soon as you can.

Kingdom over nation: a series of 8 discussions from Churches Together in Harwich at the Roman Catholic Church on Fronk's Road, starting Wednesday 2nd September at 7pm. This is a response to the growth of Christian nationalism and so very topical. Each week into October. No charge.

Prayer and Praise: each month we have a variety of services in the parish which are there are all of us. Evensong in St Nicholas and Prayer and Praise at St Michael's are two. Starting at 5pm and finishing at 6pm it includes contemporary worship songs, often learning a new one, with the words projected on a screen at the front. There is a talk, prayer time (often interactive and using the space) and concludes with freshly baked cakes and scones, tea and coffee. If you have not yet experienced this relaxed and friendly service you might want to try it as a tonic and boost to your spirit and Christian life.

Evensong: the creation of the Church of England in the sixteenth century also led to a new Book of Common Prayer; it was last substantially revised in 1662 and many of its phrases and style are embedded in the experience of many parish churches. On the first Sunday of the month, at 5pm, in St Nicholas, we use it in a service with hymns and an address. It can be a moment to connect with ancient words and experience the value of the traditional. We meet this evening.

Retreat: have you ever wanted to take a bit of time out with God but the cost or distance put you off? Ian Smith is leading the second of two deanery retreats on Saturday 19th September at the Esplanade Hall and St Nicholas. It is a half day (morning only) called Christ, Coast and Concrete and includes time to wander. You might want to bring a camera or use your phone. Stay on and bring your own lunch. Please let Ian know if you want to attend as numbers are limited and quite a few from the deanery have already booked.

Pop Up Party: our wonderful Pop-Up church meets on Sunday 9th at 3pm in St Michael's with Bishop Roger with us. Arranged by Tracey Tyrrell our Children and Families Worker.

Beach Time! A children and family time (but all ages welcome) at West Beach on Wednesday 12th August from 5-7pm with exploring and food – see the posters in each church. Arranged by Tracey Tyrrell.

United Service: our next Parish service is on the 30th August at 5pm – more information to follow.

Baptised in August: Harley Hitching and Miley Louise Taylor

Married in August: Harry John Rhino Prosser and Emily Paige Howard; Luke Sean Tynan and Kayleigh-Jade Henniker

Departed in July: Ruth Oakley; John Peperell; Linda Louise Robbins; Hermijntje Lippett;

Amy Pamela Amos; Paul Kenneth Jackson; Suzanne Denise Smith; Alan (Ollie) Roger Abbott.

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/> Harwich Peninsula Parish CofE. All Saints, St Michaels & St Nicholas or Messy Church at the Esplanade Hall